Friday, April 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
CRANBERRY & LEMONADE 1 serving	119	0	0	27.89	0	27.89	0	47	0	
MORNING COFFEE WITH CREAMER 1/2 servings	26	0	0.001	6.18	0	5	0.06	0	0	16
Total	145	0	0.001	34.07	0	32.89	0.06	47	0	16
Lunch										
A HAPPY NUTRI-SNACK 1 serving	282	20.75	3.867	16.06	6.6	6.31	9.01	539	211	684
Dinner										
Full Circle Alaskan Cod Fillets 2 x 4 oz, 226 g	180	1	0	0	0	0	40	160	80	
Snacks/Other										
RON'S FRUIT BOWL 1 serving	263	0.89	0.139	66.55	13	46.41	3.45	2	0	741
Total	870	22.64	4.007	116.68	19.6	85.61	52.52	748	291	1441