Friday, August 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	398	8.32	4.638	68.44	0.9	36.51	22.9	565	29	545
Lunch	290	6	1	46	4	3	18	730	35	
Dinner	300	11	2	35	3	1	17	560	25	0
Snacks/Other	210	10.5	3.75	30	1.5	19.5	1.5	180	0	60
Total	**1198**	**35.82**	**11.388**	**179.44**	**9.4**	**60.01**	**59.4**	**2035**	**89**	**605**