## Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|---|---|---|---|---|
| Breakfast | 246 | 14.01 | 9.46 | 19.37 |
| Lunch | 187 | 9.66 | 10.19 | 14.49 |
| Dinner | 485 | 13.15 | 21.8 | 23.7 |
| Snacks/Other | 269 | 18.32 | 11.53 | 11.04 |
| **Total** | **1186** | **55.14** | **52.98** | **68.59** |

## Monday, April 25, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Jones Dairy Farm All Natural Uncured Canadian Bacon<br>15 g | 18 | 0.45 | 0.15 | 0.3 | 0 | 0.3 | 3.3 | 138 | 9 | 0 |
| Great Value Sharp Cheddar Cheese<br>1/2 x 1 oz , 14 g | 55 | 4.5 | 2.5 | 0 | 0 | 0 | 3.5 | 90 | 12.5 | 12.5 |
| Hodgson Mill Milled Flax Seed<br>1/3 x 2 tbsp, 4 g | 20 | 1.65 | 0 | 1.32 | 1.32 | 0 | 0.99 | 0 | 0 | |
| Hain Featherweight Baking Powder<br>8 x 1/8 tsp, 4.8 g | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 560 |
| Bob's Red Mill Almond Meal Flour<br>1/8 x 1/4 cup, 4 g | 20 | 1.75 | 0.12 | 0.75 | 0.38 | 0.12 | 0.75 | 0 | 0 | |
| Smart Balance Original Buttery Spread<br>1/2 x 1 tbsp, 7 g | 40 | 4.5 | 1.25 | 0 | 0 | 0 | 0 | 45 | 0 | |
| Bob's Red Mill Gluten Free Homemade Wonderful Bread Mix<br>1/2 x 1 slice, 14 g | 50 | 0.25 | 0 | 11 | 1.5 | 1 | 1 | 90 | 0 | |
| Egg<br>1 medium | 65 | 4.37 | 1.364 | 0.34 | 0 | 0.34 | 5.54 | 62 | 186 | 59 |
| Decaffeinated Coffee<br>2 mugs (8 fl oz) | 5 | 0 | 0.009 | 0.47 | 0 | 0 | 0.47 | 9 | 0 | 228 |
| Egg White<br>2 large | 34 | 0.11 | 0 | 0.48 | 0 | 0.47 | 7.19 | 110 | 0 | 108 |
| Total | 307 | 17.58 | 5.393 | 14.66 | 3.2 | 2.23 | 22.74 | 544 | 207.5 | 967.5 |

**Lunch**

## Monday, April 25, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Granny Smith Apples<br>1/4 medium (2-3/4" dia) | 18 | 0.06 | 0.01 | 4.76 | 0.8 | 3.58 | 0.09 | 0 | 0 | |
| Walnuts<br>1/2 oz (14 halves) | 93 | 9.24 | 0.868 | 1.94 | 0.9 | 0.37 | 2.16 | 0 | 0 | 63 |
| Applegate Farms Oven Roasted Turkey Breast<br>1/4 x 2 slices, 14 g | 12 | 0 | 0 | 0 | 0 | 0 | 3 | 90 | 7.5 | |
| Mixed Salad Greens<br>1 serving (55 g) | 9 | 0.13 | 0.021 | 1.76 | 1.1 | 0.48 | 0.84 | 16 | 0 | 160 |
| Total | 132 | 9.43 | 0.899 | 8.46 | 2.8 | 4.43 | 6.09 | 106 | 7.5 | 223 |
| **Dinner** | | | | | | | | | | |
| Chili<br>1 cup | 256 | 14.2 | 5.251 | 19.68 | 6.1 | 5.7 | 13.46 | 978 | 41 | |
| Kendall Jackson Chardonnay<br>2 x 1 serving, 10 g | 240 | 0 | 0 | 10 | 0 | 0.6 | 0 | 2.8 | 0 | |
| Hoffman's Super Sharp Cheddar Cheese<br>1 oz, 28 g | 110 | 9 | 0 | 1 | | | 5 | 390 | 30 | |
| Total | 606 | 23.2 | 5.251 | 30.68 | 6.1 | 6.3 | 18.46 | 1370.8 | 71 | |
| **Snacks/Other** | | | | | | | | | | |
| Jell-O Fat Free Sugar Free Vanilla Pudding<br>1/4 packet | 70 | 0 | 0 | 6 | 0 | 0 | 0 | 300 | 0 | 0 |
| Bob's Red Mill Crunchy Coconut Granola<br>1/4 x 1/4 cup, 7 g | 32 | 1.25 | 0.38 | 4.5 | 0.75 | 1 | 1 | 0 | 0 | 0 |
| Chobani Nonfat Plain Greek Yogurt<br>1/3 x 1 cup, 75 g | 43 | 0 | 0 | 3.63 | 0 | 1.98 | 7.26 | 34.65 | 3.3 | 0 |
| Total | 145 | 1.25 | 0.38 | 14.13 | 0.75 | 2.98 | 8.26 | 334.65 | 3.3 | 0 |

## Monday, April 25, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1190 | 51.46 | 11.923 | 67.93 | 12.85 | 15.94 | 55.55 | 2355.45 | 289.3 | 1190.5 |

## Tuesday, April 26, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Grated Dry Cheddar or American Type Cheese<br>1 tbsp | 37 | 3.04 | 1.938 | 0.12 | 0 | 0.05 | 2.29 | 57 | 10 | 9 |
| Turkey Bacon<br>2 thin slices (yield after cooking) | 61 | 4.46 | 1.327 | 0.5 | 0 | 0 | 4.74 | 366 | 16 | 63 |
| Egg White<br>2 large | 34 | 0.11 | 0 | 0.48 | 0 | 0.47 | 7.19 | 110 | 0 | 108 |
| Decaffeinated Coffee<br>2 mugs (8 fl oz) | 5 | 0 | 0.009 | 0.47 | 0 | 0 | 0.47 | 9 | 0 | 228 |
| Egg<br>1 medium | 65 | 4.37 | 1.364 | 0.34 | 0 | 0.34 | 5.54 | 62 | 186 | 59 |
| Bob's Red Mill Gluten Free Homemade Wonderful Bread Mix<br>1/2 x 1 slice, 14 g | 50 | 0.25 | 0 | 11 | 1.5 | 1 | 1 | 90 | 0 | |
| Total | 252 | 12.23 | 4.638 | 12.91 | 1.5 | 1.86 | 21.23 | 694 | 212 | 467 |
| **Lunch** | | | | | | | | | | |
| Amy's Organic Split Pea Soup<br>1 cup, 245 ml | 100 | 0 | 0 | 19 | 6 | 4 | 7 | 670 | 0 | |
| **Dinner** | | | | | | | | | | |
| Cooked Mushrooms (from Fresh)<br>3 small | 10 | 0.58 | 0.103 | 1.08 | 0.4 | 0.45 | 0.44 | 53 | 0 | 72 |
| Broccoli<br>1 spear (about 5" long) | 11 | 0.11 | 0.012 | 2.06 | 0.8 | 0.53 | 0.87 | 10 | 0 | 98 |
| Bell Peppers<br>1/4 medium (approx 2-3/4" long, 2-1/2" dia) | 8 | 0.09 | 0.018 | 1.79 | 0.6 | 1.25 | 0.29 | 1 | 0 | |

## Tuesday, April 26, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Red Table Wine<br>1 1/2 5 fl oz servings | 187 | 0 | 0 | 5.76 | 0 | 1.37 | 0.15 | 9 | 0 | 280 |
| Turkey Breast Meat and Skin (Fryer-Roasters, Cooked, Roasted)<br>3 oz | 130 | 2.72 | 0.74 | 0 | 0 | | 24.72 | 45 | 77 | 237 |
| Total | 346 | 3.5 | 0.873 | 10.69 | 1.8 | 3.6 | 26.47 | 118 | 77 | 687 |
| **Snacks/Other** | | | | | | | | | | |
| Cheddar Cheese<br>1 oz | 114 | 9.4 | 5.98 | 0.36 | 0 | 0.15 | 7.06 | 176 | 30 | 28 |
| Peanut Butter<br>1 tbsp | 94 | 8.06 | 1.647 | 3.13 | 1 | 1.48 | 4.01 | 73 | 0 | 104 |
| Walnuts<br>4 nuts | 105 | 10.43 | 0.98 | 2.19 | 1.1 | 0.42 | 2.44 | 0 | 0 | 71 |
| Chobani Nonfat Plain Greek Yogurt<br>1/3 x 1 cup, 75 g | 43 | 0 | 0 | 3.63 | 0 | 1.98 | 7.26 | 34.65 | 3.3 | 0 |
| Bob's Red Mill Crunchy Coconut Granola<br>1/4 x 1/4 cup, 7 g | 32 | 1.25 | 0.38 | 4.5 | 0.75 | 1 | 1 | 0 | 0 | 0 |
| Total | 388 | 29.14 | 8.987 | 13.81 | 2.85 | 5.03 | 21.77 | 283.65 | 33.3 | 203 |
| **Total** | **1086** | **44.87** | **14.498** | **56.41** | **12.15** | **14.49** | **76.47** | **1765.65** | **322.3** | **1357** |

## Wednesday, April 27, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Egg<br>1 medium | 65 | 4.37 | 1.364 | 0.34 | 0 | 0.34 | 5.54 | 62 | 186 | 59 |
| Egg White<br>2 large | 34 | 0.11 | 0 | 0.48 | 0 | 0.47 | 7.19 | 110 | 0 | 108 |
| Baby Spinach<br>1/4 cup | 2 | 0.03 | 0.005 | 0.27 | 0.2 | 0.03 | 0.21 | 6 | 0 | |
| Trader Joe's Crumbled Goat Cheese<br>1/2 x 1 oz , 14 g | 40 | 2.5 | 1.75 | 0.25 | 0 | 0 | 1.5 | 52.5 | 5 | |
| Smart Balance Original Buttery Spread<br>1/2 x 1 tbsp, 7 g | 40 | 4.5 | 1.25 | 0 | 0 | 0 | 0 | 45 | 0 | |
| Bob's Red Mill Almond Meal Flour<br>1/8 x 1/4 cup, 4 g | 20 | 1.75 | 0.12 | 0.75 | 0.38 | 0.12 | 0.75 | 0 | 0 | |
| Hain Featherweight Baking Powder<br>8 x 1/8 tsp, 4.8 g | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 560 |
| Hodgson Mill Milled Flax Seed<br>1/3 x 2 tbsp, 4 g | 20 | 1.65 | 0 | 1.32 | 1.32 | 0 | 0.99 | 0 | 0 | |
| Jones Dairy Farm All Natural Uncured Canadian Bacon<br>15 g | 18 | 0.44 | 0.15 | 0.29 | 0 | 0.29 | 3.23 | 135.24 | 8.82 | 0 |
| Decaffeinated Coffee<br>2 mugs (8 fl oz) | 5 | 0 | 0.009 | 0.47 | 0 | 0 | 0.47 | 9 | 0 | 228 |
| Total | 244 | 15.35 | 4.648 | 4.17 | 1.9 | 1.25 | 19.88 | 419.74 | 199.82 | 955 |
| **Lunch** | | | | | | | | | | |
| Tuna in Oil (Canned)<br>2 oz | 112 | 4.66 | 0.87 | 0 | 0 | 0 | 16.52 | 201 | 10 | 117 |

## Wednesday, April 27, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Kraft Mayo with Olive Oil<br>1/4 x 1 tbsp, 4 g | 9 | 0.75 | 0 | 0.5 | 0 | 0.25 | 0 | 23.75 | 0 | 0 |
| Black Olives<br>1/2 10 small serving | 18 | 1.62 | 0.215 | 1.03 | 0.5 | 0 | 0.15 | 150 | 0 | 1 |
| Sunset Campari Tomatoes<br>2 tomatoes, 100 g | 25 | 0 | 0 | 5 | 0.5 | 3 | 0.5 | 0 | 0 | |
| Mixed Salad Greens<br>1 serving (55 g) | 9 | 0.13 | 0.021 | 1.76 | 1.1 | 0.48 | 0.84 | 16 | 0 | 160 |
| Total | 173 | 7.16 | 1.106 | 8.29 | 2.1 | 3.73 | 18.01 | 390.75 | 10 | 278 |
| **Dinner** | | | | | | | | | | |
| Camellia Great Northerns (Large Whites) Beans<br>1/8 x 1 cup cooked, 22 g | 26 | 0.12 | 0 | 4.62 | 1.5 | 0.5 | 1.88 | 0.5 | 0 | |
| Red Table Wine<br>1 1/2 5 fl oz servings | 187 | 0 | 0 | 5.76 | 0 | 1.37 | 0.15 | 9 | 0 | 280 |
| Mozzarella Cheese (Whole Milk)<br>2 oz | 170 | 12.67 | 7.457 | 1.24 | 0 | 0.58 | 12.57 | 356 | 45 | 43 |
| S&W Organic Tomato Sauce<br>1/4 cup , 61 g | 20 | 0 | | 4 | 1 | 4 | 1 | 340 | 0 | |
| Jennie-O Ground Turkey 93/7<br>4 oz, 112 g | 170 | 8 | 2.5 | 0 | 0 | 0 | 21 | 80 | 80 | |
| Cooked Spaghetti Squash<br>1 cup of | 75 | 4.1 | 0.789 | 10.08 | 2.2 | 3.9 | 1.02 | 330 | 0 | 182 |
| Total | 648 | 24.89 | 10.746 | 25.7 | 4.7 | 10.35 | 37.62 | 1115.5 | 125 | 505 |
| **Snacks/Other** | | | | | | | | | | |
| Albertsons Heavy Whipping Cream<br>1 tbsp, 15 ml | 45 | 4.5 | 2.5 | 1 | 0 | 1 | 0 | 5 | 15 | |

## Wednesday, April 27, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Grand Marnier Grand Marnier<br>1/4 x 1 serving, 0 oz | 19 | 0 | 0 | 1.62 | 0 | 0 | 0 | 0 | 0 | 0 |
| Jell-O Sugar Free Strawberry Gelatin<br>1/4 package, 2.5 g | 10 | 0 | 0 | 0 | 0 | 0 | 1 | 45 | 0 | 0 |
| Heavy Cream<br>1 tbsp | 51 | 5.51 | 3.432 | 0.42 | 0 | 0.02 | 0.31 | 6 | 20 | 11 |
| Chobani Nonfat Plain Greek Yogurt<br>1/3 x 1 cup, 75 g | 43 | 0 | 0 | 3.63 | 0 | 1.98 | 7.26 | 34.65 | 3.3 | 0 |
| Walnuts<br>4 nuts | 105 | 10.43 | 0.98 | 2.19 | 1.1 | 0.42 | 2.44 | 0 | 0 | 71 |
| Total | 273 | 20.44 | 6.912 | 8.86 | 1.1 | 3.42 | 11.01 | 90.65 | 38.3 | 82 |
| **Total** | **1338** | **67.84** | **23.412** | **47.02** | **9.8** | **18.75** | **86.52** | **2016.64** | **373.12** | **1820** |

## Thursday, April 28, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Bob's Red Mill Gluten Free Homemade Wonderful Bread Mix<br>1/2 x 1 slice, 14 g | 50 | 0.25 | 0 | 11 | 1.5 | 1 | 1 | 90 | 0 | |
| Decaffeinated Coffee<br>2 mugs (8 fl oz) | 5 | 0 | 0.009 | 0.47 | 0 | 0 | 0.47 | 9 | 0 | 228 |
| Jones Dairy Farm All Natural Uncured Canadian Bacon<br>15 g | 18 | 0.44 | 0.15 | 0.29 | 0 | 0.29 | 3.23 | 135.24 | 8.82 | 0 |
| Smart Balance Original Buttery Spread<br>1/2 x 1 tbsp, 7 g | 40 | 4.5 | 1.25 | 0 | 0 | 0 | 0 | 45 | 0 | |
| Trader Joe's Crumbled Goat Cheese<br>1/2 x 1 oz , 14 g | 40 | 2.5 | 1.75 | 0.25 | 0 | 0 | 1.5 | 52.5 | 5 | |
| Baby Spinach<br>1/4 cup | 2 | 0.03 | 0.005 | 0.27 | 0.2 | 0.03 | 0.21 | 6 | 0 | |
| Egg White<br>2 large | 34 | 0.11 | 0 | 0.48 | 0 | 0.47 | 7.19 | 110 | 0 | 108 |
| Egg<br>1 medium | 65 | 4.37 | 1.364 | 0.34 | 0 | 0.34 | 5.54 | 62 | 186 | 59 |
| Total | 254 | 12.2 | 4.528 | 13.1 | 1.7 | 2.13 | 19.14 | 509.74 | 199.82 | 395 |
| **Lunch** | | | | | | | | | | |
| Hormel Turkey Pepperoni<br>1/4 x 17 slices, 8 g | 18 | 1 | 0.38 | 0 | 0 | 0 | 2.25 | 160 | 10 | |
| Flax USA Organic Golden Flax Cold Milled Golden Flax Seed<br>2 tbsp, 14 g | 70 | 5 | 0 | 5 | 4 | 0 | 3 | 5 | 0 | |

## Thursday, April 28, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Trader Joe's Light Havarti Cheese<br>1 slice | 80 | 4 | 3 | 0 | 0 | 0 | 8 | 210 | 0 | |
| Old Croc Sharp Cheddar<br>1 oz, 28 g | 115 | 10 | 7 | 0 | 0 | 0 | 7 | 180 | 30 | |
| Mixed Salad Greens<br>1 serving (55 g) | 9 | 0.13 | 0.021 | 1.76 | 1.1 | 0.48 | 0.84 | 16 | 0 | 160 |
| Sunset Campari Tomatoes<br>2 tomatoes, 100 g | 25 | 0 | 0 | 5 | 0.5 | 3 | 0.5 | 0 | 0 | |
| Black Olives<br>1/2 10 small serving | 18 | 1.62 | 0.215 | 1.03 | 0.5 | 0 | 0.15 | 150 | 0 | 1 |
| Kraft Mayo with Olive Oil<br>2 g | 4 | 0.36 | 0 | 0.24 | 0 | 0.12 | 0 | 11.4 | 0 | 0 |
| Tuna in Oil (Canned)<br>1 oz | 56 | 2.33 | 0.435 | 0 | 0 | 0 | 8.26 | 100 | 5 | 59 |
| Total | 395 | 24.44 | 11.051 | 13.03 | 6.1 | 3.6 | 30 | 832.4 | 45 | 220 |

### Dinner

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Red Table Wine<br>1 1/2 5 fl oz servings | 187 | 0 | 0 | 5.76 | 0 | 1.37 | 0.15 | 9 | 0 | 280 |
| Turnip<br>1 medium | 34 | 0.12 | 0.013 | 7.84 | 2.2 | 4.64 | 1.1 | 82 | 0 | 233 |
| Colavita Balsamic Vinegar<br>1/2 x 1 tbsp, 7.5 ml | 8 | 0 | | 1.5 | 0 | 1.5 | 0 | 0 | 0 | |
| Cooked Brussels Sprouts (Fat Added in Cooking)<br>1 cup | 88 | 4.43 | 0.849 | 11.06 | 4 | 2.69 | 3.95 | 430 | 0 | 490 |
| Lamb Shoulder Blade (Lean Only, Trimmed to 1/4" Fat, Choice Grade)<br>3 oz | 128 | 6.49 | 2.322 | 0 | 0 | | 16.41 | 60 | 57 | 228 |

## Thursday, April 28, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 445 | 11.04 | 3.184 | 26.16 | 6.2 | 10.2 | 21.61 | 581 | 57 | 1231 |
| **Snacks/Other** | | | | | | | | | | |
| Hill Country Fare Pecan Pieces<br>1/2 x 1/4 cup | 90 | 9 | 0.75 | 2.5 | 1 | 0.5 | 1 | 0 | 0 | |
| Jif Natural Creamy Peanut Butter<br>1/2 x 2 tbsp, 16.5 g | 95 | 8 | 1.5 | 4 | 1 | 1.5 | 3.5 | 40 | 0 | 0 |
| Total | 185 | 17 | 2.25 | 6.5 | 2 | 2 | 4.5 | 40 | 0 | 0 |
| **Total** | **1279** | **64.68** | **21.013** | **58.79** | **16** | **17.93** | **75.25** | **1963.14** | **301.82** | **1846** |

## Friday, April 29, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Hodgson Mill Milled Flax Seed<br>1/3 x 2 tbsp, 4 g | 20 | 1.65 | 0 | 1.32 | 1.32 | 0 | 0.99 | 0 | 0 | |
| Hain Featherweight Baking Powder<br>8 x 1/8 tsp, 4.8 g | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 560 |
| Bob's Red Mill Almond Meal Flour<br>1/8 x 1/4 cup, 4 g | 20 | 1.75 | 0.12 | 0.75 | 0.38 | 0.12 | 0.75 | 0 | 0 | |
| Egg<br>1 medium | 65 | 4.37 | 1.364 | 0.34 | 0 | 0.34 | 5.54 | 62 | 186 | 59 |
| Egg White<br>2 large | 34 | 0.11 | 0 | 0.48 | 0 | 0.47 | 7.19 | 110 | 0 | 108 |
| Baby Spinach<br>1/4 cup | 2 | 0.03 | 0.005 | 0.27 | 0.2 | 0.03 | 0.21 | 6 | 0 | |
| Smart Balance Original Buttery Spread<br>1/2 x 1 tbsp, 7 g | 40 | 4.5 | 1.25 | 0 | 0 | 0 | 0 | 45 | 0 | |
| Jones Dairy Farm All Natural Uncured Canadian Bacon<br>15 g | 18 | 0.44 | 0.15 | 0.29 | 0 | 0.29 | 3.23 | 135.24 | 8.82 | 0 |
| Decaffeinated Coffee<br>2 mugs (8 fl oz) | 5 | 0 | 0.009 | 0.47 | 0 | 0 | 0.47 | 9 | 0 | 228 |
| Total | 204 | 12.85 | 2.898 | 3.92 | 1.9 | 1.25 | 18.38 | 367.24 | 194.82 | 955 |
| **Lunch** | | | | | | | | | | |
| Lamb<br>0.1 oz boneless, cooked | 8 | 0.59 | 0.248 | 0 | 0 | 0 | 0.69 | 11 | 3 | 9 |
| Bush's Best Chick Peas (Garbanzos)<br>1/8 x 1/2 cup, 16 g | 13 | 0.25 | 0 | 2.5 | 0.62 | 0 | 0.75 | 58.75 | 0 | 31.25 |

## Friday, April 29, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Black Olives<br>1/2 10 small serving | 18 | 1.62 | 0.215 | 1.03 | 0.5 | 0 | 0.15 | 150 | 0 | 1 |
| Sunset Campari Tomatoes<br>2 tomatoes, 100 g | 25 | 0 | 0 | 5 | 0.5 | 3 | 0.5 | 0 | 0 | |
| Mixed Salad Greens<br>1 serving (55 g) | 9 | 0.13 | 0.021 | 1.76 | 1.1 | 0.48 | 0.84 | 16 | 0 | 160 |
| Total | 73 | 2.59 | 0.484 | 10.29 | 2.72 | 3.48 | 2.93 | 235.75 | 3 | 201.25 |
| **Dinner** | | | | | | | | | | |
| Parmesan Cheese (Shredded)<br>2 tbsps | 42 | 2.73 | 1.737 | 0.34 | 0 | | 3.79 | 170 | 7 | 10 |
| Fennel Bulb<br>0.12 fennel bulb | 4 | 0.05 | 0.012 | 0.83 | 0.4 | 0.51 | 0.19 | 22 | 0 | 73 |
| Kendall Jackson Chardonnay<br>2 x 1 serving, 10 g | 240 | 0 | 0 | 10 | 0 | 0.6 | 0 | 2.8 | 0 | |
| Sole (Fish)<br>1 oz boneless | 26 | 0.34 | 0.08 | 0 | 0 | 0 | 5.34 | 23 | 14 | |
| Total | 312 | 3.12 | 1.829 | 11.17 | 0.4 | 1.11 | 9.32 | 217.8 | 21 | 83 |
| **Snacks/Other** | | | | | | | | | | |
| Extra Virgin Olive Oil<br>1 tbsp | 119 | 13.5 | 1.864 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Roasted Salted Cashew Nuts<br>1/2 oz (18 kernels) | 82 | 6.77 | 1.202 | 4.28 | 0.5 | 0.71 | 2.39 | 44 | 0 | 90 |
| Cheddar Cheese<br>1 oz | 114 | 9.4 | 5.98 | 0.36 | 0 | 0.15 | 7.06 | 176 | 30 | 28 |
| Walnuts<br>4 nuts | 105 | 10.43 | 0.98 | 2.19 | 1.1 | 0.42 | 2.44 | 0 | 0 | 71 |
| Chobani Nonfat Plain Greek Yogurt | 43 | 0 | 0 | 3.63 | 0 | 1.98 | 7.26 | 34.65 | 3.3 | 0 |

## Friday, April 29, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1/3 x 1 cup, 75 g | | | | | | | | | | |
| Total | 463 | 40.1 | 10.026 | 10.46 | 1.6 | 3.26 | 19.15 | 254.65 | 33.3 | 189 |
| **Total** | **1052** | **58.66** | **15.237** | **35.84** | **6.62** | **9.1** | **49.78** | **1075.44** | **252.12** | **1428.25** |

## Saturday, April 30, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Grated Dry Cheddar or American Type Cheese<br>1 tbsp | 37 | 3.04 | 1.938 | 0.12 | 0 | 0.05 | 2.29 | 57 | 10 | 9 |
| Decaffeinated Coffee<br>2 mugs (8 fl oz) | 5 | 0 | 0.009 | 0.47 | 0 | 0 | 0.47 | 9 | 0 | 228 |
| Smart Balance Original Buttery Spread<br>1/2 x 1 tbsp, 7 g | 40 | 4.5 | 1.25 | 0 | 0 | 0 | 0 | 45 | 0 | |
| Egg White<br>2 large | 34 | 0.11 | 0 | 0.48 | 0 | 0.47 | 7.19 | 110 | 0 | 108 |
| Egg<br>1 medium | 65 | 4.37 | 1.364 | 0.34 | 0 | 0.34 | 5.54 | 62 | 186 | 59 |
| Bob's Red Mill Almond Meal Flour<br>1/8 x 1/4 cup, 4 g | 20 | 1.75 | 0.12 | 0.75 | 0.38 | 0.12 | 0.75 | 0 | 0 | |
| Hain Featherweight Baking Powder<br>8 x 1/8 tsp, 4.8 g | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 560 |
| Hodgson Mill Milled Flax Seed<br>1/3 x 2 tbsp, 4 g | 20 | 1.65 | 0 | 1.32 | 1.32 | 0 | 0.99 | 0 | 0 | |
| Total | 221 | 15.42 | 4.681 | 3.48 | 1.7 | 0.98 | 17.23 | 283 | 196 | 964 |
| **Lunch** | | | | | | | | | | |
| Fresh Express Baby Spinach<br>1/8 x 1 package, 18 g | 3 | 0 | 0 | 0.25 | 0.12 | 0 | 0.38 | 8.12 | 0 | 78.75 |
| Applegate Farms Oven Roasted Turkey Breast<br>1/4 x 2 slices, 14 g | 12 | 0 | 0 | 0 | 0 | 0 | 3 | 90 | 7.5 | |
| Trader Joe's Light Havarti Cheese | 80 | 4 | 3 | 0 | 0 | 0 | 8 | 210 | 0 | |

## Saturday, April 30, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 slice | | | | | | | | | | |
| Flax USA Organic Golden Flax Cold Milled Golden Flax Seed | 70 | 5 | 0 | 5 | 4 | 0 | 3 | 5 | 0 | |
| 2 tbsp, 14 g | | | | | | | | | | |
| **Total** | **165** | **9** | **3** | **5.25** | **4.12** | **0** | **14.38** | **313.12** | **7.5** | **78.75** |
| **Dinner** | | | | | | | | | | |
| Parmesan Cheese (Shredded) | 42 | 2.73 | 1.737 | 0.34 | 0 | | 3.79 | 170 | 7 | 10 |
| 2 tbsps | | | | | | | | | | |
| Cooked Mushrooms (from Fresh) | 19 | 1.1 | 0.197 | 2.08 | 0.8 | 0.85 | 0.85 | 101 | 0 | 138 |
| 1/4 cup | | | | | | | | | | |
| Kirkwood Tomato Basil Chicken Sausage | 85 | 6 | 1.75 | 1.5 | 0.5 | 0.5 | 7.5 | 325 | 35 | |
| 1/2 x 1 link, 42.5 g | | | | | | | | | | |
| Kendall Jackson Chardonnay | 240 | 0 | 0 | 10 | 0 | 0.6 | 0 | 2.8 | 0 | |
| 2 x 1 serving, 10 g | | | | | | | | | | |
| Zucchini | 20 | 0.22 | 0.046 | 4.15 | 1.4 | 2.15 | 1.5 | 12 | 0 | 325 |
| 1 cup chopped | | | | | | | | | | |
| S&W Organic Tomato Sauce | 20 | 0 | | 4 | 1 | 4 | 1 | 340 | 0 | |
| 1/4 cup , 61 g | | | | | | | | | | |
| Simply Nature 100% Grass Fed Ground Beef | 120 | 8.5 | 3.5 | 0 | 0 | 0 | 10.5 | 32.5 | 35 | 0 |
| 1/2 x 4 oz, 56 g | | | | | | | | | | |
| **Total** | **546** | **18.55** | **7.23** | **22.07** | **3.7** | **8.1** | **25.14** | **983.3** | **77** | **473** |
| **Snacks/Other** | | | | | | | | | | |
| Strawberries | 4 | 0.04 | 0.002 | 0.92 | 0.2 | 0.56 | 0.08 | 0 | 0 | 18 |
| 1 medium (1-1/4" dia) | | | | | | | | | | |
| Heavy Cream | 51 | 5.51 | 3.432 | 0.42 | 0 | 0.02 | 0.31 | 6 | 20 | 11 |
| 1 tbsp | | | | | | | | | | |

## Saturday, April 30, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Jell-O Fat Free Sugar Free Vanilla Pudding<br>1/4 packet | 70 | 0 | 0 | 6 | 0 | 0 | 0 | 300 | 0 | 0 |
| Grape Tomatoes<br>2 grape | 3 | 0.03 | 0.007 | 0.62 | 0.2 | 0.42 | 0.14 | 1 | 0 | |
| Polaner Sugar Free Strawberry Preserves with Fiber<br>5 g | 3 | 0 | 0 | 1.47 | 0.88 | 0 | 0 | 0 | 0 | |
| Bob's Red Mill Crunchy Coconut Granola<br>1/4 x 1/4 cup, 7 g | 32 | 1.25 | 0.38 | 4.5 | 0.75 | 1 | 1 | 0 | 0 | 0 |
| Chobani Nonfat Plain Greek Yogurt<br>1/3 x 1 cup, 75 g | 43 | 0 | 0 | 3.63 | 0 | 1.98 | 7.26 | 34.65 | 3.3 | 0 |
| Total | 206 | 6.83 | 3.821 | 17.56 | 2.03 | 3.98 | 8.79 | 341.65 | 23.3 | 29 |
| **Total** | **1138** | **49.8** | **18.732** | **48.36** | **11.55** | **13.06** | **65.54** | **1921.07** | **303.8** | **1544.75** |

## Sunday, May 1, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Mushrooms<br>1 slice | 1 | 0.02 | 0.003 | 0.2 | 0.1 | 0.1 | 0.19 | 0 | 0 | 19 |
| 365 Sundried Tomatoes<br>1 g | 5 | 0 | 0 | 1 | 0.3 | 0.6 | 0.2 | 12 | 0 | |
| Bob's Red Mill Gluten Free Homemade Wonderful Bread Mix<br>1/2 x 1 slice, 14 g | 50 | 0.25 | 0 | 11 | 1.5 | 1 | 1 | 90 | 0 | |
| Cooked Broccoli (from Fresh)<br>1/2 floweret | 3 | 0.13 | 0.025 | 0.35 | 0.2 | 0.07 | 0.11 | 14 | 0 | 14 |
| Egg<br>1 medium | 65 | 4.37 | 1.364 | 0.34 | 0 | 0.34 | 5.54 | 62 | 186 | 59 |
| Egg White<br>2 large | 34 | 0.11 | 0 | 0.48 | 0 | 0.47 | 7.19 | 110 | 0 | 108 |
| Smart Balance Original Buttery Spread<br>1/2 x 1 tbsp, 7 g | 40 | 4.5 | 1.25 | 0 | 0 | 0 | 0 | 45 | 0 | |
| Decaffeinated Coffee<br>2 mugs (8 fl oz) | 5 | 0 | 0.009 | 0.47 | 0 | 0 | 0.47 | 9 | 0 | 228 |
| Grated Dry Cheddar or American Type Cheese<br>1 tbsp | 37 | 3.04 | 1.938 | 0.12 | 0 | 0.05 | 2.29 | 57 | 10 | 9 |
| Total | 240 | 12.42 | 4.589 | 13.96 | 2.1 | 2.63 | 16.99 | 399 | 196 | 437 |
| **Lunch** | | | | | | | | | | |
| Borden Smoked Gouda Cheese<br>2 x 1 slice, 34 g | 140 | 10 | 6 | 0 | 0 | 0 | 8 | 300 | 30 | |
| Flax USA Organic Golden Flax Cold Milled Golden Flax Seed | 70 | 5 | 0 | 5 | 4 | 0 | 3 | 5 | 0 | |

## Sunday, May 1, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 2 tbsp, 14 g | | | | | | | | | | |
| Vlasic Dill Pickle Spears | 10 | 0 | 0 | 2 | 0 | 2 | 0 | 420 | 0 | |
| 2 x 1 spear | | | | | | | | | | |
| Applegate Farms Oven Roasted Turkey Breast | 50 | 0 | 0 | 0 | 0 | 0 | 12 | 360 | 30 | |
| 2 slices, 55 g | | | | | | | | | | |
| **Total** | **270** | **15** | **6** | **7** | **4** | **2** | **23** | **1085** | **60** | |
| **Dinner** | | | | | | | | | | |
| Walden Farms Calorie Free Ranch Dressing | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 230 | 0 | 0 |
| 2 tbsp, 30 ml | | | | | | | | | | |
| Grape Tomatoes | 1 | 0.02 | 0.004 | 0.31 | 0.1 | 0.21 | 0.07 | 0 | 0 | |
| 1 grape | | | | | | | | | | |
| Cooked Carrots | 24 | 1.12 | 0.212 | 3.62 | 1.3 | 1.51 | 0.34 | 139 | 0 | 103 |
| 0.3 cup sliced | | | | | | | | | | |
| Pioneer Brand Yellow Corn Meal | 55 | 0 | 0 | 11.5 | 1 | 0 | 1.5 | 0 | 0 | |
| 1/2 x 1/4 cup dry | | | | | | | | | | |
| Arugula Lettuce | 5 | 0.13 | 0.017 | 0.73 | 0.3 | 0.41 | 0.52 | 5 | 0 | 74 |
| 1 cup | | | | | | | | | | |
| Kendall Jackson Chardonnay | 240 | 0 | 0 | 10 | 0 | 0.6 | 0 | 2.8 | 0 | |
| 2 x 1 serving, 10 g | | | | | | | | | | |
| Chicken Breast | 164 | 6.48 | 1.824 | 0 | 0 | 0 | 24.82 | 330 | 70 | 204 |
| 1/2 small (yield after cooking, bone removed) | | | | | | | | | | |
| **Total** | **489** | **7.75** | **2.057** | **26.16** | **2.7** | **2.73** | **27.25** | **706.8** | **70** | **381** |
| **Snacks/Other** | | | | | | | | | | |
| Jell-O Fat Free Sugar Free Vanilla Pudding | 70 | 0 | 0 | 6 | 0 | 0 | 0 | 300 | 0 | 0 |
| 1/4 packet | | | | | | | | | | |

## Sunday, May 1, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Heavy Cream<br>1 tbsp | 51 | 5.51 | 3.432 | 0.42 | 0 | 0.02 | 0.31 | 6 | 20 | 11 |
| Trader Joe's Organic Crunchy Peanut Butter<br>1/2 x 2 tbsp, 16 g | 100 | 8 | 1.5 | 3 | 1 | 1 | 3.5 | 22.5 | 0 | |
| Total | 221 | 13.51 | 4.932 | 9.42 | 1 | 1.02 | 3.81 | 328.5 | 20 | 11 |
| **Total** | **1220** | **48.68** | **17.578** | **56.54** | **9.8** | **8.38** | **71.05** | **2519.3** | **346** | **829** |