Saturday, March 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	470	16.5	9	46	4	6	38	795	255	115
Lunch	551	29.82	13.1	55.78	13.7	22.35	18.59	1140	45	448
Dinner	134	1.54	0.3	28.1	3.9	12.69	4.71	702	0	581
Snacks/Other	60	0	0	13.5	0	10	1	5	0	0
Total	**1215**	**47.86**	**22.4**	**143.38**	**21.6**	**51.04**	**62.3**	**2642**	**300**	**1144**