Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	147	4.14	13	12.85
Lunch				
Dinner				
Snacks/Other				
Total	**147**	**4.14**	**13**	**12.85**

Thursday, January 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 24 fl oz	7	0.14	0.014	0	0	0	0.85	14	0	348
sugar free Italian sweet Crete 050000145782 4 x 1 serving (1 tbsp)	60	4	0	4	0	0	0	40	0	0
Dannon Light & Fit Greek Blends - Toasted Coconut Vanilla 1 container, 150 g	80	0	0	9	0	7	12	45	10	140
Total	147	4.14	0.014	13	0	7	12.85	99	10	488
Lunch										
Dinner										
Snacks/Other										
Total	**147**	**4.14**	**0.014**	**13**	**0**	**7**	**12.85**	**99**	**10**	**488**