Tuesday, June 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tim Hortons Strawberry Banana Smoothie with Yogurt (Medium) 16 fl oz	290	1.5	1	67	0	59	3	105	5	
Lunch										
Au Bon Pain Chicken Salad Sandwich 1 sandwich, 276 g	460	11	2	61	3	8	28	960	50	
Dinner										
Snacks/Other										
Keebler Club Crackers Original 3 x 4 crackers, 42 g	210	9	0	27	3	3	3	375	0	
Rondele Pub Cheese Sharp Cheddar Soft Spreadable Cheese 2 tbsp, 23 g	80	7	4.5	1	0	1	2	150	25	
Newtons 100% Whole Grain Cookies 1 1/2 x 2 cookies, 46.5 g	165	3	0	33	4.5	18	1.5	187.5	0	97.5
Total	455	19	4.5	61	7.5	22	6.5	712.5	25	97.5
Total	**1205**	**31.5**	**7.5**	**189**	**10.5**	**89**	**37.5**	**1777.5**	**80**	**97.5**