Tuesday, December 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Siggi's Icelandic Style Skyr Non-Fat Yogurt - Raspberry 1 container, 150 g	120	0	0	14	0	11	16	50	10	
Dinner										
Snacks/Other										
Total	120	0	0	14	0	11	16	50	10	