## Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|---|---|---|---|---|
| Breakfast | | | | |
| Lunch | 500 | 14 | 73 | 25 |
| Dinner | | | | |
| Snacks/Other | | | | |
| **Total** | **500** | **14** | **73** | **25** |

## Wednesday, August 26, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| **Lunch** | | | | | | | | | | |
| Dr. Pepper Dr. Pepper (12 oz)<br>1 can, 355 ml | 150 | 0 | 0 | 40 | 0 | 40 | 0 | 55 | 0 | |
| French's Classic Yellow Mustard<br>1 tsp, 5 g | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 55 | 0 | |
| Kroger Deli Thin Sliced Provolone Cheese<br>3 x 1 slice, 63 g | 120 | 9 | 6 | 0 | 0 | 0 | 9 | 231 | 24 | |
| Kroger Deli Thin Sliced Oven Roasted Turkey Breast<br>2 oz, 56 g | 60 | 0.5 | 0 | 4 | 0 | 1 | 10 | 400 | 25 | 0 |
| LaBrea Bakery Toasted Sunflower Honey Loaf<br>1/8 loaf, 57 g | 170 | 4.5 | 0.5 | 29 | 2 | 3 | 6 | 300 | 0 | |
| Total | 500 | 14 | 6.5 | 73 | 2 | 44 | 25 | 1041 | 49 | 0 |
| **Dinner** | | | | | | | | | | |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **500** | **14** | **6.5** | **73** | **2** | **44** | **25** | **1041** | **49** | **0** |