Wednesday, July 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Water 1 cup (8 fl oz)	0	0	0	0	0	0	0	5	0	
Lunch										
Dinner										
Snacks/Other										
Total	0	0	0	0	0	0	0	5	0	