Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	251	10.47	28.16	11.7
Lunch	507	24.29	75.71	14.54
Dinner	397	16.47	44.23	18.78
Snacks/Other	229	10.45	36.74	2.27
Total	1383	61.68	184.85	47.29

Daily Totals

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wednesday, March 1, 2017	830	19.5	7.75	127.5	5	81.5	32	1260	57.5	620
Thursday, March 2, 2017	1304	66.45	26.228	210.79	2.5	74.65	31.28	1778.5	260.5	183
Friday, March 3, 2017	1722	62.28	11.106	347.09	7.5	136.33	58.99	1941	482.5	125
Saturday, March 4, 2017	1380	56	16.75	168.5	4.8	89.5	52	1665	127.5	0
Monday, March 6, 2017	2303	101.69	39.353	276.54	7.5	68.79	75.67	3235	593	451
Tuesday, March 7, 2017	1466	65.53	12.778	146.78	13.7	59.68	73.97	1395.75	487.5	1312.5
Wednesday, March 8, 2017	1199	61.16	21.983	119.07	8.4	84.59	44.97	627.75	470	580.5
Thursday, March 9, 2017	2200	98.5	32	303	8	187	35.5	2935	127.5	370
Friday, March 10, 2017	1776	111.32	21.177	248.44	10.2	89.21	64.08	1899	473.5	276
Saturday, March 11, 2017	1229	92.07	18.297	175.54	1.7	49.56	40.93	847	461	190
Sunday, March 19, 2017	1556	68.18	22.021	164.81	11.7	67.83	74.31	3518	207.75	1471
Monday, March 20, 2017	1548	72	25.88	192.75	3.5	124.75	36	1010	475	0
Tuesday, March 21, 2017	1736	50.25	17	256.5	13	124	75.5	2237.5	145	390
Wednesday, March 22, 2017	1475	61.79	19.953	192.47	6.45	123.94	41.81	1101	435	508
Thursday, March 23, 2017	597	26	10.014	59.13	1.5	31.5	31	846	435	403
Saturday, March 25, 2017	694	16.38	4	104.25	4.25	66.5	36.5	1040	10	540
Sunday, March 26, 2017	880	27.62	6.12	140.75	6.25	117.75	29.25	517.5	402.5	660
Monday, March 27, 2017	471	26.12	5.86	40.39	5.39	24.39	23.97	240	400	558.24
Wednesday, March 29, 2017	1300	57.01	13.48	177.13	13.9	79.52	38.4	1150.5	72	756
Thursday, March 30, 2017	1530	91	39.88	146	6.5	89.75	45	400	135	630

Daily Totals

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Friday, March 31, 2017	1845	64.5	22.37	284.5	10.62	227	52	1161	103.5	527.5
Total	**29041**	**1295.35**	**394**	**3881.93**	**152.36**	**1997.74**	**993.13**	**30805.5**	**6361.25**	**10551.74**