Monday, July 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Snacks/Other										
Farley's & Sathers Now and Later Candy 1/2 x 9 pieces, 19.5 g	70	0.5	0	16.5	0	13	0	25	0	
Ben & Jerry's Cherry Garcia Ice Cream 2 x 1 container	480	26	18	56	0	46	8	70	120	0
Total	550	26.5	18	72.5	0	59	8	95	120	0
Total	**550**	**26.5**	**18**	**72.5**	**0**	**59**	**8**	**95**	**120**	**0**