Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	381	5.87	76.25	11.77
Lunch	510	27.94	40.6	22.12
Dinner	372	20.12	39.44	14.62
Snacks/Other				
Total	**1262**	**53.93**	**156.29**	**48.52**

Saturday, August 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey 1 packet (0.5 oz)	43	0	0	11.54	0	11.5	0.04	1	0	7
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
Roasted Pumpkin and Squash Seed Kernels (Without Salt) 5 g	26	2.11	0.398	0.67	0.2	0.05	1.65	1	0	40
Plain Yogurt (Lowfat) 1/3 cup (8 fl oz)	51	1.25	0.808	5.69	0	5.69	4.24	57	5	189
Kellogg's Lowfat Granola 1/3 cup	138	1.85	0.399	28.89	2.3	10.38	2.98	89	0	91
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1/2 cup, seedless	55	0.13	0.043	14.48	0.7	12.38	0.58	2	0	153
Peach 1 large (2-3/4" dia) (approx 2-1/2 per lb)	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
Total	381	5.87	1.692	76.25	5.6	53.17	11.77	164	5	1126
Lunch										
Grapes 12 seedless	41	0.1	0.032	10.86	0.5	9.29	0.43	1	0	115
Margarine (Vegetable Oil Spread, 60% Fat, Stick, Tub, Bottle) 1 tbsp	75	8.46	1.436	0	0	0	0.09	112	0	4
Black Olives 1/2 10 small serving	18	1.62	0.215	1.03	0.5	0	0.15	150	0	1
Walnuts	93	9.24	0.868	1.94	0.9	0.37	2.16	0	0	63

Saturday, August 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 oz (14 halves)										
Bakers Delight Wholemeal Country Grain Bread Loaf	191	2.6	0.5	29.6	5	1	8.6	399		
2 medium slices, 75 g										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Total	**565**	**31.96**	**6.15**	**44.2**	**6.9**	**11.43**	**24.01**	**802**	**423**	**317**
Dinner										
White Bread	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
1 slice										
Cucumber (with Peel)	8	0.06	0.018	1.89	0.3	0.87	0.34	1	0	76
1/2 cup slices										
Tomatoes	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Belfiore Cheese Crumbled Feta Cheese	80	7	5	0	0	0	5	230	20	
1 oz, 28 g										
Extra Virgin Olive Oil	60	6.75	0.932	0	0	0	0	0	0	
1/2 tbsp										
Lemon Juice	6	0	0	2.03	0.1	0.56	0.09	0	0	29
1/2 lemon yields										
Parsley	1	0.03	0.005	0.24	0.1	0.03	0.11	2	0	21
1 tbsp										
Total	**243**	**14.91**	**6.191**	**21.63**	**2.6**	**5.77**	**8.53**	**409**	**20**	**443**
Snacks/Other										
Total	**1189**	**52.74**	**14.033**	**142.08**	**15.1**	**70.37**	**44.31**	**1375**	**448**	**1886**

Sunday, August 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peach 1 large (2-3/4" dia) (approx 2-1/2 per lb)	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1/2 cup, seedless	55	0.13	0.043	14.48	0.7	12.38	0.58	2	0	153
Kellogg's Lowfat Granola 1/3 cup	138	1.85	0.399	28.89	2.3	10.38	2.98	89	0	91
Plain Yogurt (Lowfat) 1/3 cup (8 fl oz)	51	1.25	0.808	5.69	0	5.69	4.24	57	5	189
Roasted Pumpkin and Squash Seed Kernels (Without Salt) 5 g	26	2.11	0.398	0.67	0.2	0.05	1.65	1	0	40
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
Honey 1 packet (0.5 oz)	43	0	0	11.54	0	11.5	0.04	1	0	7
Total	381	5.87	1.692	76.25	5.6	53.17	11.77	164	5	1126
Lunch										
Feta Cheese 1 oz	75	6.03	4.237	1.16	0	1.16	4.03	316	25	18
Tomatoes 1 medium whole (2-3/5" dia)	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Bakers Delight Wholemeal Country Grain Bread Loaf 2 medium slices, 75 g	191	2.6	0.5	29.6	5	1	8.6	399		

Sunday, August 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Black Olives 1/2 10 small serving	18	1.62	0.215	1.03	0.5	0	0.15	150	0	1
Margarine (Vegetable Oil Spread, 60% Fat, Stick, Tub, Bottle) 1 tbsp	75	8.46	1.436	0	0	0	0.09	112	0	4
Total	**455**	**23.93**	**7.995**	**36.99**	**7**	**5.77**	**20.24**	**1053**	**237**	**382**

Dinner

Red Hot Chili Peppers 1 pepper	18	0.2	0.019	3.96	0.7	2.38	0.84	4	0	145
Minced Garlic 1 tsp	5	0.03	0.004	1.32	0.1	0.04	0.25	1	0	
Lotus Foods Black Rice 1/3 cup uncooked (1 cup cooked), 60 g	200	2		43	3	1	6			175
Shepherds of Cyprus Halloumi Cheese 2 x 1 oz, 56 g	180	16	10	0	0	0	12	594	40	
Parsley 1 tbsp	1	0.03	0.005	0.24	0.1	0.03	0.11	2	0	21
Lemon Juice 1/2 lemon yields	6	0	0	2.03	0.1	0.56	0.09	0	0	29
Extra Virgin Olive Oil 1/2 tbsp	60	6.75	0.932	0	0	0	0	0	0	
Tomatoes 1 medium whole (2-3/5" dia)	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
Cucumber (with Peel) 1/2 cup slices	8	0.06	0.018	1.89	0.3	0.87	0.34	1	0	76
Total	**500**	**25.32**	**11.035**	**57.26**	**5.8**	**8.11**	**20.71**	**608**	**40**	**738**

Snacks/Other

Sunday, August 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1336	55.12	20.722	170.5	18.4	67.05	52.72	1825	282	2246