

Friday, March 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	563	6.7	3.163	118.28	16.07	35.99	19.69	146	20	1286.43
Lunch	1056	32.44	10.445	146.35	4.6	86.7	43.02	875	98	818
Dinner	2302	51	21.75	339	7	179	19	2346	0	420
Snacks/Other	300	16.03	4.153	35.8	1	0	3.88	286	22	185
Total	4221	106.17	39.511	639.43	28.67	301.69	85.59	3653	140	2709.43