Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	373	15.04	36.5	26.06
Lunch	363	15.76	31.64	25.11
Dinner	309	11.83	25.86	25.69
Snacks/Other	228	9.56	17.86	19.72
Total	1273	52.19	111.86	96.58

Friday, July 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Eggland's Best Cage Free Brown Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	340	0
Applegate Farms Organic Sunday Bacon 2 pan fried slices, 14 g	60	5	2	0	0	0	4	290	10	
Onions 1 tbsp chopped	4	0.01	0.003	1.01	0.1	0.43	0.09	0	0	14
Vitalicious Energy Loaf - Harvest Corn 1 Loaf, 45 g	110	2		23	8	6	5	170	0	
Sweet Cherries 10 cherries	43	0.14	0.026	10.89	1.4	8.72	0.72	0	0	151
Total	**346**	**15.43**	**4.141**	**35.38**	**9.5**	**15.37**	**22.68**	**604.4**	**350.6**	**450**
Lunch										
Post Shredded Wheat Original Big Biscuit 1/2 x 2 biscuits, 25.5 g	80	0.5	0	18.5	3	0	2.5	0	0	90
Walnuts 0.12 cup chopped	94	9.39	0.882	1.97	1	0.38	2.19	0	0	64
Blackberries 1/2 cup	31	0.35	0.01	6.92	3.8	3.51	1	1	0	117
Organic Valley Grassmilk Whole Milk	75	4	2.5	6	0	5.5	4	60	15	175

Friday, July 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 1 cup, 120 ml										
Body Fortress Super Advanced Whey Isolate - Vanilla Creme	43	0.16	0	0.33	0.33	0.33	9.9	28.05	1.65	33
1/3 x 1 scoop, 13 g										
Total	323	14.4	3.392	33.72	8.13	9.72	19.59	89.05	16.65	479
Dinner										
Snacks/Other										
Lindt Creation Tiramisu	168	10.72	6.03	15.41	0	14.74	2.01	23.45	13.4	
2/3 x 3 Squares, 30 g										
Premier Nutrition High Protein Shake - Chocolate	160	3	1	5	3	1	30	210	20	450
1 shake, 11 oz										
Frigo Light String Cheese	100	5	3	2	0	0	14	400	20	0
2 x 1 stick, 48 g										
Total	428	18.72	10.03	22.41	3	15.74	46.01	633.45	53.4	450
Total	**1097**	**48.55**	**17.563**	**91.51**	**20.63**	**40.83**	**88.28**	**1326.9**	**420.65**	**1379**

Saturday, July 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blackberries 1/2 cup	31	0.35	0.01	6.92	3.8	3.51	1	1	0	117
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Fage Total 2% Greek Yogurt 1/2 x 1 cup, 113.5 g	85	2.25	1.5	4.5	0	4.5	11.5	37.5	10	
Eggland's Best Cage Free Brown Eggs 1 egg, 50 g	60	4	1	0	0	0	6	65	170	0
Sargento Reduced Fat 4 Cheese Mexican Cheese 1/2 x 1/4 cup, 14 g	40	3	1.75	0.5	0	0	4	95	7.5	
Applegate Farms Organic Sunday Bacon 2 pan fried slices, 14 g	60	5	2	0	0	0	4	290	10	
Bob's Red Mill Corn Grits Polenta 1/4 cup dry, 35 g	130	0.5	0	27	2	0	3	0	0	
Total	415	15.38	6.372	39.4	5.8	8.23	30.37	502.9	198.1	402
Lunch										
Papa John's 14" Original Crust Pizza - Buffalo Chicken 1 slice	370	17	6	39	1	4	15	1050	40	
Dinner										

Saturday, July 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
BelGioioso Fresh Mozzarella Cheese 1 oz, 28 g	70	5	3	0.5	0	0	5	85	20	
Premier Nutrition High Protein Shake - Vanilla 1 shake, 11 oz	160	3	1	4	1	1	30	270	25	310
Fiber One Lowfat Cottage Cheese with Fiber 1/2 cup, 113 g	80	2	1	8	5	1	10	430	10	
Sweet Cherries 10 cherries	43	0.14	0.026	10.89	1.4	8.72	0.72	0	0	151
Total	353	10.14	5.026	23.39	7.4	10.72	45.72	785	55	461
Snacks/Other										
Friendly's Premium Ice Cream Cake 1/15 of cake, 74 g	190	10	7	22	0	17	3	60	25	
Total	1328	52.52	24.398	123.79	14.2	39.95	94.09	2397.9	318.1	863

Sunday, July 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Eggland's Best Cage Free Brown Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	340	0
Jones Dairy Farm All Natural Fully Cooked Turkey Sausage 3/4 x 3 links, 44 g	68	3.38	1.12	1.5	0	0	7.5	315	30	
Food For Life Baking Company Ezekiel 4:9 Cinnamon Raisin Bread 1 slice, 34 g	80	0.5	0	18	2	5	3	65	0	120
Philadelphia Whipped Cream Cheese Spread 1/3 x 2 tbsp, 7 g	16	1.65	0.99	0.66	0	0.33	0.33	29.7	4.95	
Watermelon 1 cup diced	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
Total	339	14.04	4.246	32.12	2.6	14.97	24.63	556.1	375.55	575
Lunch										
McDonald's Premium Southwest Salad with Grilled Chicken 1 salad, 335 g	330	11	4	26	7	9	32	890	95	
McDonald's Southwest Salad Dressing 1/2 x 1 pouch, 22.2 ml	50	3	0.5	5.5	0	1.5	0.5	170	10	
Total	380	14	4.5	31.5	7	10.5	32.5	1060	105	

Sunday, July 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots)	37	0.37	0.067	8.32	3.1	4.99	1.9	42	0	436
3 cups										
Frieda's Edamame (Shelled)	50	1.5	0	5	2.5	1	4	5	0	
1/2 x 1/2 cup, 37 g										
Chicken Breast (Skin Not Eaten)	111	2.39	0.676	0	0	0	20.76	267	57	171
1/2 cup cooked, diced										
Portmann's Honey Mustard Dressing	120	10	1.5	6	0	4	0	135	15	
2 tbsp, 28 g										
Total	318	14.26	2.243	19.32	5.6	9.99	26.66	449	72	607
Snacks/Other										
Nabisco Nutter Butter	65	3	0.75	9.5	0.5	4	1	52.5	0	22.5
1/2 x 2 cookies, 12.5 g										
World Market Sweet & Salty Kettle Corn	32	1.25	0.25	4.75	0.5	1.5	0.5	32.5	0	
1/4 x 2 cups, 0 oz										
Fiber One Lowfat Cottage Cheese with Fiber	80	2	1	8	5	1	10	430	10	
1/2 cup, 113 g										
Blackberries	31	0.35	0.01	6.92	3.8	3.51	1	1	0	117
1/2 cup										
Total	208	6.6	2.01	29.17	9.8	10.01	12.5	516	10	139.5
Total	**1245**	**48.9**	**12.999**	**112.11**	**25**	**45.47**	**96.29**	**2581.1**	**562.55**	**1321.5**

Monday, July 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Walnuts 0.12 cup chopped	94	9.39	0.882	1.97	1	0.38	2.19	0	0	64
Blackberries 1/2 cup	31	0.35	0.01	6.92	3.8	3.51	1	1	0	117
Fage Total 2% Greek Yogurt 1/2 x 1 cup, 113.5 g	85	2.25	1.5	4.5	0	4.5	11.5	37.5	10	
quaker old fashioned oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	0
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Total	369	15.27	3.004	40.87	8.8	9.61	20.56	52.9	10.6	466
Lunch										
100% Maple Syrup 1 tbsp	52	0.04	0.007	13.42	0	11.9	0	2	0	41
Schwan's Pepper Bacon 2 x 1 slice, 24 g	140	12	4	0	0	0	8	440	20	
Plain French Toast 2 thin slices	288	11.13	2.878	36.34	1.4	8.84	10.14	581	163	145
Total	480	23.17	6.885	49.76	1.4	20.74	18.14	1023	183	186
Dinner										
Summer Squash 1/4 cup sliced	5	0.05	0.012	0.95	0.3	0.62	0.34	1	0	74
Sweet Red Peppers	6	0.07	0.014	1.39	0.5	0.97	0.23	0	0	49

Monday, July 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup sliced										
Schwan's Asparagus Spears	25	0	0	3	1	1	2	0	0	1
6 spears, 85 g										
Canola Vegetable Oil	62	7	0.497	0	0	0	0	0	0	
1/2 tbsp										
Chicken Drumstick	139	7.19	1.966	0	0	0	17.42	268	59	148
1 large (yield after cooking, bone removed)										
Total	237	14.31	2.489	5.34	1.8	2.59	19.99	269	59	272
Snacks/Other										
Nature Box Coffee Kettle Popcorn	79	2.64	1.98	14.52	0.66	9.9	0.66	132	3.3	
2/3 x 3/4 cup, 20 g										
Fiber One Lowfat Cottage Cheese with Fiber	80	2	1	8	5	1	10	430	10	
1/2 cup, 113 g										
Total	159	4.64	2.98	22.52	5.66	10.9	10.66	562	13.3	
Total	1245	57.39	15.358	118.49	17.66	43.84	69.35	1906.9	265.9	924

Tuesday, July 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pumpkin Patch Pancakes	76	0.78	0.151	13.5	1.9	4.59	3.15	241	11	78
1 serving										
Reddi-wip Original Whipped Light Cream	30	2	1	2	0	2	0	0	1	
2 x 2 tbsp, 10 g										
Blackberries	15	0.18	0.005	3.46	1.9	1.76	0.5	0	0	58
1/4 cup										
Bananas	28	0.1	0.035	7.12	0.8	3.81	0.34	0	0	112
1.1 oz										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Applegate Farms Organic Sunday Bacon	60	5	2	0	0	0	4	290	10	
2 pan fried slices, 14 g										
Onions	4	0.01	0.003	1.01	0.1	0.43	0.09	0	0	14
1 tbsp chopped										
Total	**342**	**16.35**	**5.306**	**27.57**	**4.7**	**12.81**	**20.95**	**675.4**	**362.6**	**547**
Lunch										
Berkley & Jensen Beef Flavor Bouillon Cubes	15	1	0	1	0	0	0	950	0	
1/2 cube, 6 g										
Tostitos Medium Salsa	20	0		4	2	2	0	150	0	
2 x 2 tbsp, 60 ml										

Tuesday, July 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Onions	8	0.02	0.005	1.94	0.3	0.82	0.18	1	0	28
0.12 cup chopped										
McCormick Original Taco Seasoning Mix	10	0		2	0	0	0	210	0	
1/2 x 2 tsp dry mix, 2.25 g										
Meadowland Farms Ground Beef 93% Lean/ 7% Fat	85	4	1.5	0	0	0	11.5	35	32.5	
1/2 x 4 oz., 56 g										
Old El Paso Refried Beans	110	2.5	1	16	5	0	5	440	0	
1/2 cup, 125 ml										
Total	248	7.52	2.505	24.94	7.3	2.82	16.68	1786	32.5	28
Dinner										
Bella Rosa Parmesan Fresh Grated Cheese	60	4.5	3	0	0	0	6	150	15	
3 x 1 Tbsp, 15 g										
Explore Asian Organic Adzuki Bean Spaghetti	207	2.8	0.56	26	15	3.4	20	11	0	
2 oz, 56 g										
Planters Unsalted Dry Roasted Peanuts	85	7	1	2.5	1	0.5	4	2.5	0	105
1/2 x 39 pieces, 0.5 oz										
Cooked Broccoli (Fat Not Added in Cooking)	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
1 cup, flowerets										
Kikkoman Low Sodium Teriyaki Sauce	30	0	0	6	0	6	1	640	0	
2 x 1 tbsp, 30 ml										
Rice Road Teriyaki Sauce with Sesame and Ginger	50	0	0	10	0	8	2	600	0	0
2 x 1 Tb										
Chicken Breast (Skin Not Eaten)	111	2.39	0.676	0	0	0	20.76	267	57	171

Tuesday, July 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup cooked, diced										
Total	577	17.09	5.313	51.43	19.2	19.24	56.06	1940.5	72	558
Snacks/Other										
BelGioioso Fresh Mozzarella Cheese	23	1.65	0.99	0.16	0	0	1.65	28.05	6.6	
1/3 x 1 oz, 9 g										
Cinnamon Toast Crunch	56	1.45	0.238	10.43	0.5	4.49	0.66	91	0	19
1/3 cup										
Almonds	69	6.08	0.466	2.37	1.4	0.58	2.55	0	0	87
10 almonds										
Watermelon	23	0.11	0.012	5.74	0.3	4.71	0.46	1	0	85
1/2 cup diced										
Bananas	32	0.12	0.04	8.09	0.9	4.33	0.39	0	0	127
1 1/4 oz										
Fiber One Lowfat Cottage Cheese with Fiber	80	2	1	8	5	1	10	430	10	
1/2 cup, 113 g										
Total	283	11.41	2.746	34.79	8.1	15.11	15.71	550.05	16.6	318
Total	**1450**	**52.37**	**15.87**	**138.73**	**39.3**	**49.98**	**109.4**	**4951.95**	**483.7**	**1451**

Wednesday, July 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Jones Dairy Farm All Natural Fully Cooked Turkey Sausage	68	3.38	1.12	1.5	0	0	7.5	315	30	
3/4 x 3 links, 44 g										
Kerrygold Pure Irish Butter	33	3.63	2.31	0	0	0	0	33	9.9	
1/3 x 1 tbsp, 5 g										
Honey	21	0	0	5.71	0	5.69	0.02	0	0	4
1/3 tbsp										
Alvarado Street Bakery Essential Flax Seed Bread	50	1		9	2.5	0.5	3	50	0	
1/2 x 2 slices, 22.5 g										
Watermelon	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
1 cup diced										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Total	347	16.52	5.566	28.17	3.1	15.83	24.32	544.4	380.5	459
Lunch										
North Country Smokehouse Applewood Smoked Bacon	90	9	3	0	0	0	3	1050	15	
3 x 1 piece, 36 g										
Archer Farms Garlic Aioli	100	10	1.5	1			0	90	10	
1 tbsp, 14 g										
Tomatoes	4	0.04	0.009	0.78	0.2	0.53	0.18	1	0	47
1 medium slice (1/4" thick)										

Wednesday, July 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lettuce 1 large leaf	2	0.02	0.003	0.45	0.2	0.26	0.14	2	0	21
Ultimate Grains Whole Grain Bread 1 1/2 x 1 slice, 64.5 g	150	3	0	28.5	7.5	6	7.5	270	0	180
Total	346	22.06	4.512	30.73	7.9	6.79	10.82	1413	25	248
Dinner										
Explore Asian Organic Black Bean Spaghetti 2 oz, 56 g	180	2	1	17	12	5	25	2	0	0
Harvestland Grilled Chicken Breast Strips 3 oz, 84 g	100	1.5	0	0	0	0	20	470	50	
Bella Rosa Parmesan Fresh Grated Cheese 1 Tbsp, 5 g	20	1.5	1	0	0	0	2	50	5	
Chosen Foods Avocado Oil 1/3 x 1 tbsp , 5 g	43	4.62	0.66	0	0	0	0	0	0	0
Cooked Broccoli (Fat Not Added in Cooking) 1 cup, flowerets	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
Total	377	10.02	2.737	23.93	15.2	6.34	49.3	792	55	282
Snacks/Other										
Lindt Creation Tiramisu 2/3 x 3 Squares, 30 g	168	10.72	6.03	15.41	0	14.74	2.01	23.45	13.4	
Bananas 2.65 oz	67	0.25	0.084	17.16	2	9.19	0.82	1	0	269
Fiber One Lowfat Cottage Cheese with Fiber 1/2 cup, 113 g	80	2	1	8	5	1	10	430	10	

Wednesday, July 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nature's Best Cocotein Coconut Water Protein Drink 1 bottle, 16 oz	100	0		5	0	5	20	85	0	250
Total	415	12.97	7.114	45.57	7	29.93	32.83	539.45	23.4	519
Total	1485	61.57	19.929	128.4	33.2	58.89	117.27	3288.85	483.9	1508

Thursday, July 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Whole Milk 10 ml	6	0.34	0.192	0.47	0	0.54	0.33	4	1	15
Premier Nutrition High Protein Shake - Strawberries & Cream 1 shake, 11 oz	160	3	1	4	2	1	30	330	20	400
Bananas 2.7 oz	68	0.25	0.086	17.48	2	9.36	0.83	1	0	274
Walnuts 0.12 cup chopped	94	9.39	0.882	1.97	1	0.38	2.19	0	0	64
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
General Mills Cheerios 1 1/2 cups, 39 g	100	2	0.5	20	3	1	3	140	0	180
Total	434	15.1	2.672	44.16	8	12.28	37.06	487	21	1211
Lunch										
Honey 1/3 tbsp	21	0	0	5.71	0	5.69	0.02	0	0	4
Kerrygold Pure Irish Butter 1/3 x 1 tbsp, 5 g	33	3.63	2.31	0	0	0	0	33	9.9	
Alvarado Street Bakery Essential Flax Seed Bread 1/2 x 2 slices, 22.5 g	50	1		9	2.5	0.5	3	50	0	
Watermelon 1 cup diced	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
Eggland's Best Cage Free Brown Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	340	0

Thursday, July 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Al Fresco Breakfast Apple Maple Chicken Sausage	120	5	2	8	0	8	12	320	50	
2 x 1 link, 64 g										
Total	390	17.86	6.334	34.19	3.1	23.61	27.95	535	399.9	174
Dinner										
Newman's Own Lighten Up Sun Dried Tomato Dressing	30	2	0.25	2.5	0	1.5	0	190	0	
1/2 x 2 tbsp, 15 g										
Lettuce Salad with Assorted Vegetables	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
1 cup										
Chicken Breast (Skin Not Eaten)	184	3.97	1.122	0	0	0	34.45	444	94	284
4 oz boneless, cooked, skinless										
Kerrygold Pure Irish Butter	33	3.63	2.31	0	0	0	0	33	9.9	
1/3 x 1 tbsp, 5 g										
Corn	77	1.06	0.164	17.12	2.4	2.9	2.9	14	0	243
1 medium ear (6-3/4" to 7-1/2" long)										
Total	335	10.77	3.861	21.94	3.2	5.73	37.9	696	103.9	647
Snacks/Other										
Lake Champlain Honey Caramel Chocolates of Vermont	134	8.04	4.69	15.41	0	12.06	1.34	3.35	6.7	
2/3 x 3 pieces										
Coffee	4	0.07	0.007	0.14	0	0	0.43	7	0	167
12 fl oz										
Light Cream	10	0.96	0.595	0.18	0	0.01	0.13	2	3	6
1/3 tbsp										
Fiber One Lowfat Cottage Cheese with Fiber	80	2	1	8	5	1	10	430	10	

Thursday, July 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup, 113 g										
Total	228	11.07	6.292	23.73	5	13.07	11.9	442.35	19.7	173
Total	1387	54.8	19.159	124.02	19.3	54.69	114.81	2160.35	544.5	2205

Friday, July 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 2.8 oz	71	0.26	0.089	18.13	2.1	9.71	0.87	1	0	284
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Fage Total 2% Greek Yogurt 1/2 x 1 cup, 113.5 g	85	2.25	1.5	4.5	0	4.5	11.5	37.5	10	
Eggland's Best Cage Free Brown Eggs 1 egg, 50 g	60	4	1	0	0	0	6	65	170	0
Sargento Reduced Fat 4 Cheese Mexican Cheese 1/2 x 1/4 cup, 14 g	40	3	1.75	0.5	0	0	4	95	7.5	
Applegate Farms Organic Sunday Bacon 2 pan fried slices, 14 g	60	5	2	0	0	0	4	290	10	
Bob's Red Mill Corn Grits Polenta 1/4 cup dry, 35 g	130	0.5	0	27	2	0	3	0	0	
Total	**455**	**15.29**	**6.451**	**50.61**	**4.1**	**14.43**	**30.24**	**502.9**	**198.1**	**569**
Lunch										
Panera Bread Roasted Turkey & Avocado BLT on Sourdough 1/2 x 1 sandwich, 5.5 oz	270	12.5	2	24	3	1.5	14.5	480	30	
Panera Bread Classic Salad with Chicken (Half - No Dressing) 1 Salad	85	2.5	0.33	5.5	1.5	0.67	14	5	0	

Friday, July 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	355	15	2.33	29.5	4.5	2.17	28.5	485	30	
Dinner										
Onions	4	0.01	0.003	1.01	0.1	0.43	0.09	0	0	14
1 tbsp chopped										
Al Fresco Breakfast Apple Maple Chicken Sausage	120	5	2	8	0	8	12	320	50	
2 x 1 link, 64 g										
Watermelon	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
1 cup diced										
Honey	21	0	0	5.71	0	5.69	0.02	0	0	4
1/3 tbsp										
Kerrygold Pure Irish Butter	33	3.63	2.31	0	0	0	0	33	9.9	
1/3 x 1 tbsp, 5 g										
Alvarado Street Bakery Essential Flax Seed Bread	50	1		9	2.5	0.5	3	50	0	
1/2 x 2 slices, 22.5 g										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Total	394	17.87	6.337	35.2	3.2	24.04	28.04	535	399.9	188
Snacks/Other										
Lindt Lindor Coffee Truffle	110	8.28	5.52	8.28	0	6.9	1.38	0	0	
17 g										
Premier Nutrition High Protein Shake - Vanilla	160	3	1	4	1	1	30	270	25	310
1 shake, 11 oz										
Total	270	11.28	6.52	12.28	1	7.9	31.38	270	25	310
Total	**1474**	**59.44**	**21.638**	**127.59**	**12.8**	**48.54**	**118.16**	**1792.9**	**653**	**1067**

Saturday, July 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vitalicious Energy Loaf - Harvest Corn	110	2		23	8	6	5	170	0	
1 Loaf, 45 g										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Applegate Farms Organic Sunday Bacon	60	5	2	0	0	0	4	290	10	
2 pan fried slices, 14 g										
Onions	4	0.01	0.003	1.01	0.1	0.43	0.09	0	0	14
1 tbsp chopped										
Total	303	15.29	4.115	24.49	8.1	6.65	21.96	604.4	350.6	299
Lunch										
Corn	77	1.06	0.164	17.12	2.4	2.9	2.9	14	0	243
1 medium ear (6-3/4" to 7-1/2" long)										
Kerrygold Pure Irish Butter	33	3.63	2.31	0	0	0	0	33	9.9	
1/3 x 1 tbsp, 5 g										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
Bella Rosa Parmesan Fresh Grated Cheese	20	1.5	1	0	0	0	2	50	5	
1 Tbsp, 5 g										
Newman's Own Lighten Up Sun Dried Tomato Dressing	30	2	0.25	2.5	0	1.5	0	190	0	

Saturday, July 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 2 tbsp, 15 g										
Chicken Breast (Skin Not Eaten)	154	3.32	0.939	0	0	0	28.85	371	79	238
3 1/3 oz boneless, cooked, skinless										
Weber Real Molasses BBQ Sauce	18	0		4		3	0	110		
1/2 x 2 tbsp, 17 g										
Total	340	11.59	4.673	25.25	3.1	8.37	34.25	774	93.9	559
Dinner										
Harvestland Grilled Chicken Breast Strips	100	1.5	0	0	0	0	20	470	50	
3 oz, 84 g										
Fresh Express Spring Mix	20	0	0	3	1	0	2	50	0	
1 package, 142 g										
Fiber One Lowfat Cottage Cheese with Fiber	80	2	1	8	5	1	10	430	10	
1/2 cup, 113 g										
Bella Rosa Parmesan Fresh Grated Cheese	40	3	2	0	0	0	4	100	10	
2 x 1 Tbsp, 10 g										
Applegate Farms Organic Sunday Bacon	60	5	2	0	0	0	4	290	10	
2 pan fried slices, 14 g										
Extra Virgin Olive Oil	80	9.04	1.249	0	0	0	0	0	0	
2/3 tbsp										
Total	380	20.54	6.249	11	6	1	40	1340	80	
Snacks/Other										
Lindt Lindor Peanut Butter Truffles	69	5.61	3.3	4.62	0.33	4.29	1.32	19.8	1.65	
1/3 x 3 balls										

Saturday, July 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1092	53.03	18.337	65.36	17.53	20.31	97.53	2738.2	526.15	858

Sunday, July 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Walnuts	94	9.39	0.882	1.97	1	0.38	2.19	0	0	64
0.12 cup chopped										
Bananas	83	0.31	0.105	21.37	2.4	11.44	1.02	1	0	335
3 1/3 oz										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Fage Total 2% Greek Yogurt	85	2.25	1.5	4.5	0	4.5	11.5	37.5	10	
1/2 x 1 cup, 113.5 g										
quaker old fashioned oats	150	3	0.5	27	4	1	5	0	0	0
1/2 cup dry, 40 g										
Total	421	15.23	3.099	55.32	7.4	17.54	20.58	52.9	10.6	684
Lunch										
Original Rangoon Crab Rangoons	181	8.04	3.35	21.44	0.67	0.67	5.36	281.4	20.1	0
2/3 x 3 pieces , 57 g										
General Tso (General Gau) Chicken	18	1.02	0.241	0.98	0.1	0.31	1.13	51	4	15
0.06 cup										
Cooked Broccoli (Fat Not Added in Cooking)	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
1 cup, flowerets										
Won Ton Soup (Wonton)	362	14.12	4.55	28.49	1.9	1.4	28.34	1538	106	641
2 cups										
Total	595	23.58	8.218	57.84	5.87	3.72	37.13	2140.4	130.1	938

Sunday, July 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Extra Virgin Olive Oil 1/3 tbsp	39	4.46	0.615	0	0	0	0	0	0	
Bella Rosa Parmesan Fresh Grated Cheese 2 x 1 Tbsp, 10 g	40	3	2	0	0	0	4	100	10	
Fiber One Lowfat Cottage Cheese with Fiber 1/2 cup, 113 g	80	2	1	8	5	1	10	430	10	
Fresh Express Spring Mix 1 package, 142 g	20	0	0	3	1	0	2	50	0	
Harvestland Grilled Chicken Breast Strips 3 oz, 84 g	100	1.5	0	0	0	0	20	470	50	
Applegate Farms Organic Sunday Bacon 2 pan fried slices, 14 g	60	5	2	0	0	0	4	290	10	
Total	339	15.96	5.615	11	6	1	40	1340	80	
Snacks/Other										
Lindt Lindor White Chocolate Truffles with a Smooth Filling 1/3 x 3 balls, 12 g	76	6.27	4.62	4.62	0.33	4.62	0.66	9.9	1.65	
Total	1431	61.04	21.552	128.78	19.6	26.88	98.37	3543.2	222.35	1622

Monday, July 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Al Fresco Breakfast Apple Maple Chicken Sausage 2 x 1 link, 64 g	120	5	2	8	0	8	12	320	50	
Nectarines 1 fruit (2-1/2" dia)	60	0.44	0.034	14.35	2.3	10.73	1.44	0	0	273
Alvarado Street Bakery Essential Flax Seed Bread 1/2 x 2 slices, 22.5 g	50	1		9	2.5	0.5	3	50	0	
Honey 1/3 tbsp	21	0	0	5.71	0	5.69	0.02	0	0	4
Kerrygold Pure Irish Butter 1/3 x 1 tbsp, 5 g	33	3.63	2.31	0	0	0	0	33	9.9	
Eggland's Best Cage Free Brown Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	340	0
Total	413	18.35	6.456	37.54	4.8	25.14	29.33	547.4	400.5	562
Lunch										
Harvestland Grilled Chicken Breast Strips 3 oz, 84 g	100	1.5	0	0	0	0	20	470	50	
Newman's Own Lighten Up Sun Dried Tomato Dressing 1/2 x 2 tbsp, 15 g	30	2	0.25	2.5	0	1.5	0	190	0	

Monday, July 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Bella Rosa Parmesan Fresh Grated Cheese	20	1.5	1	0	0	0	2	50	5	
1 Tbsp, 5 g										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
Kerrygold Pure Irish Butter	33	3.63	2.31	0	0	0	0	33	9.9	
1/3 x 1 tbsp, 5 g										
Corn	77	1.06	0.164	17.12	2.4	2.9	2.9	14	0	243
1 medium ear (6-3/4" to 7-1/2" long)										
Total	268	9.77	3.734	21.25	3.1	5.37	25.4	763	64.9	321

Dinner

Green String Beans	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
1 cup										
Honey	11	0	0	2.94	0	2.93	0.01	0	0	2
0.17 tbsp										
Kerrygold Pure Irish Butter	17	1.87	1.19	0	0	0	0	17	5.1	
2 g										
Sweet Potato	112	0.06	0.023	26.16	3.9	5.43	2.04	72	0	438
1 5" long										
Lea & Perrins The Original Worcestershire Sauce	5	0		1	0	1	0	65	0	
1 tsp, 5 ml										
A.1. Steak Sauces And Marinades A1 Steak Sauce	5	0	0	0.99	0	0.66	0	92.4	0	0
1/3 x 1 tbsp, 6 g										
Steak	185	10.94	4.278	0	0	0	20.19	274	60	223
3 1/3 oz boneless (yield after cooking)										
Total	369	13	5.52	38.93	7.6	11.56	24.24	527.4	65.1	893

Snacks/Other

Monday, July 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lindt Lindor Coffee Truffle 17 g	113	8.5	5.66	8.5	0	7.08	1.42	0	0	
Premier Nutrition High Protein Shake - Chocolate 1 shake, 11 oz	160	3	1	5	3	1	30	210	20	450
Total	273	11.5	6.66	13.5	3	8.08	31.42	210	20	450
Total	1323	52.62	22.37	111.22	18.5	50.15	110.39	2047.8	550.5	2226

Tuesday, July 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Post Shredded Wheat Original Big Biscuit	80	0.5	0	18.5	3	0	2.5	0	0	90
1/2 x 2 biscuits, 25.5 g										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Organic Valley Grassmilk Whole Milk	75	4	2.5	6	0	5.5	4	60	15	175
1/2 x 1 cup, 120 ml										
Body Fortress Super Advanced Whey Isolate - Vanilla Creme	43	0.16	0	0.33	0.33	0.33	9.9	28.05	1.65	33
1/3 x 1 scoop, 13 g										
Bananas	59	0.22	0.075	15.22	1.7	8.15	0.73	1	0	239
2.35 oz										
Walnuts	94	9.39	0.882	1.97	1	0.38	2.19	0	0	64
0.12 cup chopped										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Total	369	14.83	3.681	42.98	6.03	14.8	21.06	117.85	17.85	1171
Lunch										
Vitalicious Cranbran VitaTops	100	1	0	22	5	11	4	140	0	60
1 vitatop, 55 g										
Al Fresco Breakfast Apple Maple Chicken Sausage	60	2.5	1	4	0	4	6	160	25	

Tuesday, July 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 link, 32 g										
Onions	4	0.01	0.003	1.01	0.1	0.43	0.09	0	0	14
1 tbsp chopped										
Kiwi Fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
1 fruit										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Total	330	11.91	3.025	38.15	7.4	22.26	22.96	432	365	311
Dinner										
Old El Paso Traditional Refried Beans	110	2.5	1	16	5	0	5	440	0	0
1/2 cup, 120 g										
Tostitos Medium Salsa	40	0		8	4	4	0	300	0	
4 x 2 tbsp, 120 ml										
Berkley & Jensen Beef Flavor Bouillon Cubes	15	1	0	1	0	0	0	950	0	
1/2 cube, 6 g										
Ground Beef (85% Lean / 15% Fat)	241	16.8	6.569	0	0	0	20.82	74	76	330
4 oz										
Total	406	20.3	7.569	25	9	4	25.82	1764	76	330
Snacks/Other										
Frigo Light String Cheese	100	5	3	2	0	0	14	400	20	0
2 x 1 stick, 48 g										
Marketside Sugar Snap Peas	40	0	0	7	2	3	2	10	0	
1 cup, 85 g										
Total	140	5	3	9	2	3	16	410	20	0

Tuesday, July 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1245	52.04	17.275	115.13	24.43	44.06	85.84	2723.85	478.85	1812

Wednesday, July 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Applegate Farms Organic Sunday Bacon	60	5	2	0	0	0	4	290	10	
2 pan fried slices, 14 g										
Reddi-wip Extra Creamy Whipped Cream	30	2	1	2	0	2	0	0	10	10
2 x 2 tbsp, 10 g										
Bananas	57	0.21	0.071	14.57	1.7	7.8	0.7	1	0	228
2 1/4 oz										
Pumpkin Patch Pancakes	76	0.78	0.151	13.5	1.9	4.59	3.15	241	11	78
1 serving										
Total	352	16.27	5.334	30.55	3.6	14.61	20.72	676.4	371.6	601
Lunch										
Original Rangoon Crab Rangoons	89	3.96	1.65	10.56	0.33	0.33	2.64	138.6	9.9	0
1/3 x 3 pieces , 28 g										
Won Ton Soup (Wonton)	362	14.12	4.55	28.49	1.9	1.4	28.34	1538	106	641
2 cups										
Total	451	18.08	6.2	39.05	2.23	1.73	30.98	1676.6	115.9	641
Dinner										

Wednesday, July 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fiber One Lowfat Cottage Cheese with Fiber	80	2	1	8	5	1	10	430	10	
1/2 cup, 113 g										
Nectarines	60	0.44	0.034	14.35	2.3	10.73	1.44	0	0	273
1 fruit (2-1/2" dia)										
Total	140	2.44	1.034	22.35	7.3	11.73	11.44	430	10	273
Snacks/Other										
Ben & Jerry's Salted Caramel Core Ice Cream	270	14	8	31	0	28	5	180	75	
2/3 cup, 141 g										
Brach's Butterscotch Hard Candy	20	0	0	5.28	0	3.3	0	21.45	0	
1/3 x 3 pieces, 6 g										
Premier Nutrition High Protein Shake - Strawberries & Cream	160	3	1	4	2	1	30	330	20	400
1 shake, 11 oz										
Total	450	17	9	40.28	2	32.3	35	531.45	95	400
Total	**1393**	**53.79**	**21.568**	**132.23**	**15.13**	**60.37**	**98.14**	**3314.45**	**592.5**	**1915**

Thursday, July 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jones Dairy Farm Turkey Sausage Links	52	3	0.75	1.5	0	0	6	135	22.5	0
1/2 x 4 links, 28 g										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Fage Total 2% Greek Yogurt	85	2.25	1.5	4.5	0	4.5	11.5	37.5	10	
1/2 x 1 cup, 113.5 g										
Eggland's Best Cage Free Brown Eggs	60	4	1	0	0	0	6	65	170	0
1 egg, 50 g										
Sargento Reduced Fat 4 Cheese Mexican Cheese	40	3	1.75	0.5	0	0	4	95	7.5	
1/2 x 1/4 cup, 14 g										
Bob's Red Mill Corn Grits Polenta	130	0.5	0	27	2	0	3	0	0	
1/4 cup dry, 35 g										
Strawberries	27	0.25	0.012	6.37	1.7	3.87	0.56	1	0	127
1/2 cup sliced										
Total	403	13.28	5.124	40.35	3.7	8.59	31.93	347.9	210.6	412
Lunch										
Food For Life Baking Company Ezekiel 4:9 Cinnamon Raisin Bread	80	0.5	0	18	2	5	3	65	0	120
1 slice, 34 g										
Philadelphia Whipped Cream Cheese Spread	16	1.65	0.99	0.66	0	0.33	0.33	29.7	4.95	
1/3 x 2 tbsp, 7 g										

Thursday, July 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Apricots 1 apricot	17	0.14	0.009	3.89	0.7	3.23	0.49	0	0	91
Applegate Farms Natural Sunday Bacon 2 pan fried slices, 14 g	60	5	2	0	0	0	4	290	10	
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Total	320	17.23	6.098	23.32	2.7	9.33	20.4	524.7	437.95	345
Dinner										
Bella Rosa Parmesan Fresh Grated Cheese 2 x 1 Tbsp, 10 g	40	3	2	0	0	0	4	100	10	
Harvestland Grilled Chicken Breast Strips 3 oz, 84 g	100	1.5	0	0	0	0	20	470	50	
Applegate Farms Natural Sunday Bacon 2 pan fried slices, 14 g	60	5	2	0	0	0	4	290	10	
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Plums 1 fruit (2-1/8" dia)	30	0.18	0.011	7.54	0.9	6.55	0.46	0	0	104
Total	264	9.81	4.04	15.38	4.6	8.09	30.46	867	70	334
Snacks/Other										
Buttered Air Popped Popcorn 1 cup	63	3.63	2.1	6.98	1.3	0.08	1.19	45	9	30
Total	1050	43.95	17.362	86.03	12.3	26.09	83.98	1784.6	727.55	1121

Friday, July 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sargento Reduced Fat 4 Cheese Mexican Cheese 1/4 cup, 28 g	80	6	3.5	1	0	0	8	190	15	
Al Fresco Country Style Chicken Sausage 1 patty, 50 g	80	4.5	1.5	1	0	0	9	270	40	
Thomas' Bagel Thins - 100% Whole Wheat 1 bagel, 46 g	110	1	0	24	5	4	6	190	0	
Peach 1 small (2" dia) (approx 5 per lb)	31	0.2	0.015	7.54	1.2	6.63	0.72	0	0	150
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Eggland's Best Cage Free Brown Eggs 1 egg, 50 g	60	4	1	0	0	0	6	65	170	0
Total	**370**	**15.98**	**6.127**	**34.02**	**6.2**	**10.85**	**30.59**	**729.4**	**225.6**	**435**
Lunch										
Schwan's Alaskan Salmon 1 fillet, 112 g	120	4	1	0	0	0	21	190	75	
Cheddar Cheese 0.6 oz	69	5.64	3.588	0.22	0	0.09	4.24	106	18	17
Marketside Sugar Snap Peas 1 cup, 85 g	40	0	0	7	2	3	2	10	0	
Kerrygold Pure Irish Butter 1/3 x 1 tbsp, 5 g	33	3.63	2.31	0	0	0	0	33	9.9	

Friday, July 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kiwi Fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
1 fruit										
Total	308	13.67	6.92	18.36	4.3	9.92	28.11	341	102.9	254
Dinner										
Seeds of Change Quinoa & Whole Grain Brown Rice with Garlic	120	1.75	0.25	23.5	1.5	0.5	3	200	0	105
1/2 x 1/2 package, 76.5 g										
Bella Rosa Parmesan Fresh Grated Cheese	40	3	2	0	0	0	4	100	10	
2 x 1 Tbsp, 10 g										
Applegate Farms Organic Sunday Bacon	60	5	2	0	0	0	4	290	10	
2 pan fried slices, 14 g										
Marketside Sugar Snap Peas	40	0	0	7	2	3	2	10	0	
1 cup, 85 g										
Total	260	9.75	4.25	30.5	3.5	3.5	13	600	20	105
Snacks/Other										
Lindt Lindor Coffee Truffle	113	8.5	5.66	8.5	0	7.08	1.42	0	0	
17 g										
Premier Nutrition High Protein Shake - Vanilla	160	3	1	4	1	1	30	270	25	310
1 shake, 11 oz										
Total	273	11.5	6.66	12.5	1	8.08	31.42	270	25	310
Total	**1211**	**50.9**	**23.957**	**95.38**	**15**	**32.35**	**103.12**	**1940.4**	**373.5**	**1104**

Saturday, July 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Fage Total 2% Greek Yogurt 1/2 x 1 cup, 113.5 g	85	2.25	1.5	4.5	0	4.5	11.5	37.5	10	
Berkley & Jensen Sliced Almonds 1/2 x 1/4 cup, 14 g	85	7.5	0.5	3	2	0.5	3	0	0	110
Strawberries 1/2 cup sliced	27	0.25	0.012	6.37	1.7	3.87	0.56	1	0	127
quaker old fashioned oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	0
Total	356	13.28	2.624	41.35	7.7	10.09	20.93	52.9	10.6	522
Lunch										
Kiwi Fruit 1 fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
Vitalicious Cranbran VitaTops 1 vitatop, 55 g	100	1	0	22	5	11	4	140	0	60
Al Fresco Country Style Chicken Sausage 1 patty, 50 g	80	4.5	1.5	1	0	0	9	270	40	
Applegate Farms Natural Sunday Bacon 1/2 x 2 pan fried slices, 7 g	30	2.5	1	0	0	0	2	145	5	
Eggland's Best Cage Free Brown Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	340	0

Saturday, July 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	376	16.4	4.522	34.14	7.3	17.83	27.87	687	385	297
Dinner										
La Tourangelle Avocado Oil 1/3 x 1 tbsp, 5 ml	40	4.62	0.66	0	0	0	0	0	0	0
Harvestland Grilled Chicken Breast Strips 3 oz, 84 g	100	1.5	0	0	0	0	20	470	50	
Marketside Sugar Snap Peas 1 cup, 85 g	40	0	0	7	2	3	2	10	0	
Bella Rosa Parmesan Fresh Grated Cheese 2 x 1 Tbsp, 10 g	40	3	2	0	0	0	4	100	10	
Seeds of Change Quinoa & Whole Grain Brown Rice with Garlic 1/2 x 1/2 package, 76.5 g	120	1.75	0.25	23.5	1.5	0.5	3	200	0	105
Total	340	10.87	2.91	30.5	3.5	3.5	29	780	60	105
Snacks/Other										
Lindt Lindor Coffee Truffle 17 g	113	8.5	5.66	8.5	0	7.08	1.42	0	0	
Premier Nutrition High Protein Shake - Strawberries & Cream 1 shake, 11 oz	160	3	1	4	2	1	30	330	20	400
Total	273	11.5	6.66	12.5	2	8.08	31.42	330	20	400
Total	**1345**	**52.05**	**16.716**	**118.49**	**20.5**	**39.5**	**109.22**	**1849.9**	**475.6**	**1324**

Sunday, July 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Food For Life Baking Company Ezekiel 4:9 Cinnamon Raisin Bread	80	0.5	0	18	2	5	3	65	0	120
1 slice, 34 g										
Philadelphia Whipped Cream Cheese Spread	16	1.65	0.99	0.66	0	0.33	0.33	29.7	4.95	
1/3 x 2 tbsp, 7 g										
Pears	76	0.16	0.008	20.38	4.1	12.92	0.5	1	0	157
4.65 oz										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Vermont Smoke and Cure Uncured Bacon	100	7	2	0	0	0	10	420	20	
2 x 1 stick, 56 g										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Total	401	17.59	5.11	39.52	6.1	18.47	26.7	660.1	365.55	562
Lunch										
Seeds of Change Quinoa & Whole Grain Brown Rice with Garlic	120	1.75	0.25	23.5	1.5	0.5	3	200	0	105
1/2 x 1/2 package, 76.5 g										
Bella Rosa Parmesan Fresh Grated Cheese	40	3	2	0	0	0	4	100	10	
2 x 1 Tbsp, 10 g										
Marketside Sugar Snap Peas	40	0	0	7	2	3	2	10	0	

Sunday, July 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup, 85 g										
Harvestland Grilled Chicken Breast Strips	100	1.5	0	0	0	0	20	470	50	
3 oz, 84 g										
La Tourangelle Avocado Oil	40	4.62	0.66	0	0	0	0	0	0	0
1/3 x 1 tbsp, 5 ml										
Total	340	10.87	2.91	30.5	3.5	3.5	29	780	60	105
Dinner										
Corn	77	1.06	0.164	17.12	2.4	2.9	2.9	14	0	243
1 medium ear (6-3/4" to 7-1/2" long)										
Butter (Salted)	34	3.8	2.407	0	0	0	0.04	27	10	1
1/3 tbsp										
Stubb's Chicken Marinade	10	0	0	2	0	2	0	210	0	
1 tbsp, 16 g										
Extra Virgin Olive Oil	40	4.5	0.621	0	0	0	0	0	0	
1 tsp										
Summer Squash	5	0.05	0.012	0.95	0.3	0.62	0.34	1	0	74
1/4 cup sliced										
Asparagus	14	0.09	0.033	2.79	1.5	1.35	1.58	1	0	145
6 spears small (5" long or less)										
Chicken Breast (Skin Not Eaten)	141	3.04	0.861	0	0	0	26.45	341	72	218
1/2 medium (yield after cooking, bone and skin removed)										
Total	321	12.54	4.098	22.86	4.2	6.87	31.31	594	82	681
Snacks/Other										
Lindt Lindor Coffee Truffle	113	8.5	5.66	8.5	0	7.08	1.42	0	0	
17 g										

Sunday, July 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1175	49.5	17.778	101.38	13.8	35.92	88.43	2034.1	507.55	1348

Monday, July 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Premier Nutrition High Protein Shake - Vanilla	160	3	1	4	1	1	30	270	25	310
1 shake, 11 oz										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
berkley and jensen sliced almond	85	7.5	0.5	3	2	0.5	3	0	0	110
1/2 x 1/4 cup, 14 g										
strawberries	27	0.25	0.012	6.37	1.7	3.87	0.56	1	0	127
1/2 cup sliced										
General Mills Total Whole Grain Cereal	133	0.66	0	29.26	3.99	6.65	2.66	186.2	0	119.7
1 1/3 x 3/4 cup, 40 g										
Total	414	11.69	1.624	43.11	8.69	12.24	37.09	471.6	25.6	951.7
Lunch										
Panera Bread Steak and Arugula on Sourdough (half)	250	9	4	26	2	4	12	450	45	
1/2 sandwich										
Panera Bread Classic Salad with Chicken (Half - No Dressing)	85	2.5	0.33	5.5	1.5	0.67	14	5	0	
1 Salad										
Total	335	11.5	4.33	31.5	3.5	4.67	26	455	45	
Dinner										
Kerrygold Pure Irish Butter	33	3.63	2.31	0	0	0	0	33	9.9	

Monday, July 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/3 x 1 tbsp, 5 g										
Honey	21	0	0	5.71	0	5.69	0.02	0	0	4
1/3 tbsp										
Lea & Perrins The Original Worcestershire Sauce	5	0		1	0	1	0	65	0	
1 tsp, 5 ml										
A.1. Steak Sauces And Marinades A1 Steak Sauce	5	0	0	0.99	0	0.66	0	92.4	0	0
1/3 x 1 tbsp, 6 g										
Bella Rosa Parmesan Fresh Grated Cheese	20	1.5	1	0	0	0	2	50	5	
1 Tbsp, 5 g										
Sweet Potato	112	0.06	0.023	26.16	3.9	5.43	2.04	72	0	438
1 5" long										
Cooked Broccoli (Fat Not Added in Cooking)	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
1 cup, flowerets										
Trader Joe's Premium Black Angus Beef Flank Steak	186	9.8	3.92	0	0	0	23.52	68.6	49	
111 g										
Total	416	15.39	7.33	40.79	7.1	14.12	29.88	651	63.9	724
Snacks/Other										
Kiwi Fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
1 fruit										
Frigo Light String Cheese	50	2.5	1.5	1	0	0	7	200	10	0
1 stick, 24 g										
Lindt Lindor Coffee Truffle	113	8.5	5.66	8.5	0	7.08	1.42	0	0	
17 g										
Quest Protein Chips BBQ	120	2	0	5	0	0	21	230	10	75
1 bag, 32 g										
Total	329	13.4	7.182	25.64	2.3	13.91	30.29	432	20	312

Monday, July 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1494	51.98	20.466	141.04	21.59	44.94	123.26	2009.6	154.5	1987.7

Tuesday, July 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Eggland's Best Cage Free Brown Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	340	0
Jones Dairy Farm All Natural Fully Cooked Turkey Sausage 3/4 x 3 links, 44 g	68	3.38	1.12	1.5	0	0	7.5	315	30	
Philadelphia Whipped Cream Cheese Spread 1/3 x 2 tbsp, 7 g	16	1.65	0.99	0.66	0	0.33	0.33	29.7	4.95	
Pears 4 1/2 oz	74	0.15	0.008	19.72	4	12.5	0.48	1	0	152
Banana Bread 1 serving	131	1.46	0.429	25.91	3.4	8.54	4.42	288	36	99
Total	418	14.92	4.659	48.27	7.4	21.59	25.6	778.1	411.55	536
Lunch										
Seeds of Change Quinoa & Whole Grain Brown Rice with Garlic 1/4 x 1/2 package, 38 g	60	0.88	0.12	11.75	0.75	0.25	1.5	100	0	52.5
Kerrygold Pure Irish Butter 1/3 x 1 tbsp, 5 g	33	3.63	2.31	0	0	0	0	33	9.9	
Marketside Sugar Snap Peas 1 cup, 85 g	40	0	0	7	2	3	2	10	0	

Tuesday, July 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lea & Perrins The Original Worcestershire Sauce	5	0		1	0	1	0	65	0	
1 tsp, 5 ml										
A.1. Steak Sauces And Marinades A1 Steak Sauce	5	0	0	0.99	0	0.66	0	92.4	0	0
1/3 x 1 tbsp, 6 g										
Trader Joe's Premium Black Angus Beef Flank Steak	142	7.5	3	0	0	0	18	52.5	37.5	
3/4 x 4 oz , 85 g										
Total	285	12.01	5.43	20.74	2.75	4.91	21.5	352.9	47.4	52.5
Dinner										
Quest Protein Chips Sea Salt	120	2	0	5	0	0	21	150	10	65
1 bag, 32 g										
Snacks/Other										
Frigo Light String Cheese	100	5	3	2	0	0	14	400	20	0
2 x 1 stick, 48 g										
Kiwi Fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
1 fruit										
Total	146	5.4	3.022	13.14	2.3	6.83	14.87	402	20	237
Total	**969**	**34.33**	**13.111**	**87.15**	**12.45**	**33.33**	**82.97**	**1683**	**488.95**	**890.5**

Wednesday, July 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Fage Total 2% Greek Yogurt 1/2 x 1 cup, 113.5 g	85	2.25	1.5	4.5	0	4.5	11.5	37.5	10	
Vermont Smoke and Cure Uncured Bacon 2 x 1 stick, 56 g	100	7	2	0	0	0	10	420	20	
Eggland's Best Cage Free Brown Eggs 1 egg, 50 g	60	4	1	0	0	0	6	65	170	0
Sargento Reduced Fat 4 Cheese Mexican Cheese 1/2 x 1/4 cup, 14 g	40	3	1.75	0.5	0	0	4	95	7.5	
Bob's Red Mill Corn Grits Polenta 1/4 cup dry, 35 g	130	0.5	0	27	2	0	3	0	0	
Strawberries 1/2 cup sliced	27	0.25	0.012	6.37	1.7	3.87	0.56	1	0	127
Total	451	17.28	6.374	38.85	3.7	8.59	35.93	632.9	208.1	412
Lunch										
Philadelphia Whipped Cream Cheese Spread 1/3 x 2 tbsp, 7 g	16	1.65	0.99	0.66	0	0.33	0.33	29.7	4.95	
Banana Bread 1 serving	131	1.46	0.429	25.91	3.4	8.54	4.42	288	36	99

Wednesday, July 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Jones Dairy Farm All Natural Fully Cooked Turkey Sausage	68	3.38	1.12	1.5	0	0	7.5	315	30	
3/4 x 3 links, 44 g										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Kiwi Fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
1 fruit										
Total	381	14.89	4.561	39.21	5.7	15.7	25.12	764.7	410.95	336
Dinner										
Wellsley Farms Shredded Parmesan Cheese	20	1.5	1	0	0	0	2	70	5	
1 tbsp, 5 g										
Kerrygold Pure Irish Butter	17	1.87	1.19	0	0	0	0	17	5.1	
2 g										
Blueberries	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
1/2 cup										
Green Peas	59	0.29	0.051	10.48	3.7	4.11	3.93	4	0	177
1/2 cup										
Berkley & Jensen Wild Caught Swordfish Steaks	140	4.5	1	0	0	0	22	100	45	
4 oz. (raw), 133 g										
Total	277	8.4	3.261	20.99	5.4	11.33	28.47	192	55.1	233
Snacks/Other										
Skinny Cow Low Fat Ice Cream Bars - Salted Caramel Pretzel	160	9	7	18	2	13	2	90	0	
1 bar										
Pecan Nuts	29	3.06	0.263	0.59	0.4	0.17	0.39	0	0	17
0.15 oz (20 halves)										
Frigo Light String Cheese	50	2.5	1.5	1	0	0	7	200	10	0

Wednesday, July 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 stick, 24 g										
Premier Nutrition High Protein Shake - Chocolate	160	3	1	5	3	1	30	210	20	450
1 shake, 11 oz										
Total	399	17.56	9.763	24.59	5.4	14.17	39.39	500	30	467
Total	1508	58.13	23.959	123.64	20.2	49.79	128.91	2089.6	704.15	1448

Thursday, July 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Van's 8 Whole Grains Waffles 1/2 x 2 waffles, 38 g	65	2.5	0.25	12.5	3.5	1	2.5	115	0	
Egg 1 small	54	3.68	1.147	0.28	0	0.28	4.65	52	157	50
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Reddi-wip Original Dairy Whipped Topping 2 x 2 tbsp, 10 g	30	2	1	2	0	2	0	0	9	0
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Vermont Smoke and Cure Uncured Bacon 2 x 1 stick, 56 g	100	7	2	0	0	0	10	420	20	
Total	**347**	**20.06**	**5.884**	**21.44**	**5**	**7.38**	**24.07**	**664.4**	**372.6**	**510**
Lunch										
Bella Rosa Parmesan Fresh Grated Cheese 1 Tbsp, 5 g	20	1.5	1	0	0	0	2	50	5	
Extra Virgin Olive Oil 1 tsp	40	4.5	0.621	0	0	0	0	0	0	
Explore Asian Organic Adzuki Bean Spaghetti 2 oz, 56 g	207	2.8	0.56	26	15	3.4	20	11	0	

Thursday, July 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Harvestland Grilled Chicken Breast Strips	100	1.5	0	0	0	0	20	470	50	
3 oz, 84 g										
Green Peas	59	0.29	0.051	10.48	3.7	4.11	3.93	4	0	177
1/2 cup										
Total	426	10.59	2.232	36.48	18.7	7.51	45.93	535	55	177
Dinner										
Original Rangoon Crab Rangoons	181	8.04	3.35	21.44	0.67	0.67	5.36	281.4	20.1	0
2/3 x 3 pieces , 57 g										
Cooked Broccoli (Fat Not Added in Cooking)	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
1 cup, flowerets										
P.F. Chang's Shrimp with Lobster Sauce	250	14	2	11	1	11	23	1745	0	
2 servings										
Total	465	22.44	5.427	39.37	4.87	13.01	30.66	2296.4	20.1	282
Snacks/Other										
Blueberries	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
1/2 cup										
Fiber One Lowfat Cottage Cheese with Fiber	80	2	1	8	5	1	10	430	10	
1/2 cup, 113 g										
Total	121	2.24	1.02	18.51	6.7	8.22	10.54	431	10	56
Total	**1359**	**55.33**	**14.563**	**115.8**	**35.27**	**36.12**	**111.2**	**3926.8**	**457.7**	**1025**

Friday, July 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Walnuts	94	9.39	0.882	1.97	1	0.38	2.19	0	0	64
0.12 cup chopped										
Blueberries	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
1/2 cup										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Fage Total 2% Greek Yogurt	85	2.25	1.5	4.5	0	4.5	11.5	37.5	10	
1/2 x 1 cup, 113.5 g										
quaker old fashioned oats	150	3	0.5	27	4	1	5	0	0	0
1/2 cup dry, 40 g										
Total	379	15.16	3.014	44.46	6.7	13.32	20.1	52.9	10.6	405
Lunch										
Honey	21	0	0	5.71	0	5.69	0.02	0	0	4
1/3 tbsp										
Kerrygold Pure Irish Butter	33	3.63	2.31	0	0	0	0	33	9.9	
1/3 x 1 tbsp, 5 g										
Alvarado Street Bakery Essential Flax Seed Bread	50	1		9	2.5	0.5	3	50	0	
1/2 x 2 slices, 22.5 g										
Kiwi Fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
1 fruit										
Vermont Smoke and Cure Uncured Bacon	100	7	2	0	0	0	10	420	20	
2 x 1 stick, 56 g										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134

Friday, July 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 large										
Total	397	21.97	7.431	26.62	4.8	13.79	26.47	645	452.9	375
Dinner										
Kashi Chicken Enchilada	280	9	2.5	38	6	5	12	620	25	290
1 tray, 255 g										
Snacks/Other										
Lindt Hello My Name Is Caramel Brownie	110	7	4.5	11	0.5	9.5	1	17.5	5	
1/2 x 4 pieces, 20 g										
Fiber One Lowfat Cottage Cheese with Fiber	80	2	1	8	5	1	10	430	10	
1/2 cup, 113 g										
Arugula Lettuce	5	0.13	0.017	0.73	0.3	0.41	0.52	5	0	74
1 cup										
Pecan Nuts	29	3.06	0.263	0.59	0.4	0.17	0.39	0	0	17
0.15 oz (20 halves)										
Premier Nutrition High Protein Shake - Strawberries & Cream	160	3	1	4	2	1	30	330	20	400
1 shake, 11 oz										
Total	384	15.19	6.78	24.32	8.2	12.08	41.91	782.5	35	491
Total	**1440**	**61.32**	**19.725**	**133.4**	**25.7**	**44.19**	**100.48**	**2100.4**	**523.5**	**1561**

Saturday, July 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey 1/3 tbsp	21	0	0	5.71	0	5.69	0.02	0	0	4
Alvarado Street Bakery Essential Flax Seed Bread 1/2 x 2 slices, 22.5 g	50	1		9	2.5	0.5	3	50	0	
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Eggland's Best Cage Free Brown Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	340	0
Jones Dairy Farm All Natural Fully Cooked Turkey Sausage 3/4 x 3 links, 44 g	68	3.38	1.12	1.5	0	0	7.5	315	30	
Kiwi Fruit 1 fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
Total	314	13.06	3.254	27.83	4.8	13.24	24.26	511.4	370.6	526
Lunch										
Campbell's Homestyle Chicken Noodle Soup 2 x 1 cup, 480 ml	180	5		20	2	6	12	158	58	
Extra Virgin Olive Oil 1 tsp	40	4.5	0.621	0	0	0	0	0	0	
Total	220	9.5	0.621	20	2	6	12	158	58	
Dinner										
99 Restaurant Popcorn	75	4		5	0	0	0	110	0	

Saturday, July 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 Cup										
Snacks/Other										
Frigo Light String Cheese	100	5	3	2	0	0	14	400	20	0
2 x 1 stick, 48 g										
Blueberries	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
1/2 cup										
Total	141	5.24	3.02	12.51	1.7	7.22	14.54	401	20	56
Total	750	31.8	6.895	65.34	8.5	26.46	50.8	1180.4	448.6	582

Sunday, July 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Fage Total 2% Greek Yogurt 1/2 x 1 cup, 113.5 g	85	2.25	1.5	4.5	0	4.5	11.5	37.5	10	
Eggland's Best Cage Free Brown Eggs 1 egg, 50 g	60	4	1	0	0	0	6	65	170	0
Sargento Reduced Fat 4 Cheese Mexican Cheese 1/2 x 1/4 cup, 14 g	40	3	1.75	0.5	0	0	4	95	7.5	
Bob's Red Mill Corn Grits Polenta 1/4 cup dry, 35 g	130	0.5	0	27	2	0	3	0	0	
Blueberries 1/2 cup	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
Jones Dairy Farm All Natural Fully Cooked Turkey Sausage 1/2 x 3 links, 29.5 g	45	2.25	0.75	1	0	0	5	210	20	
Total	410	12.52	5.132	43.99	3.7	11.94	30.91	422.9	208.1	341
Lunch										
Kiwi Fruit 1 fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
Honey 1/3 tbsp	21	0	0	5.71	0	5.69	0.02	0	0	4
Kerrygold Pure Irish Butter 1/3 x 1 tbsp, 5 g	33	3.63	2.31	0	0	0	0	33	9.9	

Sunday, July 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Alvarado Street Bakery Essential Flax Seed Bread 1/2 x 2 slices, 22.5 g	50	1		9	2.5	0.5	3	50	0	
Vermont Smoke and Cure Uncured Bacon 2 x 1 stick, 56 g	100	7	2	0	0	0	10	420	20	
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Total	397	21.97	7.431	26.62	4.8	13.79	26.47	645	452.9	375
Dinner										
Snacks/Other										
Coffee 8 fl oz	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Light Cream 0.17 tbsp	5	0.49	0.307	0.09	0	0	0.07	1	2	3
Butterball Smoked Turkey Snack Sticks 1/3 x 3 sticks, 10 g	20	1.16	0.33	0.33	0	0.16	2.31	128.7	9.9	
Quest Protein Chips Sea Salt 1 bag, 32 g	120	2	0	5	0	0	21	150	10	65
Total	147	3.7	0.642	5.51	0	0.16	23.66	284.7	21.9	179
Total	**954**	**38.19**	**13.205**	**76.12**	**8.5**	**25.89**	**81.04**	**1352.6**	**682.9**	**895**

Monday, July 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Premier Nutrition High Protein Shake - Strawberries & Cream 1 shake, 11 oz	160	3	1	4	2	1	30	330	20	400
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Total	169	3.28	1.112	4.48	2	1.22	30.87	344.4	20.6	685
Lunch										
Philadelphia Whipped Cream Cheese Spread 1/3 x 2 tbsp, 7 g	16	1.65	0.99	0.66	0	0.33	0.33	29.7	4.95	
Banana Bread 1 serving	131	1.46	0.429	25.91	3.4	8.54	4.42	288	36	99
Kiwi Fruit 1 fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
Vermont Smoke and Cure Uncured Bacon 2 x 1 stick, 56 g	100	7	2	0	0	0	10	420	20	
Eggland's Best Cage Free Brown Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	340	0
Total	413	18.51	5.441	37.71	5.7	15.7	27.62	869.7	400.95	336
Dinner										
Campbell's Homestyle Spicy Southwest Style Chicken Noodle	200	2	0	32	4	6	14	1580		

Monday, July 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 cup, 480 ml										
Extra Virgin Olive Oil	60	6.75	0.932	0	0	0	0	0	0	
1/2 tbsp										
Total	260	8.75	0.932	32	4	6	14	1580	0	
Snacks/Other										
Lindt Hello My Name Is Caramel Brownie	110	7	4.5	11	0.5	9.5	1	17.5	5	
1/2 x 4 pieces, 20 g										
Fiber One Lowfat Cottage Cheese with Fiber	50	1.24	0.62	4.95	3.1	0.62	6.19	266.17	6.19	
70 g										
Blueberries	31	0.18	0.015	7.98	1.3	5.49	0.41	1	0	42
0.38 cup										
Raspberries	8	0.1	0.003	1.76	1	0.65	0.18	0	0	22
0.12 cup										
Total	199	8.52	5.138	25.69	5.9	16.26	7.78	284.67	11.19	64
Total	**1041**	**39.06**	**12.623**	**99.88**	**17.6**	**39.18**	**80.27**	**3078.77**	**432.74**	**1085**

Tuesday, July 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Organic Valley Grassmilk Whole Milk 1/2 x 1 cup, 120 ml	75	4	2.5	6	0	5.5	4	60	15	175
cheerios 1 1/2 cups, 39 g	100	2		20	3	1	3	160	0	170
Body Fortress Super Advanced Whey Isolate - Vanilla Creme 1/3 x 1 scoop, 13 g	43	0.16	0	0.33	0.33	0.33	9.9	28.05	1.65	33
Walnuts 0.12 cup chopped	94	9.39	0.882	1.97	1	0.38	2.19	0	0	64
Blueberries 1/2 cup	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
Total	362	16.07	3.514	39.29	6.03	14.65	20.5	263.45	17.25	783
Lunch										
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Vermont Smoke and Cure Uncured Bacon 2 x 1 stick, 56 g	100	7	2	0	0	0	10	420	20	
Alvarado Street Bakery Essential Flax Seed Bread 1/2 x 2 slices, 22.5 g	50	1		9	2.5	0.5	3	50	0	
Kerrygold Pure Irish Butter 1/3 x 1 tbsp, 5 g	33	3.63	2.31	0	0	0	0	33	9.9	

Tuesday, July 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Honey 1/3 tbsp	21	0	0	5.71	0	5.69	0.02	0	0	4
Kiwi Fruit 1 fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
Total	397	21.97	7.431	26.62	4.8	13.79	26.47	645	452.9	375
Dinner										
Campbell's Homestyle Savory Chicken with Brown Rice 2 x 1 cup, 480 ml	220	5	1	32	2	8	10	820	30	1480
Frigo Light String Cheese 1 stick, 24 g	50	2.5	1.5	1	0	0	7	200	10	0
Total	270	7.5	2.5	33	2	8	17	1020	40	1480
Snacks/Other										
Hillshire Farm Beef Summer Sausage 11 g	38	3.2	1.2	0.1	0.05	0.05	2.2	142	9	0
Cheddar Cheese 1/3 slice (1 oz)	37	3.06	1.949	0.12	0	0.05	2.3	57	10	9
Snack Cracker 2 round crackers	30	1.52	0.227	3.66	0.1	0.11	0.44	51	0	8
Frigo Light String Cheese 2 x 1 stick, 48 g	100	5	3	2	0	0	14	400	20	0
Total	205	12.78	6.376	5.88	0.15	0.21	18.94	650	39	17
Total	**1234**	**58.32**	**19.821**	**104.79**	**12.98**	**36.65**	**82.91**	**2578.45**	**549.15**	**2655**

Wednesday, July 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Philadelphia Whipped Cream Cheese Spread	16	1.65	0.99	0.66	0	0.33	0.33	29.7	4.95	
1/3 x 2 tbsp, 7 g										
Banana Bread	131	1.46	0.429	25.91	3.4	8.54	4.42	288	36	99
1 serving										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Jones Dairy Farm All Natural Fully Cooked Turkey Sausage	68	3.38	1.12	1.5	0	0	7.5	315	30	
3/4 x 3 links, 44 g										
Kiwi Fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
1 fruit										
Total	390	15.17	4.673	39.69	5.7	15.92	25.99	779.1	411.55	621
Lunch										
Campbell's Healthy Request Homestyle Chicken with Whole Grain Noodles	200	4	1	26	2	6	14	820	20	1300
2 x 1 Cup, 480 ml										
Extra Virgin Olive Oil	40	4.5	0.621	0	0	0	0	0	0	
1 tsp										
Total	240	8.5	1.621	26	2	6	14	820	20	1300
Dinner										

Wednesday, July 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Bella Rosa Parmesan Fresh Grated Cheese 2 x 1 Tbsp, 10 g	40	3	2	0	0	0	4	100	10	
Explore Asian Organic Adzuki Bean Spaghetti 2 oz, 56 g	207	2.8	0.56	26	15	3.4	20	11	0	
McCormick Poultry Gravy Mix 2 x 2 tsp dry mix (1/4 cup prepared), 14 g	50	1		10	0	2	0	660	0	
Cooked Broccoli (Fat Not Added in Cooking) 1 cup, flowerets	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
Schwan's Turkey & Pork Meatballs 3 meatballs, 85 g	120	6	2	4	1	0	13	430	45	
Total	451	13.2	4.637	46.93	19.2	6.74	39.3	1471	55	282
Snacks/Other										
Lindt Lindor Vanilla Truffle 2/3 x 3 Balls, 24 g	161	12.06	9.04	10.05	0	10.05	2.01	20.1	0	
Premier Nutrition High Protein Shake - Vanilla 1 shake, 11 oz	160	3	1	4	1	1	30	270	25	310
Total	321	15.06	10.04	14.05	1	11.05	32.01	290.1	25	310
Total	**1402**	**51.93**	**20.971**	**126.67**	**27.9**	**39.71**	**111.3**	**3360.2**	**511.55**	**2513**

Thursday, July 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Raspberries 1/2 cup	32	0.4	0.012	7.34	4	2.72	0.74	1	0	93
Fage Total 2% Greek Yogurt 1/2 x 1 cup, 113.5 g	85	2.25	1.5	4.5	0	4.5	11.5	37.5	10	
Berkley & Jensen Sliced Almonds 1/2 x 1/4 cup, 14 g	85	7.5	0.5	3	2	0.5	3	0	0	110
quaker old fashioned oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	0
Total	361	13.43	2.624	42.32	10	8.94	21.11	52.9	10.6	488
Lunch										
McDonald's Premium Southwest Salad with Grilled Chicken 1 salad, 335 g	330	11	4	26	7	9	32	890	95	
McDonald's Southwest Salad Dressing 1/2 x 1 pouch, 22.2 ml	50	3	0.5	5.5	0	1.5	0.5	170	10	
Glaceau Vitamin Water Zero Glow Strawberry-Guanabana 1 2/3 x 8 fl oz, 401 ml	0	0	0	5.01	0	1.67	0	0	0	0
Total	380	14	4.5	36.51	7	12.17	32.5	1060	105	0
Dinner										

Thursday, July 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Harry's Organic Vegetable Minestrone Soup 74 g	33	0.6	0.15	6	0.9	1.8	1.5	177	1.5	
Olive Garden Seafood Alfredo (Lunch) 1/2 x 1 serving	335	18	10.5	29.5	2.5		14	660		
Total	368	18.6	10.65	35.5	3.4	1.8	15.5	837	1.5	
Snacks/Other										
Wellsley Farms Tiramisu 1/2 x 1/2 slice, 35.5 g	100	4.5	1.75	13	0	8.5	1.5	90	35	
Reddi-wip Extra Creamy Whipped Cream 2 tbsp, 5 g	15	1	0.5	1	0	1	0	0	5	5
Seviroli Cheese Ravioli 1/4 x 4 pieces, 37 g	72	2.75	1.5	7.75	0.5	0.75	4	122.5	17.5	
Baked, Breaded or Fried Cheese Nuggets or Pieces 1 piece or stick (4" x 1" x 3/4")	168	10.58	5.455	6.73	0.3	0.76	11.01	253	36	56
Total	355	18.83	9.205	28.48	0.8	11.01	16.51	465.5	93.5	61
Total	**1464**	**64.86**	**26.979**	**142.81**	**21.2**	**33.92**	**85.62**	**2415.4**	**210.6**	**549**

Friday, July 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fruit Salad 1/2 cup	54	0.81	0.614	12.5	1.7	10.23	0.63	5	0	
Oatmeal 1/2 cup cooked	73	1.19	0.211	12.68	1.9	0.28	3.03	139	0	63
Turkey Breakfast Sausage 2 links cooked	82	3.83	1.118	0	0	0	11.06	275	32	110
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Cream (Half & Half) 2 tbsps	39	3.45	2.147	1.29	0	0.05	0.89	12	11	39
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	**400**	**19.31**	**7.198**	**27.43**	**3.6**	**11.33**	**28.76**	**580**	**466**	**569**
Lunch										
Glaceau Vitamin Water Zero Glow Strawberry-Guanabana 401 ml	0	0	0	5.01	0	1.67	0	0	0	0
Clif Bar Builder's Bar - Chocolate 1/2 x 1 bar, 34 g	135	4	2.5	15	2	10	10	115	0	110
Total	**135**	**4**	**2.5**	**20.01**	**2**	**11.67**	**10**	**115**	**0**	**110**
Dinner										
KFC Popcorn Chicken (Individual) 20 g	68	4.42	0.76	3.74	0.51	0	3.57	197.2	10.2	0
Bananas 3 1/2 oz	88	0.33	0.111	22.66	2.6	12.14	1.08	1	0	355

Friday, July 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Clif Bar Builder's Bar - Chocolate 1/2 x 1 bar, 34 g	135	4	2.5	15	2	10	10	115	0	110
Taco Bell Shredded Chicken Mini Quesadilla 1 quesadilla, 84 g	180	8	2.5	15	2	1	12	540	25	
Total	471	16.75	5.871	56.4	7.11	23.14	26.65	853.2	35.2	465

Snacks/Other

Total	1006	40.06	15.569	103.84	12.71	46.14	65.41	1548.2	501.2	1144

Saturday, July 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Food For Life Baking Company Ezekiel 4:9 Cinnamon Raisin Bread	80	0.5	0	18	2	5	3	65	0	120
1 slice, 34 g										
Philadelphia Whipped Cream Cheese Spread	16	1.65	0.99	0.66	0	0.33	0.33	29.7	4.95	
1/3 x 2 tbsp, 7 g										
Organic Valley Grassmilk Whole Milk	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
5 ml										
Coffee	6	0.12	0.012	0.24	0	0	0.71	12	0	278
20 fl oz										
Vermont Smoke and Cure Uncured Bacon	100	7	2	0	0	0	10	420	20	
2 x 1 stick, 56 g										
Eggland's Best Cage Free Brown Eggs	120	8	2	0	0	0	12	130	340	0
2 x 1 egg, 100 g										
Kiwi Fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
1 fruit										
Total	371	17.83	5.124	30.28	4.3	12.38	27.07	661.1	365.55	642
Lunch										
Onion Rings (Breaded and Fried)	69	3.88	1.738	7.83			0.93	107	4	32
1/4 portion (8-9 onion rings)										
Johnny Rockets Rocket Single	600	39	13	33	3	10	27	720	95	
1 burger										
Total	669	42.88	14.738	40.83	3	10	27.93	827	99	32

Saturday, July 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Stonewall Kitchen Spicy Corn Relish	18	0	0	4	0	3	0	70	0	
1/2 x 2 tbsp, 15 g										
Baked or Broiled Trout	180	8.76	2.248	0.39	0	0.09	23.32	348	66	509
4.16 oz boneless (yield after cooking)										
Sweet Potato	112	0.06	0.023	26.16	3.9	5.43	2.04	72	0	438
1 5" long										
Cooked Broccoli (Fat Not Added in Cooking)	17	0.2	0.038	3.46	1.6	0.67	1.15	135	0	141
1/2 cup, flowerets										
Total	327	9.02	2.309	34.01	5.5	9.19	26.51	625	66	1088
Snacks/Other										
Matador Original Beef Jerky	80	1.5		6	0	5	11	610	30	
1 serving, 1 oz										
Whole Milk	9	0.5	0.284	0.69	0	0.8	0.49	6	2	22
1/2 fl oz										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Total	94	2.09	0.293	6.88	0	5.8	12.06	625	32	245
Total	**1461**	**71.82**	**22.464**	**112**	**12.8**	**37.37**	**93.57**	**2738.1**	**562.55**	**2007**

Sunday, July 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Raspberries 1/2 cup	32	0.4	0.012	7.34	4	2.72	0.74	1	0	93
Post Shredded Wheat Original Cereal 1/2 x 2 biscuits, 23.5 g	85	0.5	0	18.5	3	0	2.5	0	0	
Organic Valley Grassmilk Whole Milk 1/2 x 1 cup, 120 ml	75	4	2.5	6	0	5.5	4	60	15	175
berkley and jensen sliced almond 1/2 x 1/4 cup, 14 g	85	7.5	0.5	3	2	0.5	3	0	0	110
Body Fortress Super Advanced Whey Isolate - Vanilla Creme 1/3 x 1 scoop, 13 g	43	0.16	0	0.33	0.33	0.33	9.9	28.05	1.65	33
Organic Valley Grassmilk Whole Milk 5 ml	3	0.16	0.1	0.24	0	0.22	0.16	2.4	0.6	7
Coffee 20 fl oz	6	0.12	0.012	0.24	0	0	0.71	12	0	278
Total	329	12.84	3.124	35.65	9.33	9.27	21.01	103.45	17.25	696
Lunch										
Bella Rosa Parmesan Fresh Grated Cheese 2 x 1 Tbsp, 10 g	40	3	2	0	0	0	4	100	10	
Cooked Broccoli (Fat Not Added in Cooking) 1 cup, flowerets	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
Sweet Potato 3/4 5" long	84	0.05	0.018	19.62	2.9	4.08	1.53	54	0	329

Sunday, July 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Baked or Broiled Trout	180	8.76	2.248	0.39	0	0.09	23.32	348	66	509
4.16 oz boneless (yield after cooking)										
Stonewall Kitchen Spicy Corn Relish	18	0	0	4	0	3	0	70	0	
1/2 x 2 tbsp, 15 g										
Total	356	12.21	4.343	30.94	6.1	8.51	31.15	842	76	1120
Dinner										
Honey	21	0	0	5.71	0	5.69	0.02	0	0	4
1/3 tbsp										
Kerrygold Pure Irish Butter	33	3.63	2.31	0	0	0	0	33	9.9	
1/3 x 1 tbsp, 5 g										
Alvarado Street Bakery Essential Flax Seed Bread	50	1		9	2.5	0.5	3	50	0	
1/2 x 2 slices, 22.5 g										
Kiwi Fruit	46	0.4	0.022	11.14	2.3	6.83	0.87	2	0	237
1 fruit										
Vermont Smoke and Cure Uncured Bacon	100	7	2	0	0	0	10	420	20	
2 x 1 stick, 56 g										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Total	397	21.97	7.431	26.62	4.8	13.79	26.47	645	452.9	375
Snacks/Other										
Cannoli	130	5.63	2.784	14.71	0.4	5.59	4.44	25	19	
0.6 cannoli										
Harvestland Grilled Chicken Breast Strips	100	1.5	0	0	0	0	20	470	50	
3 oz, 84 g										
Arugula Lettuce	5	0.13	0.017	0.73	0.3	0.41	0.52	5	0	74

Sunday, July 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Fiber One Lowfat Cottage Cheese with Fiber	80	2	1	8	5	1	10	430	10	
1/2 cup, 113 g										
Total	315	9.26	3.801	23.44	5.7	7	34.96	930	79	74
Total	1397	56.28	18.699	116.65	25.93	38.57	113.59	2520.45	625.15	2265