Monday, June 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wawa Sizzli Sausage, Egg & Cheese Bagel	510	28	10	43	2	4	20	1080	200	
1 sandwich, 198 g										
Lunch										
Kraft Fat Free Zesty Italian Dressing	30	0	0	6	0	4	0	680	0	
2 x 2 tbsp, 64 g										
Wawa Chef Salad	260	10	3	10	3	5	23	480	220	
1 container, 306 g										
Total	290	10	3	16	3	9	23	1160	220	
Dinner										
Snacks/Other										
Total	800	38	13	59	5	13	43	2240	420	