Tuesday, September 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	370	21	3.12	39.88	8.03	5.75	14.75	423.75	0	0
Lunch	523	10.87	1.077	91.13	9	32.45	24.21	2233	40	308
Dinner	1381	59.28	25.31	140.56	3.33	32.99	72.62	3097.5	119.9	0
Snacks/Other										
Total	**2274**	**91.15**	**29.507**	**271.57**	**20.36**	**71.19**	**111.58**	**5754.25**	**159.9**	**308**