Tuesday, July 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tim Hortons Boston Cream Donut 1 donut, 81 g	250	8	3.5	40	1	13	4	260	0	
Lunch										
Dinner										
Snacks/Other										
Total	250	8	3.5	40	1	13	4	260	0	