Friday, May 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chobani Simply 100 Crunch - Strawberry Chocolate Truffle	100	1.5	0.5	14	2	7	10	70	5	200
1 container, 119 g										
Coffee-Mate French Vanilla Liquid Coffee Creamer	140	6	0	20	0	20	0	120	0	
4 x 1 tbsp, 60 ml										
Fish, Flaxseed, Borage Oil Omega 3, 6, 9	10	1	0	0	0	0	0	0	4	
1/2 x 2 softgels										
Equate Woman's ONE DAILY	0	0	0	0	0	0	0	0	0	0
1 tablet										
Tap Water	0	0	0	0	0	0	0	5	0	
1 cup										
Total	250	8.5	0.5	34	2	27	10	195	9	200
Lunch										
Dinner										
Snacks/Other										
Total	250	8.5	0.5	34	2	27	10	195	9	200