Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	175	16.91	0.7	5.26
Lunch	518	42.7	10.23	24.48
Dinner	653	49.41	17.87	35.16
Snacks/Other	343	31.84	10.65	6.95
Total	**1690**	**140.85**	**39.45**	**71.86**

Daily Totals

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Tuesday, April 5, 2016	1686	136.08	62.37	43.34	6.6	12.96	78.03	1210	367	2008
Monday, April 11, 2016	1852	159.33	82.111	35.64	11.45	13.53	68.97	2853	255	1208
Tuesday, April 12, 2016	1381	109.72	42.684	28.26	6.5	13.31	57.31	2881.25	213.5	741
Friday, April 15, 2016	2116	165.73	73.918	56.99	16.85	19.47	112.6	2425.5	295	1413
Sunday, April 17, 2016	1491	121.14	46.824	46.83	14.9	22.37	64.18	464.25	202.25	1351
Wednesday, April 20, 2016	1127	104.75	40.234	19.49	7.7	7.89	33.71	1168.75	131.5	585
Thursday, April 21, 2016	1553	139.56	53.699	35.24	11.2	9.34	40.38	2191.5	162.5	658
Friday, April 22, 2016	1727	137.13	58.228	31.29	11.4	10.66	87.42	2310.5	315	1826
Monday, April 25, 2016	1728	149.24	72.553	45.9	11.6	29.29	60.47	1696.25	228.75	1420
Tuesday, April 26, 2016	1731	142.39	63.453	53.45	20.04	21.94	56.44	1508.5	364.75	1531.25
Wednesday, April 27, 2016	1831	152.2	51.553	51.4	31.34	9.28	82.08	1877.75	347.5	1647.25
Thursday, April 28, 2016	1666	132.52	47.4	56.25	27.31	12.98	76.7	1417.25	244.25	2502.25
Friday, April 29, 2016	1702	141.09	57.845	31.08	14.65	10.03	88.01	239.75	162.25	1015.25
Saturday, April 30, 2016	2068	181.06	82.645	17.14	10.81	5.36	99.68	1414	298.75	645.25
Total	**23659**	**1971.94**	**835.517**	**552.3**	**202.35**	**198.41**	**1005.98**	**23658.25**	**3588**	**18551.25**