Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	122	1.66	20.01	8.31
Lunch	203	3.96	34.83	6.35
Dinner	344	17.4	35.03	11.64
Snacks/Other	100	3	16	2
Total	**769**	**26.02**	**105.87**	**28.3**

Tuesday, March 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Swiss Cheese (Low Fat)	50	1.43	0.925	0.95	0	0.37	7.95	73	10	31
1 slice (1 oz)										
Total	122	1.66	0.964	20.01	3.3	14.71	8.31	74	10	179
Lunch										
Saltines Crackers (Low Sodium, Fat Free)	98	0.4	0.061	20.58	0.7	0.1	2.62	159	0	29
5 saltines										
Potato Soup	105	3.56	1.945	14.25	0.5	5.22	3.73	1020	10	227
1 cup										
Total	203	3.96	2.006	34.83	1.2	5.32	6.35	1179	10	256
Dinner										
Bacon, Lettuce and Tomato Sandwich with Spread	344	17.4	3.762	35.03	2.5	4.82	11.64	945	21	348
1 sandwich										
Snacks/Other										
Pop Secret Kettle Corn 100 Calorie Pop	100	3	1.5	16	3	0	2	260	0	
1 bag, 26 g										
Total	**769**	**26.02**	**8.232**	**105.87**	**10**	**24.85**	**28.3**	**2458**	**41**	**783**