

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	425	13.39	52.24	27.82
Lunch	628	21.66	58.82	47.59
Dinner	208	6.65	22.18	13.53
Snacks/Other	754	43.5	62.03	38.93
Total	2014	85.2	195.27	127.87

Daily Totals

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sunday, April 1, 2018	2363	104.77	34.242	286.15	29.4	160.53	91.19	6223	230	2775
Monday, April 2, 2018	2048	79.03	18.123	251.13	51.77	95.66	100.97	5023	186	3647.43
Tuesday, April 3, 2018	1702	64.62	12.807	187.61	38.4	78.55	105.76	2358	571	3404
Wednesday, April 4, 2018	1669	53.33	13.184	212.73	32.92	93.38	109.7	1278	605	3039.43
Thursday, April 5, 2018	1849	92.06	17.255	161.78	31.77	51.57	115.31	1119	533	3167.43
Friday, April 6, 2018	4291	150.04	12.594	540.61	28.57	44.24	190.95	7157.8	160	1739.43
Saturday, April 7, 2018	1519	74.88	13.781	75.01	18.7	35.18	137.07	2007	628	2263
Sunday, April 8, 2018	1837	68.63	12.064	171.54	36.5	75.07	141.52	2084	620	3160
Monday, April 9, 2018	725	27.69	4.493	75.64	17.9	32.05	44.64	1225	423	1688
Tuesday, April 10, 2018	1738	68.3	11.948	144.59	33.4	60.64	141.38	2086	623	2738
Wednesday, April 11, 2018	1902	60.88	11.267	222.79	45.67	79.13	131.15	1716	220	2773.43
Thursday, April 12, 2018	1730	103.3	23.681	89.74	21.1	34.67	116.5	2148	603	2654
Friday, April 13, 2018	1940	69.2	20.303	187.42	26.4	67.91	151.89	1462	667	2519
Saturday, April 14, 2018	1782	86.44	11.475	197.61	38.75	94.68	75.84	1734	423	3949
Sunday, April 15, 2018	2155	128.25	19.637	179.85	37.85	72.47	95.08	1765	423	3373
Monday, April 16, 2018	1929	84.82	12.792	130.01	33.6	48.91	170.85	3270	713	2870
Tuesday, April 17, 2018	1831	63.47	11.272	179.21	37.2	90.02	138.5	1971.5	609	3040
Wednesday, April 18, 2018	1989	94.34	17.818	207.48	46.57	47.46	101.2	3451	111	2936.43
Thursday, April 19, 2018	1780	81.49	17.607	167.06	32.3	68.03	113.93	3568	584	3314
Friday, April 20, 2018	1873	68.88	12.996	176.03	35.4	89.23	144.5	2735	640	2973

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Saturday, April 21, 2018	2007	73.46	13.194	205.56	38.9	102.02	137.52	2610	605	3042
Sunday, April 22, 2018	991	34.4	6.636	77.75	18.6	32.05	90.71	2082	547	1846
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
Monday, April 30, 2018	2187	64.95	11.817	278.8	46.77	119.1	138.44	1842	229	3370.43
Total	60422	2555.96	507.85	5858.19	996.29	2307.77	3836.02	82991.8	15167	86091.01