Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	457	12.81	68.32	18.73
Lunch	173	9.08	13.07	14.55
Dinner	515	22.45	43.45	35.26
Snacks/Other	1033	23.12	164.93	20.89
Total	**2178**	**67.46**	**289.77**	**89.42**

Daily Totals

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Monday, May 16, 2016	2168	69.6	21.931	313.84	35.82	153.83	85.33	1790.51	340.23	2197.4
Tuesday, May 17, 2016	2048	73.29	28.71	260.27	41.8	113.49	110.7	4352.83	282.45	1166
Wednesday, May 18, 2016	3046	114.9	34.208	324.44	45.95	93.54	140.57	4251.3	263.78	2876
Thursday, May 19, 2016	2492	66.24	20.924	336.77	38	127.21	92.73	4317.16	161.47	1344
Friday, May 20, 2016	1020	28.01	8.372	148.94	34.48	49.08	54.98	1809.56	76.45	1277
Saturday, May 21, 2016	2479	85.4	35.538	294.51	23.36	130	92.75	5080.31	221.84	617
Sunday, May 22, 2016	1991	34.76	10.209	349.63	20.03	150.74	48.9	1686.1	113.97	931
Total	**15244**	**472.2**	**159.892**	**2028.4**	**239.44**	**817.89**	**625.96**	**23287.77**	**1460.19**	**10408.4**