Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	262	8.05	24.09	25.28
Lunch	395	15.63	0	59.84
Dinner				
Snacks/Other	160	14	6	6
Total	**817**	**37.68**	**30.09**	**91.12**

Tuesday, January 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Frozen Mixed Berries 2 x 1/2 cup, 140 g	80	0	0	21	9	9	1	0	0	0
Optimum Nutrition Gold Standard 100% Whey - Vanilla Ice Cream 1 scoop, 31 g	120	1	0.5	3	0	1	24	130	30	
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	262	8.05	6.505	24.09	9	10	25.28	135	30	111
Lunch										
Chicken Breast 1 1/2 cups cooked, diced	395	15.63	4.398	0	0	0	59.84	796	168	492
Dinner										
Snacks/Other										
Blue Diamond Whole Natural Almonds 24 nuts, 1 oz	160	14	1	6	3	1	6	0	0	200
Total	**817**	**37.68**	**11.903**	**30.09**	**12**	**11**	**91.12**	**931**	**198**	**803**