Tuesday, June 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Arnold Everything Sandwich Thins 1 roll, 43 g	100	2		21	5	2	4	190		0
Fried Floured or Breaded Catfish 5 oz boneless	340	20.6	4.601	12.11	0.7	1.2	24.91	564	98	462
Turkey Hill Strawberry Kiwi Lemonade 1 cup, 240 ml	120	0		29		27	0	10		
Total	560	22.6	4.601	62.11	5.7	30.2	28.91	764	98	462
Dinner										
Snacks/Other										
Total	**560**	**22.6**	**4.601**	**62.11**	**5.7**	**30.2**	**28.91**	**764**	**98**	**462**