Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	522	14.79	92.7	9.44
Lunch	592	13.58	98.6	22.96
Dinner	145	6	21	6
Snacks/Other	250	6.25	42.25	9
Total	**1508**	**40.62**	**254.56**	**47.39**

Monday, July 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pecan Nuts 0.12 cup chopped	90	9.41	0.808	1.81	1.3	0.52	1.2	0	0	54
Brown Sugar 9 tsps packed	156	0	0	40.29	0	39.83	0	16	0	143
Quaker 100% Whole Grain Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Unsalted Butter Stick 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	1	15	2
Zurvita Zeal For Life 1 scoop, 14 g	48	2	0.33	8	3.5	3.5	1	1		109
Total	559	20.17	5.285	94.4	8.8	62.1	7.32	19	15	330
Lunch										
Del Monte Sliced Pears (No Sugar Added) 1/2 cup, 121 g	50	0	0	10	1	9	0	10	0	70
StarKist Foods Chunk Light Tuna in Water 3 oz drained, 85 g	45	0.5	0	0	0	0	10	180	20	100
Franz Hawaiian Bread 2 x 1 slice, 80 g	220	4		38	2	4	8	360		
Mayonnaise 1/2 tbsp	29	2.45	0.36	1.76	0	0.47	0.07	52	2	1

Monday, July 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Precious Stringsters Low Moisture Part Skim Mozzarella Cheese 1 stick	80	6	3	1	0	0	7	190	15	0
Chocolate Chip Cookie 2 medium (approx 2" dia)	98	4.95	1.533	12.81	0.6	6.87	1.1	59	0	30
Dr. Pepper Dr. Pepper (12 oz) 1 can, 355 ml	150	0	0	40	0	40	0	55	0	
Total	672	17.9	4.893	103.57	3.6	60.34	26.17	906	37	201

Dinner

Snacks/Other

Total	1231	38.07	10.178	197.97	12.4	122.44	33.49	925	52	531

Wednesday, August 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Organic Frosted Cherry Pomegranate Toaster Pastries 2 x 1 pastry, 104 g	400	9	4	76	2	40	4	12	18	
Zurvita Zeal For Life 1 scoop, 14 g	48	2	0.33	8	3.5	3.5	1	1		109
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Total	512	11	4.33	101.3	5.5	60.75	5.06	14	18	131
Lunch										
Kirkland Signature Chicken Breast in Water 1/4 cup, 2 oz	60	1	0	0	0	0	13	270	45	
Applesauce 1 snack size (4 oz)	86	0.2	0.034	22.5	1.4	18.64	0.2	3	0	69
Dr. Pepper Dr. Pepper (12 oz) 1 can, 355 ml	150	0	0	40	0	40	0	55	0	
Chocolate Chip Cookie 3 medium (approx 2" dia)	147	7.42	2.3	19.22	0.9	10.3	1.65	89	0	44
Mayonnaise 1/2 tbsp	29	2.45	0.36	1.76	0	0.47	0.07	52	2	1
Franz Hawaiian Bread 2 x 1 slice, 80 g	220	4		38	2	4	8	360		
Total	692	15.07	2.694	121.48	4.3	73.41	22.92	829	47	114

Wednesday, August 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Nature's Bakery Whole Wheat Apple Cinnamon Fig Bar	180	5	0	42	4	18	4	70	0	
2 x 1 bar, 56 g										
Nabisco Triscuit Crackers Original	120	3.5	0.5	20	3	0	3	160	0	115
6 crackers, 28 g										
Precious Stringsters Low Moisture Part Skim Mozzarella Cheese	80	6	3	1	0	0	7	190	15	0
1 stick										
Total	380	14.5	3.5	63	7	18	14	420	15	115
Snacks/Other										
Chobani Greek Yogurt Black Cherry on The Bottom	120	0	0	19	1	16	12	55	5	200
1 container, 150 g										
Harry & David Harry and David Milk Chocolate Peanut Butter Pretzels	200	12	5	22	2	12	4	210	5	
6 Pieces, 40 g										
Total	320	12	5	41	3	28	16	265	10	200
Total	**1904**	**52.57**	**15.524**	**326.78**	**19.8**	**180.16**	**57.98**	**1528**	**90**	**560**

Thursday, August 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Zurvita Zeal For Life 1 scoop, 14 g	48	2	0.33	8	3.5	3.5	1	1		109
Trader Joe's Organic Frosted Cherry Pomegranate Toaster Pastries 2 x 1 pastry, 104 g	400	9	4	76	2	40	4	12	18	
Total	**512**	**11**	**4.33**	**101.3**	**5.5**	**60.75**	**5.06**	**14**	**18**	**131**
Lunch										
Kettle Brand Krinkle Cut Sea Salt Potato Chips 9 chips, 1 oz	150	9	1	16	1	0	2	115	0	430
Applesauce 1 snack size (4 oz)	86	0.2	0.034	22.5	1.4	18.64	0.2	3	0	69
Franz Hawaiian Bread 1 slice, 40 g	110	2		19	1	2	4	180		
Mayonnaise 1/2 tbsp	29	2.45	0.36	1.76	0	0.47	0.07	52	2	1
Dr. Pepper Dr. Pepper (12 oz) 1 can, 355 ml	150	0	0	40	0	40	0	55	0	
Kirkland Signature Chicken Breast in Water 1/4 cup, 2 oz	60	1	0	0	0	0	13	270	45	
Total	**585**	**14.65**	**1.394**	**99.26**	**3.4**	**61.11**	**19.27**	**675**	**47**	**500**

Thursday, August 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Nabisco Triscuit Crackers Original	120	3.5	0.5	20	3	0	3	160	0	115
6 crackers, 28 g										
Precious Stringsters Low Moisture Part Skim Mozzarella Cheese	80	6	3	1	0	0	7	190	15	0
1 stick										
Total	200	9.5	3.5	21	3	0	10	350	15	115
Snacks/Other										
Nature's Bakery Stone Ground Whole Wheat Fig Bar	180	5	0	34	4	18	4	70	0	
2 x 1 bar, 56 g										
Chobani Greek Yogurt Black Cherry on The Bottom	120	0	0	19	1	16	12	55	5	200
1 container, 150 g										
Nabisco Belvita Chocolate Breakfast Biscuits	230	8	1.5	35	3	11	4	180	0	190
1 pack (4 biscuits), 50 g										
Dr. Pepper Dr. Pepper (12 oz)	150	0	0	40	0	40	0	55	0	
1 can, 355 ml										
Total	680	13	1.5	128	8	85	20	360	5	390
Total	**1977**	**48.15**	**10.724**	**349.56**	**19.9**	**206.86**	**54.33**	**1399**	**85**	**1136**

Friday, August 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Skippy Creamy Peanut Butter 3/4 x 2 tbsp, 24 g	142	12	2.25	4.5	1.5	2.25	5.25	112.5	0	156
Honeymaid Honey Grahams 8 crackers, 31 g	130	3	0	25	1	8	2	160	0	50
Chobani Greek Yogurt Black Cherry on The Bottom 1 container, 150 g	120	0	0	19	1	16	12	55	5	200
Zurvita Zeal For Life 1 scoop, 14 g	48	2	0.33	8	3.5	3.5	1	1		109
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Total	504	17	2.58	73.8	7	47	20.31	329.5	5	537
Lunch										
Peach 1 medium (2-1/2" dia) (approx 4 per lb)	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
Mission Flour Tortillas (Fajita Size) 1 tortilla, 33 g	110	2.5	1	19	1	1	3	310	0	
Kirkland Signature Chicken Breast in Water 1 1/2 x 1/4 cup, 3 oz	90	1.5	0	0	0	0	19.5	405	67.5	
Dr. Pepper Dr. Pepper (12 oz) 1 can, 355 ml	150	0	0	40	0	40	0	55	0	
Mayonnaise 1/2 tbsp	29	2.45	0.36	1.76	0	0.47	0.07	52	2	1

Friday, August 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	417	6.69	1.379	70.11	2.5	49.69	23.46	822	69.5	187
Dinner										
Snacks/Other										
Total	**921**	**23.69**	**3.959**	**143.91**	**9.5**	**96.69**	**43.77**	**1151.5**	**74.5**	**724**