

MEALS ON WHEELS OF GREELEY JUNE 2018 DAILY NUTRIENTS

				JUNE 1 Calories: 543 Carbohydrate:60 Protein: 35 Fat: 18 Fiber: 10.5 Sodium: 678
JUNE 4 Calories: 892 Carbohydrate:98 Protein: 52 Fat: 35 Fiber: 11.8 Sodium: 700	JUNE 5 Calories: 958 Carbohydrate:102 Protein: 33 Fat: 49 Fiber: 11.1 Sodium: 997	JUNE 6 Calories: 611 Carbohydrate:68 Protein: 34 Fat: 23 Fiber: 9.6 Sodium: 716	JUNE 7 Calories: 873 Carbohydrate:92 Protein: 41 Fat: 41 Fiber: 9.5 Sodium: 1026	JUNE 8 Calories: 630 Carbohydrate:83 Protein: 32 Fat: 21 Fiber: 9.8 Sodium: 972
JUNE 11 Calories: 590 Carbohydrate:73 Protein: 28 Fat: 20 Fiber: 12.3 Sodium: 587	JUNE 12 Calories: 740 Carbohydrate:93 Protein: 38 Fat: 24 Fiber: 12.9 Sodium: 1070	JUNE 13 Calories: 744 Carbohydrate:91 Protein: 33 Fat: 28 Fiber: 9.8 Sodium: 629	JUNE 14 Calories: 596 Carbohydrate:92 Protein: 28 Fat: 13 Fiber: 14.7 Sodium: 834	JUNE 15 Calories: 593 Carbohydrate:97 Protein: 26 Fat: 12 Fiber: 12.9 Sodium: 681
JUNE 18 Calories: 518 Carbohydrate:69 Protein: 29 Fat: 14 Fiber: 14.9 Sodium: 818	JUNE 19 Calories: 656 Carbohydrate:90 Protein: 27 Fat: 22 Fiber: 13.7 Sodium: 999	JUNE 20 Calories: 700 Carbohydrate:82 Protein: 30 Fat: 28 Fiber: 10.2 Sodium: 1098	JUNE 21 Calories: 626 Carbohydrate:79 Protein: 42 Fat: 16 Fiber: 10.5 Sodium: 691	JUNE 22 Calories: 752 Carbohydrate:83 Protein: 30 Fat: 32 Fiber: 10.0 Sodium: 838
JUNE 25 Calories: 780 Carbohydrate:94 Protein: 35 Fat: 29 Fiber: 13.4 Sodium: 1073	JUNE 26 Calories: 637 Carbohydrate:80 Protein: 34 Fat: 21 Fiber: 10.5 Sodium: 718	JUNE 27 Calories: 579 Carbohydrate:74 Protein: 24 Fat: 22 Fiber: 9.9 Sodium: 751	JUNE 28 Calories: 673 Carbohydrate:83 Protein: 38 Fat: 22 Fiber: 10.8 Sodium: 931	JUNE 29 Calories: 711 Carbohydrate:79 Protein: 35 Fat: 28 Fiber: 10.4 Sodium: 613

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