

MEALS ON WHEELS OF GREELEY January 2019 DAILY NUTRIENTS

	JANUARY 1 CLOSED	JANUARY 2 Calories: 595 Carbohydrate: 66 Protein: 37g Fat: 22g Fiber: 11g Sodium: 894mg	JANUARY 3 Calories: 821 Carbohydrate: 102g Protein: 31g Fat: 34g Fiber: 10g Sodium: 999mg	JANUARY 4 Calories: 680 Carbohydrate: 96g Protein: 28g Fat: 23g Fiber: 16g Sodium: 987mg
JANUARY 7 Calories: 735 Carbohydrate: 86g Protein: 37g Fat: 28g Fiber: 10g Sodium: 948mg	JANUARY 8 Calories: 558 Carbohydrate: 72g Protein: 25g Fat: 20g Fiber: 14g Sodium: 738mg	JANUARY 9 Calories: 534 Carbohydrate: 74g Protein: 34g Fat: 13g Fiber: 10g Sodium: 286mg	JANUARY 10 Calories: 697 Carbohydrate: 97g Protein: 35g Fat: 18g Fiber: 9g Sodium: 830mg	JANUARY 11 Calories: 817 Carbohydrate: 85g Protein: 35g Fat: 38g Fiber: 11g Sodium: 974mg
JANUARY 14 Calories: 860 Carbohydrate: 104g Protein: 38g Fat: 34g Fiber: 13g Sodium: 990mg	JANUARY 15 Calories: 596 Carbohydrate: 73g Protein: 36g Fat: 18g Fiber: 11g Sodium: 892mg	JANUARY 16 Calories: 874 Carbohydrate: 93g Protein: 41g Fat: 41g Fiber: 10g Sodium: 1026mg	JANUARY 17 Calories: 561 Carbohydrate: 83g Protein: 24g Fat: 18g Fiber: 12g Sodium: 819mg	JANUARY 18 Calories: 715 Carbohydrate: 88g Protein: 31g Fat: 30g Fiber: 10g Sodium: 1105mg
JANUARY 21 Calories: 500 Carbohydrate: 80g Protein: 22g Fat: 12g Fiber: 11g Sodium: 581mg	JANUARY 22 Calories: 897 Carbohydrate: 117g Protein: 56g Fat: 24g Fiber: 14g Sodium: 489mg	JANUARY 23 Calories: 787 Carbohydrate: 60g Protein: 36g Fat: 19g Fiber: 11g Sodium: 670mg	JANUARY 24 Calories: 593 Carbohydrate: 98g Protein: 26g Fat: 13g Fiber: 13g Sodium: 681mg	JANUARY 25 Calories: 508 Carbohydrate: 72g Protein: 26g Fat: 13g Fiber: 12g Sodium: 578mg
JANUARY 28 Calories: 642 Carbohydrate: 76g Protein: 40g Fat: 21g Fiber: 11g Sodium: 1024mg	JANUARY 29 Calories: 760 Carbohydrate: 86g Protein: 43g Fat: 30g Fiber: 10g Sodium: 547mg	JANUARY 30 Calories: 607 Carbohydrate: 88g Protein: 32g Fat: 16g Fiber: 11g Sodium: 827mg	JANUARY 31 Calories: 755 Carbohydrate: 84g Protein: 36g Fat: 32g Fiber: 10g Sodium: 924mg	

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

HHH 12/18 approved