Monday, May 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	417	20.94	8.099	34.77	2	3.77	23.58	815	448	134
Lunch	410	14	5	47	3	2	23	610	40	
Dinner										
Snacks/Other	510	21.25	11	51	2.25	36.25	26.25	385	35	195
Total	**1337**	**56.19**	**24.099**	**132.77**	**7.25**	**42.02**	**72.83**	**1810**	**523**	**329**