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|------------------|-------|----------|---------|
| February 18, 201 | | | |
| | | | |
| Total calories | 1738 | | |
| | Grams | Calories | Percent |
| Carbs | 87 | 348 | 20 |
| Protein | 152 | 608 | 35 |
| Fat | 87 | 782 | 45 |
| | | | |
| | | | |
| March | | | |
| | | | |
| Total Calories | 1400 | | |
| | | | |
| Carbs | 87 | 350 | 25 |
| Protein | 123 | 490 | 35 |
| Fat | 62 | 560 | 40 |