Wednesday, June 6, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Lunch	619	49.13	13.174	17.71	4.95	9.23	29.58	2219.75	282	716
Dinner	854	63.38	28.448	12.54	5.5	3.54	60.16	1444.75	1006	268
Snacks/Other	178	13	6.75	15.5	13	0.5	1.5	127.5	10	80
Total	**1656**	**125.6**	**48.381**	**45.94**	**23.45**	**13.27**	**91.81**	**3801**	**1298**	**1287**