Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	361	19.92	31.43	14.8
Lunch	323	14.48	32.76	16.99
Dinner	207	3.22	24.69	20.5
Snacks/Other	133	0.27	33.59	1.61
Total	**1025**	**37.9**	**122.47**	**53.9**

Monday, April 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
ACE Bakery Raisin Walnut Bread	150	4.5	0.5	23	2	4	4	220	0	
1 slice, 50 g										
Planters Trail Mix Nuts, Seeds & Raisins	65	4.5	0.5	5	1	3	2.5	2.5	0	95
1/2 x 3 tbsp, 15.5 g										
Calavo Avocado	130	12	2	6	5	0	1	5	0	380
1/2 medium avocado, 75 g										
Total	345	21	3	34	8	7	7.5	227.5	0	475
Lunch										
Glutino Gluten Free Pretzel Sticks	60	1.75	0.75	12	1.5	0.5	0	210	0	0
1/2 x 32 pretzels, 15 g										
Carrots	25	0.15	0.023	5.84	1.7	2.77	0.57	42	0	195
1 medium										
Sabra Roasted Pine Nut Hummus	80	6	1	5	1	0	2	130	0	0
2 tbsp, 28 g										
Quinoa (Cooked)	229	3.55	0.361	42.17	3.6	0	8.01	314	0	
1 cup cooked										
Total	394	11.45	2.134	65.01	7.8	3.27	10.58	696	0	195
Dinner										
Bacon	27	2.09	0.687	0.07	0	0	1.85	116	6	28
1 thin slice (yield after cooking)										
Quinoa (Cooked)	114	1.77	0.181	21.08	1.8	0	4.01	157	0	
1/2 cup cooked										
Broccoli	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288

Monday, April 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup chopped										
Nature's Promise Boneless Skinless Chicken Breast	120	1	0	0	0	0	26	85	75	0
1 fillet, 4 oz										
Total	292	5.2	0.903	27.19	4.2	1.55	34.43	388	81	316
Snacks/Other										
Frieda's Cara Cara Oranges	80	0	0	19	3	14	1	0	0	250
1 medium orange, 140 g										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless)	83	0.19	0.065	21.72	1.1	18.58	0.86	2	0	229
3/4 cup, seedless										
Total	163	0.19	0.065	40.72	4.1	32.58	1.86	2	0	479
Total	**1194**	**37.84**	**6.102**	**166.92**	**24.1**	**44.4**	**54.37**	**1313.5**	**81**	**1465**

Monday, April 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Somersaults Sunflower Seed Crunchy Bites	70	4	0.5	6.5	1.5	1.5	2.5	45	0	
1/2 x 10 pieces, 14 g										
Panera Bread At Home Whole Grain Multi Grain Bread	100	1.5	0	15	2	2	5	180	0	0
1 slice, 38 g										
Calavo Avocado	130	12	2	6	5	0	1	5	0	380
1/2 medium avocado, 75 g										
Scone	148	6.22	1.973	19.1	0.6	1.43	3.83	277	49	49
1 scone										
Total	448	23.72	4.473	46.6	9.1	4.93	12.33	507	49	429
Lunch										
Trader Joe's Tahini Sauce	36	3.2	0.4	0.8	0.4	0	0.8	54	0	
11 g										
Harvest Snaps Lentil Bean Onion Thyme	60	3	0	7.5	1.5	0	2.5	47.5	0	105
1/2 x 1 serving, 10.5 g										
Newman's Own Light Red Wine Vinegar & Olive Oil	50	4.5	0.5	2	0	2	0	390	0	
2 tbsp, 30 g										
Sabra Roasted Pine Nut Hummus	80	6	1	5	1	0	2	130	0	0
2 tbsp, 28 g										
Turkey Breast Meat	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
3 oz										
Total	314	18.11	2.308	18.88	3.3	4.99	19.82	1484.5	37	362
Dinner										
Asparagus	27	0.16	0.062	5.2	2.8	2.52	2.95	3	0	271

Monday, April 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Basmati Rice	95	0.3	0.071	19.92	0.3	0.04	2.8	99	0	
1/2 cup cooked										
Wild Rainbow Trout	189	5.5	1.148	0	0		32.56	49	94	765
1 fillet										
Total	311	5.96	1.281	25.12	3.1	2.56	38.31	151	94	1036
Snacks/Other										
Harris Teeter Blueberries	60	0	0	14	3	10	1	0	0	
1/2 cup , 100 g										
Pink Lady Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia) (approx 3 per lb)										
Clementines	35	0.11		8.89	1.3	6.79	0.63	1		131
1 fruit										
Total	167	0.34	0.039	41.95	7.6	31.13	1.99	2	0	131
Total	**1240**	**48.13**	**8.101**	**132.55**	**23.1**	**43.61**	**72.45**	**2144.5**	**180**	**1958**

Tuesday, April 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nabisco Belvita Blueberry Breakfast Biscuits	115	4	0.25	18	1.5	6.5	1.5	105	0	42.5
1/2 x 1 pack (4 biscuits), 25 g										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Total	262	13.94	3.349	18.77	1.5	7.27	14.08	245	423	176.5
Lunch										
Sabra Roasted Pine Nut Hummus	80	6	1	5	1	0	2	130	0	0
2 tbsp, 28 g										
Harvest Snaps Lentil Bean Onion Thyme	60	3	0	7.5	1.5	0	2.5	47.5	0	105
1/2 x 1 serving, 10.5 g										
Yellow Sweet Peppers	13	0.1	0.014	2.94	0.4		0.46	1	0	99
1/4 large (3-3/4" long, 3" dia)										
Cherry Tomatoes	13	0.15	0.034	2.92	0.9	1.96	0.66	4	0	
1/2 cup										
Newman's Own Light Red Wine Vinegar & Olive Oil	50	4.5	0.5	2	0	2	0	390	0	
2 tbsp, 30 g										
Turkey Breast Meat	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
3 oz										
Total	304	15.16	1.956	23.94	4.2	6.95	20.14	1435.5	37	461
Dinner										
Snacks/Other										
Clementines	35	0.11		8.89	1.3	6.79	0.63	1		131

Tuesday, April 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 fruit										
Pink Lady Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia) (approx 3 per lb)										
Harris Teeter Blueberries	60	0	0	14	3	10	1	0	0	
1/2 cup , 100 g										
Total	167	0.34	0.039	41.95	7.6	31.13	1.99	2	0	131
Total	733	29.44	5.344	84.66	13.3	45.35	36.21	1682.5	460	768.5

Wednesday, April 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Somersaults Sunflower Seed Crunchy Bites 1/2 x 10 pieces, 14 g	70	4	0.5	6.5	1.5	1.5	2.5	45	0	
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Nabisco Belvita Blueberry Breakfast Biscuits 1/2 x 1 pack (4 biscuits), 25 g	115	4	0.25	18	1.5	6.5	1.5	105	0	42.5
Total	332	17.94	3.849	25.27	3	8.77	16.58	290	423	176.5
Lunch										
Hard Bread Sticks 1 small (approx 4-1/4" long)	21	0.48	0.07	3.42	0.2	0.06	0.6	33	0	6
WisPride Spreadable Sharp Cheddar 2 tbsp, 28 g	90	7	3.5	3	0	3	5	180	20	0
Turkey Breast Meat 3 oz	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
Newman's Own Light Red Wine Vinegar & Olive Oil 2 tbsp, 30 g	50	4.5	0.5	2	0	2	0	390	0	
Cherry Tomatoes 1/2 cup	13	0.15	0.034	2.92	0.9	1.96	0.66	4	0	
Total	262	13.54	4.512	14.92	1.5	10.01	20.78	1470	57	263
Dinner										
Boar's Head Maple Glazed Honey Coat Turkey Breast 2 oz, 56 g	70	0.5		2	0	2	14	440	30	180

Wednesday, April 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dave's Killer Bread 21 Whole Grains Bread	240	4	0	44	10	10	10	360	0	230
2 x 1 slice, 90 g										
Basmati Rice	95	0.3	0.071	19.92	0.3	0.04	2.8	99	0	
1/2 cup cooked										
Asparagus	27	0.16	0.062	5.2	2.8	2.52	2.95	3	0	271
1 cup										
Total	432	4.96	0.133	71.12	13.1	14.56	29.75	902	30	681
Snacks/Other										
Pink Lady Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia) (approx 3 per lb)										
Clementines	35	0.11		8.89	1.3	6.79	0.63	1		131
1 fruit										
Total	107	0.34	0.039	27.95	4.6	21.13	0.99	2	0	131
Total	**1133**	**36.78**	**8.533**	**139.26**	**22.2**	**54.47**	**68.1**	**2664**	**510**	**1251.5**

Tuesday, April 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Somersaults Sunflower Seed Crunchy Bites 1/2 x 10 pieces, 14 g	70	4	0.5	6.5	1.5	1.5	2.5	45	0	
Beeler's Breakfast Sausage 2 oz, 57 g	140	12	4	0	0	0	9	360	40	
RxBar Blueberry 1 bar, 52 g	210	7	1	26	6	17	12	115	0	330
Total	420	23	5.5	32.5	7.5	18.5	23.5	520	40	330
Lunch										
Shrimp 5 medium (shelled)	36	0.59	0.112	0.31	0	0	6.9	153	51	44
Parmesan Cheese (Shredded) 1 tbsp	21	1.37	0.868	0.17	0		1.89	85	4	5
Mission Restaurant Style Tortilla Chips 12 chips, 1 oz	140	7	2	17	1	0	2	150	0	
Pineapple 1 cup diced	74	0.19	0.014	19.58	2.2	14.35	0.84	2	0	178
Whole Foods Market Sesame Ginger Dressing 2 tbsp, 30 ml	70	5	0.5	4	0	2	2	115	0	
Total	341	14.15	3.494	41.06	3.2	16.35	13.63	505	55	227
Dinner										
Snacks/Other										
Oranges 1 fruit (2-5/8" dia)	62	0.16	0.02	15.39	3.1	12.25	1.23	0	0	237

Tuesday, April 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	823	37.31	9.014	88.95	13.8	47.1	38.36	1025	95	794