

MEALS ON WHEELS OF GREELEY DECEMBER 2018 DAILY NUTRIENTS

DECEMBER 3 Calories: 914 Carbohydrate: 91g Protein: 33g Fat: 49g Fiber: 10g Sodium: 997mg	DECEMBER 4 Calories: 821 Carbohydrate: 102g Protein: 31g Fat: 34g Fiber: 10g Sodium: 999mg	DECEMBER 5 Calories: 627 Carbohydrate: 79g Protein: 42g Fat: 17g Fiber: 11g Sodium: 683 mg	DECEMBER 6 Calories: 755 Carbohydrate: 84g Protein: 36g Fat: 32g Fiber: 10g Sodium: 924mg	DECEMBER 7 Calories: 595 Carbohydrate: 82g Protein: 27g Fat: 18g Fiber: 12g Sodium: 562mg
DECEMBER 10 Calories: 620 Carbohydrate: 83g Protein: 36g Fat: 18g Fiber: 13g Sodium: 480mg	DECEMBER 11 Calories: 730 Carbohydrate: 104g Protein: 38g Fat: 22g Fiber: 11g Sodium: 831mg	DECEMBER 12 Calories: 598 Carbohydrate: 92g Protein: 28g Fat: 14g Fiber: 15g Sodium: 826mg	DECEMBER 13 Calories: 607 Carbohydrate: 88g Protein: 32g Fat: 16g Fiber: 11g Sodium: 827mg	DECEMBER 14 Calories: 673 Carbohydrate: 81g Protein: 39g Fat: 22g Fiber: 10g Sodium: 758mg
DECEMBER 17 Calories: 500 Carbohydrate: 80g Protein: 22g Fat: 12g Fiber: 11g Sodium: 581mg	DECEMBER 18 Calories: 680 Carbohydrate: 96g Protein: 28g Fat: 23g Fiber: 16g Sodium: 987mg	DECEMBER 19 Calories: 558 Carbohydrate: 72g Protein: 25g Fat: 20g Fiber: 14g Sodium: 738mg	DECEMBER 20 Calories: 812 Carbohydrate: 105g Protein: 35g Fat: 30g Fiber: 11g Sodium: 1081mg	DECEMBER 21 Calories: 754 Carbohydrate: 83g Protein: 30g Fat: 33g Fiber: 10g Sodium: 830mg
DECEMBER 24 Calories: 597 Carbohydrate: 82g Protein: 29g Fat: 18g Fiber: 12g Sodium: 546mg	DECEMBER 25	DECEMBER 26	DECEMBER 27 Calories: 561 Carbohydrate: 83g Protein: 24g Fat: 18g Fiber: 12g Sodium: 819mg	DECEMBER 28 Calories: 795 Carbohydrate: 105g Protein: 48g Fat: 21g Fiber: 14g Sodium: 382mg
DECEMBER 31 Calories: 746 Carbohydrate: 91g Protein: 33g Fat: 28g Fiber: 10g				

Sodium: 620mg				
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Carbohydrates, Protein, Fat, and Fiber are listed in grams (g); Sodium is listed in milligrams (mg)

HHH 11/18 approved