

Wednesday, March 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	360	13.58	5.116	36.1	5.1	19.69	25.78	346	431	1006
Lunch	528	21.29	2.092	39.73	12.9	14.23	38.88	2414	62	944
Dinner	305	26.78	4.423	7.78	4.8	2.13	14.3	163	0	370
Snacks/Other	765	33.8	6.251	70.57	14.3	39.97	52.42	472	93	1352
Total	1958	95.45	17.882	154.18	37.1	76.02	131.38	3395	586	3672