Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	230	8	36	3
Lunch	380	16	27	30
Dinner				
Snacks/Other				
Total	610	24	63	33

Tuesday, January 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nabisco Belvita Cranberry Orange Breakfast Biscuits 1 pack (4 biscuits), 50 g	230	8	0.5	36	3	12	3	220	0	85
Lunch										
Robert Irvine's Fit Crunch - Peanut Butter 1 bar, 88 g	380	16	8	27	2	6	30	490	30	100
Dinner										
Snacks/Other										
Total	610	24	8.5	63	5	18	33	710	30	185