Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	4518	273.24	0	480.96
Lunch				
Dinner				
Snacks/Other				
Total	4518	273.24	0	480.96

Thursday, September 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chicken Drumstick 900 g	1926	99.54	27.221	0	0	0	241.2	3708	810	2043
Chicken Wing 900 g	2592	173.7	48.641	0	0	0	239.76	3636	747	1647
Total	4518	273.24	75.862	0	0	0	480.96	7344	1557	3690
Lunch										
Dinner										
Snacks/Other										
Total	4518	273.24	75.862	0	0	0	480.96	7344	1557	3690