Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	19	2	0	0
Lunch	626	45.85	22.13	31.02
Dinner	796	52.32	22.15	43.74
Snacks/Other	39	1.94	2.73	2.89
Total	1480	102.11	47.02	77.65

Monday, October 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner	626	50.88	23.318	5.54	0.5	1.79	41.41	682.5	908.5	268
Snacks/Other	22	0.59	0.4	1.19	0	1.19	3.04	9.9	2.64	80
Total	**648**	**51.47**	**23.718**	**6.73**	**0.5**	**2.98**	**44.45**	**692.4**	**911.14**	**348**

Tuesday, October 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch	1055	90	31.5	38	12	19	29	1600	140	390
Dinner	1151	71.25	21.453	47.37	12.2	24.15	89.26	1017.6	180.44	555
Snacks/Other	22	0.59	0.4	1.19	0	1.19	3.04	9.9	2.64	80
Total	**2228**	**161.84**	**53.353**	**86.56**	**24.2**	**44.34**	**121.3**	**2627.5**	**323.08**	**1025**

Wednesday, October 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch	842	57.15	20.358	5.07	0	1.37	72	2224	263	732
Dinner	478	17.25	6	18.08	5	7	12.5	228.5	30	278
Snacks/Other	22	0.59	0.4	1.19	0	1.19	3.04	9.9	2.64	80
Total	**1342**	**74.99**	**26.758**	**24.34**	**5**	**9.56**	**87.54**	**2462.4**	**295.64**	**1090**

Thursday, October 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	130	14	13	0	0		0			
Lunch	799	64.88	25.698	13.54	10	1.54	37.16	650	896	1028
Dinner	1076	54.34	18.897	24.61	3.05	1.83	39.88	1083	126	675
Snacks/Other	65	1.19	0.79	12.38	10	2.38	6.07	19.8	5.28	80
Total	**2070**	**134.41**	**58.385**	**50.53**	**23.05**	**5.75**	**83.11**	**1752.8**	**1027.28**	**1783**

Friday, October 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner	584	46.88	24.198	4.54	0	2.54	37.16	615	896	308
Snacks/Other	22	0.59	0.4	1.19	0	1.19	3.04	9.9	2.64	80
Total	**606**	**47.47**	**24.598**	**5.73**	**0**	**3.73**	**40.2**	**624.9**	**898.64**	**388**

Saturday, October 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch	619	30.82	8.041	64.5	27.9	17.5	29.98	507	30	1383
Dinner	728	49.27	26.263	25.99	6.5	7.49	55	1760.52	304.42	173
Snacks/Other	60	5	3.5	1	0	1	1	15	20	80
Total	**1407**	**85.09**	**37.804**	**91.49**	**34.4**	**25.99**	**85.98**	**2282.52**	**354.42**	**1636**

Sunday, October 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch	1064	78.13	49.698	33.79	18.84	8.96	49	892.26	896	548
Dinner	932	76.34	31.19	28.95	9.06	10.21	30.97	3035.28	145.64	481
Snacks/Other	60	5	3.5	1	0	1	1	15	20	80
Total	**2056**	**159.47**	**84.388**	**63.74**	**27.9**	**20.17**	**80.97**	**3942.54**	**1061.64**	**1109**