Wednesday, August 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	710	30.58	9.062	59.43	2.5	14.24	47.41	1416	147	503
Lunch										
Dinner	426	18.45	4.1	47.6	4.5	20.65	20.55	791.9	43.7	
Snacks/Other	110	0	0	26		22	2	0	0	450
Total	**1246**	**49.03**	**13.162**	**133.03**	**7**	**56.89**	**69.96**	**2207.9**	**190.7**	**953**