Thursday, September 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sugar 2 lump, 2 cubes	39	0	0	10	0	9.99	0	0	0	0
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Whole Milk 1/4 cup	37	1.98	1.138	2.76	0	3.21	1.96	24	6	87
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Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Sugar 2 lump, 2 cubes	39	0	0	10	0	9.99	0	0	0	0
EAS AdvantEDGE Carb Control Shake - Chocolate Fudge 11 fl oz, 330 ml	100	2.5	1	3	1	0	17	430	0	410
Total	262	6.64	3.294	28.9	1	26.4	22.06	496	12	1030
Lunch										
Dinner										
Snacks/Other										
Total	**262**	**6.64**	**3.294**	**28.9**	**1**	**26.4**	**22.06**	**496**	**12**	**1030**