Friday, April 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch	1387	63.99	13.622	151.89	43.3	36.79	91.9	1213	167	415
Dinner	598	16.77	5.407	7.17	1.7	5.12	98.15	1538.95	263.85	1010
Snacks/Other	612	25.93	7.041	56.18	15.2	25.95	46.8	181	37.5	1363
Total	**2597**	**106.69**	**26.07**	**215.24**	**60.2**	**67.86**	**236.85**	**2932.95**	**468.35**	**2788**