

Friday, March 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	545	23.05	5.713	58.17	9.1	15.59	28.17	379	634	864
Lunch	358	2.82	1.108	37.2	1.8	30.96	50.44	722	145	382
Dinner	462	16.06	1.735	21.3	5.8	11.12	57.29	1295	145	249
Snacks/Other	395	31.5	3.856	19.82	7.3	5.41	14.61	19	0	726
Total	1760	73.43	12.412	136.49	24	63.08	150.51	2415	924	2221