Sunday, January 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Baked or Broiled Cod 14 oz boneless	484	14.25	2.505	1.63	0	0.36	82.99	1611	171	1889
Lunch										
Dinner										
Snacks/Other										
Total	**484**	**14.25**	**2.505**	**1.63**	**0**	**0.36**	**82.99**	**1611**	**171**	**1889**