Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	261	1.05	50.71	17.27
Lunch	268	10.48	32.63	21.66
Dinner				
Snacks/Other				
Total	**529**	**11.53**	**83.34**	**38.93**

Tuesday, April 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blackberries 1/4 cup	15	0.18	0.005	3.46	1.9	1.76	0.5	0	0	58
Blueberries 1/4 cup	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
Kashi GOLEAN Original Cereal 1/2 x 1 1/4 cups, 29 g	85	0.75	0	18	4.5	4.5	5.5	42.5	0	220
Lucerne Nonfat Greek Yogurt - Blueberry 6 oz, 170 g	140	0		24	1	22	11	80	10	
Total	261	1.05	0.015	50.71	8.3	31.87	17.27	122.5	10	306
Lunch										
Almonds 1/2 oz (23 whole kernels)	82	7.18	0.55	2.8	1.7	0.68	3.01	0	0	103
Boar's Head Blazing Buffalo Style Oven Roasted Chicken Breast 2 oz, 56 g	60	1	0	0	0	0	13	460	35	210
Pink Lady Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
La Tortilla Factory Whole Wheat Low Carb High Fiber Tortillas 1 tortilla, 62 g	50	2	0	10	7	0	5	210	0	
Cos or Romaine Lettuce 1/2 cup shredded	4	0.07	0.009	0.77	0.5	0.28	0.29	2	0	58
Total	268	10.48	0.598	32.63	12.5	15.3	21.66	673	35	371
Dinner										

Tuesday, April 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**529**	**11.53**	**0.613**	**83.34**	**20.8**	**47.17**	**38.93**	**795.5**	**45**	**677**