Thursday, October 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	464	25.95	8.5	37.85	1.2	4.75	34.4	2139.5	108.75	
Lunch	1090	28.88	3.964	144.03	8.6	13.31	62.64	2967	80	456
Dinner	290	6.98	1.197	43.76	2.3	10.98	13.16	961	23.2	63
Snacks/Other	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Total	**1916**	**62.04**	**13.7**	**244.7**	**15.4**	**43.38**	**110.56**	**6068.5**	**211.95**	**667**