Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	26	0.09	6.59	0.31
Lunch	616	24.76	60.6	37.91
Dinner	655	24.94	53.99	38.59
Snacks/Other	191	9.56	23.22	4.59
Total	1488	59.34	144.39	81.4

Monday, September 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Pork Loin (Whole, Lean Only)	284	11.23	3.87	0	0	0	42.53	103	117	772
7 oz										
Gold Medal All-Purpose Flour	28	0	0	5.5	0.25	0	0.75	0	0	
1/4 x 1/4 cup, 8 g										
Country Crock Shedd's Spread Light Vegetable Oil	50	5	1.5	0	0	0	0	90	0	0
1 tbsp, 14 g										
Mild Cheddar Cheese (Shredded)	220	18	10	0.8	0	0	14	360	60	
2 x 1/4 cup, 56 g										
Milk (2% Lowfat Without Added Vitamin A and Nonfat Solids)	69	2.43	1.509	6.73	0		4.84	72	10	223
1/2 cup										
Elbow Macaroni	210	1	0	42	2	2	7	0	0	
1/2 cup, 56 g										
Total	861	37.66	16.879	55.03	2.25	2	69.12	625	187	995
Dinner										
Ball Park Hamburger Buns (43g)	120	1.5	0	23	0	4	4	190	0	
1 bun, 43 g										
50/50 Mix	20	0	0	3	0	0	2	55	0	0
2 cups, 85 g										
Lean Ground Beef 93/7	255	12	4.5	0	0	0	34.5	105	97.5	
1 1/2 x 4 oz, 168 g										
Tomato Ketchup	20	0	0	5	0	4	0	190	0	
1 tbsp										

Monday, September 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fat Free Catalina Dressing 2 tbsp, 35 g	50	0	0	11	0	7	0	350	0	
Yellow Mustard 1 tsp or 1 packet	3	0.16	0.01	0.39	0.2	0.14	0.2	56	0	8
Total	468	13.66	4.51	42.39	0.2	15.14	40.7	946	97.5	8
Snacks/Other										
Klondike Slim a Bear Ice Cream Sandwich 1 sandwich, 46 g	100	1.5	1	21	2	10	2	65	0	0
Coffee-Mate Original Powder Creamer 3 x 1 tsp, 6 g	30	1.5	1.5	3	0	0	0	0	0	0
Coffee 48 fl oz	14	0.28	0.028	0.57	0	0	1.7	28	0	668
International Delight Irish Creme Coffee Creamer 2 x 1 tbsp, 30 ml	70	3	2	12	0	12	0	0	0	
Total	214	6.28	4.528	36.57	2	22	3.7	93	0	668
Total	**1543**	**57.6**	**25.917**	**133.99**	**4.45**	**39.14**	**113.52**	**1664**	**284.5**	**1671**

Tuesday, September 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Orlando Ciabatta Bread 1 roll, 57 g	130	0.5	0	27	1	0	5	330	0	
Hannaford Side Garden Salad 1 salad	30	0		6	2	3	2	15		280
Boar's Head Black Forest Deli Ham 2 oz, 56 g	60	1	0	2	0	2	10	440	30	160
Ranch Salad Dressing 1 tbsp	73	7.71		1	0.1	0.37	0.15	122	5	9
Total	293	9.21	0	36	3.1	5.37	17.15	907	35	449
Dinner										
Country Crock Shedd's Spread Light Spreadable Margarine 1 tbsp, 14 g	50	5	1.5	0	0	0	0	90	0	
Oscar Mayer Thick Cut Bacon 3 x 1 slice, 36 g	180	15	4.5	0	0	0	12	750	30	
Ore-Ida Country Hash Browns 1 1/4 cups	70	0	0	16	2	0	2	20	0	
Nature's Own Whitewheat Healthy White Bread 1 slice, 1.1 oz	65	0.75	0	10	2.5	1	4	115	0	0
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Total	512	30.69	9.099	26.77	4.5	1.77	30.58	1115	453	134
Snacks/Other										

Tuesday, September 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Klondike Slim a Bear Ice Cream Sandwich 1 sandwich, 46 g	100	1.5	1	21	2	10	2	65	0	0
Pistachio Nuts 1/2 cup, in shell, edible yield	165	13.33	1.611	7.83	3	2.26	6.19	89	0	302
International Delight Irish Creme Coffee Creamer 2 x 1 tbsp, 30 ml	70	3	2	12	0	12	0	0	0	
Coffee 48 fl oz	14	0.28	0.028	0.57	0	0	1.7	28	0	668
Coffee-Mate Original Powder Creamer 3 x 1 tsp, 6 g	30	1.5	1.5	3	0	0	0	0	0	0
Total	379	19.61	6.139	44.4	5	24.26	9.89	182	0	970
Total	**1184**	**59.51**	**15.238**	**107.17**	**12.6**	**31.4**	**57.62**	**2204**	**488**	**1553**

Wednesday, September 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Lunch										
Hunt's Sugar Free Chocolate Pudding Snack Pack	70	3	1.5	14	2	0	0.5	95	0	170
1 pudding cup										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless)	110	0.26	0.086	28.96	1.4	24.77	1.15	3	0	306
1 cup, seedless										
Carrots	25	0.15	0.023	5.84	1.7	2.77	0.57	42	0	195
1 medium										
Italian-Style Sub Sandwich Kit	133	9.31	3.32	2.66	0	1.33	11.97	917.7	39.9	0
1 1/3 x 6 slices, 76 g										
Nature's Own Whitewheat Healthy White Bread	260	3	0	40	10	4	16	460	0	0
4 x 1 slice, 4.4 oz										
Total	598	15.72	4.929	91.46	15.1	32.87	30.19	1517.7	39.9	671
Dinner										
College Inn 99% Fat Free Beef Broth	20	0.5	0	0	0	0	4	970	0	
1 cup, 240 ml										
Cooked Carrots	20	0.94	0.177	3.02	1.1	1.26	0.28	116	0	86
1/4 cup sliced										
Beef Bottom Sirloin	279	14.54	5.341	0	0	0	35.11	88	111	539
6 oz										
Potatoes (Flesh, Without Salt, Boiled)	68	0.08	0.02	15.7	1.4	0.68	1.46	3	0	296

Wednesday, September 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup										
Total	387	16.06	5.538	18.72	2.5	1.94	40.85	1177	111	921
Snacks/Other										
Pistachio Nuts	102	8.27	1	4.86	1.9	1.41	3.84	55	0	188
30 nuts										
Coffee-Mate Original Powder Creamer	30	1.5	1.5	3	0	0	0	0	0	0
3 x 1 tsp, 6 g										
Coffee	14	0.28	0.028	0.57	0	0	1.7	28	0	668
48 fl oz										
International Delight Irish Creme Coffee Creamer	70	3	2	12	0	12	0	0	0	
2 x 1 tbsp, 30 ml										
Total	216	13.05	4.528	20.43	1.9	13.41	5.54	83	0	856
Total	**1291**	**45.16**	**15.108**	**153.68**	**22.1**	**60.57**	**77.68**	**2778.7**	**150.9**	**2810**

Thursday, September 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Lunch										
Pineapple Tidbits in 100% Pineapple Juice (Container)	60	0	0	15	1	14	0.5	0	0	135
1 container , 113 g										
Lay's Baked! Barbecue Potato Crisps (Package)	140	3.5	0.5	24	2	4	2	220	0	250
1 package, 1.12 oz										
Nature's Own Whitewheat Healthy White Bread	130	1.5	0	20	5	2	8	230	0	0
2 x 1 slice, 2.2 oz										
Land O' Frost Italian-Style Sub Sandwich Kit	133	9.31	3.32	2.66	0	1.33	11.97	917.7	39.9	0
1 1/3 x 6 slices, 76 g										
Hunt's Sugar Free Chocolate Pudding Snack Pack	70	3	1.5	14	2	0	0.5	95	0	170
1 pudding cup										
Total	533	17.31	5.32	75.66	10	21.33	22.97	1462.7	39.9	555
Dinner										
Lay's Baked! Barbecue Potato Crisps (Package)	140	3.5	0.5	24	2	4	2	220	0	250
1 package, 1.12 oz										
Firehouse Subs Club On A Sub (Medium)	510	16	4	53	3	10	30	1790	70	
1 sandwich										
Total	650	19.5	4.5	77	5	14	32	2010	70	250

Thursday, September 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
International Delight Irish Creme Coffee Creamer 2 x 1 tbsp, 30 ml	70	3	2	12	0	12	0	0	0	
Coffee 48 fl oz	14	0.28	0.028	0.57	0	0	1.7	28	0	668
Coffee-Mate Original Powder Creamer 3 x 1 tsp, 6 g	30	1.5	1.5	3	0	0	0	0	0	0
Pistachio Nuts 1/2 cup, in shell, edible yield	165	13.33	1.611	7.83	3	2.26	6.19	89	0	302
Total	279	18.11	5.139	23.4	3	14.26	7.89	117	0	970
Total	**1552**	**55.25**	**15.072**	**199.13**	**20.6**	**61.94**	**63.96**	**3590.7**	**109.9**	**2137**

Friday, September 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Steamed or Boiled Shrimp 8 oz, with shell raw (yield after cooking, shell removed)	177	2.89	0.548	1.52	0	0	33.92	754	253	216
Five Guys Little Fries 1/2 x 1 serving, 113.5 g	263	11.5	2	36	4	1	4	265.5	0	
Five Guys Little Cheeseburger 1 cheeseburger, 190 g	550	32	15	39.5	2	8.5	27	690	85	
Total	990	46.39	17.548	77.02	6	9.5	64.92	1709.5	338	216
Dinner										
Samuel Adams Boston Lager 20 oz	283	0		30.01	0	0	3.33	0	0	450.09
Samuel Adams Octoberfest Beer 20 oz	317	0		31.17	0	0	0	0	0	
Potato Chips 1 single serving bag	153	10.49	3.069	13.93	1.2	1.15	1.84	147	0	460
Denny's Club Sandwich 1/2 x 1 sandwich, 5.5 oz	315	16.5	2.5	27.5	2	4.5	13	765	25	
Total	1068	26.99	5.569	102.61	3.2	5.65	18.17	912	25	910.09
Snacks/Other										
Coffee 48 fl oz	14	0.28	0.028	0.57	0	0	1.7	28	0	668
International Delight Irish Creme Coffee Creamer 2 x 1 tbsp, 30 ml	70	3	2	12	0	12	0	0	0	

Friday, September 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	84	3.28	2.028	12.57	0	12	1.7	28	0	668
Total	2142	76.66	25.145	192.2	9.2	27.15	84.79	2649.5	363	1794.09

Saturday, September 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Ruby Tuesday Cheddar Biscuit 1 serving	110	5		12	0		2			
Ruby Tuesday Side of Creamy Mashed Cauliflower 1 serving	136	8		13	3	1	1	714	1	
Ruby Tuesday Hickory Bourbon Chicken 1 serving	250	5		16	0	0	38	720	0	
Total	496	18		41	3	1	41	1434	1	
Dinner										
Bob Evans Original Mashed Potatoes 1/2 cup, 140 g	150	7	3.5	20	2	1	3	410	15	0
Chicken Out Rotisserie 1/4 Dark Chicken with Skin one thigh & one drumstick	337	18	5	5	0	4	36	903	125	
Chicken Out Rotisserie 1/4 White Chicken (No Skin) one breast half & one wing	228	6	2	1	0	1	40	244	111	
Total	715	31	10.5	26	2	6	79	1557	251	0
Snacks/Other										
International Delight Irish Creme Coffee Creamer 2 x 1 tbsp, 30 ml	70	3	2	12	0	12	0	0	0	
Coffee 48 fl oz	14	0.28	0.028	0.57	0	0	1.7	28	0	668

Saturday, September 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	84	3.28	2.028	12.57	0	12	1.7	28	0	668
Total	1295	52.28	12.528	79.57	5	19	121.7	3019	252	668

Sunday, September 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Ball Park Hot Dog Bun 2 x 1 bun, 100 g	240	3	0	46	2	8	8	440	0	0
Nathan's Famous Skinless Beef Franks 2 x 1 link, 84 g	300	26	10	2	0	0	12	820	60	
Total	540	29	10	48	2	8	20	1260	60	0
Dinner										
French Salad Dressing 1 tbsp	73	7.17	0.904	2.49	0	2.55	0.12	134	0	11
Mixed Salad Greens 1 cup shredded or chopped	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
Papa John's 16" Original Crust Pizza - Pepperoni 2 x 1 slice, 282 g	680	28	12	80	4	10	26	1800	60	
Parmesan Cheese (Shredded) 1 tbsp	21	1.37	0.868	0.17	0		1.89	85	4	5
Total	783	36.67	13.793	84.42	5.1	13.03	28.85	2035	64	176
Snacks/Other										
International Delight Irish Creme Coffee Creamer 2 x 1 tbsp, 30 ml	70	3	2	12	0	12	0	0	0	
Coffee 48 fl oz	14	0.28	0.028	0.57	0	0	1.7	28	0	668
Total	84	3.28	2.028	12.57	0	12	1.7	28	0	668

Sunday, September 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1407	68.95	25.821	144.99	7.1	33.03	50.55	3323	124	844