Thursday, March 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast	209	5.75	1.032	24.58	7.7	12.66	16.2	364.25	0	256
Lunch	761	35.33	14.532	42.3	2.9	8.48	66.82	2382	156	423
Dinner	438	23.3	8.189	42.94	5.1	4.14	15.82	894	33	501
Snacks/Other	602	46.32	13.014	31.42	9.9	5.27	19.5	1128	45	190
Total	**2010**	**110.7**	**36.767**	**141.24**	**25.6**	**30.55**	**118.34**	**4768.25**	**234**	**1370**