Thursday, February 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	76	5.95	2.453	0.87	0	0.02	4.42	270	17	187
Lunch	404	21.98	2.887	13.24	6.55	5.65	36.06	668.25	74	531.75
Dinner	439	20.15	5.406	26.42	7.7	11.96	40.71	1373.01	190	428
Snacks/Other										
Total	**919**	**48.08**	**10.746**	**40.53**	**14.25**	**17.63**	**81.19**	**2311.26**	**281**	**1146.75**