Wednesday, July 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
mo' beta Original Superfood Juice (Odwalla)	170	0		40	2	33	3	15		470
1 bottle (12 fl oz)										
Lunch										
Dinner										
Cheese Pizza with Vegetables	724	26.84	10.534	92.8	5.7	7.69	28	1638	32	611
3 pieces (1/8 12" dia)										
Snacks/Other										
Odwalla Mango Tango Fruit Smoothie (Bottle)	220	1	1	50	2	44	1	15	0	
1 bottle, 12 oz										
Odwalla Red Rhapsody Superfood Fruit Smoothie Blend (Bottle)	160	0	0	39	1	31	2	25	0	520
1 bottle, 12 oz										
Total	380	1	1	89	3	75	3	40	0	520
Total	**1274**	**27.84**	**11.534**	**221.8**	**10.7**	**115.69**	**34**	**1693**	**32**	**1601**