

MEALS ON WHEELS OF GREELEY NOVEMBER 2018 DAILY NUTRIENTS

NOVEMBER 1 Calories: 673 Carbohydrate: 81g Protein: 39g Fat: 22g Fiber: 10g Sodium: 758mg	NOVEMBER 2 Calories: 598 Carbohydrate: 92g Protein: 28g Fat: 14g Fiber: 15g Sodium: 826mg	NOVEMBER 5 Calories: 874 Carbohydrate: 93g Protein: 41g Fat: 41g Fiber: 10g Sodium: 1027 mg	NOVEMBER 6 Calories: 740 Carbohydrate: 103g Protein: 28g Fat: 26g Fiber: 14g Sodium: 827mg	NOVEMBER 7 Calories: 558 Carbohydrate: 72g Protein: 25g Fat: 20g Fiber: 14g Sodium: 738 mg
NOVEMBER 8 Calories: 705 Carbohydrate: 96g Protein: 28g Fat: 25g Fiber: 16g Sodium: 1022mg	NOVEMBER 9 Calories: 552 Carbohydrate: 78g Protein: 34g Fat: 13g Fiber: 10g Sodium: 298 mg	NOVEMBER 12 Calories: 564 Carbohydrate: 79 Protein: 40g Fat: 10g Fiber: 10g Sodium: 573g mg	NOVEMBER 13 Calories: 673 Carbohydrate: 83g Protein: 38g Fat: 23g Fiber: 11g Sodium: 931 mg	NOVEMBER 14 Calories: 620 Carbohydrate: 83g Protein: 36g Fat: 18g Fiber: 13g Sodium: 479 mg
NOVEMBER 15 Calories: 751 Carbohydrate: 96g Protein: 38g Fat: 24g Fiber: 11g Sodium: 895 mg	NOVEMBER 16 Calories: 584 Carbohydrate: 83g Protein: 31g Fat: 16g Fiber: 10g Sodium: 821 mg	NOVEMBER 19 Calories: 742 Carbohydrate: 88g Protein: 31g Fat: 30g Fiber: 10g Sodium: 1105 mg	NOVEMBER 20 Calories: 597 Carbohydrate: 82g Protein: 29g Fat: 18g Fiber: 12g Sodium: 545 mg	NOVEMBER 21 Calories: 561 Carbohydrate: 83g Protein: 24g Fat: 18g Fiber: 12g Sodium: 819 mg
NOVEMBER 22 Closed	NOVEMBER 23 Closed	NOVEMBER 26 Calories: 914 Carbohydrate: 91g Protein: 33g Fat: 49g Fiber: 10g Sodium: 997 mg	NOVEMBER 27 Calories: 719 Carbohydrate: 101g Protein: 38g Fat: 21g Fiber: 10g Sodium: 814 mg	NOVEMBER 28 Calories: 811 Carbohydrate: 105g Protein: 35g Fat: 30g Fiber: 11g Sodium: 1081mg
NOVEMBER 29 Calories: 754 Carbohydrate: 83g	NOVEMBER 30 Calories: 612 Carbohydrate: 67g			

Protein: 30g Fat: 33g Fiber: 10g Sodium: 830g	Protein: 34g Fat: 24g Fiber: 10g Sodium: 707 mg			
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Carbohydrates, Protein, Fat, and Fiber are listed in grams (g); Sodium is listed in milligrams (mg)

HHH 10/11/18 approved