

Period Summary				
Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast				
Lunch	674	36.7	48.07	38.55
Dinner				
Snacks/Other				
Total	674	36.7	48.07	38.55

Monday, April 23, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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Breakfast

Lunch

Boston Market Meatloaf (Regular)	510	29	13	26	6	8	36	890	145	
<small>1 serving, 7.6 oz</small>										
Roasted Potato (Fat Added in Cooking)	164	7.7	0.99	22.07	2.7	0.99	2.55	111	0	531
<small>1 small (1-3/4" to 2-1/4" dia, raw)</small>										
Total	674	36.7	13.99	48.07	8.7	8.99	38.55	1001	145	531

Dinner

Snacks/Other

Total	674	36.7	13.99	48.07	8.7	8.99	38.55	1001	145	531
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