Wednesday, October 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Reduced-Fat Turkey Bacon with Egg Whites on English Muffin 1 sandwich, 137 g	230	6	2.5	28	2	3	13	560	20	
Starbucks Nonfat Tazo Chai Tea Latte (Grande) 1 serving, 16 oz	210	0	0	45	0	43	8	105	5	
Total	440	6	2.5	73	2	46	21	665	25	
Lunch										
Dinner										
Snacks/Other										
Dunkin' Donuts Glazed Donut 1 serving, 60 g	260	14	6	31	1	12	3	330	0	
Total	**700**	**20**	**8.5**	**104**	**3**	**58**	**24**	**995**	**25**	