

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	2045	111.56	121.15	135.68

Monday, February 26, 2018

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

Tuesday, February 27, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Lunch										
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										
Total	422	17.94	3.599	4.77	0	3.77	60.58	910	498	134
Dinner										
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										
Total	914	55.12	28.974	2.52	0	2.52	97.28	1139	324	137
Snacks/Other										
Kirkland Signature Almonds	680	60	4	24	16	4	24	0	0	880
4 x 1/4 cup, 120 g										
Total	2163	143	39.672	32.06	16	11.06	194.44	2189	1245	1285

Wednesday, February 28, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Lunch										
Premier Nutrition High Protein Shake - Chocolate	320	6	2	10	6	2	60	420	40	900
2 x 1 shake, 22 oz										
Dinner										
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										
Total	722	50.52	16.369	38.56	7.5	14.2	37.93	579	104	1114
Snacks/Other										
Kirkland Signature Almonds	510	45	3	18	12	3	18	0	0	660
3 x 1/4 cup, 90 g										

Wednesday, February 28, 2018

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

Thursday, March 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Lunch										
Skinless Chicken Breast	185	2.08	0.554	0	0	0	38.79	109	97	
6 oz boneless, cooked, skinless										
Dinner										
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										
Total	945	52.34	22.893	58.62	13	7.41	61.11	1568	159	96
Snacks/Other										
Premier Nutrition High Protein Shake - Chocolate	160	3	1	5	3	1	30	210	20	450
1 shake, 11 oz										

Thursday, March 1, 2018

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

Friday, March 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
Lunch										
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										
Total	693	32.47	6.41	47.98	4.5	3.1	50.81	848	177	874
Dinner										
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										
Total	403	12.34	2.251	41.7	1.4	1.5	29.47	1072	238	202
Snacks/Other										
Kirkland Signature Almonds	340	30	2	12	8	2	12	0	0	440
2 x 1/4 cup, 60 g										
Total	1656	89.72	15.309	102.84	13.9	7.76	111.15	2130	1049	1717

Saturday, March 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	462	19.64	6.385	41.5	2	5.16	28.66	760	641	7211
Lunch										
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										
Total	810	37	22	111	5	73	6	690	25	0
Dinner										
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

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

Snacks/Other

Total	3312	146.94	30.085	332.2	15.1	80.86	97.16	4848	775	8116
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Sunday, March 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	347	11.94	3.099	40.77	2	4.77	18.58	520	423	7134
Lunch										
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)										
Total	660	33.33	14.427	66.85	15.3	6.53	27.59	2195	73	961
Dinner										
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)										
Total	1022	58.34	29.579	35.08	2	1.44	82.92	1087	270	981

Sunday, March 4, 2018

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