

MEALS ON WHEELS OF GREELEY OCTOBER 2018 DAILY NUTRIENTS

October 1 Calories: 673 Carbohydrate: 83 Protein: 38 Fat: 23 Fiber: 11 Sodium: 931	October 2 Calories: 545 Carbohydrate: 60 Protein: 36 Fat: 19 Fiber: 11 Sodium: 670	October 3 Calories: 597 Carbohydrate: 82 Protein: 29 Fat: 18 Fiber: 12 Sodium: 546	October 4 Calories: 632 Carbohydrate: 89 Protein: 33 Fat: 21 Fiber: 10 Sodium: 964	October 5 Calories: 742 Carbohydrate: 88 Protein: 31 Fat: 30 Fiber: 10 Sodium: 1105
October 8 Calories: 755 Carbohydrate: 84 Protein: 36 Fat: 32 Fiber: 10 Sodium: 923	October 9 Calories: 561 Carbohydrate: 83 Protein: 24 Fat: 18 Fiber: 12 Sodium: 819	October 10 Calories: 720 Carbohydrate: 102 Protein: 38 Fat: 21 Fiber: 10 Sodium: 814	October 11 Calories: 914 Carbohydrate: 91 Protein: 33 Fat: 49 Fiber: 10 Sodium: 997	October 12 Calories: 821 Carbohydrate: 102 Protein: 31 Fat: 34 Fiber: 10 Sodium: 999
October 15 Calories: 596 Carbohydrate: 73 Protein: 36 Fat: 18 Fiber: 11 Sodium: 892	October 16 Calories: 558 Carbohydrate: 72 Protein: 25 Fat: 20 Fiber: 14 Sodium: 738	October 17 Calories: 673 Carbohydrate: 81 Protein: 39 Fat: 22 Fiber: 10 Sodium: 758	October 18 Calories: 754 Carbohydrate: 83 Protein: 30 Fat: 33 Fiber: 10 Sodium: 830	October 19 Calories: 620 Carbohydrate: 83 Protein: 36 Fat: 18 Fiber: 13 Sodium: 480
October 22 Calories: 816 Carbohydrate: 82 Protein: 49 Fat: 31 Fiber: 10 Sodium: 578	October 23 Calories: 853 Carbohydrate: 139 Protein: 45 Fat: 14 Fiber: 13 Sodium: 1006	October 24 Calories: 673 Carbohydrate: 82 Protein: 34 Fat: 22 Fiber: 10 Sodium: 773	October 25 Calories: 858 Carbohydrate: 89 Protein: 41 Fat: 41 Fiber: 11 Sodium: 1020	October 26 Calories: 760 Carbohydrate: 86 Protein: 43 Fat: 30 Fiber: 10 Sodium: 547
October 29 Calories: 680 Carbohydrate: 96 Protein: 28 Fat: 23 Fiber: 16	October 30 Calories: 508 Carbohydrate: 72 Protein: 26 Fat: 13 Fiber: 12	October 31 Calories: 552 Carbohydrate: 78 Protein: 34 Fat: 13 Fiber: 10 Sodium: 298		

Sodium: 987	Sodium: 578			
--------------------	--------------------	--	--	--

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