Saturday, November 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Light & Fit Greek Yogurt - Peach 2 x 1 container, 300 g	160	0	0	16	0	14	24	90	20	320
Lunch										
KFC Crispy Chicken Strips (3) 3 pieces, 152 g	390	21	3	17	0	0	32	1130	85	
Dinner										
KFC Crispy Chicken Strips (3) 3 pieces, 152 g	390	21	3	17	0	0	32	1130	85	
Snacks/Other										
Total	**940**	**42**	**6**	**50**	**0**	**14**	**88**	**2350**	**190**	**320**