Sunday, June 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch	630	26.97	10.675	78.86	2.6	21.93	20.09	1361	36	173
Dinner	535	19.43	9.642	71.94	3	7	23.47	1069	46	359
Snacks/Other	314	15.69	3.789	36.36	1.3	20.06	8.66	340	49	215
Total	**1479**	**62.09**	**24.106**	**187.16**	**6.9**	**48.99**	**52.22**	**2770**	**131**	**747**