Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	435	18.59	61.32	9.11
Lunch	584	20.59	89.46	13.99
Dinner	292	10.29	37.11	14.14
Snacks/Other	380	6.7	69.97	10.72
Total	1691	56.18	257.86	47.96

Monday, November 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Cocoa Almond Spread 2 tbsp, 37 g	210	13	1	21	1	19	2	20	0	
Zurvita Zeal For Life 1 scoop, 14 g	48	2	0.33	8	3.5	3.5	1	1		109
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Franz 100% Whole Wheat English Muffins 1 muffin, 66 g	130	1	0	26	3	2	5	250	0	
Total	452	16	1.33	72.3	7.5	41.75	8.06	272	0	120
Lunch										
Oreo Chocolate Sandwich Cookies 2 x 3 cookies, 68 g	320	14	4	50	2	28	2	280	0	110
Tillamook Colby Jack Cheese 1/2 x 1 oz, 14 g	55	4.5	3	1	0	0	3.5	95	12.5	
Jimmy Dean Premium Pork Regular Sausage 2 oz cooked, 56 g	180	15	5	1	0	0	10	420	45	
Green Peppers 1/3 oz	2	0.02	0.005	0.43	0.2	0.22	0.08	0	0	16
Onions 1/3 oz	4	0.01	0.002	0.95	0.1	0.4	0.09	0	0	13
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Mission Flour Tortillas (Fajita Size) 1 tortilla, 33 g	110	2.5	1	19	1	1	3	310	0	

Monday, November 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dr. Pepper Dr. Pepper (12 oz)	150	0	0	40	0	40	0	55	0	
1 can, 355 ml										
Total	895	41	14.557	112.76	3.3	70	24.96	1230	269.5	206
Dinner										
Trader Joe's Organic Hot Cocoa Mix	110	0.5	0.5	22	2	19	3	140	0	
1 packet, 28 g										
Honeymaid Graham Crackers	130	3	0	24	1	8	2	150	0	50
8 crackers (2 sheets), 31 g										
Skippy Creamy Peanut Butter	190	16	3	6	2	3	7	150	0	208
2 tbsp, 32 g										
Total	430	19.5	3.5	52	5	30	12	440	0	258
Snacks/Other										
Dr. Pepper Dr. Pepper (12 oz)	150	0	0	40	0	40	0	55	0	
1 can, 355 ml										
Nestle Chocolate Peanut Butter Bars	217	12.33	5.618	26.16	1.6	16.77	3.58	65	19	14
1 serving										
Chobani Nonfat Black Cherry Greek Yogurt (Container)	130	0	0	20	1	17	12	65	5	
1 container, 6 oz										
Trader Joe's Organic Hot Cocoa Mix	110	0.5	0.5	22	2	19	3	140	0	
1 packet, 28 g										
Total	607	12.83	6.118	108.16	4.6	92.77	18.58	325	24	14
Total	**2384**	**89.33**	**25.505**	**345.22**	**20.4**	**234.52**	**63.6**	**2267**	**293.5**	**598**

Tuesday, November 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Franz 100% Whole Wheat English Muffins	130	1	0	26	3	2	5	250	0	
1 muffin, 66 g										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Zurvita Zeal For Life	48	2	0.33	8	3.5	3.5	1	1		109
1 scoop, 14 g										
Trader Joe's Cocoa Almond Spread	210	13	1	21	1	19	2	20	0	
2 tbsp, 37 g										
Total	452	16	1.33	72.3	7.5	41.75	8.06	272	0	120
Lunch										
Dr. Pepper Dr. Pepper (12 oz)	150	0	0	40	0	40	0	55	0	
1 can, 355 ml										
Dinner										
Ritz Crackers - Fresh Stack	80	4.5	1	10	0	1	1	105	0	15
5 crackers, 16 g										
Snacks/Other										
Trader Joe's Organic Hot Cocoa Mix	110	0.5	0.5	22	2	19	3	140	0	
1 packet, 28 g										
Chobani Nonfat Black Cherry Greek Yogurt (Container)	130	0	0	20	1	17	12	65	5	
1 container, 6 oz										
Total	240	0.5	0.5	42	3	36	15	205	5	

Tuesday, November 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	922	21	2.83	164.3	10.5	118.75	24.06	637	5	135

Wednesday, November 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Cocoa Almond Spread	210	13	1	21	1	19	2	20	0	
2 tbsp, 37 g										
Zurvita Zeal For Life	48	2	0.33	8	3.5	3.5	1	1		109
1 scoop, 14 g										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Franz 100% Whole Wheat English Muffins	130	1	0	26	3	2	5	250	0	
1 muffin, 66 g										
Total	452	16	1.33	72.3	7.5	41.75	8.06	272	0	120
Lunch										
Dove Sea Salt Caramel Dark Chocolate Promises	200	11	7	24	2	19	2	35	5	0
5 pieces, 40 g										
Ritz Crackers - Fresh Stack	80	4.5	1	10	0	1	1	105	0	15
5 crackers, 16 g										
Maggie and Mary's Potato Bacon soup	180	9	1	24	1	5	3	800	5	
1/3 cup, 8 oz										
Dr. Pepper Dr. Pepper (12 oz)	150	0	0	40	0	40	0	55	0	
1 can, 355 ml										
Total	610	24.5	9	98	3	65	6	995	10	15
Dinner										
Skippy Creamy Peanut Butter	190	16	3	6	2	3	7	150	0	208
2 tbsp, 32 g										
Honeymaid Graham Crackers	195	4.5	0	36	1.5	12	3	225	0	75

Wednesday, November 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 8 crackers (2 sheets), 46.5 g										
Trader Joe's Organic Hot Cocoa Mix	110	0.5	0.5	22	2	19	3	140	0	
1 packet, 28 g										
Total	495	21	3.5	64	5.5	34	13	515	0	283
Snacks/Other										
Dr. Pepper Dr. Pepper (12 oz)	150	0	0	40	0	40	0	55	0	
1 can, 355 ml										
Trader Joe's Organic Hot Cocoa Mix	110	0.5	0.5	22	2	19	3	140	0	
1 packet, 28 g										
Chobani Nonfat Black Cherry Greek Yogurt (Container)	130	0	0	20	1	17	12	65	5	
1 container, 6 oz										
Total	390	0.5	0.5	82	3	76	15	260	5	
Total	**1947**	**62**	**14.33**	**316.3**	**19**	**216.75**	**42.06**	**2042**	**15**	**418**

Saturday, December 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bar-S Foods Smoked Sliced Bacon	80	7	2.5	0			4	280	15	
2 pan fried slices, 14 g										
Trader Joe's Hashbrowns	130	8	2	14	2	0	1	250	0	
1 patty, 64 g										
Unsalted Butter Stick	34	3.8	2.407	0	0	0	0.04	1	10	1
1/3 tbsp										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Onions	4	0.01	0.002	0.95	0.1	0.4	0.09	0	0	13
1/3 oz										
Bell Peppers	2	0.02	0.004	0.46	0.2	0.32	0.08	0	0	
1/3 oz, raw, yields										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Total	388	23.8	8.463	33.09	2.3	18.35	11.56	602	237	92
Lunch										
M&M's White Chocolate Peppermint M&M's	220	11	7	28	0	27	2	40	5	
1/4 cup, 1.5 oz										
Chobani Greek Yogurt Blueberry on The Bottom	130	0	0	19	1	15	12	60	5	
1 container, 150 g										
Dr. Pepper Dr. Pepper (12 oz)	150	0	0	40	0	40	0	55	0	
1 can, 355 ml										
Total	500	11	7	87	1	82	14	155	10	
Dinner										

Saturday, December 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Peaches 1/2 cup slices	33	0.21	0.016	8.11	1.3	7.13	0.77	0	0	162
Green Peppers 1/2 oz	3	0.02	0.008	0.66	0.2	0.34	0.12	0	0	25
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Blackberries 1/2 cup	31	0.35	0.01	6.92	3.8	3.51	1	1	0	117
Nutiva Organic Chia Seed 1/2 x 3 tbsp, 15 g	30	1.5	0	2.5	2.5	0	1.5	0	0	30
Muscle Milk 100% Whey Protein - Vanilla 1 rounded scoop, 34 g	130	2	1	2	0	1	27	85	65	190
Bob's Red Mill Organic 100% Whole Ground Golden Flaxseed Meal 1/2 x 2 tbsp, 6.5 g	35	2.25	0	2	1.5	0	1.5	0	0	
Zucchini 1/2 cup chopped	10	0.11	0.023	2.08	0.7	1.07	0.75	6	0	162
Mountain High Fat Free Plain Yoghurt 1 cup , 227 g	120	0	0	18	0	17	12	180	5	570
Total	456	6.44	1.057	59.57	10	47.3	44.7	273	70	1267
Snacks/Other										
Oatmeal Cookie with Chocolate Chips 1 medium (2-1/2" dia)	91	5.69	1.429	9.68	0.5	5.85	1.01	64	4	35
Total	1435	46.93	17.949	189.34	13.8	153.5	71.27	1094	321	1394

Sunday, December 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nutiva Organic Chia Seed	30	1.5	0	2.5	2.5	0	1.5	0	0	30
1/2 x 3 tbsp, 15 g										
Pecan Nuts	90	9.41	0.808	1.81	1.3	0.52	1.2	0	0	54
0.12 cup chopped										
Kroger Old Fashioned Oatmeal	150	2.5	0	27	4	1	6	0	0	
1/2 cup uncooked, 40 g										
Zurvita Zeal For Life	48	2	0.33	8	3.5	3.5	1	1		109
1 scoop, 14 g										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Unsalted Butter Stick	51	5.76	3.647	0	0	0	0.06	1	15	2
1/2 tbsp										
Total	433	21.17	4.785	56.61	11.3	22.27	9.82	3	15	206
Lunch										
banana bread	84	3.28	1.927	13.18	0.6	7.14	1.27	81	14	41
1 serving										
Clementines	70	0.22		17.79	2.5	13.59	1.26	1		262
2 fruits										
Oroweat Whole Grains Oatnut Bread	220	4	0	38	4	6	8	260	0	
2 x 1 slice, 76 g										
Tillamook Pepper Jack Cheese Sliced	80	6	3.5	0	0	0	5	125	20	
1 slice, 25 oz										
Land O'Lakes Unsalted Sweet Butter	50	5.5	3.5	0	0	0	0	0	15	
1/2 x 1 tbsp, 7 g										
Egg	110	7.46	2.324	0.58	0	0.58	9.44	105	317	100

Sunday, December 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 large										
Dr. Pepper Dr. Pepper (12 oz)	150	0	0	40	0	40	0	55	0	
1 can, 355 ml										
Total	764	26.46	11.251	109.55	7.1	67.31	24.97	627	366	403
Dinner										
Snacks/Other										
M&M's White Chocolate Peppermint M&M's	220	11	7	28	0	27	2	40	5	
1/4 cup, 1.5 oz										
IGA hot cocoa mix	110	1	0	24	0.9	22	1	150	0	180
1 pouch, 28 g										
Dr. Pepper Dr. Pepper (12 oz)	150	0	0	40	0	40	0	55	0	
1 can, 355 ml										
Swiss Miss Classics Milk Chocolate Hot Cocoa Mix	90	2	2	16	1	8	1	150	0	270
1 envelope, 21 g										
Total	570	14	9	108	1.9	97	4	395	5	450
Total	**1767**	**61.63**	**25.036**	**274.16**	**20.3**	**186.58**	**38.79**	**1025**	**386**	**1059**