## Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|---|---|---|---|---|
| Breakfast | 293 | 7.85 | 48.2 | 10.42 |
| Lunch | 338 | 12.63 | 35.25 | 16.85 |
| Dinner | 801 | 27.7 | 67.69 | 29.95 |
| Snacks/Other | 35 | 0 | 8.99 | 0.11 |
| **Total** | **1466** | **48.18** | **160.14** | **57.33** |

## Monday, December 15, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Granola<br>1/2 cup | 226 | 6.12 | 1.786 | 40.18 | 3.8 | 14.32 | 5.12 | 103 | 1 | 204 |
| Ralphs Carb Master Vanilla Yogurt<br>1/2 x 1 container | 30 | 0.75 | 0.5 | 2 | 0 | 1.5 | 4 | 50 | 5 | 70 |
| Total | 256 | 6.87 | 2.286 | 42.18 | 3.8 | 15.82 | 9.12 | 153 | 6 | 274 |
| **Lunch** | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Guacamole with Tomatoes<br>1 cup | 270 | 23.16 | 3.369 | 17.8 | 11.4 | 3.19 | 3.77 | 468 | 0 | 916 |
| White Rice<br>1 cup cooked | 204 | 0.44 | 0.12 | 44.08 | 0.6 | 0.08 | 4.2 | 577 | 0 | 55 |
| Cucumber (with Peel)<br>1/2 cup slices | 8 | 0.06 | 0.018 | 1.89 | 0.3 | 0.87 | 0.34 | 1 | 0 | 76 |
| Tomatoes<br>1 medium whole (2-3/5" dia) | 22 | 0.25 | 0.057 | 4.82 | 1.5 | 3.23 | 1.08 | 6 | 0 | 292 |
| Red Table Wine<br>1 5 fl oz serving | 125 | 0 | 0 | 3.84 | 0 | 0.91 | 0.1 | 6 | 0 | 187 |
| Trader Joe's Pacific Red Snapper Fillet<br>1 fillet, 4 oz | 110 | 2 | 0 | 0 | 0 | 0 | 21 | 65 | 40 | |
| Total | 739 | 25.91 | 3.564 | 72.43 | 13.8 | 8.28 | 30.49 | 1123 | 40 | 1526 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **995** | **32.78** | **5.85** | **114.61** | **17.6** | **24.1** | **39.61** | **1276** | **46** | **1800** |

## Tuesday, December 16, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Ralphs Carb Master Vanilla Yogurt<br>1/2 x 1 container | 30 | 0.75 | 0.5 | 2 | 0 | 1.5 | 4 | 50 | 5 | 70 |
| Granola<br>1/2 cup | 226 | 6.12 | 1.786 | 40.18 | 3.8 | 14.32 | 5.12 | 103 | 1 | 204 |
| Total | 256 | 6.87 | 2.286 | 42.18 | 3.8 | 15.82 | 9.12 | 153 | 6 | 274 |
| **Lunch** | | | | | | | | | | |
| Cheddar Cheese<br>2 slices (1 oz) | 226 | 18.56 | 11.812 | 0.72 | 0 | 0.29 | 13.94 | 348 | 59 | 55 |
| Corn Tortilla<br>2 small (approx 4" dia) | 47 | 0.61 | 0.097 | 9.55 | 1.3 | 0.19 | 1.22 | 10 | 0 | 40 |
| Total | 273 | 19.17 | 11.909 | 10.27 | 1.3 | 0.48 | 15.16 | 358 | 59 | 95 |
| **Dinner** | | | | | | | | | | |
| Dunkin' Donuts Jelly Filled Donut<br>1 donut, 42 g | 290 | 14 | 7 | 36 | 1 | 6 | 3 | 340 | 0 | |
| Trader Joe's Traditional Latkes<br>2 x 2 pancakes, 150 g | 280 | 12 | 1 | 40 | 4 | 8 | 8 | 760 | 20 | |
| Chicken Thigh<br>1 small (yield after cooking, bone removed) | 135 | 8.45 | 2.362 | 0 | 0 | 0 | 13.67 | 223 | 51 | 121 |
| Red Table Wine<br>1 5 fl oz serving | 125 | 0 | 0 | 3.84 | 0 | 0.91 | 0.1 | 6 | 0 | 187 |
| Total | 830 | 34.45 | 10.362 | 79.84 | 5 | 14.91 | 24.77 | 1329 | 71 | 308 |
| **Snacks/Other** | | | | | | | | | | |

## Tuesday, December 16, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1359 | 60.49 | 24.557 | 132.29 | 10.1 | 31.21 | 49.05 | 1840 | 136 | 677 |

## Wednesday, December 17, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Granola<br>1/2 cup | 226 | 6.12 | 1.786 | 40.18 | 3.8 | 14.32 | 5.12 | 103 | 1 | 204 |
| Ralphs Carb Master Vanilla Yogurt<br>1/2 x 1 container | 30 | 0.75 | 0.5 | 2 | 0 | 1.5 | 4 | 50 | 5 | 70 |
| **Total** | **256** | **6.87** | **2.286** | **42.18** | **3.8** | **15.82** | **9.12** | **153** | **6** | **274** |
| **Lunch** | | | | | | | | | | |
| Corn Tortilla<br>2 small (approx 4" dia) | 47 | 0.61 | 0.097 | 9.55 | 1.3 | 0.19 | 1.22 | 10 | 0 | 40 |
| Cheddar Cheese<br>2 slices (1 oz) | 226 | 18.56 | 11.812 | 0.72 | 0 | 0.29 | 13.94 | 348 | 59 | 55 |
| **Total** | **273** | **19.17** | **11.909** | **10.27** | **1.3** | **0.48** | **15.16** | **358** | **59** | **95** |
| **Dinner** | | | | | | | | | | |
| Garlic Bread<br>6 small slices (2-1/2" x 2" x 1") | 317 | 12.27 | 2.368 | 43.8 | 2.6 | 0.4 | 7.44 | 586 | 0 | 105 |
| Beef Inside Skirt Steak (Lean Only, Trimmed to 1/4" Fat)<br>4 oz | 186 | 9.34 | 3.561 | 0 | 0 | 0 | 23.9 | 76 | 65 | 418 |
| Mexican Coffee Sweetened<br>1 coffee cup (6 fl oz) | 51 | 0.04 | 0.004 | 12.59 | 0 | 12.45 | 0.2 | 9 | 0 | 127 |
| Margarita<br>1 cocktail | 168 | 0.08 | 0.015 | 10.67 | 0.1 | 9.82 | 0.05 | 295 | 0 | 15 |
| Guacamole with Tomatoes<br>1 cup | 270 | 23.16 | 3.369 | 17.8 | 11.4 | 3.19 | 3.77 | 468 | 0 | 916 |
| **Total** | **992** | **44.89** | **9.317** | **84.86** | **14.1** | **25.86** | **35.36** | **1434** | **65** | **1581** |

## Wednesday, December 17, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1521** | **70.93** | **23.512** | **137.31** | **19.2** | **42.16** | **59.64** | **1945** | **130** | **1950** |

## Thursday, December 18, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Ralphs Carb Master Vanilla Yogurt<br>1/2 x 1 container | 30 | 0.75 | 0.5 | 2 | 0 | 1.5 | 4 | 50 | 5 | 70 |
| Granola<br>1/2 cup | 226 | 6.12 | 1.786 | 40.18 | 3.8 | 14.32 | 5.12 | 103 | 1 | 204 |
| Total | 256 | 6.87 | 2.286 | 42.18 | 3.8 | 15.82 | 9.12 | 153 | 6 | 274 |
| **Lunch** | | | | | | | | | | |
| Potato French Fries<br>0.3 order | 47 | 2.4 | 0.561 | 6.1 | 0.6 | 0.1 | 0.6 | 51 | 0 | 90 |
| Modelo Especial Beer<br>1 bottle, 12 oz | 145 | 0 | 0 | 4 | | 0 | 0 | | 0 | |
| Bay Prime Mahi Mahi<br>34 g | 33 | 0.3 | 0 | 0.6 | 0 | 0.3 | 6 | 135 | 25.5 | |
| Corn Tortilla<br>2 small (approx 4" dia) | 47 | 0.61 | 0.097 | 9.55 | 1.3 | 0.19 | 1.22 | 10 | 0 | 40 |
| Total | 272 | 3.31 | 0.658 | 20.25 | 1.9 | 0.59 | 7.82 | 196 | 25.5 | 130 |
| **Dinner** | | | | | | | | | | |
| Guacamole with Tomatoes<br>1/2 cup | 135 | 11.58 | 1.685 | 8.9 | 5.7 | 1.6 | 1.89 | 234 | 0 | 458 |
| Tomatoes<br>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)<br>1/2 cup slices | 8 | 0.06 | 0.018 | 1.89 | 0.3 | 0.87 | 0.34 | 1 | 0 | 76 |
| White Rice<br>1/2 cup cooked | 102 | 0.22 | 0.06 | 22.04 | 0.3 | 0.04 | 2.1 | 288 | 0 | 28 |
| Trader Joe's Traditional Latkes | 280 | 12 | 1 | 40 | 4 | 8 | 8 | 760 | 20 | |

## Thursday, December 18, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 2 x 2 pancakes, 150 g | | | | | | | | | | |
| Chicken Thigh | 135 | 8.45 | 2.362 | 0 | 0 | 0 | 13.67 | 223 | 51 | 121 |
| 1 small (yield after cooking, bone removed) | | | | | | | | | | |
| Red Table Wine | 125 | 0 | 0 | 3.84 | 0 | 0.91 | 0.1 | 6 | 0 | 187 |
| 1 5 fl oz serving | | | | | | | | | | |
| Total | 807 | 32.56 | 5.182 | 81.49 | 11.8 | 14.65 | 27.18 | 1518 | 71 | 1162 |
| **Snacks/Other** | | | | | | | | | | |
| Gelato | 247 | 0 | 0 | 62.92 | 0 | 62.92 | 0.77 | 42 | 0 | |
| 1 cup | | | | | | | | | | |
| Total | 1582 | 42.74 | 8.126 | 206.84 | 17.5 | 93.98 | 44.89 | 1909 | 102.5 | 1566 |

## Friday, December 19, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Granola<br>1/2 cup | 226 | 6.12 | 1.786 | 40.18 | 3.8 | 14.32 | 5.12 | 103 | 1 | 204 |
| Ralphs Carb Master Vanilla Yogurt<br>1/2 x 1 container | 30 | 0.75 | 0.5 | 2 | 0 | 1.5 | 4 | 50 | 5 | 70 |
| Total | 256 | 6.87 | 2.286 | 42.18 | 3.8 | 15.82 | 9.12 | 153 | 6 | 274 |
| **Lunch** | | | | | | | | | | |
| Chicken Wing<br>1 small (yield after cooking, bone removed) | 81 | 5.4 | 1.513 | 0 | 0 | 0 | 7.46 | 113 | 23 | 51 |
| Chicken Leg<br>1 small (yield after cooking, bone removed) | 212 | 12.28 | 3.394 | 0 | 0 | 0 | 23.68 | 376 | 84 | 205 |
| Total | 293 | 17.68 | 4.907 | 0 | 0 | 0 | 31.14 | 489 | 107 | 256 |
| **Dinner** | | | | | | | | | | |
| Potato Chips<br>1 single serving bag | 153 | 10.49 | 3.069 | 13.93 | 1.2 | 1.15 | 1.84 | 147 | 0 | 460 |
| Beer<br>2 cans or bottles (12 fl oz) | 310 | 0 | 0 | 25.56 | 0 | 0 | 3.31 | 29 | 0 | 194 |
| La Mexicana Flour Tortillas<br>2 x 2 tortillas, 100 g | 320 | 8 | 2 | 48 | 4 | 4 | 8 | 660 | 0 | |
| Beef Inside Skirt Steak (Lean Only, Trimmed to 1/4" Fat)<br>4 oz | 186 | 9.34 | 3.561 | 0 | 0 | 0 | 23.9 | 76 | 65 | 418 |
| Red Table Wine<br>1 5 fl oz serving | 125 | 0 | 0 | 3.84 | 0 | 0.91 | 0.1 | 6 | 0 | 187 |
| Total | 1094 | 27.83 | 8.63 | 91.33 | 5.2 | 6.06 | 37.15 | 918 | 65 | 1259 |

## Friday, December 19, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1643** | **52.38** | **15.823** | **133.51** | **9** | **21.88** | **77.41** | **1560** | **178** | **1789** |

## Saturday, December 20, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Ralphs Carb Master Vanilla Yogurt<br>1/2 x 1 container | 30 | 0.75 | 0.5 | 2 | 0 | 1.5 | 4 | 50 | 5 | 70 |
| Granola<br>1/2 cup | 226 | 6.12 | 1.786 | 40.18 | 3.8 | 14.32 | 5.12 | 103 | 1 | 204 |
| Total | 256 | 6.87 | 2.286 | 42.18 | 3.8 | 15.82 | 9.12 | 153 | 6 | 274 |
| **Lunch** | | | | | | | | | | |
| Trail's End Classic Caramel Corn<br>4 x 1/2 cup, 120 g | 400 | 4 | 0 | 92 | 4 | 48 | 4 | 480 | 0 | |
| **Dinner** | | | | | | | | | | |
| Pinot Noir Wine<br>1 5 fl oz serving | 122 | 0 | | 3.4 | | | 0.1 | | | |
| Red Table Wine<br>1 5 fl oz serving | 125 | 0 | 0 | 3.84 | 0 | 0.91 | 0.1 | 6 | 0 | 187 |
| Red Table Wine<br>1 5 fl oz serving | 125 | 0 | 0 | 3.84 | 0 | 0.91 | 0.1 | 6 | 0 | 187 |
| Miso Soup<br>1 cup | 84 | 3.36 | 0.622 | 7.78 | 1.9 | 2.59 | 6.02 | 998 | 0 | 367 |
| Southern Tsunami Sushi Bar Spicy Tuna Roll<br>1 roll (8 pieces), 347 g | 290 | 11 | | 26 | 3.5 | | 24 | | | |
| Total | 746 | 14.36 | 0.622 | 44.86 | 5.4 | 4.41 | 30.32 | 1010 | 0 | 741 |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **1402** | **25.23** | **2.908** | **179.04** | **13.2** | **68.23** | **43.44** | **1643** | **6** | **1015** |

## Sunday, December 21, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Granola<br>1 cup | 453 | 12.24 | 3.572 | 80.35 | 7.7 | 28.65 | 10.23 | 205 | 1 | 407 |
| Ralphs Carb Master Vanilla Yogurt<br>1 container | 60 | 1.5 | 1 | 4 | 0 | 3 | 8 | 100 | 10 | 140 |
| Total | 513 | 13.74 | 4.572 | 84.35 | 7.7 | 31.65 | 18.23 | 305 | 11 | 547 |
| **Lunch** | | | | | | | | | | |
| Tres Leche Cake<br>250 g | 615 | 21.73 | 12.855 | 93.8 | 0.5 | 75.18 | 13.72 | 465 | 147 | 467 |
| Challah Egg Bread<br>1 slice | 65 | 1.38 | 0.366 | 10.99 | 0.5 | 0.41 | 2.18 | 113 | 12 | 26 |
| Marinated Fish (Ceviche)<br>1 cup | 173 | 1.97 | 0.418 | 9.2 | 1.3 | 3.27 | 28.75 | 325 | 50 | 740 |
| Total | 853 | 25.08 | 13.639 | 113.99 | 2.3 | 78.86 | 44.65 | 903 | 209 | 1233 |
| **Dinner** | | | | | | | | | | |
| Trader Joe's Pacific Red Snapper Fillet<br>1 fillet, 4 oz | 110 | 2 | 0 | 0 | 0 | 0 | 21 | 65 | 40 | |
| Cucumber (with Peel)<br>1/2 cup slices | 8 | 0.06 | 0.018 | 1.89 | 0.3 | 0.87 | 0.34 | 1 | 0 | 76 |
| Tomatoes<br>1 medium whole (2-3/5" dia) | 22 | 0.25 | 0.057 | 4.82 | 1.5 | 3.23 | 1.08 | 6 | 0 | 292 |
| Guacamole with Tomatoes<br>1/2 cup | 135 | 11.58 | 1.685 | 8.9 | 5.7 | 1.6 | 1.89 | 234 | 0 | 458 |
| Pinot Noir Wine<br>1 5 fl oz serving | 122 | 0 | | 3.4 | | | 0.1 | | | |

## Sunday, December 21, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 397 | 13.89 | 1.76 | 19.01 | 7.5 | 5.7 | 24.41 | 306 | 40 | 826 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Total** | **1763** | **52.71** | **19.971** | **217.35** | **17.5** | **116.21** | **87.29** | **1514** | **260** | **2606** |