

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
Total	1941	82.55	172.47	137.55

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
Total	1997	94.23	21.309	112.76	28.6	53.91	176.13	2223	802	2523

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
Total	2314	104.8	21.71	160.01	37.5	79.46	185.71	2801	802	3194

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

Thursday, March 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	2016	63.24	11.629	279.3	60.27	103.6	105.82	2293	160	3620.43

Friday, March 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	1686	86.26	15.516	176.13	44.1	82.07	71.86	1825	220	3930

Saturday, March 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	1968	50.92	10.773	257.52	49.92	92.42	133.73	1259.5	229	2913.43

Sunday, March 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	1651	82.95	17.097	67.4	17	15.22	158.24	2962	936	2562