

Sample potassium log

You can have up to 220 mg of potassium with dessert.

	Breakfast	Lunch	Dinner	Snacks	Dessert	Total	Goal
Example	490 mg	410 mg	530 mg	350 mg		1480 mg	2000 mg
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

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Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
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