Tuesday, February 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	461	34.06	15.185	23.39	1	3.03	16.09	1103	66	247
Lunch	642	15.03	3.341	91.22	24.1	6.37	37.76	1640	82	1165
Dinner	412	15.19	6.476	22.57	2.1	8.57	43.95	675.75	120	476
Snacks/Other	675	17.76	10.946	36.27	2.4	23.49	36.74	1408	55	255
Total	**2190**	**82.04**	**35.948**	**173.45**	**29.6**	**41.46**	**134.54**	**4826.75**	**323**	**2143**