Tuesday, May 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	450	16.5	10.5	72	0.75	66	5.25	225	56.25	0
Lunch	545	24.5	9	39.5	13.5		41.5	1690		
Dinner	570	24	11.5	69	2	12.5	16.5	840	60	
Snacks/Other	702	34.5	0	89.75	0	36.5	3.75	249	7.5	
Total	**2267**	**99.5**	**31**	**270.25**	**16.25**	**115**	**67**	**3004**	**123.75**	**0**