Thursday, June 21, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pepperidge Farm Cinnamon Swirl Bread 2 x 1 slice, 56 g	160	3	0	30	2	8	4	220	0	
Lunch										
Dinner										
Snacks/Other										
Total	160	3	0	30	2	8	4	220	0	