

Friday, February 21, 2014

***Chicken Pattie Sandwich 370 Calories, 15g Fat,
41 g Carbs, 3g Fiber, 13g Protein***

***Fish Sandwich 350 Calories, 13g Fat, 42g Carbs,
13g Protein***

***Butternut Squash 50 Calories, 0g Fat, 13g Carbs,
2g Fiber, 1g Protein***

***Kale Chips 100 Calories, 4.7g Fat, 10gCarbs,
1.7g Fiber, 6.8g Protein***

***Fruit Salsa 85 Calories, 0g Fat, 21g Carbs,
2g Fiber, 0g Protein***