Wednesday, October 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	707	33.94	8.48	76.09	2.8	11.92	22.95	699	400	138
Lunch	100	4.04	0.78	13.65	2.3	3.36	3.75	498	0	
Dinner	242	13.75		8.75		0	20.75			
Snacks/Other	748	22.28	0.079	126	6.7	68.95	16.81	32	0	62
Total	**1797**	**74.01**	**9.339**	**224.49**	**11.8**	**84.23**	**64.26**	**1229**	**400**	**200**