Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	359	2.6	66.18	15.18
Lunch	256	7.23	35.15	15.5
Dinner	494	24.95	39.53	27.14
Snacks/Other	185	9.14	19.45	6.34
Total	**1294**	**43.92**	**160.31**	**64.16**

Thursday, October 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Emerald Cocoa Roast Almonds 100 Calorie Pack 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Total	302	9.73	0.538	40.06	10.3	17.33	17.36	806	25	
Dinner										
Snacks/Other										

Thursday, October 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nature Valley Greek Yogurt Protein - Mixed Berry 1 bar, 40 g	190	9	3	17	3	11	10	160	0	0
Total	**860**	**19.35**	**3.538**	**129.31**	**14.8**	**30.83**	**42.61**	**1456**	**50**	**0**

Friday, October 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Tuna Salad Sandwich 1 sandwich	287	7.17	1.24	36.38	1.7	6.19	19.01	783	20	228
Dinner										
Snacks/Other										
Cracker Barrel Extra Sharp White Cheddar Cheese 1 slice, 18 g	70	6	4	0	0	0	4	110	20	
Giant Eagle Reduced Fat Swiss Cheese Slices 1 Slice, 21 g	70	4.5	3	0	0	0	6	50	15	
Hillshire Farm Oven Roasted Turkey Breast 2 x 4 slices, 112 g	100	1	0	4	0	0	18	980	50	
Silk Unsweetened Cashew Milk 3/4 x 1 cup, 180 ml	19	1.5	0	0.75	0	0	0.75	120	0	18.75
Tazo Chai Tea 1 1/2 x 4 fl oz, 180 ml	105	0	0	27	0	24	0	7.5	0	0

Friday, October 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	364	13	7	31.75	0	24	28.75	1267.5	85	18.75
Total	**1019**	**20.79**	**8.24**	**140.38**	**3.2**	**32.69**	**63.01**	**2540.5**	**130**	**246.75**

Monday, October 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Emerald Cocoa Roast Almonds 100 Calorie Pack 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	302	9.73	0.538	40.06	10.3	17.33	17.36	806	25	
Dinner										
Nishiki Premium Sticky Rice 1/4 cup uncooked, 42 g	150	0	0	33			3	0	0	

Monday, October 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wei-Chuan chicken & pork gyoza 90 g	216	6.64	1.24	34.86	2.49	4.98	5.81	381.8	4.15	
Wegmans Farm Raised Atlantic Salmon Portions 1 fillet, 6 oz	330	21	5	0	0	0	34	80	75	
Total	696	27.64	6.24	67.86	2.49	4.98	42.81	461.8	79.15	
Snacks/Other										
Fruttare Strawberry and Milk 1 bar, 73 g	110	3	2.5	20	1	16	1	45	0	
Total	1476	40.99	9.278	200.17	15.29	40.81	76.42	1802.8	129.15	

Tuesday, October 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Emerald Cocoa Roast Almonds 100 Calorie Pack 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	302	9.73	0.538	40.06	10.3	17.33	17.36	806	25	
Dinner										
Kraft Natural Shredded Mild Cheddar Cheese	110	10	6	0	0	0	6	180	30	

Tuesday, October 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup, 28 g										
Beef Curry	651	45.88	10.206	20.53	4.2	9.66	41.38	1951	92	1359
1 1/2 cups										
Nishiki Premium Sticky Rice	150	0	0	33			3	0	0	
1/4 cup uncooked, 42 g										
Total	911	55.88	16.206	53.53	4.2	9.66	50.38	2131	122	1359
Snacks/Other										
Reese's Peanut Butter Cup	210	9	3	18	1	16	4	110	0	
2 x 1 piece, 30 g										
Total	1791	75.23	19.744	183.84	17	45.49	86.99	3537	172	1359

Wednesday, October 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Smucker's Uncrustables Peanut Butter & Grape Jelly Sandwich (80g) 1 sandwich, 76 g	330	17	3.5	35	3	14	10	330	0	
Lunch										
18th Street Deli Ham, Egg & Cheese Muffin 1 Sandwich, 135 g	270	11	4.5	27	2	3	16	680	230	
Dinner										
Nishiki Premium Sticky Rice 1/4 cup uncooked, 42 g	150	0	0	33			3	0	0	
Cracker Barrel Extra Sharp White Cheddar Cheese 1 slice, 18 g	70	6	4	0	0	0	4	110	20	
Beef Curry 1 1/2 cups	651	45.88	10.206	20.53	4.2	9.66	41.38	1951	92	1359
Kraft Natural Shredded Mild Cheddar Cheese 1/4 cup, 28 g	110	10	6	0	0	0	6	180	30	
Total	981	61.88	20.206	53.53	4.2	9.66	54.38	2241	142	1359
Snacks/Other										
Klondike Slim a Bear 100 Calorie Ice Cream Bars 1 sandwich, 46 g	100	5	4.5	12	2	8	1	20	5	0
Snickers Peanut Butter Squared 2 bars, 50 g	250	13	6	30	1	24	4	150	5	

Wednesday, October 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	350	18	10.5	42	3	32	5	170	10	0
Total	**1931**	**107.88**	**38.706**	**157.53**	**12.2**	**58.66**	**85.38**	**3421**	**382**	**1359**

Thursday, October 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	202	1.73	0.038	36.06	8.3	16.33	14.36	791	25	
Dinner										
Nishiki Premium Sticky Rice 1/4 cup uncooked, 42 g	150	0	0	33			3	0	0	
Cracker Barrel Extra Sharp White Cheddar Cheese 1 slice, 18 g	70	6	4	0	0	0	4	110	20	

Thursday, October 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Beef Curry 1 1/2 cups	651	45.88	10.206	20.53	4.2	9.66	41.38	1951	92	1359
Kraft Natural Shredded Mild Cheddar Cheese 1/4 cup, 28 g	110	10	6	0	0	0	6	180	30	
Total	981	61.88	20.206	53.53	4.2	9.66	54.38	2241	142	1359
Snacks/Other										
Perkins Restaurant Ice Cream Sundae (One Scoop) 1 scoop, 169 g	380	25	10	35	2	25	5	100	50	
Total	1931	89.23	30.244	196.84	16	53.49	88.99	3622	242	1359

Friday, October 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	202	1.73	0.038	36.06	8.3	16.33	14.36	791	25	
Dinner										
Snacks/Other										
Total	**570**	**2.35**	**0.038**	**108.31**	**9.8**	**18.83**	**29.61**	**1281**	**50**	

Saturday, October 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vlasic Zesty Dill Pickle Spears 1 pickle, 1 oz	0	0	0	1	0	0	0	280	0	
T. Marzetti Chunky Blue Cheese Dressing 1/2 x 2 tbsp, 14.5 g	75	7.5	1.5	0.5	0	0.5	0.5	160	7.5	0
StarKist Foods Chunk Light Tuna in Water (Can) 1 can drained, 4 oz	70	0.5	0	0	0	0	16	320	30	190
Giant Eagle Soft Taco Size Tortillas 1 tortilla	140	4	1.5	23	1	1	3	260	0	
Total	285	12	3	24.5	1	1.5	19.5	1020	37.5	190
Lunch										
Dinner										
Snacks/Other										
Total	285	12	3	24.5	1	1.5	19.5	1020	37.5	190

Monday, October 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Emerald Cocoa Roast Almonds 100 Calorie Pack 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	302	9.73	0.538	40.06	10.3	17.33	17.36	806	25	
Dinner										
Pizza Hut 14" Large Pepperoni Stuffed Crust Pizza	370	17	8	39	2	5	17	1040	45	

Monday, October 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice, 152 g										
Pizza Hut 12" Medium Quartered Ham & Pineapple Hand-Tossed Style Pizza	220	8	3.5	26	1	4	10	620	20	
1 slice, 104 g										
Pizza Hut 12" Medium Meat Lovers Pan Pizza	330	18	7	27	1	2	14	830	40	
1 slice, 135 g										
Total	920	43	18.5	92	4	11	41	2490	105	
Snacks/Other										
Cracker Barrel Extra Sharp White Cheddar Cheese	70	6	4	0	0	0	4	110	20	
1 slice, 18 g										
Total	1660	59.35	23.038	204.31	15.8	30.83	77.61	3896	175	

Tuesday, October 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Emerald Cocoa Roast Almonds 100 Calorie Pack 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	302	9.73	0.538	40.06	10.3	17.33	17.36	806	25	
Dinner										
Pizza Hut 14" Large Pepperoni Stuffed Crust Pizza	370	17	8	39	2	5	17	1040	45	

Tuesday, October 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice, 152 g										
Pizza Hut 12" Medium Quartered Ham & Pineapple Hand-Tossed Style Pizza	220	8	3.5	26	1	4	10	620	20	
1 slice, 104 g										
Pizza Hut 12" Medium Meat Lovers Pan Pizza	330	18	7	27	1	2	14	830	40	
1 slice, 135 g										
Total	920	43	18.5	92	4	11	41	2490	105	
Snacks/Other										
Hershey's Peanut Butter Blossoms	270	18	6	30	2.1	18	6	225	15	
3 x 1 cookie										
Total	**1860**	**71.35**	**25.038**	**234.31**	**17.9**	**48.83**	**79.61**	**4011**	**170**	

Wednesday, October 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Emerald Cocoa Roast Almonds 100 Calorie Pack 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	302	9.73	0.538	40.06	10.3	17.33	17.36	806	25	
Dinner										
Pizza Hut 12" Medium Quartered Ham & Pineapple Hand-Tossed Style Pizza	440	16	7	52	2	8	20	1240	40	

Wednesday, October 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 slice, 208 g										
Snacks/Other										
Nabisco Triscuit Crackers Original	120	3.5	0.5	20	3	0	3	160	0	115
6 crackers, 28 g										
Total	**1230**	**29.85**	**8.038**	**184.31**	**16.8**	**27.83**	**55.61**	**2696**	**90**	**115**

Thursday, October 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Emerald Cocoa Roast Almonds 100 Calorie Pack 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	302	9.73	0.538	40.06	10.3	17.33	17.36	806	25	
Dinner										
Snacks/Other										

Thursday, October 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	670	10.35	0.538	112.31	11.8	19.83	32.61	1296	50	

Wednesday, October 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Emerald Cocoa Roast Almonds 100 Calorie Pack 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	302	9.73	0.538	40.06	10.3	17.33	17.36	806	25	
Dinner										
Wegmans Farm Raised Atlantic Salmon Portions	330	21	5	0	0	0	34	80	75	

Wednesday, October 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 fillet, 6 oz										
Nishiki Premium Sticky Rice	150	0	0	33			3	0	0	
1/4 cup uncooked, 42 g										
Total	480	21	5	33	0	0	37	80	75	
Snacks/Other										
Hillshire Farm Oven Roasted Turkey Breast	50	0.5	0	2	0	0	9	490	25	
4 slices, 56 g										
Cracker Barrel Extra Sharp White Cheddar Cheese	70	6	4	0	0	0	4	110	20	
1 slice, 18 g										
Sargento Ultra Thin Swiss Cheese	80	6		0.6			6			
2 x 1 slice, 22 g										
Total	200	12.5	4	2.6	0	0	19	600	45	
Total	**1350**	**43.85**	**9.538**	**147.91**	**11.8**	**19.83**	**88.61**	**1976**	**170**	

Thursday, October 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nishiki Premium Sticky Rice 2 x 1/4 cup uncooked, 84 g	300	0	0	66			6	0	0	
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Giant Eagle Freshly Frozen Berry Medley 1/4 x 1 cup, 35 g	18	0.12	0	4.25	1.5	2.5	0.25	0	0	
Total	368	0.62	0	72.25	1.5	2.5	15.25	490	25	
Lunch										
Hillshire Farm Oven Roasted Turkey Breast 4 slices, 56 g	50	0.5	0	2	0	0	9	490	25	
Country Hearth Lite 100% Whole Wheat Bread 2 slices, 41 g	70	1	0	14	5	1	5	180	0	
Bertman's Original Ballpark Mustard 1 Tsp	10	0	0	1	0	1	0	120	0	
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	202	1.73	0.038	36.06	8.3	16.33	14.36	791	25	
Dinner										
Andrew & Everett Shredded Mozzarella 1/4 cup, 28 g	80	6	3.5	1	0	0	8	170	15	
Knorr Pasta Sides - Butter & Herb	260	1	0	44	2	4	7	600	0	0

Thursday, October 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup prepared, 62 g										
Barber Foods Cordon Bleu Stuffed Chicken Breasts	250	12	3.5	11	1	1	24	490	65	
1 piece, 140 g										
Total	590	19	7	56	3	5	39	1260	80	0
Snacks/Other										
Binggrae Red Bean Ice Sandwich	200	6	5	35	0	24	2	80	0	
1 sandwich, 150 ml										
Oreo Reese's Peanut Butter Cup Flavor Creme	130	5	1	21	1	12	1	115	0	45
2 cookies, 29 g										
Total	330	11	6	56	1	36	3	195	0	45
Total	1490	32.35	13.038	220.31	13.8	59.83	71.61	2736	130	45