Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	20	0.8	1.9	1.34
Lunch	568	20	78	22.67
Dinner				
Snacks/Other	105	0.39	26.95	1.29
Total	**694**	**21.19**	**106.85**	**25.3**

Tuesday, June 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Wendy's Saltine Crackers 8 x 1 serving	200	4	0	40	0	0	8	640	0	
Wendy's Honey Mustard Nugget Sauce 2 x 1 serving	160	12	2	14	0	6	0	440	20	
Wendy's 10 Piece Chicken Nuggets 1 serving	450	29	6	26	1	0	21	930	65	
Wendy's Hot Chili Seasoning Packet 1 packet	5	0	0	1	0	1	0	270	0	
Wendy's Chili (Large) 1 serving, 340 g	250	7	3	23	5	9	23	1170	50	600
Total	1065	52	11	104	6	16	52	3450	135	600
Dinner										
Snacks/Other										
Total	**1065**	**52**	**11**	**104**	**6**	**16**	**52**	**3450**	**135**	**600**

Wednesday, June 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Quaker Instant Oatmeal - Maple & Brown Sugar 2 x 1 package, 86 g	320	4	1	64	6	24	8	520	0	230
Dinner										
Snacks/Other										
Bananas 2 medium (7" to 7-7/8" long)	210	0.78	0.264	53.9	6.1	28.86	2.57	2	0	845
Total	**530**	**4.78**	**1.264**	**117.9**	**12.1**	**52.86**	**10.57**	**522**	**0**	**1075**

Thursday, June 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Lunch										
Great Value Maple & Brown Sugar Instant Oatmeal 2 x 1 packet, 86 g	320	4	0	66	6	26	8	540	0	230
Dinner										
Snacks/Other										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	**486**	**6.79**	**1.666**	**98.66**	**9.1**	**46.6**	**13.32**	**591**	**10**	**835**