Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	331	7.26	66	5.06
Lunch	140	4	0	25
Dinner	845	31.31	108.27	32.67
Snacks/Other	306	12	49	3.2
Total	**1622**	**54.57**	**223.27**	**65.93**

Monday, February 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bays Original English Muffin 1 muffin, 57 g	140	1.5	0.5	27	1	2	5	530	0	
Butter 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	1	15	2
Coca-Cola Coco-Cola Classic (12 oz) 1 bottle, 12 oz	140	0	0	39	0	39	0	45	0	
Total	331	7.26	4.147	66	1	41	5.06	576	15	2
Lunch										
Tyson Foods Boneless Skinless Chicken Breasts 4 oz, 112 g	140	4	1.5	0	0	0	25	40	65	0
Dinner										
Cheese Pizza with Vegetables 3 1/2 pieces (1/8 12" dia)	845	31.31	12.289	108.27	6.6	8.97	32.67	1911	37	713
Snacks/Other										
Quaker Big Chewy Granola Bars - Chocolate & Salted Caramel (Quaker) 1 bar, 40 g	170	6	3	29	3	12	2	115	0	
M&M's Milk Chocolate M&M's 4 x 10 pieces, 28 g	136	6	3.6	20		18	1.2	16	4	1.24
Total	306	12	6.6	49	3	30	3.2	131	4	1.24
Total	**1622**	**54.57**	**24.536**	**223.27**	**10.6**	**79.97**	**65.93**	**2658**	**121**	**716.24**