Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	233	12.08	21.92	8.58
Lunch	582	27.88	62.42	22.2
Dinner	360	11.76	37.85	19.58
Snacks/Other	113	3	18.67	2.67
Total	**1288**	**54.72**	**140.86**	**53.02**

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	150	9	1.5	15	2	0	1	310	0	
Lunch	808	34.45	7.547	95.8	18.2	9.99	32.87	1927	443	1458
Dinner	407	19.44	3.901	35.97	2.7	8.7	23.97	939	91	136
Snacks/Other										
Total	**1365**	**62.89**	**12.948**	**146.77**	**22.9**	**18.69**	**57.84**	**3176**	**534**	**1594**

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	248	11.25	4.5	24.75	0.75	2.25	12.75	577.5	123.75	
Lunch	347	16.19	3.281	32.22	2.2	6.7	19.47	779	81	136
Dinner	672	15.83	5.91	77.58	6.1	19.33	34.76	2436.25	61.5	394
Snacks/Other										
Total	**1267**	**43.27**	**13.691**	**134.55**	**9.05**	**28.28**	**66.98**	**3792.75**	**266.25**	**530**

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	300	16	7	26	1	2	12	830	115	
Lunch	592	33	9	59.25	7.5	3.75	14.25	975	26.25	
Dinner										
Snacks/Other	340	9	6	56	3	46	8	160	35	640
Total	**1232**	**58**	**22**	**141.25**	**11.5**	**51.75**	**34.25**	**1965**	**176.25**	**640**