Wednesday, April 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	573	7.7	3.549	97.72	20.6	50.29	31.06	2386	30	1289
Lunch	790	44.3	16.214	12.9	0	9	79.72	1225	241	1145
Dinner	690	32.89	5.132	90.95	13.1	27.43	22.29	971	0	692
Snacks/Other	0	0	0	0	0	0	0	0	0	0
Total	**2053**	**84.89**	**24.895**	**201.57**	**33.7**	**86.72**	**133.07**	**4582**	**271**	**3126**