Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	280	16	33	11
Lunch	449	13.09	60.7	25.27
Dinner				
Snacks/Other				
Total	**729**	**29.09**	**93.7**	**36.27**

Tuesday, July 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Crunchy Peanut Butter 2 tbsp, 32 g	180	15	2	8	2	3	7	130	0	
Thomas' Better Start Triple Health English Muffin 1 muffin, 52 g	100	1		25	6	1	4	130	0	
Total	280	16	2	33	8	4	11	260	0	
Lunch										
Fiber One 90 Calorie Chewy Bars - Chocolate Peanut Butter 1 bar, 23 g	90	2.5	1	17	5	5	1	80	0	0
Blueberries 1/2 cup	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
Watermelon 1 cup diced	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
Cooper Sharp American Cheese 3/4 x 1 slice, 21 g	79	6.75	3.75	0.75	0		4.5	342	19.5	
Safeway Deli Style Thin Sliced Roast Beef 1 1/2 x 2 oz, 84 g	90	2.25	1.5	1.5	0	1.5	15	825	37.5	
Sour Dough Bread 1 1/2 medium slices (4-3/4" x 4" x 1/2")	103	1.12	0.24	19.46	1.1	0.09	3.3	228	0	42
Total	449	13.09	6.534	60.7	8.4	23.23	25.27	1478	57	268
Dinner										
Snacks/Other										

Tuesday, July 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	729	29.09	8.534	93.7	16.4	27.23	36.27	1738	57	268