

# Gilpin

# September 2017 Nutrition

MONDAY

WEDNESDAY

FRIDAY

				<b>1</b>
				Calories 877 Fat 32g Saturated Fat 11g Protein 53g Carbohydrates 98g Fiber 11.5g Sodium 948mg
<b>4</b>		<b>6</b>		<b>8</b>
Happy Labor Day! Gilpin Closed		Calories 797 Fat 16.5g Saturated Fat 5g Protein 60g Carbohydrates 102g Fiber 16.7g Sodium 1006mg		Calories 877 Fat 32g Saturated Fat 11g Protein 53g Carbohydrates 98g Fiber 11.5g Sodium 948mg
<b>11</b>		<b>13</b>		<b>15</b>
Calories 726 Fat 25g Saturated Fat 11g Protein 49g Carbohydrates 78g Fiber 9.5g Sodium 624mg		Calories 929 Fat 28g Saturated Fat 10.5g Protein 54g Carbohydrates 118g Fiber 12.3g Sodium 934mg		Calories 949 Fat 22g Saturated Fat 9g Protein 72g Carbohydrates 119g Fiber 16.5g Sodium 863mg
<b>18</b>		<b>20</b>		<b>22</b>
Calories 847 Fat 21.5g Saturated Fat 6.5g Protein 47g Carbohydrates 119g Fiber 10.5g Sodium 1074mg		Calories 990 Fat 40g Saturated Fat 13.5g Protein 52g Carbohydrates 110g Fiber 13g Sodium 732mg		Calories 729 Fat 17g Saturated Fat 6g Protein 34g Carbohydrates 117g Fiber 11.5g Sodium 686mg
<b>25</b>		<b>27</b>		<b>29</b>
Calories 1007 Fat 31g Saturated Fat 11g Protein 59g Carbohydrates 124g Fiber 11.6g Sodium 957mg		Calories 791 Fat 30g Saturated Fat 8.5g Protein 46g Carbohydrates 86g Fiber 10g Sodium 879mg		Calories 747 Fat 35g Saturated Fat 8g Protein 57g Carbohydrates 56g Fiber 10g Sodium 639mg