Saturday, June 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	495	35.51	16.624	0.61	0	0.1	41.7	143	285	19
Lunch	353	21.2	10.047	13.15	0.2	0.02	24.84	236	100	0
Dinner	452	28.06	14.023	26.16	3.9	5.43	23.04	237	100	438
Snacks/Other	303	19.59	16.515	18.32	3.3	12.01	14.64	93.5	216.5	157.5
Total	**1603**	**104.36**	**57.209**	**58.24**	**7.4**	**17.56**	**104.22**	**709.5**	**701.5**	**614.5**