Thursday, June 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	140	13.59	7.509	3.19	0	3	0.57	24	45	223
Lunch	785	58.46	5.076	23.66	12.5	8.32	43.25	784	231	838
Dinner	1181	39.74	10.129	29.83	9.7	6.66	12.97	218	191	903
Snacks/Other	85	3	1	16	15	0	0.5	0	25	80
Total	**2191**	**114.79**	**23.714**	**72.68**	**37.2**	**17.98**	**57.29**	**1026**	**492**	**2044**