

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	435	18.41	36.46	32.79
Lunch	543	20.69	48.65	39.93
Dinner	556	17.63	60.48	35.67
Snacks/Other	835	51.66	61.84	41.81
Total	2369	108.39	207.44	150.2

Daily Totals

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Monday, April 23, 2018	4017	145.13	45.758	508.59	17.1	186.93	155.85	8008	585	1562
Tuesday, April 24, 2018	1631	68.03	10.501	95.82	20.7	41.48	158.65	2469	684	2209
Wednesday, April 25, 2018	1928	124.6	25.751	99.73	26.6	41.75	122.31	2446	462	2614
Thursday, April 26, 2018	1962	91.38	17.08	169.86	38.4	74.81	126.56	2136	556	2784
Friday, April 27, 2018	2086	75.93	18.85	205.87	35.3	89.62	152.29	2718	664	3607
Saturday, April 28, 2018	2455	123.91	24.131	184.08	38	104.84	170.97	2127	649	3553
Sunday, April 29, 2018	2506	129.75	24.793	188.14	41.75	95.79	164.79	2172.5	614	3480
Total	16585	758.73	166.864	1452.09	217.85	635.22	1051.42	22076.5	4214	19809