Monday, November 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch	735	29.25	6	81		1	38.75	1190	55	
Dinner										
Snacks/Other										
Total	**735**	**29.25**	**6**	**81**		**1**	**38.75**	**1190**	**55**	