## Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|---|---|---|---|---|
| Breakfast | 316 | 13.36 | 30.31 | 19.82 |
| Lunch | 393 | 13.91 | 39.19 | 29.64 |
| Dinner | 436 | 12.17 | 38.71 | 32.98 |
| Snacks/Other | 307 | 13.95 | 33.21 | 14.68 |
| **Total** | **1452** | **53.38** | **141.42** | **97.12** |

## Daily Totals

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Monday, March 2, 2015 | 1274 | 51.28 | 14.991 | 112.84 | 26.48 | 51.18 | 95.38 | 1858.5 | 132.4 | 1503 |
| Tuesday, March 3, 2015 | 1440 | 52.11 | 13.142 | 157.06 | 29.65 | 69.57 | 87.24 | 1255.7 | 170 | 2149 |
| Wednesday, March 4, 2015 | 1449 | 47.01 | 6.963 | 177.17 | 51.1 | 46.45 | 88.99 | 1461 | 126.55 | 2614 |
| Thursday, March 5, 2015 | 1414 | 51.91 | 15.572 | 135.02 | 43.28 | 59.56 | 109.52 | 2810.1 | 194.8 | 1375 |
| Friday, March 6, 2015 | 1591 | 48.6 | 6.623 | 174.25 | 41.01 | 58.16 | 94.16 | 2000.95 | 200 | 2205 |
| Saturday, March 7, 2015 | 1542 | 57.11 | 19.356 | 128.17 | 23.9 | 58.81 | 105.02 | 2363.45 | 536 | 1816 |
| Sunday, March 8, 2015 | 1455 | 65.67 | 13.365 | 105.44 | 29.25 | 33.16 | 99.52 | 1545 | 578 | 1364 |
| **Total** | **10165** | **373.69** | **90.012** | **989.95** | **244.67** | **376.89** | **679.83** | **13294.7** | **1937.75** | **13026** |