Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	336	10.61	42.62	17.66
Lunch	350	14.22	38.89	17.52
Dinner	480	27.91	42.68	17.28
Snacks/Other	126	7.48	4.37	10.05
Total	**1292**	**60.21**	**128.55**	**62.51**

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch	190	16	6	0.5	0.25	0.25	11	710	45	0
Dinner										
Snacks/Other										
Total	**190**	**16**	**6**	**0.5**	**0.25**	**0.25**	**11**	**710**	**45**	**0**

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	426	22.8	4.252	42.5	3.9	3.32	12.28	1032	194	802
Lunch	361	3.26	0.419	65.38	16.1	9.46	18.91	1265	0	32
Dinner	1440	83.72	23.482	128.03	14.9	45.95	51.85	1505	77	719
Snacks/Other										
Total	**2227**	**109.78**	**28.153**	**235.91**	**34.9**	**58.73**	**83.04**	**3802**	**271**	**1553**

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	581	9.02	3.823	85.37	6.7	42.45	40.69	623	30	840
Lunch	500	23.39	5.384	50.78	3.3	6.64	22.66	1054	35	370
Dinner										
Snacks/Other	377	22.45	14.192	13.1	2.2	6.16	30.14	665	60	400
Total	**1458**	**54.86**	**23.399**	**149.25**	**12.2**	**55.25**	**93.49**	**2342**	**125**	**1610**