

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	231	12.32	12.36	16.63
Lunch	468	18.7	34.37	40.37
Dinner	904	45.96	51.74	60.85
Snacks/Other	442	34.58	22.68	17.84
<b>Total</b>	<b>2045</b>	<b>111.56</b>	<b>121.15</b>	<b>135.68</b>

**Monday, February 26, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
<b>Lunch</b>										
Skinless Chicken Breast	185	2.08	0.554	0	0	0	38.79	109	97	
6 oz boneless, cooked, skinless										
<b>Dinner</b>										
Skinless Chicken Breast	246	2.78	0.739	0	0	0	51.72	146	130	
8 oz boneless, cooked, skinless										
Mann's Sunny Shores Broccolini	35	0	0	6	1	2	3	25	0	270
8 stalks, 82 g										
<b>Total</b>	<b>281</b>	<b>2.78</b>	<b>0.739</b>	<b>6</b>	<b>1</b>	<b>2</b>	<b>54.72</b>	<b>171</b>	<b>130</b>	<b>270</b>
<b>Snacks/Other</b>										
Kirkland Signature Almonds	680	60	4	24	16	4	24	0	0	880
4 x 1/4 cup, 120 g										
<b>Total</b>	<b>1293</b>	<b>74.8</b>	<b>8.392</b>	<b>30.77</b>	<b>17</b>	<b>6.77</b>	<b>130.09</b>	<b>420</b>	<b>650</b>	<b>1284</b>

**Tuesday, February 27, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
<b>Lunch</b>										
Kirkland Signature Solid White Albacore Tuna	210	3	0	0	0	0	48	540	75	
3 x 1/4 cup, 168 g										
Kraft Mayo with Olive Oil	50	5	0.5	1	0	0	0	105	0	
1 tbsp, 15 g										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Kroger Sweet Pickle Relish	15	0		3		3	0	125		
1 tbsp, 15 g										
<b>Total</b>	<b>422</b>	<b>17.94</b>	<b>3.599</b>	<b>4.77</b>	<b>0</b>	<b>3.77</b>	<b>60.58</b>	<b>910</b>	<b>498</b>	<b>134</b>
<b>Dinner</b>										
Wal-Mart 93/7 Lean Ground Beef	510	24	9	0	0	0	69	210	195	
3 x 4 oz, 336 g										
Gouda Cheese	404	31.12	19.974	2.52	0	2.52	28.28	929	129	137
4 oz										
<b>Total</b>	<b>914</b>	<b>55.12</b>	<b>28.974</b>	<b>2.52</b>	<b>0</b>	<b>2.52</b>	<b>97.28</b>	<b>1139</b>	<b>324</b>	<b>137</b>
<b>Snacks/Other</b>										
Kirkland Signature Almonds	680	60	4	24	16	4	24	0	0	880
4 x 1/4 cup, 120 g										
<b>Total</b>	<b>2163</b>	<b>143</b>	<b>39.672</b>	<b>32.06</b>	<b>16</b>	<b>11.06</b>	<b>194.44</b>	<b>2189</b>	<b>1245</b>	<b>1285</b>

**Wednesday, February 28, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
<b>Lunch</b>										
Premier Nutrition High Protein Shake - Chocolate	320	6	2	10	6	2	60	420	40	900
2 x 1 shake, 22 oz										
<b>Dinner</b>										
Beef Tenderloin (Trimmed to 1/8" Fat)	280	20.59	8.309	0	0	0	22.24	57	75	342
4 oz										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Kraft Sweet Honey Catalina Salad Dressing	90	6	1	16	0	9	0	280	0	
2 tbsp, 31 g										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Almonds	164	14.36	1.1	5.6	3.3	1.36	6.03	0	0	206
1 oz (23 whole kernels)										
Sweet Potato	56	0.03	0.012	13.08	2	2.72	1.02	36	0	219
1/2 5" long										
<b>Total</b>	<b>722</b>	<b>50.52</b>	<b>16.369</b>	<b>38.56</b>	<b>7.5</b>	<b>14.2</b>	<b>37.93</b>	<b>579</b>	<b>104</b>	<b>1114</b>
<b>Snacks/Other</b>										
Kirkland Signature Almonds	510	45	3	18	12	3	18	0	0	660
3 x 1/4 cup, 90 g										

**Wednesday, February 28, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Total</b>	<b>1699</b>	<b>111.46</b>	<b>24.468</b>	<b>67.33</b>	<b>25.5</b>	<b>19.97</b>	<b>128.51</b>	<b>1139</b>	<b>567</b>	<b>2808</b>

## Thursday, March 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
<b>Lunch</b>										
Skinless Chicken Breast	185	2.08	0.554	0	0	0	38.79	109	97	
6 oz boneless, cooked, skinless										
<b>Dinner</b>										
Gouda Cheese	202	15.56	9.987	1.26	0	1.26	14.14	464	65	69
2 oz										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Wal-Mart 93/7 Lean Ground Beef	170	8	3	0	0	0	23	70	65	
4 oz, 112 g										
Brooks Mild Chili Beans	120	0.5	0	23	10	2	6	370	0	
1/2 cup, 130 g										
Mission Street Tacos Flour Tortillas	150	3	1	26	1	1	4	410	0	
2 tortillas, 51 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
<b>Total</b>	<b>945</b>	<b>52.34</b>	<b>22.893</b>	<b>58.62</b>	<b>13</b>	<b>7.41</b>	<b>61.11</b>	<b>1568</b>	<b>159</b>	<b>96</b>
<b>Snacks/Other</b>										
Premier Nutrition High Protein Shake - Chocolate	160	3	1	5	3	1	30	210	20	450
1 shake, 11 oz										

**Thursday, March 1, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Kirkland Signature Almonds	340	30	2	12	8	2	12	0	0	440
2 x 1/4 cup, 60 g										
<b>Total</b>	<b>500</b>	<b>33</b>	<b>3</b>	<b>17</b>	<b>11</b>	<b>3</b>	<b>42</b>	<b>210</b>	<b>20</b>	<b>890</b>
<b>Total</b>	<b>1777</b>	<b>97.36</b>	<b>29.546</b>	<b>76.39</b>	<b>24</b>	<b>11.18</b>	<b>154.48</b>	<b>2027</b>	<b>699</b>	<b>1120</b>

## Friday, March 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
<b>Lunch</b>										
Fried Battered Fish	533	30.47	6.41	17.98	0.5	1.1	44.81	348	177	874
2 fillets (6-1/4" x 3-1/2" x 3/8")										
Beefstake German Rye	160	2	0	30	4	2	6	500	0	
2 x 2 Slices, 70 g										
<b>Total</b>	<b>693</b>	<b>32.47</b>	<b>6.41</b>	<b>47.98</b>	<b>4.5</b>	<b>3.1</b>	<b>50.81</b>	<b>848</b>	<b>177</b>	<b>874</b>
<b>Dinner</b>										
Kirkland Signature Frozen Shrimp	70	0	0	0	0	0	17	250	135	
6 shrimp, 4 oz										
Fried Rice	333	12.34	2.251	41.7	1.4	1.5	12.47	822	103	202
1 cup										
<b>Total</b>	<b>403</b>	<b>12.34</b>	<b>2.251</b>	<b>41.7</b>	<b>1.4</b>	<b>1.5</b>	<b>29.47</b>	<b>1072</b>	<b>238</b>	<b>202</b>
<b>Snacks/Other</b>										
Kirkland Signature Almonds	340	30	2	12	8	2	12	0	0	440
2 x 1/4 cup, 60 g										
<b>Total</b>	<b>1656</b>	<b>89.72</b>	<b>15.309</b>	<b>102.84</b>	<b>13.9</b>	<b>7.76</b>	<b>111.15</b>	<b>2130</b>	<b>1049</b>	<b>1717</b>



## Saturday, March 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
Parmesan Cheese (Shredded)	42	2.73	1.737	0.34	0		3.79	170	7	10
2 tbsps										
Sara Lee Artesano Style Bread	200	2	0	40	2	4	6	380	0	7000
2 x 1 slice, 76 g										
<b>Total</b>	<b>462</b>	<b>19.64</b>	<b>6.385</b>	<b>41.5</b>	<b>2</b>	<b>5.16</b>	<b>28.66</b>	<b>760</b>	<b>641</b>	<b>7211</b>
<b>Lunch</b>										
Hostess Ding Dongs Chocolate Cakes with Creamy Filling	330	17	12	43	1	33	2	290	5	0
2 cakes, 72 g										
Nestle Chocolate Chip Cookie Dough	480	20	10	68	4	40	4	400	20	
4 x 2 tbsp, 112 g										
<b>Total</b>	<b>810</b>	<b>37</b>	<b>22</b>	<b>111</b>	<b>5</b>	<b>73</b>	<b>6</b>	<b>690</b>	<b>25</b>	<b>0</b>
<b>Dinner</b>										
Chuy's Creamy Jalapeno Sauce	135	11.3	1.7	8.7	0.1	2.7	0.7	248	9	25
2 tbsp, 46 g										
Chuy's Mexican Rice	125	4		20	0	0	2	0	0	
1 cup										
Chuy's Tortilla Chips	500	36	0	26	0	0	6	0	0	0
1 basket										
Chuy's Refried Beans	120	1	0	22	8	0	8	350	0	0
1/2 cup										
Chuy's Chuychanga	900	38	0	85	0	0	45	2780	100	880
1 chuychanga										

**Saturday, March 3, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Dos Equis XX Lager	260	0		18	0	0	0.8	20	0	0
2 x 1 bottle, 24 oz										
<b>Total</b>	<b>2040</b>	<b>90.3</b>	<b>1.7</b>	<b>179.7</b>	<b>8.1</b>	<b>2.7</b>	<b>62.5</b>	<b>3398</b>	<b>109</b>	<b>905</b>

**Snacks/Other**

<b>Total</b>	<b>3312</b>	<b>146.94</b>	<b>30.085</b>	<b>332.2</b>	<b>15.1</b>	<b>80.86</b>	<b>97.16</b>	<b>4848</b>	<b>775</b>	<b>8116</b>
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**Sunday, March 4, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Sara Lee Artesano Style Bread	200	2	0	40	2	4	6	380	0	7000
2 x 1 slice, 76 g										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
<b>Total</b>	<b>347</b>	<b>11.94</b>	<b>3.099</b>	<b>40.77</b>	<b>2</b>	<b>4.77</b>	<b>18.58</b>	<b>520</b>	<b>423</b>	<b>7134</b>
<b>Lunch</b>										
Chili with Beans (Canned)	287	14.05	6.021	30.49	11.3	3.38	14.62	1336	44	934
1 cup										
Kraft Mayo with Olive Oil	50	5	0.5	1	0	0	0	105	0	
1 tbsp, 15 g										
Mission Foods Mission Burrito 10" Flour Tortilla	210	5	2	35	4	3	6	580	0	
1 tortilla, 70 g										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
<b>Total</b>	<b>660</b>	<b>33.33</b>	<b>14.427</b>	<b>66.85</b>	<b>15.3</b>	<b>6.53</b>	<b>27.59</b>	<b>2195</b>	<b>73</b>	<b>961</b>
<b>Dinner</b>										
Marketside Pretzel Buns	190	2.5	0.5	34	2	1	6	380	0	
1 bun, 77 g										
Ground Beef (90% Lean / 10% Fat)	493	28	11.362	0	0	0	56	185	182	899
10 oz										
Cheddar Cheese	339	27.84	17.717	1.08	0	0.44	20.92	522	88	82
3 slices (1 oz)										
<b>Total</b>	<b>1022</b>	<b>58.34</b>	<b>29.579</b>	<b>35.08</b>	<b>2</b>	<b>1.44</b>	<b>82.92</b>	<b>1087</b>	<b>270</b>	<b>981</b>

**Sunday, March 4, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Snacks/Other</b>										
Brownie	387	14.05	2.915	63.79	2.2	37.5	4.86	151	36	182
3 brownies (2" square)										
<b>Total</b>	<b>2416</b>	<b>117.66</b>	<b>50.02</b>	<b>206.49</b>	<b>21.5</b>	<b>50.24</b>	<b>133.95</b>	<b>3953</b>	<b>802</b>	<b>9258</b>