Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	553	26.67	69.09	12.72
Lunch	498	23.24	50.74	22.88
Dinner	613	25.39	65.61	33.78
Snacks/Other	380	15.1	55.99	4.87
Total	**2044**	**90.39**	**241.43**	**74.24**

Monday, August 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter Cookies (Soft Type) 1 cookie	69	3.66	0.922	8.66	0.3		0.8	50	0	16
Famous Amos Chocolate Chip Bite Size Cookies (56g) 1 package, 56 g	280	13	5	38	2	18	3	200	5	0
Non-Dairy Creamer, Extra Rich! 3 x 1 tsp	30	3	0	3	0	0	0	0	0	
Granulated Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Coffee (Brewed From Grounds) 30 fl oz	9	0.18	0.018	0	0	0	1.07	18	0	435
Total	437	19.84	5.94	62.26	2.3	30.59	4.87	268	5	451
Lunch										
Roasted Salted Peanuts 76 peanuts	410	35.91	5.932	10.44	6.4	2.86	19.17	219	0	497
Dinner										
Banana Bread (with Margarine) 1 slice	196	6.3	1.342	32.76	0.7		2.58	181	26	80
Corn On The Cob with Butter 1 ear	155	3.43	1.642	31.94			4.47	29	6	359
Whole Potatoes 2 x 2/3 Cup (165)	200	0		44	8	2	4	840		
Pork Chop 1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	217	12.68	4.699	0	0	0	24.28	336	72	351

Monday, August 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	768	22.41	7.683	108.7	8.7	2	35.33	1386	104	790
Snacks/Other										
Sugar Free Caramel Topping 2 tbsp, 38 g	90	0	0	24	0	0	0	65	0	0
Vanilla Ice Creams 1 cup	289	15.84	9.778	33.98	1	30.56	5.04	115	63	287
Smarties Assorted Flavors Candy Rolls 3 x 1 roll, 21 g	75	0		18		18	0	0		
Total	454	15.84	9.778	75.98	1	48.56	5.04	180	63	287
Total	**2069**	**94**	**29.333**	**257.38**	**18.4**	**84.01**	**64.41**	**2053**	**172**	**2025**

Tuesday, August 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Non-Dairy Creamer, Extra Rich!	30	3	0	3	0	0	0	0	0	
3 x 1 tsp										
Granulated Sugar	49	0	0	12.6	0	12.59	0	0	0	0
3 tsps										
Coffee (Brewed From Grounds)	9	0.18	0.018	0	0	0	1.07	18	0	435
30 fl oz										
Chocolate Frosted Donut	540	30	14	62	2	26	6	680	0	
2 x 1 serving										
Total	628	33.18	14.018	77.6	2	38.59	7.07	698	0	435
Lunch										
Rold Gold Pretzel Thins - Three Cheese	210	3.5		40.25			1.75	822.5		
1 3/4 x 13 pretzels, 2 oz										
State Fair Classic Corn Dogs	380	16	4	46	0	14	12	960	50	
2 x 1 corn dog, 152 g										
Total	590	19.5	4	86.25	0	14	13.75	1782.5	50	
Dinner										
New York The Original Texas Garlic Toast	160	9	2	17	1	0	3	270	0	
1 slice, 40 g										
Meijer Chicken Breast Tenders	180	1	0	0	0	0	44	380	90	
2 x 4 oz, 224 g										
Corn On The Cob with Butter	155	3.43	1.642	31.94			4.47	29	6	359
1 ear										
Potatoes (Flesh, with Salt, Boiled)	136	0.16	0.041	31.4	3.1	1.36	2.92	374	0	591

Tuesday, August 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Total	631	13.59	3.683	80.34	4.1	1.36	54.39	1053	96	950
Snacks/Other										
Sugar Free Caramel Topping	90	0	0	24	0	0	0	65	0	0
2 tbsp, 38 g										
Vanilla Ice Creams	289	15.84	9.778	33.98	1	30.56	5.04	115	63	287
1 cup										
Smarties Assorted Flavors Candy Rolls	75	0		18		18	0	0		
3 x 1 roll, 21 g										
Smarties Assorted Flavors Candy Rolls	75	0		18		18	0	0		
3 x 1 roll, 21 g										
Total	529	15.84	9.778	93.98	1	66.56	5.04	180	63	287
Total	**2378**	**82.11**	**31.479**	**338.17**	**7.1**	**120.51**	**80.25**	**3713.5**	**209**	**1672**

Wednesday, August 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nabisco Nutter Butter Bites (Package) 1 3/4 x 1 package, 49 g	228	10.5	2.62	35		14	3.5	192.5		78.75
Famous Amos Chocolate Chip Bite Size Cookies (56g) 1 package, 56 g	280	13	5	38	2	18	3	200	5	0
Non-Dairy Creamer, Extra Rich! 3 x 1 tsp	30	3	0	3	0	0	0	0	0	
Granulated Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Coffee (Brewed From Grounds) 30 fl oz	9	0.18	0.018	0	0	0	1.07	18	0	435
Total	596	26.68	7.638	88.6	2	44.59	7.57	410.5	5	513.75
Lunch										
Mashed Potato 1/2 cup	105	3.72	0.831	16.51	1.4	1.45	1.89	243	1	273
Pork Chop 1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	217	12.68	4.699	0	0	0	24.28	336	72	351
Total	322	16.4	5.53	16.51	1.4	1.45	26.17	579	73	624
Dinner										
New York The Original Texas Garlic Toast 1 slice, 40 g	160	9	2	17	1	0	3	270	0	
Corn On The Cob with Butter 1 ear	155	3.43	1.642	31.94			4.47	29	6	359
Beef Goulash with Noodles	732	28.83	8.202	54.93	3.5	4.43	60.21	822	184	1106

Wednesday, August 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cups										
Total	1047	41.26	11.844	103.87	4.5	4.43	67.68	1121	190	1465
Snacks/Other										
Culver's Hot Caramel Topping	88	2	0	18	0		0	74	4	
2 x 1 serving, 0.98 oz										
Vanilla Dish (2 Scoop)	594	35	22	58	0		11	162	208	
1 serving, 9.52 oz										
Smarties Assorted Flavors Candy Rolls	75	0		18		18	0	0		
3 x 1 roll, 21 g										
Cuties Clementines	80	0	0	17	4	13	1	0	0	400
2 clementines, 168 g										
Total	837	37	22	111	4	31	12	236	212	400
Total	**2802**	**121.34**	**47.012**	**319.98**	**11.9**	**81.47**	**113.42**	**2346.5**	**480**	**3002.75**

Thursday, August 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Buttermilk Frozen Biscuits 1 biscuit, 59 g	180	9	6	22	1	2	4	440	0	
Eckrich Link Polish Smoked Sausage made with Pork, Turkey, Beef 1 link, 67 g	210	18	7	4	0	2	8	490	35	
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Non-Dairy Creamer, Extra Rich! 3 x 1 tsp	30	3	0	3	0	0	0	0	0	
Granulated Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Coffee (Brewed From Grounds) 30 fl oz	9	0.18	0.018	0	0	0	1.07	18	0	435
Total	677	45.39	18.802	43.56	1	18.02	26.08	1159	435	573
Lunch										
KFC Crispy Chicken Strips (2) 2 x 2 pieces, 202 g	460	14	5	36	4	0	44	1700	100	
Dinner										
Kraft Macaroni & Cheese as Packaged 1 cup, 70 g	260	3.5	1.5	47	1	6	10	580	15	
Center Cut Ham Steak 1 1/2 x 4 oz	270	18	6.75	7.5	0	4.5	27	1575	75	
Total	530	21.5	8.25	54.5	1	10.5	37	2155	90	

Thursday, August 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Smarties Assorted Flavors Candy Rolls 3 x 1 roll, 21 g	75	0		18		18	0	0		
Total	**1742**	**80.89**	**32.052**	**152.06**	**6**	**46.52**	**107.08**	**5014**	**625**	**573**

Friday, August 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Non-Dairy Creamer, Extra Rich!	30	3	0	3	0	0	0	0	0	
3 x 1 tsp										
Granulated Sugar	49	0	0	12.6	0	12.59	0	0	0	0
3 tsps										
Coffee (Brewed From Grounds)	9	0.18	0.018	0	0	0	1.07	18	0	435
30 fl oz										
Chocolate Frosted Donut	540	30	14	62	2	26	6	680	0	
2 x 1 serving										
Total	628	33.18	14.018	77.6	2	38.59	7.07	698	0	435
Lunch										
Jif Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0
2 tbsp, 33 g										
Dinner										
Toast with Jelly	235	2.95	0.551	44.89	1.6	5.5	6.04	365	2	
2 regular slices										
Perkins Restaurant Ham & Cheese Omelette	510	40	16	5	0	2	34	840	705	
1 serving										
Denny's Hash Browns	210	12	2.5	26	2	1	2	650	0	0
1 serving, 5 oz										
Total	955	54.95	19.051	75.89	3.6	8.5	42.04	1855	707	0
Snacks/Other										
Culver’s Hot Caramel Topping	88	2	0	18	0		0	74	4	
2 x 1 serving, 0.98 oz										

Friday, August 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Vanilla Dish (2 Scoop) 1 serving, 9.52 oz	594	35	22	58	0		11	162	208	
Cuties Clementines 2 clementines, 168 g	80	0	0	17	4	13	1	0	0	400
Total	762	37	22	93	4	13	12	236	212	400
Total	2535	141.13	57.569	254.49	11.6	63.09	68.11	2904	919	835

Saturday, August 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Raisin Bran Cereal 2 x 1 cup , 110 g	380	2	0	90	8	38	8	420	0	420
Milk (Fat Free or Skim, Calcium Fortified) 1 cup	86	0.44	0.289	11.98	0	11.98	8.4	128	5	410
Total	466	2.44	0.289	101.98	8	49.98	16.4	548	5	830
Lunch										
Dinner										
Snacks/Other										
Total	466	2.44	0.289	101.98	8	49.98	16.4	548	5	830

Sunday, August 31, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Sausage McMuffin with Egg 1 serving	440	26	10	32	2	2	20	910	220	
Lunch										
Sugar Free Caramel Topping 2 tbsp, 38 g	90	0	0	24	0	0	0	65	0	0
Vanilla Ice Creams 1 cup	289	15.84	9.778	33.98	1	30.56	5.04	115	63	287
Big Boy French Fries 1 serving	360	19		45	0	0	5	250	0	
Big Boy Big Boy Sandwich 1 sandwich	774	26	0	95	0	0	40	790	95	0
Total	1513	60.84	9.778	197.98	1	30.56	50.04	1220	158	287
Dinner										
Homestyle Microwave Popcorn (Pop Secret) 12 x 1 cup popped	360	24	0	36	0	0	0	840	0	
Snacks/Other										
Total	2313	110.84	19.778	265.98	3	32.56	70.04	2970	378	287