Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	695	33.48	50.52	50.32
Lunch	448	21.23	43.84	19.46
Dinner	639	33.15	27.66	48.93
Snacks/Other	219	14.05	20.25	3.5
Total	**2001**	**101.92**	**142.27**	**122.21**

Daily Totals

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Tuesday, January 3, 2017	1979	99.86	44.064	170.37	12.8	59.61	101.35	3407.94	936.78	1137
Wednesday, January 4, 2017	2088	111.19	47.239	148.01	10.9	50.66	122.08	6144	888.5	1923
Friday, January 6, 2017	2270	113.5	42.958	168.12	11.8	57.71	141.79	7041.86	417.75	2593.95
Saturday, January 7, 2017	1859	103.21	40.323	89.1	15.3	27.96	138.58	3939.28	433.86	2487
Sunday, January 8, 2017	1810	81.85	31.784	135.76	13.9	33.6	107.27	4645.29	354.38	1801
Total	**10006**	**509.61**	**206.368**	**711.36**	**64.7**	**229.54**	**611.07**	**25178.37**	**3031.27**	**9941.95**