

Monday, March 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch	618	16.23	3.892	59.59	6.3	16.8	58.28	824	358	1273
Dinner	646	23.77	3.329	40.86	12.8	12.68	63.11	1116	315	692
Snacks/Other	524	26.22	4.14	70.31	5.88	46.79	12.91	213	0	1014
Total	1788	66.22	11.361	170.76	24.98	76.27	134.3	2153	673	2979