Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast				
Lunch				
Dinner	556	33.7	11	52
Snacks/Other				
Total	**556**	**33.7**	**11**	**52**

Sunday, September 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Longhorn Steakhouse Fresh Steamed Asparagus	80	4.5	1	5	0	0	4	55	0	
1 serving										
Longhorn Steakhouse Fresh Green Beans	36	0.2	0	6	0	0	2	233	0	
1 serving										
Longhorn Steakhouse Flat Iron Steak	440	29	10	0	0	0	46	310	0	
1 steak, 8 oz										
Total	556	33.7	11	11	0	0	52	598	0	
Snacks/Other										
Total	**556**	**33.7**	**11**	**11**	**0**	**0**	**52**	**598**	**0**	