Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	497	18.23	26.79	53
Lunch	528	16.71	55.73	43.91
Dinner	230	7.14	26.94	14.67
Snacks/Other	190	7.2	27.46	3.36
Total	**1444**	**49.28**	**136.93**	**114.94**

Daily Totals

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Monday, October 30, 2017	2020	67.16	22.398	213.56	39.95	95.23	150.4	5791.2	486.62	4238.96
Tuesday, October 31, 2017	1053	31.51	10.279	110.71	18.5	42.72	85.47	4691.52	346.28	2129.46
Wednesday, November 1, 2017	1631	53.92	17.048	171.47	30.73	55.15	111.04	4190.25	632.55	2451
Thursday, November 2, 2017	1382	58.61	18.928	102.66	18.61	46.53	110.65	5016.4	279.1	1025
Friday, November 3, 2017	1136	35.21	13.731	86.24	11.3	25.71	117.15	3424.1	182.5	1600
Total	**7222**	**246.41**	**82.384**	**684.64**	**119.09**	**265.34**	**574.71**	**23113.47**	**1927.05**	**11444.42**