

FRUIT FLAVORED COTTAGE CHEESE

Description	(oz.)	Calories	Protein (g)	Carb (g)
Roberts Dry Curd Cottage Cheese	32	800	160	16
(2) Yoplait Carb Control Strawberry Yogurts	12	180	16	16
Del Monte Fruit Cocktail (in own juice)	15	225	0	52
3 packets of Cherry Flavored Crystal Light	*	15	0	3
Totals	59	1220	176	87
Makes (15) 1/2 cup servings (approx. 4 oz. each)	4	81	12	6

ALTERNATE NUTRITIONAL TOTALS WITHOUT THE FRUIT

Description	(oz.)	Calories	Protein (g)	Carb (g)
Roberts Dry Curd Cottage Cheese	32	800	160	16
(2) Yoplait Carb Control Strawberry Yogurts	12	180	16	16
3 packets of Cherry Flavored Crystal Light	*	15	0	3
Totals	44	995	176	35
Makes (11) 1/2 cup servings	4	90	16	3