cooking sodium tracker

	Meal	Food	Sodium/mg	Daily Total	Over Under*
	Breakfast				
IDA	Lunch				
MONDA	Dinner				
	Snacks				
UESDAY					
	Breakfast				
	Lunch				
Ę	Dinner				
-	Snacks				
ΑΥ	Breakfast				
IESDAY	Lunch				
EDN	Dinner				
3	Snacks				
≽	Breakfast			ļ	
URSDAY	Lunch				
Ę	Dinner				
F	Snacks				
	Breakfast				
FRIDAY	Lunch				
표	Dinner				
	Snacks				
ATURDAY					
	Breakfast				
	Lunch				
	Dinner				
SA	Snacks				
.	Breakfast				
DA	Lunch				
SUNDA	Dinner				
	Snacks				

^{*} The Dietary Guidelines for Americans recommend consuming less than 2,300 mg sodium per day, and only 1,500 mg if you're 51 or older, African-American or have hypertension, diabetes or chronic kidney disease.