Saturday, December 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butter (Salted)	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
1 tbsp										
Costco Demi Ciabatta	280	1.5	0.2	59	3	0	9	680	0	
1 bun, 120 g										
Total	382	13.02	7.494	59.01	3	0.01	9.12	762	31	3
Lunch										
International Delight Vanilla Toffee Caramel	40	1.5	0.4	7	0	5	0.1	2	0	
1 serving, 15 g										
Glutino Cheese Loaf	320	18	4	32	4	4	8	600	20	
4 x 1 slice, 116 g										
Total	360	19.5	4.4	39	4	9	8.1	602	20	
Dinner										
International Delight Vanilla Toffee Caramel	80	3	0.8	14	0	10	0.2	4	0	
2 x 1 serving, 30 g										
No Name Tourtiere	1230	81	30	81	9	6	45	1890	90	
3 x 1/4 tourtiere, 339 g										
Total	1310	84	30.8	95	9	16	45.2	1894	90	
Snacks/Other										
Total	2052	116.52	42.694	193.01	16	25.01	62.42	3258	141	3