Friday, November 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Premium Sausage 1 patty, 34 g	140	13	5	1	0	0	5	220	25	
Hickory Smoked Bacon 2 pan fried slices, 15 g	80	7	3	0	0	0	4	260	15	
Total	220	20	8	1	0	0	9	480	40	
Lunch										
Dinner										
Snacks/Other										
Total	220	20	8	1	0	0	9	480	40	