Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	197	6.11	0	33.3
Lunch				
Dinner				
Snacks/Other				
Total	197	6.11	0	33.3

Monday, February 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cooked Salmon	197	6.11	1.497	0	0	0	33.3	82	78	616
1 medium salmon steak (5/8" thick)										
Lunch										
Dinner										
Snacks/Other										
Total	197	6.11	1.497	0	0	0	33.3	82	78	616