

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)
Breakfast										
Lunch										
Boston Market Meatloaf (Regular)	510	29	13	26	6	8	36	890	145	
1 serving, 7.6 oz										
Roasted Potato (Fat Added in Cooking)	164	7.7	0.99	22.07	2.7	0.99	2.55	111	0	531
1 small (1-3/4" to 2-1/4" dia, raw)										
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