## Tuesday, February 14, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Breakfast | 1036 | 90.84 | 17.76 | 34.66 | 13.66 | 4.69 | 35.5 | 863.75 | 459 | 134 |
| Lunch | 490 | 29 | 4.5 | 34 | 11 | 6 | 31 | 490 | 40 | |
| Dinner | 641 | 47.36 | 20.29 | 8.11 | 2 | 3 | 50.75 | 1333.19 | 160.71 | |
| Snacks/Other | 435 | 33.09 | 6.4 | 14.19 | 6 | 2.19 | 19.04 | 224.9 | 22.64 | 80 |
| **Total** | **2602** | **200.29** | **48.95** | **90.96** | **32.66** | **15.88** | **136.29** | **2911.84** | **682.35** | **214** |