Saturday, March 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Semolina sourdough bread 1 slices, 30 g	75	1	0	15	1	10	2	20	0	0
Dinner										
Snacks/Other										
Total	75	1	0	15	1	10	2	20	0	0