

Tuesday, November 19, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast	1320	47.64	17.951	173.96	16.7	55.04	52.34	828	78	183
Lunch	982	27.06	6.479	143.7	13.5	55.02	42.58	198	22	1
Dinner	720	25.04	8.853	84.49	2.1	23.84	35.71	897	157	371
Snacks/Other	381	1	0.5	47.5	0	30	45.18	0.2		
Total	3403	100.74	33.783	449.65	32.3	163.9	175.81	1923.2	257	555