

**Friday, March 9, 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	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
<b>Total</b>	<b>4221</b>	<b>106.17</b>	<b>39.511</b>	<b>639.43</b>	<b>28.67</b>	<b>301.69</b>	<b>85.59</b>	<b>3653</b>	<b>140</b>	<b>2709.43</b>