

**Monday, March 19, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (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
<b>Total</b>	<b>1788</b>	<b>66.22</b>	<b>11.361</b>	<b>170.76</b>	<b>24.98</b>	<b>76.27</b>	<b>134.3</b>	<b>2153</b>	<b>673</b>	<b>2979</b>