Monday, May 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wasa Whole Grain Crispbread 8 x 1 slice, 104 g	320	0	0	80	16	0	8	400	0	
Apples 4 medium (2-3/4" dia) (approx 3 per lb)	287	0.94	0.155	76.23	13.2	57.35	1.44	6	0	591
Frigo Cheese Heads 100% Natural Light String Cheese 2 x 1 piece, 56 g	100	5	3	0	0	0	14	460	20	
Boiled Egg 1 medium	68	4.65	1.432	0.49	0	0.49	5.51	122	186	55
Fresh Made Non Fat Farmers Cheese 7 x 1/4 cup, 28 oz	175	0	0	7	0	7	35	105	35	0
Total	950	10.59	4.587	163.72	29.2	64.84	63.95	1093	241	646
Lunch										
Dinner										
Snacks/Other										
Total	950	10.59	4.587	163.72	29.2	64.84	63.95	1093	241	646