

MEALS ON WHEELS OF GREELEY MARCH 2018 DAILY NUTRIENTS

			MARCH 1 Calories: 596 Carbohydrate:92 Protein: 28 Fat: 13 Fiber: 14.7 Sodium: 834	MARCH 2 Calories: 758 Carbohydrate:86 Protein: 42 Fat: 29 Fiber: 9.9 Sodium: 556
MARCH 5 Calories: 552 Carbohydrate:78 Protein: 34 Fat: 13 Fiber: 9.9 Sodium: 298	MARCH 6 Calories: 782 Carbohydrate:95 Protein: 36 Fat: 29 Fiber: 13.6 Sodium: 1073	MARCH 7 Calories: 523 Carbohydrate:54 Protein: 46 Fat: 14 Fiber: 9.9 Sodium: 360	MARCH 8 Calories: 672 Carbohydrate:82 Protein: 34 Fat: 22 Fiber: 9.6 Sodium: 709	MARCH 9 Calories: 575 Carbohydrate:95 Protein: 24 Fat: 12 Fiber: 12.3 Sodium: 675
MARCH 12 Calories: 534 Carbohydrate:63 Protein: 38 Fat: 15 Fiber: 9.9 Sodium: 959	MARCH 13 Calories: 1029 Carbohydrate:98 Protein: 37 Fat: 57 Fiber: 9.8 Sodium: 1001	MARCH 14 Calories: 584 Carbohydrate:83 Protein: 30 Fat: 16 Fiber: 10.2 Sodium: 821	MARCH 15 Calories: 561 Carbohydrate:82 Protein: 23 Fat: 17 Fiber: 11.9 Sodium: 819	MARCH 16 Calories: 736 Carbohydrate:103 Protein: 27 Fat: 25 Fiber: 13.7 Sodium:842
MARCH 19 Calories: 596 Carbohydrate:72 Protein: 36 Fat: 17 Fiber: 10.7 Sodium: 892	MARCH 20 Calories: 578 Carbohydrate:70 Protein: 28 Fat: 20 Fiber: 13.0 Sodium: 587	MARCH 21 Calories: 639 Carbohydrate:100 Protein: 38 Fat: 9 Fiber:10.7 Sodium: 594	MARCH 22 Calories: 557 Carbohydrate:71 Protein: 25 Fat: 20 Fiber: 11.6 Sodium: 738	MARCH 23 Calories: 734 Carbohydrate:85 Protein: 36 Fat: 28 Fiber: 9.8 Sodium: 947
MARCH 26 Calories: 757 Carbohydrate:86 Protein: 31 Fat: 32 Fiber: 11.7 Sodium: 842	MARCH 27 Calories: 673 Carbohydrate:80 Protein: 38 Fat: 22 Fiber: 9.6 Sodium: 758	MARCH 28 Calories: 873 Carbohydrate:92 Protein: 41 Fat: 41 Fiber: 9.5 Sodium: 1026	MARCH 29 Calories: 630 Carbohydrate:83 Protein: 32 Fat: 21 Fiber: 9.8 Sodium: 972	MARCH 30 Calories: 700 Carbohydrate: 82 Protein: 30 Fat: 28 Fiber: 10.2 Sodium: 1098

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