

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	250	13.02	3.41	29.62
Lunch	139	1.56	0	29.09
Dinner	539	31.98	37.59	31.35
Snacks/Other	423	29.95	32.13	11.03
Total	1351	76.51	73.13	101.1

Tuesday, March 13, 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										
Premier Nutrition High Protein Shake - Chocolate	320	6	2	10	6	2	60	420	40	900
2 x 1 shake, 22 oz										
Total	467	15.94	5.099	10.77	6	2.77	72.58	560	463	1034
Lunch										
Dinner										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 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										
Almonds	164	14.36	1.1	5.6	3.3	1.36	6.03	0	0	206
1 oz (23 whole kernels)										
Eckrich Skinless Turkey Smoked Sausage	330	21	6	12	0	12	24	1650	105	
3 x 2 oz, 168 g										
Bush's Best Grillin' Beans Bourbon & Brown Sugar	170	0.5	0	35	6	15	7	480	0	
1/2 cup, 130 g										
Total	886	51.4	14.048	72.48	11.5	38.48	45.67	2616	134	553
Snacks/Other										
Cashew Nuts	314	24.86	4.413	17.12	1.9	3.35	10.33	7	0	374

Tuesday, March 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 oz										
Sunshine Cheez-It Original Snack Crackers	150	8	2	17	1	0	3	230	0	0
27 crackers, 30 g										
Total	464	32.86	6.413	34.12	2.9	3.35	13.33	237	0	374
Total	1817	100.2	25.56	117.37	20.4	44.6	131.58	3413	597	1961

Wednesday, March 14, 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										
Skinless Chicken Breast	185	2.08	0.554	0	0	0	38.79	109	97	
6 oz boneless, cooked, skinless										
Total	370	4.16	1.108	0	0	0	77.58	218	194	
Dinner										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Publix Yukon Gold Potatoes	220	0	0	52	4	2	6	0	0	1240
2 x 1 potato, 296 g										
Butter (Salted)	305	34.55	21.883	0.03	0	0.03	0.36	245	92	10
3 tbsps										
Total	638	43.83	27.789	52.39	4	2.18	13.33	419	121	1277
Snacks/Other										
Dry Roasted Almonds (with Salt Added)	338	29.95	2.295	10.94	6.7	2.78	12.53	192	0	423
2 oz (22 whole kernels)										
M&M's Peanut Butter M&M's (Package)	240	14	8	26	1	22	4	100	5	
1 bag, 46.2 g										
Total	578	43.95	10.295	36.94	7.7	24.78	16.53	292	5	423

Wednesday, March 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1733	101.88	42.291	90.1	11.7	27.73	120.02	1069	743	1834

Thursday, March 15, 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										
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)										
Kraft Sweet Honey Catalina Salad Dressing	90	6	1	16	0	9	0	280	0	
2 tbsp, 31 g										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Total	632	32.68	8.787	25.48	5.5	11.48	66.39	632	159	553
Snacks/Other										
M&M's Peanut Butter M&M's (Package)	480	28	16	52	2	44	8	200	10	
2 x 1 bag, 92.4 g										
Dry Roasted Almonds (with Salt Added)	169	14.98	1.147	5.47	3.3	1.39	6.26	96	0	211
1 oz (22 whole kernels)										
Total	649	42.98	17.147	57.47	5.3	45.39	14.26	296	10	211

Thursday, March 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1613	87.68	29.587	83.72	10.8	57.64	132.02	1177	689	898

Friday, March 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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Breakfast

Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Parmesan Cheese (Shredded) 1 tbsp	21	1.37	0.868	0.17	0		1.89	85	4	5
Total	241	16.28	5.516	1.33	0	1.16	20.76	295	638	206

Lunch**Dinner****Snacks/Other**

Total	241	16.28	5.516	1.33	0	1.16	20.76	295	638	206
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