

## Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	380	10.62	52.56	22.96
Lunch	615	19.94	47.86	56.76
Dinner	286	20.44	8.29	19.05
Snacks/Other	661	31.55	63.76	38.77
<b>Total</b>	<b>1941</b>	<b>82.55</b>	<b>172.47</b>	<b>137.55</b>

## Monday, March 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	285	16.57	5.45	9.15	2	5.26	24.49	345	431	584
Lunch	110	1.24	0.33	0	0	0	23.09	83	58	
Dinner	837	42.62	9.278	33.04	12.3	8.68	76.13	1323	220	587
Snacks/Other	765	33.8	6.251	70.57	14.3	39.97	52.42	472	93	1352
<b>Total</b>	<b>1997</b>	<b>94.23</b>	<b>21.309</b>	<b>112.76</b>	<b>28.6</b>	<b>53.91</b>	<b>176.13</b>	<b>2223</b>	<b>802</b>	<b>2523</b>

## Tuesday, March 13, 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	1189	57.42	10.343	53.34	18.1	19.8	107.51	1983	278	836
Dinner										
Snacks/Other	765	33.8	6.251	70.57	14.3	39.97	52.42	472	93	1352
<b>Total</b>	<b>2314</b>	<b>104.8</b>	<b>21.71</b>	<b>160.01</b>	<b>37.5</b>	<b>79.46</b>	<b>185.71</b>	<b>2801</b>	<b>802</b>	<b>3194</b>

**Wednesday, March 14, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (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
<b>Total</b>	<b>1958</b>	<b>95.45</b>	<b>17.882</b>	<b>154.18</b>	<b>37.1</b>	<b>76.02</b>	<b>131.38</b>	<b>3395</b>	<b>586</b>	<b>3672</b>

**Thursday, March 15, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Breakfast	580	6.86	3.171	122.43	17.17	38.51	20.05	165	20	1369.43
Lunch	737	22.56	2.235	84.3	28.8	25.12	49.29	1420	70	899
Dinner										
Snacks/Other	699	33.82	6.223	72.57	14.3	39.97	36.48	708	70	1352
<b>Total</b>	<b>2016</b>	<b>63.24</b>	<b>11.629</b>	<b>279.3</b>	<b>60.27</b>	<b>103.6</b>	<b>105.82</b>	<b>2293</b>	<b>160</b>	<b>3620.43</b>

**Friday, March 16, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Breakfast	305	8.66	3.567	35.95	5.1	19.54	23.09	331	220	993
Lunch	447	18.56	1.735	52.3	16.8	17.12	18.29	902	0	899
Dinner	305	26.78	4.423	7.78	4.8	2.13	14.3	163	0	370
Snacks/Other	629	32.26	5.791	80.1	17.4	43.28	16.18	429	0	1668
<b>Total</b>	<b>1686</b>	<b>86.26</b>	<b>15.516</b>	<b>176.13</b>	<b>44.1</b>	<b>82.07</b>	<b>71.86</b>	<b>1825</b>	<b>220</b>	<b>3930</b>

**Saturday, March 17, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Breakfast	580	6.86	3.171	122.43	17.17	38.51	20.05	147	20	1369.43
Lunch	623	10.26	1.351	64.52	18.45	13.94	61.26	640.5	116	192
Dinner										
Snacks/Other	765	33.8	6.251	70.57	14.3	39.97	52.42	472	93	1352
<b>Total</b>	<b>1968</b>	<b>50.92</b>	<b>10.773</b>	<b>257.52</b>	<b>49.92</b>	<b>92.42</b>	<b>133.73</b>	<b>1259.5</b>	<b>229</b>	<b>2913.43</b>

**Sunday, March 18, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Breakfast	187	8.24	3.427	5.76	1.6	3.74	21.51	329	220	525
Lunch	668	8.26	1.955	40.8	6.2	4.71	99	1906	232	1078
Dinner	554	46.9	9.353	9.45	4.8	3.45	28.65	537	484	516
Snacks/Other	242	19.55	2.362	11.39	4.4	3.32	9.08	190	0	443
<b>Total</b>	<b>1651</b>	<b>82.95</b>	<b>17.097</b>	<b>67.4</b>	<b>17</b>	<b>15.22</b>	<b>158.24</b>	<b>2962</b>	<b>936</b>	<b>2562</b>