Wednesday, November 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butternut Winter Squash 1 cup cubed	63	0.14	0.029	16.37	2.8	3.08	1.4	6	0	493
Lunch										
Dinner										
Snacks/Other										
Total	63	0.14	0.029	16.37	2.8	3.08	1.4	6	0	493