Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	174	4.04	9.1	26.64
Lunch	223	5.1	20.27	26.58
Dinner	304	14.5	20.84	23.63
Snacks/Other	4	0.05	1.02	0.23
Total	**706**	**23.68**	**51.22**	**77.08**

Thursday, March 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Red Onions 2 oz, raw, yields	22	0.04	0.014	5.26	0.7	2.23	0.48	2	0	
Great Lakes Gelatin Collagen Hydrolysate 1 tbsp, 7 g	25	0	0	0	0	0	6	20	0	
Organic Prairie Organic Boneless Skinless Chicken Breast 3/4 x 4 oz, 84 g	90	1.12	0	0	0	0	19.5	56.25	48.75	
Total	137	1.16	0.014	5.26	0.7	2.23	25.98	78.25	48.75	
Lunch										
Grapefruit 1/2 large (approx 4-1/2" dia)	53	0.17	0.023	13.41	1.8	11.59	1.05	0	0	231
Spinach 4 oz	26	0.44	0.071	4.12	2.5	0.48	3.24	90	0	633
Organic Prairie Organic Boneless Skinless Chicken Breast 3/4 x 4 oz, 84 g	90	1.12	0	0	0	0	19.5	56.25	48.75	
Total	169	1.73	0.094	17.53	4.3	12.07	23.79	146.25	48.75	864
Dinner										
Fuji Apples 1 large (3-1/4" dia) (approx 2 per lb)	109	0.36	0.06	29.27	5.1	22.04	0.56	2	0	
Simple Truth Organic Ground Beef 90% 100 g	179	9.82	4.46	0	0	0	20.54	66.98	66.98	0
Total	288	10.18	4.52	29.27	5.1	22.04	21.1	68.98	66.98	0

Thursday, March 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Cherry Tomatoes 2 oz	9	0.1	0.024	2.04	0.6	1.37	0.46	3	0	
Total	**603**	**13.17**	**4.652**	**54.1**	**10.7**	**37.71**	**71.33**	**296.48**	**164.48**	**864**

Friday, March 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Driscoll's Raspberries 1/4 x 1 cup, 31 g	13	0.18	0	3	1.75	1	0.25	0.25	0	
Nutiva Organic Chia Seed 3 tbsp, 30 g	60	3	0	5	5	0	3	0	0	60
Cocoa Powder (Unsweetened) 1 tbsp	12	0.74	0.436	2.93	1.8	0.09	1.06	1	0	82
Julian Bakery Paleo Protein Grass-Fed Beef Protein Powder - Vanilla Nut 1 scoop, 30 g	127	3	0	2	0	0	23	291	0	
Total	212	6.92	0.436	12.93	8.55	1.09	27.31	292.25	0	142
Lunch										
Mac Nut Oil Macadamia Nut Oil 1/2 x 1 tbsp, 7.5 ml	60	7	1	0	0	0	0	0	0	0
Granny Smith Apples 1/2 large (3-1/4" dia)	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	
Simple Truth Boneless Skinless Chicken Breast 4 oz, 112 g	120	1	0	0	0	0	26	75	65	
Celery 3 oz	12	0.14	0.037	2.53	1.4	1.56	0.59	68	0	221
Cucumber (Peeled) 3 oz	10	0.14	0.011	1.84	0.6	1.17	0.5	2	0	116
Taylor Farms Organic Power Greens 3 oz, 85 g	20	0	0	4	1	1	2	150	0	
Total	277	8.46	1.078	23.01	5.5	14.74	29.37	296	65	337

Friday, March 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Cucumber (Peeled) 3 oz	10	0.14	0.011	1.84	0.6	1.17	0.5	2	0	116
Lettuce 4 oz, raw, yields	15	0.15	0.019	3.21	1.3	1.9	0.97	11	0	152
Avocados 1/4 avocado, NS as to Florida or California	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
Cherry Tomatoes 3 oz	14	0.16	0.036	3.06	0.9	2.05	0.69	4	0	
Simple Truth Organic Ground Beef 90% 4 oz, 112 g	200	11	5	0	0	0	23	75	75	0
Total	319	18.82	6.134	12.4	6.2	5.45	26.16	96	75	512
Snacks/Other										
Total	**808**	**34.2**	**7.648**	**48.34**	**20.25**	**21.28**	**82.84**	**684.25**	**140**	**991**