Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	364	6.2	61.1	22.97
Lunch	370	19.81	20.62	28.74
Dinner				
Snacks/Other	204	1.54	38.02	9.38
Total	**938**	**27.56**	**119.74**	**61.1**

Monday, November 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
1% Fat Milk 1 1/4 cups	128	2.96	1.931	15.22	0	15.86	10.28	134	15	458
Cream (Half & Half) 1/2 tbsp	10	0.86	0.537	0.32	0	0.01	0.22	3	3	10
Sugar in the Raw Turbinado Sugar 2 x 1 tsp, 8 g	30	0	0	8	0	8	0	0	0	0
Kashi GOLEAN Crisp! Cinnamon Crumble 3/4 cup, 51 g	180	4	0.5	32	9	9	11	130	0	190
Sugar in the Raw Sugar in the Raw Packets 1 packet, 5 g	20	0	0	5	0	5	0	0	0	
Total	368	7.82	2.968	60.54	9	37.87	21.5	267	18	658
Lunch										
Morningstar Farms Meal Starters Grillers Recipe Crumbles 75 g	109	3.41	0	6.82	4.09	1.23	13.64	313.72	0	136.4
Greek-Sytle Frittata 1 slice, 226 g	261	16.4	6.6	13.8	2.2	3.4	15.1	438	302	444
Total	370	19.81	6.6	20.62	6.29	4.63	28.74	751.72	302	580.4
Dinner										
Snacks/Other										
Total	**738**	**27.63**	**9.568**	**81.16**	**15.29**	**42.5**	**50.24**	**1018.72**	**320**	**1238.4**

Tuesday, November 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Nonfat Caffe Latte (Grande) 7/8 x 1 serving, 14 oz	114	0	0	16.62	0	15.75	11.38	131.25	4.38	
Sugar in the Raw Sugar in the Raw Packets 2 x 1 packet, 10 g	40	0	0	10	0	10	0	0	0	
Kashi GOLEAN Crisp! Cinnamon Crumble 3/4 cup, 51 g	180	4	0.5	32	9	9	11	130	0	190
1% Fat Milk 1/4 cup	26	0.59	0.386	3.04	0	3.17	2.06	27	3	92
Total	360	4.59	0.886	61.66	9	37.92	24.44	288.25	7.38	282
Lunch										
Greek-Sytle Frittata 1 slice, 226 g	261	16.4	6.6	13.8	2.2	3.4	15.1	438	302	444
Morningstar Farms Meal Starters Grillers Recipe Crumbles 75 g	109	3.41	0	6.82	4.09	1.23	13.64	313.72	0	136.4
Total	370	19.81	6.6	20.62	6.29	4.63	28.74	751.72	302	580.4
Dinner										
Snacks/Other										
Pineapple 1/2 cup diced	37	0.09	0.007	9.79	1.1	7.18	0.42	1	0	89
Chobani Nonfat Plain Greek Yogurt (170g) 150 g	90	0	0	6.26	0	5.73	15.35	70.56	8.82	

Tuesday, November 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sugar in the Raw Sugar in the Raw Packets 2 x 1 packet, 10 g	40	0	0	10	0	10	0	0	0	
Starbucks Coffee Frappuccino (Grande) 1 serving, 16 oz	240	3	2	50	0	49	3	210	10	0
Total	407	3.09	2.007	76.05	1.1	71.91	18.77	281.56	18.82	89
Total	**1137**	**27.49**	**9.493**	**158.33**	**16.39**	**114.46**	**71.95**	**1321.53**	**328.2**	**951.4**