Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	187	6.08	21.9	10.7
Lunch	424	20.91	37.2	21.83
Dinner	531	22.77	53.92	18.6
Snacks/Other	94	1.99	19.12	1.29
Total	**1237**	**51.74**	**132.14**	**52.42**

Thursday, December 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	122	1.88	1.5	13.5	0	9	11	66.25	5	37.5
Lunch	572	32.75	14.12	49.25	3.5	3	19.75	1532.5	250	
Dinner										
Snacks/Other	180	9	5	18	2	6	5	1020	25	
Total	**874**	**43.63**	**20.62**	**80.75**	**5.5**	**18**	**35.75**	**2618.75**	**280**	**37.5**

Monday, December 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	160	10	6	15	4	0.5	7.5	225	20	50
Lunch	96	5.25	1.5	3.75	0	1	8.25	520	35.5	0
Dinner	575	31.32	8.658	62.07	12.5	1.56	15.28	679	27.25	697.25
Snacks/Other	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
Total	**941**	**46.93**	**16.217**	**110.1**	**21.6**	**25.09**	**31.58**	**1426**	**82.75**	**974.25**

Wednesday, December 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	130	2.5	2	14	0	9	11	70	5	50
Lunch	625	30.25	5.709	41.69	4.35	14.2	45.86	1214.5	151	623
Dinner	455	25.49	2.985	44.96	2.1	12.34	15.15	1200	71	20
Snacks/Other	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
Total	**1320**	**58.6**	**10.753**	**129.93**	**11.55**	**57.57**	**72.56**	**2486.5**	**227**	**920**

Thursday, December 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	424	16		55			13			
Lunch	365	20.95	3.101	33.65	1.4	7.91	12.42	636	32	59
Dinner	815	35.31	11.545	78.05	2.5	31.01	24.21	1260	109.5	117
Snacks/Other										
Total	**1604**	**72.26**	**14.646**	**166.7**	**3.9**	**38.92**	**49.63**	**1896**	**141.5**	**176**

Friday, December 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	100	0	0	12	0	9	11	55	5	
Lunch	462	15.35	5.757	57.64	10.8	16.27	22.86	779.5	434	308.5
Dinner	812	21.71	4.54	84.5	2	49	38.38	2577.5	95	155
Snacks/Other	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Total	**1446**	**37.29**	**10.336**	**173.2**	**16.1**	**88.61**	**72.6**	**3413**	**534**	**611.5**