Saturday, September 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature 100% Pure Maple Syrup 1/4 cup, 60 ml	210	0		53	0	51	0	5	0	
Italian Volcano 100% Organic Lemon Juice 2 x 2 tbsp, 62 g	20	0	0	4	0	2	0	0	0	
Trader Joe's Himalayan Pink Salt Crystals 8 x 1/8 tsp, 8 g	0	0	0	0	0	0	0	3040	0	0
Total	230	0	0	57	0	53	0	3045	0	0
Lunch										
Italian Volcano 100% Organic Lemon Juice 2 x 2 tbsp, 62 g	20	0	0	4	0	2	0	0	0	
Kirkland Signature 100% Pure Maple Syrup 1/4 cup, 60 ml	210	0		53	0	51	0	5	0	
Total	230	0	0	57	0	53	0	5	0	
Dinner										
Kirkland Signature 100% Pure Maple Syrup 1/4 cup, 60 ml	210	0		53	0	51	0	5	0	
Italian Volcano 100% Organic Lemon Juice 2 x 2 tbsp, 62 g	20	0	0	4	0	2	0	0	0	
Total	230	0	0	57	0	53	0	5	0	
Snacks/Other										

Saturday, September 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	690	0	0	171	0	159	0	3055	0	0