Friday, July 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	3	0	0	1.01	0	0.28	0.04	0	0	15
Lunch	330	10	5	28	1	23	37	1150	330	0
Dinner	361	17.18	2.349	23.72	8.7	5.81	35.5	1692	247.5	1058
Snacks/Other	80	5	0.5	7.5	0.5	1	1	75	0	160
Total	**774**	**32.18**	**7.849**	**60.23**	**10.2**	**30.09**	**73.54**	**2917**	**577.5**	**1233**