

DRINKS

FOOD	Serving	Calories	Sat.Fat	Sugar	Protien	POINTS
Cappuccino Grove Square Keurig	1 Cup	80	4	5	0	4
Cappuccino Pumpkin Spice Walmart Bran	1Cup	70	3.5	5	0	4
Cherry Tart Juice	8 oz	140	0	25	1	7
Chia Latte Keurig Cup	1 Cup	60	2.5	7	1	3
Cocoa Earthly Choice Mocoa Smoothie Booster	2-TBL	70	0	1	11	1
Cocoa Hershey Special Dark	1 TBL	10	0	0	1	0
Cocoa Hershey Unsweetend	1 TBL	12	0.4	0.1	1.1	0
Coconut Water	11 oz Size	60	0	15	0	4
Fiber Supplement Walmart	2 TBL	15	0	0	0	0
Prun Juice 100%	8 oz	180	0	25	3	8
Pumpkin Spice Trader Joes	1 Cup	4	0	0	1	0
Russion Tea Mix	1 TBL	35	0	7	0	2
Tea Nestea Unsweetend Ice Tea Mix	1 Cup	0	0	0	0	0
Variety Pack Drink Orange Walmart	1/2Pack	5	0	0	0	0
Variety Pack Drink Fruit Punch	1/2Pack	5	0	0	0	0
Variety Pack Drink Cherry	1/2Pack	5	0	0	0	0
Variety Pack Drink Grape	1/2Pack	5	0	0	0	0
TOTAL						