

Period Summary				
Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	205	12.36	14.9	9.54
Lunch				
Dinner	256	14.2	19.68	13.46
Snacks/Other				
Total	461	26.56	34.58	23

Saturday, March 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pepperidge Farm Goldfish <small>37 crackers, 20 g</small>	90	3.5	1	13	1	0	2	170	0	
No Name Stringable Marble Mozzarella Cheese <small>1/2 x 2 sticks, 21 g</small>	60	4	2.5	0	0	0	5.5	145	10	0
Almonds <small>8 almonds</small>	55	4.86	0.373	1.9	1.1	0.46	2.04	0	0	70
Total	205	12.36	3.873	14.9	2.1	0.46	9.54	315	10	70
Lunch										
Dinner										
Chili <small>1 cup</small>	256	14.2	5.251	19.68	6.1	5.7	13.46	978	41	
Snacks/Other										
Total	461	26.56	9.124	34.58	8.2	6.16	23	1293	51	70