Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	173	9.44	8.22	13.11
Lunch	163	7.47	8.62	13.2
Dinner	604	25.54	59.2	35.12
Snacks/Other	280	19.46	22.76	7.23
Total	**1220**	**61.91**	**98.8**	**68.65**

Monday, June 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner	416	15.95	5.174	31.39	5.4	1.16	35.14	490	84	739
Snacks/Other	237	18.59	4.059	12.67	2.2	6.38	8.58	177	0	223
Total	**653**	**34.54**	**9.233**	**44.06**	**7.6**	**7.54**	**43.72**	**667**	**84**	**962**

Tuesday, July 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	417	21.9	6.936	14.75	1.4	2.75	37.49	1076.5	36.75	763
Lunch	228	11.77	4.579	0	0		28.53	89	84	529
Dinner	626	12.36	5.47	114.42	13.85	11.18	18.5	1083.5	2.5	884
Snacks/Other										
Total	**1271**	**46.03**	**16.985**	**129.17**	**15.25**	**13.93**	**84.52**	**2249**	**123.25**	**2176**

Wednesday, July 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner	666	33.94	13.66	46.43	1.8	0.34	45.67	833	101.5	443
Snacks/Other	507	33.38	9.247	48.65	5.6	18.78	12.14	308	0	289
Total	**1173**	**67.32**	**22.907**	**95.08**	**7.4**	**19.12**	**57.81**	**1141**	**101.5**	**732**

Thursday, July 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	264	16.3	4.951	9	1	2.92	20.03	423	633	293
Lunch	372	10.71	0.908	21.65	0.2	3.58	40.23	385.5	92.5	6
Dinner	606	21.56	7.342	65.6	14.2	11.58	39	2556	93	1271
Snacks/Other	339	24.5	6.032	24.89	4.7	19.45	9.19	103	0	
Total	**1581**	**73.07**	**19.233**	**121.14**	**20.1**	**37.53**	**108.45**	**3467.5**	**818.5**	**1570**

Friday, July 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	501	26.35	8.971	30.76	1.4	2.75	34.22	1091	40	1052
Lunch										
Dinner	575	38.91	12.478	21.8	0.7	2.69	32.43	440	157	404
Snacks/Other	339	24.5	6.032	24.89	4.7	19.45	9.19	103	0	
Total	**1415**	**89.76**	**27.481**	**77.45**	**6.8**	**24.89**	**75.84**	**1634**	**197**	**1456**

Saturday, July 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	30	1.5	0	3	0	0	0	0	0	60
Lunch	538	29.83	4.534	38.68	2.9	7.84	23.61	1648	37	441
Dinner	536	19.03	6.26	56.46	10.3	9.64	36.07	1858	87	1466
Snacks/Other	339	24.5	6.032	24.89	4.7	19.45	9.19	103	0	
Total	**1443**	**74.86**	**16.826**	**123.03**	**17.9**	**36.93**	**68.87**	**3609**	**124**	**1967**

Sunday, July 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner	804	37.01	10.536	78.28	6.15	5.35	39.02	1789.5	70.5	284
Snacks/Other	198	10.76	1.704	23.36	0.7	10.58	2.35	257	17	60
Total	**1002**	**47.77**	**12.24**	**101.64**	**6.85**	**15.93**	**41.37**	**2046.5**	**87.5**	**344**