Thursday, August 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	536	6.2	3.544	91.58	20.6	45.29	30.82	2351	30	1175
Lunch	497	27.79	9.056	26	2	2	29.45	1781	73	337
Dinner	845	37.5	6.75	70	3.5	1	56.5	2840	197.5	
Snacks/Other	178	8.93	3.691	16.45	0.9	1.32	7.78	512	17	137
Total	**2056**	**80.42**	**23.041**	**204.03**	**27**	**49.61**	**124.55**	**7484**	**317.5**	**1649**