Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	225	7.97	29.64	9.61
Lunch	646	23.79	71.32	42.75
Dinner	1137	31.78	107.61	47.81
Snacks/Other	915	35.68	109.47	15.45
Total	**2923**	**99.22**	**318.03**	**115.62**

Daily Totals

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Monday, November 24, 2014	1341	42.31	12.975	90.62	41.2	18.77	166.04	1810	278	1439
Tuesday, November 25, 2014	2673	150.8	68.204	165.4	41.5	32.37	131.73	3258	466	1263
Wednesday, November 26, 2014	5171	104.24	33.472	563.8	41.9	201.83	192.11	3854	217.5	3940
Thursday, November 27, 2014	3538	152.43	59.64	490.47	45.6	219.17	73.55	5865	279.5	1487
Friday, November 28, 2014	3431	84.64	34.091	410.8	57.92	202.45	118.49	5972.6	312.5	3367
Saturday, November 29, 2014	3143	115.33	30.947	340.29	40.04	101.74	76.5	4711.8	343.5	558
Sunday, November 30, 2014	1161	44.77	13.164	164.86	41.2	23.74	50.9	2436	122	1250
Total	**20458**	**694.52**	**252.493**	**2226.24**	**309.36**	**800.07**	**809.32**	**27907.4**	**2019**	**13304**