## Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|---|---|---|---|---|
| Breakfast | | | | |
| Lunch | 230 | 8 | 35 | 4 |
| Dinner | | | | |
| Snacks/Other | | | | |
| Total | 230 | 8 | 35 | 4 |

## Tuesday, July 1, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| **Lunch** | | | | | | | | | | |
| Nabisco Belvita Cinnamon Brown Sugar Breakfast Biscuits<br>1 pack (4 biscuits), 50 g | 230 | 8 | 0.5 | 35 | 3 | 10 | 4 | 220 | 0 | 90 |
| **Dinner** | | | | | | | | | | |
| **Snacks/Other** | | | | | | | | | | |
| Total | 230 | 8 | 0.5 | 35 | 3 | 10 | 4 | 220 | 0 | 90 |