Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	158	11.67	1.83	14
Lunch	297	19.67	7.17	24.67
Dinner	573	27.97	24.04	54.88
Snacks/Other	627	33.73	64.49	21.99
Total	1655	93.04	97.53	115.54

Monday, September 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
President Imported Emmental Swiss Cheese	100	8	5	1	0	0	8	35	25	
1 cube, 28 g										
Jack Link's Turkey Snack Sticks	140	10	2	2	0	2	12	680	60	
2 x 1 stick, 46 g										
Total	240	18	7	3	0	2	20	715	85	
Lunch										
Smart Balance Light Original Buttery Spread with Flax Oil	50	5	1.5	0	0	0	0	90	0	0
1 tbsp, 14 g										
Great Value Deli Style Sliced Swiss Cheese	140	12	7	0	0	0	10	80	40	40
2 x 1 slice, 38 g										
Great Value Whole Green Beans	70	0	0	10.5	3.5	3.5	7	1015	0	332.5
3 1/2 x 1/2 cup, 423.5 g										
Farmland Foods Cubed Ham	70	2	1	3	0	2	9	720	30	
2 oz, 56 g										
Total	330	19	9.5	13.5	3.5	5.5	26	1905	70	372.5
Dinner										
Great Value Deli Style Sliced Swiss Cheese	210	18	10.5	0	0	0	15	120	60	60
3 x 1 slice, 57 g										
Perdue Boneless Skinless Chicken Breast	298	5.25	0.88	0	0	0	56	665	175	0
1 3/4 x 1 filet, 278 g										
Total	508	23.25	11.38	0	0	0	71	785	235	60

Monday, September 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Middleswarth Bar-B-Q Flavored Potato Chips	150	10	2	14	1	2	2	180	0	
18 chips, 28 g										
Little Debbie Zebra Cakes	320	14	8	48	1	32	1	150	0	
2 cakes, 74 g										
Jack Link's Turkey Snack Sticks	280	20	4	4	0	4	24	1360	120	
4 x 1 stick, 92 g										
Starburst Tropical Fruit Chews	160	3.5	3.5	34	0	22	0	0	0	
8 pieces, 40 g										
Total	910	47.5	17.5	100	2	60	27	1690	120	
Total	**1988**	**107.75**	**45.38**	**116.5**	**5.5**	**67.5**	**144**	**5095**	**510**	**432.5**

Tuesday, September 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jack Link's Turkey Snack Sticks	140	10	2	2	0	2	12	680	60	
2 x 1 stick, 46 g										
Lunch										
Jack Link's Turkey Snack Sticks	210	15	3	3	0	3	18	1020	90	
3 x 1 stick, 69 g										
Dinner										
Great Value Deli Style Sliced Swiss Cheese	140	12	7	0	0	0	10	80	40	40
2 x 1 slice, 38 g										
Great Value Whole Green Beans	70	0	0	10.5	3.5	3.5	7	1015	0	332.5
3 1/2 x 1/2 cup, 423.5 g										
Aidells Roasted Garlic & Gruyere Cheese Chicken Sausage	380	28		4	4	2	28	1400	170	
2 x 1 link, 170 g										
Total	590	40	7	14.5	7.5	5.5	45	2495	210	372.5
Snacks/Other										
Blue Diamond Bold Wasabi & Soy Sauce Almonds	56	4.95	0.33	1.98	0.99	0.66	1.98	37.95	0	
1/3 x 28 nuts, 0 oz										
Seasons 52 Red Velvet Cake	105	3		18.5	0.5	14	1	73.5	16.5	
1/2 x 1 serving										
Sahlen's Smokehouse Ham	50	2	1	1			10	515	30	
2 oz, 56 g										

Tuesday, September 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Deli Style Sliced Swiss Cheese 4 x 1 slice, 76 g	280	24	14	0	0	0	20	160	80	80
Sarris Candies Chocolate Covered Pretzels 2 pretzels, 1 oz	140	6	4	19	0	12	2	103	0	
Total	631	39.95	19.33	40.48	1.49	26.66	34.98	889.45	126.5	80
Total	1571	104.95	31.33	59.98	8.99	37.16	109.98	5084.45	486.5	452.5

Wednesday, September 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Deli Style Sliced Swiss Cheese 1 slice, 19 g	70	6	3.5	0	0	0	5	40	20	20
Sahlen's smokehouse ham 1/2 x 2 oz	25	1	0.5	0.5	0	0	5	257.5	15	
Total	95	7	4	0.5	0	0	10	297.5	35	20
Lunch										
Jack Link's Turkey Snack Sticks 5 x 1 stick, 115 g	350	25	5	5	0	5	30	1700	150	
Dinner										
Birds Eye Southwest Style Protein Blends 1 bag, 360 g	320	4.5	0.5	53	17	5	14	550		
Nature's Promise Sun Dried Tomato & Basil Chicken Sausage 208 g	300	16.17	4.62	4.62	0	2.31	34.65	1155	173.25	
Total	620	20.67	5.12	57.62	17	7.31	48.65	1705	173.25	
Snacks/Other										
Starburst Tropical Fruit Chews 1/2 x 8 pieces, 20 g	80	1.75	1.75	17	0	11	0	0	0	
Sarris Candies Milk Chocolate Covered Pretzel Rods 2 x 1 rod, 56 g	260	12	6	36	0	20	4	280	10	0
Total	340	13.75	7.75	53	0	31	4	280	10	0

Wednesday, September 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1405	66.42	21.87	116.12	17	43.31	92.65	3982.5	368.25	20