Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast				
Lunch				
Dinner	580	15	96	16
Snacks/Other				
Total	580	15	96	16

Sunday, February 12, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Wendy's Classic Chocolate Frosty (Large) 1 serving, 24 oz	580	15	9	96	1	79	16	270	60	1070
Snacks/Other										
Total	580	15	9	96	1	79	16	270	60	1070