Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	32	0.1	8.03	0.53
Lunch	91	2.29	16.71	0.57
Dinner	1315	62.17	137.08	49.15
Snacks/Other	925	35.4	138.82	24.73
Total	**2362**	**99.96**	**300.64**	**74.99**

Monday, July 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Newman's Own Lite Raspberry & Walnut Dressing 2 x 2 tbsp, 60 oz	140	10	1	14	0	10	0	240	0	0
Newman's Own Light Raspberry Vinaigrette 1 pouch, 42.5 g	100	6	0.5	11	0	8	0	170	0	
Fresh Express Farmer's Garden 3 x 2 cups, 255 g	60	0	0	9	3	6	3	105	0	420
Eating Right Peeled Baby-cut Carrots 3 oz, 85 g	35	0	0	8	2	5	1	65	0	270
Total	335	16	1.5	42	5	29	4	580	0	690
Dinner										
Ming Tsai Chicken Spring Rolls 2 rolls, 113 g	230	11	1	22	1	2	11	780	25	
Oscar Mayer Real Bacon Bits 4 x 1 tbsp, 28 g	100	6	2	0	0	0	12	880	20	
Sweet Cherries 3 cups, with pits, yields	221	0.7	0.133	56.2	7.4	45	3.72	0	0	779
Publix Reduced Fat Crumbled Blue Cheese 3 x 1/4 cup, 3 oz	240	18	12	1.5	0	1.5	27	780	60	0
Total	791	35.7	15.133	79.7	8.4	48.5	53.72	2440	105	779
Snacks/Other										

Monday, July 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Emerald Honey Roasted Virginia Peanuts 2 x 1 oz, 56 g	260	16	2	24	2	16	8	260	0	
Fiber One Chewy Bars - Oats & Peanut Butter 2 x 1 bar, 80 g	280	9	4	56	18	16	6	200	0	
Fiber One Chewy Bars - Oats & Peanut Butter 1 bar, 40 g	140	4.5	2	28	9	8	3	100	0	
Nature Valley Crunchy Granola Bars - Oats 'N Honey 2 bars, 42 g	190	6	0.5	29	2	12	4	160	0	
Watermelon 1/4 melon (15" long x 7-1/2" dia)	339	1.69	0.181	85.28	4.5	70.03	6.89	11	0	1265
Total	1209	37.19	8.681	222.28	35.5	122.03	27.89	731	0	1265
Total	**2335**	**88.89**	**25.314**	**343.98**	**48.9**	**199.53**	**85.61**	**3751**	**105**	**2734**

Tuesday, July 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Belmont Caribbean Frozen Fruit Bars 4 x 1 bar, 16 oz	520	0	0	124	4	120	0	40	0	0
Snacks/Other										
Emerald Honey Roasted Virginia Peanuts 3 x 1 oz, 84 g	390	24	3	36	3	24	12	390	0	
Emerald Honey Roasted Virginia Peanuts 4 x 1 oz, 112 g	520	32	4	48	4	32	16	520	0	
Emerald Honey Roasted Virginia Peanuts 1 oz, 28 g	130	8	1	12	1	8	4	130	0	
Total	1040	64	8	96	8	64	32	1040	0	
Total	**1560**	**64**	**8**	**220**	**12**	**184**	**32**	**1080**	**0**	**0**

Wednesday, July 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Deep Fried Potato French Fries (from Fresh) 1/2 cup	76	3.89	0.498	9.58	1.2	0.43	1.11	3	0	231
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Coleslaw 1 cup	83	3.13	0.462	14.89	1.8		1.55	28	10	217
Baked Beans 3/4 cup	287	9.77	3.696	40.59	10.4		10.51	801	9	679
Beef Shortribs (Lean Only Eaten) 1 large (yield after cooking, bone and fat removed)	205	12.59	5.373	0	0	0	21.35	266	64	217
Beef Meatballs 1 medium	57	3.69	1.394	2.12	0.1	0.42	3.47	134	21	
Pork Meatballs 1 medium	47	1.95	0.566	1.33	0.1	0.14	5.55	223	23	
Beef Brisket 4 thin slices (approx 4-1/2" x 2-1/2" x 1/8")	287	21.97	8.571	0	0	0	20.87	189	78	203
Kroger Smoked Pulled Pork 3 x 1/4 cup	330	12		33	3	30	27	570	75	
Little Salad Bar Garlic Lover's Hummus 5 x 2 tbsp	200	7.5	0	25	5	5	10	500	0	
Total	**1606**	**76.62**	**20.589**	**134.35**	**25.3**	**37.53**	**103.41**	**2721**	**280**	**1777**

Wednesday, July 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Beanitos Black Bean Chips 3 x 11 chips, 84 g	420	21	1.5	45	15	0	12	165	0	666
Watermelon 1/4 melon (15" long x 7-1/2" dia)	339	1.69	0.181	85.28	4.5	70.03	6.89	11	0	1265
Total	759	22.69	1.681	130.28	19.5	70.03	18.89	176	0	1931
Total	**2365**	**99.31**	**22.27**	**264.63**	**44.8**	**107.56**	**122.3**	**2897**	**280**	**3708**

Thursday, July 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sweet Cherries 3 cups, with pits, yields	221	0.7	0.133	56.2	7.4	45	3.72	0	0	779
Lunch										
Heinz Tomato Ketchup 5 x 1 tbsp, 85 g	100	0	0	25	0	20	0	800	0	0
Dinner										
Little Salad Bar Garlic Lover's Hummus 5 x 2 tbsp	200	7.5	0	25	5	5	10	500	0	
Famous Dave's Sweet & Zesty BBQ Sauce 2 tbsp	70	0	0	17	0	16	0	320	0	
KC Masterpiece BBQ Sauce 2 tbsp	60	0		15		12	0	240	0	
Bull's Eye Sweet & Tangy BBQ Sauce 2 tbsp, 36 g	60	0	0	13	0	11	0	310	0	
Sweet Baby Ray's Vidalia Onion BBQ Sauce 2 tbsp, 37 g	70	0	0	16	0	15	0	310	0	
Restaurant Style BBQ Sauce 2 tbsp, 30 g	30	0		7	0	5	0	290	0	
Kraft Original BBQ Sauce 2 tbsp, 36 g	50	0	0	15	0	13	0	350	0	
Hunt's Bold BBQ Sauce 2 tbsp, 36 g	60	0	0	13	0	10	0	310	0	
Total	**600**	**7.5**	**0**	**121**	**5**	**87**	**10**	**2630**	**0**	

Thursday, July 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Beanitos Simply Pinto Bean Chips 12 chips, 28 g	140	6	0.5	15	5	0	4	240	55	
Beanitos Chipotle BBQ Black Bean Chips 3 x 10 chips, 3 oz	420	21	1.5	45	15	3	12	450	0	
Beanitos Chipotle BBQ Black Bean Chips 3 x 10 chips, 3 oz	420	21	1.5	45	15	3	12	450	0	
Beanitos Skinny Dippers 1 oz, 28 g	90	2		19	5	1	5	195	0	
Beanitos Black Bean Chips 2 x 11 chips, 56 g	280	14	1	30	10	0	8	110	0	444
Total	1350	64	4.5	154	50	7	41	1445	55	444
Total	**2271**	**72.2**	**4.633**	**356.2**	**62.4**	**159**	**54.72**	**4875**	**55**	**1223**

Friday, July 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Heinz Tomato Ketchup 5 x 1 tbsp, 85 g	100	0	0	25	0	20	0	800	0	0
Heinz Tomato Ketchup 5 x 1 tbsp, 85 g	100	0	0	25	0	20	0	800	0	0
Total	200	0	0	50	0	40	0	1600	0	0
Dinner										
Deep Fried Potato French Fries (from Frozen) 3 10 strip portions (1" to 2")	335	17.88	4.236	39.41	3.7	0.71	3.95	203	0	581
Little Salad Bar Garlic Lover's Hummus 10 x 2 tbsp	400	15	0	50	10	10	20	1000	0	
Krusteaz Corn Bread 2x2" piece, 27 g	140	1.5	0	21	0.5	8	2	260	0	
Total	875	34.38	4.236	110.41	14.2	18.71	25.95	1463	0	581
Snacks/Other										
Beanitos Black Bean Chips 6 x 11 chips, 168 g	840	42	3	90	30	0	24	330	0	1332
Beanitos Simply Pinto Bean Chips 12 chips, 28 g	140	6	0.5	15	5	0	4	240	55	
Total	980	48	3.5	105	35	0	28	570	55	1332
Total	**2055**	**82.38**	**7.736**	**265.41**	**49.2**	**58.71**	**53.95**	**3633**	**55**	**1913**

Saturday, July 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Outback Steakhouse Bloomin' Onion 1 serving	326	27	8	20	3	5	3	684	25	
Outback Steakhouse Blue Cheese Pecan Chopped Salad 2 x 1 serving	1046	72.6	18	70.2	11.8	0	25.6	1784.4	68.4	
Outback Steakhouse House Salad with Oil & Vinegar 1 serving	363	29	10.8	15.8	2.9	0	6.6	277.9	37.9	
Outback Steakhouse Seared Ahi Tuna (Regular) 2 x 1 serving	198	8	2	8	0	6	14	956	28	
AMC Movie Theater Popcorn (Large) 1 serving, 124 g	664	31		75	9		13			
Total	2597	167.6	38.8	189	26.7	11	62.2	3702.3	159.3	
Snacks/Other										
Beanitos Simply Pinto Bean Chips 12 chips, 28 g	140	6	0.5	15	5	0	4	240	55	
Beanitos Skinny Dippers 1 oz, 28 g	90	2		19	5	1	5	195	0	
Pineapple 1 fruit	227	0.57	0.042	59.61	6.6	43.71	2.55	5	0	543
Total	457	8.57	0.542	93.61	16.6	44.71	11.55	440	55	543

Saturday, July 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	3054	176.17	39.342	282.61	43.3	55.71	73.75	4142.3	214.3	543

Sunday, July 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Outback Steakhouse Mac A Roo 'N Cheese 1 serving	680	32.4	19.4	72.1	2.7	0	24.8	1257.4	113.1	
Outback Steakhouse Aussie Fish Tacos 3 tacos	871	50	10	54	9	8	51	1287	126	
AMC Movie Theater Popcorn (Large) 1 serving, 124 g	664	31		75	9		13			
Total	2215	113.4	29.4	201.1	20.7	8	88.8	2544.4	239.1	
Snacks/Other										
Watermelon 1/4 melon (15" long x 7-1/2" dia)	339	1.69	0.181	85.28	4.5	70.03	6.89	11	0	1265
Watermelon 1/4 melon (15" long x 7-1/2" dia)	339	1.69	0.181	85.28	4.5	70.03	6.89	11	0	1265
Total	678	3.38	0.362	170.56	9	140.06	13.78	22	0	2530
Total	2893	116.78	29.762	371.66	29.7	148.06	102.58	2566.4	239.1	2530