Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	310	12.01	34.22	15.48
Lunch				
Dinner				
Snacks/Other	190	2.5	34	6
Total	500	14.51	68.22	21.48

Thursday, March 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ore-Ida Steak Fries 1/3 x 7 pieces, 1 oz	36	0.99	0.16	6.27	0.66	0.33	0.66	95.7	0	95.7
Meat, Poultry or Fish, Vegetables Sandwich Wrap 1/2 sandwich	274	11.02	4.529	27.95	1.9	1.64	14.82	398	43	222
Total	310	12.01	4.689	34.22	2.56	1.97	15.48	493.7	43	317.7
Lunch										
Dinner										
Snacks/Other										
Bolthouse Farms Peach Parfait Breakfast Smoothie 1 container, 15.2 oz	190	2.5	1.5	34	3	23	6	85	15	250
Total	500	14.51	6.189	68.22	5.56	24.97	21.48	578.7	58	567.7