Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	160	3	5	30
Lunch	430	20	28	38
Dinner	480	17	38	46
Snacks/Other	201	8.36	17.18	15.18
Total	1271	48.36	88.18	129.18

Monday, April 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Premier Nutrition High Protein Shake - Chocolate 1 shake, 11 oz	160	3	1	5	3	1	30	210	20	450
Lunch										
Brixx Pizza Wood Roasted Chicken 4 oz, 4 oz	173	6		1	0	1	26	172	67	
Brixx Brixx Salad 1 salad	257	14	3	27	3	2	12	450	53	
Total	430	20	3	28	3	3	38	622	120	
Dinner										
Premier Nutrition High Protein Shake - Chocolate 1 shake, 11 oz	160	3	1	5	3	1	30	210	20	450
California Pizza Kitchen Crispy Thin Crust Four Cheese Pizza 1/3 pizza, 127 g	320	14	8	33	1	3	16	650	35	
Total	480	17	9	38	4	4	46	860	55	450
Snacks/Other										
Trader Joe's Bacon Cheddar Ranch Dip 2 tbsp, 30 g	90	8	4	2	0	1	2	210	20	
Red Sweet Pepper 1 medium (approx 2-3/4" long, 2-1/2" dia)	31	0.36	0.07	7.18	2.4	5	1.18	2	0	251
Dannon Light & Fit Greek Yogurt - Strawberry 1 container, 150 g	80	0	0	8	0	6	12	55	10	160

Monday, April 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	201	8.36	4.07	17.18	2.4	12	15.18	267	30	411
Total	1271	48.36	17.07	88.18	12.4	20	129.18	1959	225	1311