Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	574	21.82	77.38	18.64
Lunch	351	14.9	41.53	14.92
Dinner	79	2.62	12.33	1.67
Snacks/Other	302	13.29	39.37	8.51
Total	**1306**	**52.62**	**170.62**	**43.73**

Sunday, October 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Philadelphia 1/3 Less Fat Neufchatel Cream Cheese 2 x 2 tbsp, 62 g	140	12	8	1.6	0	0	4	240	40	
Bananas 1 large (8" to 8-7/8" long)	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
Thomas' Blueberry Bagel 1 bagel, 95 g	270	1.5	0.5	52	2	9	10	390	0	
Jif Natural Creamy Peanut Butter 2 tbsp, 33 g	190	16	3	8	2	3	7	80	0	0
Food For Life Baking Company Ezekiel 4:9 Cinnamon Raisin Bread 1 slice, 34 g	80	0.5	0	18	2	5	3	65	0	120
Total	801	30.45	11.652	110.66	9.5	33.63	25.48	776	40	607
Lunch										
Dinner										
Snacks/Other										
Total	801	30.45	11.652	110.66	9.5	33.63	25.48	776	40	607

Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 large (8" to 8-7/8" long)	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
Thomas' Blueberry Bagel 1 bagel, 95 g	270	1.5	0.5	52	2	9	10	390	0	
Philadelphia 1/3 Less Fat Neufchatel Cream Cheese 2 x 2 tbsp, 62 g	140	12	8	1.6	0	0	4	240	40	
Total	531	13.95	8.652	84.66	5.5	25.63	15.48	631	40	487
Lunch										
Manchu Wok General Tso's Chicken 1 1/4 x 1 serving, 178 g	450	26.25	4.38	38.75	1.25	15	17.5	1100	62.5	
Dinner										
Snacks/Other										
Laughing Cow Mini Babybel Light Cheese 1 piece, 21 g	50	3	2	0	0	0	6	160	10	
Nature Valley Crunchy Granola Bars - Cinnamon 2 bars, 42 g	180	6	0.5	29	2	12	4	170	0	
Food For Life Baking Company Ezekiel 4:9 Cinnamon Raisin Bread 1 slice, 34 g	80	0.5	0	18	2	5	3	65	0	120
Jif Natural Creamy Peanut Butter 2 tbsp, 33 g	190	16	3	8	2	3	7	80	0	0

Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	500	25.5	5.5	55	6	20	20	475	10	120
Total	**1481**	**65.7**	**18.532**	**178.41**	**12.75**	**60.63**	**52.98**	**2206**	**112.5**	**607**

Tuesday, October 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature Valley Crunchy Granola Bars - Cinnamon	180	6	0.5	29	2	12	4	170	0	
2 bars, 42 g										
Egg, Cheese and Bacon on English Muffin	382	19.36	7.477	30.12	1.5	3.64	20.83	931	247	270
1 sandwich										
Total	562	25.36	7.977	59.12	3.5	15.64	24.83	1101	247	270
Lunch										
Refried Beans (Canned)	178	2.38	0.896	29.35	10	0.43	10.38	565	15	505
3/4 cup										
Chipotle Mexican Grill Steak Soft Tacos	585	25	16	47			46			
3 tacos										
Total	763	27.38	16.896	76.35	10	0.43	56.38	565	15	505
Dinner										
Snacks/Other										
Snickers Ice Cream Bar (50g)	180	11	6	18	1	15	3	60	15	
1 bar, 48 g										
Total	**1505**	**63.74**	**30.873**	**153.47**	**14.5**	**31.07**	**84.21**	**1726**	**277**	**775**

Tuesday, October 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Keebler Honey Grahams Crackers 2 crackers	60	1.5	0	11	1	3	1	60	0	
Jif Natural Creamy Peanut Butter 21 g	121	10.18	1.91	5.09	1.27	1.91	4.45	50.88	0	0
Total	286	12.07	2.042	43.04	5.37	19.34	6.74	111.88	0	422
Lunch										
Lebanese Taverna Chicken Shwarma 1 3/4 x 1 serving	705	26.25		77	7		40.25	738.5	101.5	
Quaker Chewy 25% Less Sugar Granola Bars - Chocolate Chip 1 bar, 24 g	100	4	1	17	3	5	1	75	0	0
Total	805	30.25	1	94	10	5	41.25	813.5	101.5	0
Dinner										
Snacks/Other										
Nature Valley Sweet & Salty Granola Bars - Peanut 1 bar, 35 g	170	9	2.5	20	2	12	4	140	0	
Snickers Ice Cream Bar (50g) 1 bar, 48 g	180	11	6	18	1	15	3	60	15	
Total	350	20	8.5	38	3	27	7	200	15	

Tuesday, October 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1441	62.32	11.542	175.04	18.37	51.34	54.99	1125.38	116.5	422

Wednesday, October 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
McDonald's Hash Brown 1 hash brown, 2 oz	150	9	1.5	15	2	0	1	310	0	
Egg, Cheese and Bacon on English Muffin 1 sandwich	382	19.36	7.477	30.12	1.5	3.64	20.83	931	247	270
Total	637	28.75	9.109	72.07	6.6	18.07	23.12	1242	247	692
Lunch										
Dinner										
Snacks/Other										
Total	637	28.75	9.109	72.07	6.6	18.07	23.12	1242	247	692

Thursday, October 12, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Thomas' Blueberry Bagel 1 bagel, 95 g	270	1.5	0.5	52	2	9	10	390	0	
Philadelphia 1/3 Less Fat Neufchatel Cream Cheese 2 x 2 tbsp, 62 g	140	12	8	1.6	0	0	4	240	40	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	515	13.89	8.632	80.55	5.1	23.43	15.29	631	40	422
Lunch										
Dinner										
Snacks/Other										
Market Pantry Pumpkin Cookies 1 3/4 x 2 cookies, 58 g	298	14	3.5	40.25	1.75	24.5	1.75	175	0	
Clif Bar Clif Bar - Crunchy Peanut Butter 1 bar, 68 g	260	7	1	41	4	20	11	230	0	230
Total	558	21	4.5	81.25	5.75	44.5	12.75	405	0	230
Total	**1073**	**34.89**	**13.132**	**161.8**	**10.85**	**67.93**	**28.04**	**1036**	**40**	**652**

Sunday, October 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Hash Brown 1 hash brown, 2 oz	150	9	1.5	15	2	0	1	310	0	
Village Inn 2 Egg Cheese Omelette 1 serving	260	21	10	1	0	0	12	470	380	
Great Value Turkey Sausage Patty 1 patty, 50 g	120	9	2.5	0	0	0	9	370	30	115
Total	530	39	14	16	2	0	22	1150	410	115
Lunch										
Three-Cheese Mac 3/4 x 1/8 of the Recipe	170	5.1	2.62	20.32	2.32	4.12	12.22	521.18	19.42	
Dinner										
Dairy Queen Pumpkin Pie Blizzard (Small) 1 serving, 343 g	570	20	13	87	2	68	11	370	45	
Kona Grill California Roll 1 3/4 x 1 roll (8 pieces)	612	19.25		98	5.25	19.25	14	1750	17.5	
Total	1182	39.25	13	185	7.25	87.25	25	2120	62.5	
Snacks/Other										
Twix Twix Ice Cream Bar (69g) 1 bar, 69 g	250	14	10	28	0	23	2	75	15	
Total	2132	97.35	39.62	249.32	11.57	114.37	61.22	3866.18	506.92	115

Thursday, October 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 large (8" to 8-7/8" long)	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
Nature Valley Biscuits with Peanut Butter 1 sandwich, 38 g	190	10	3	21	3	8	5	180	5	
Total	311	10.45	3.152	52.06	6.5	24.63	6.48	181	5	487
Lunch										
Panera Bread French Baguette (Side Portion) 2.5 oz, 68 g	180	1	0	36	1	0	6	440	0	
Panera Bread Green Goddess Cobb Salad with Chicken 1/2 x 1 salad, 275 g	265	15.5	3.5	12	3.5	5.5	17.5	325	142.5	
Panera Bread Vegetarian Autumn Squash Soup 1 bowl	230	11	5	29	3	23	5	850	35	
Total	675	27.5	8.5	77	7.5	28.5	28.5	1615	177.5	
Dinner										
Snacks/Other										
Nestle Vanilla Ice Cream Drumstick 1 cone, 96 g	290	16	9	32	2	20	4	80	15	
Total	**1276**	**53.95**	**20.652**	**161.06**	**16**	**73.13**	**38.98**	**1876**	**197.5**	**487**

Saturday, October 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Silk Almond Milk Light - Vanilla 1 cup, 240 ml	60	2	0	11	0	11	1	160	0	25
General Mills Apple Cinnamon Cheerios 3 x 1 cup, 111 g	360	4.5	0	72	6	30	6	345	0	195
Total	420	6.5	0	83	6	41	7	505	0	220
Lunch										
Halo Top Creamery Sea Salt Caramel Ice Cream 2 x 2/3 cup, 184 g	140	4	2	24	6	10	12	220	80	
Dinner										
Snacks/Other										
Bananas 1 large (8" to 8-7/8" long)	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
Oreo Double Stuf Sandwich Cookies 3 x 2 cookies, 87 g	420	21	6	63	3	39	3	270	0	105
Total	541	21.45	6.152	94.06	6.5	55.63	4.48	271	0	592
Total	**1101**	**31.95**	**8.152**	**201.06**	**18.5**	**106.63**	**23.48**	**996**	**80**	**812**

Tuesday, October 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Banana 1 large (8" to 8-7/8" long)	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
Kellogg's Nutri-Grain Cereal Bar - Apple Cinnamon 1 bar, 37 g	120	3	0.5	24	3	12	2	110	0	
Clif Bar Clif Bar - Crunchy Peanut Butter 1 bar, 68 g	260	7	1	41	4	20	11	230	0	230
Quaker Chewy Granola Bars - Chocolate Chip 1 bar, 24 g	100	3.5	1.5	17	1	7	1	70	0	0
General Mills Golden Grahams Cereal Bar 1 bar, 40 g	150	3	0.5	30	3	9	2	110	0	
Total	751	16.95	3.652	143.06	14.5	64.63	17.48	521	0	717
Lunch										
Snickers Ice Cream Bar (50g) 1 bar, 48 g	180	11	6	18	1	15	3	60	15	
Dinner										
Snacks/Other										
Oreo Double Stuf Sandwich Cookies 3 x 2 cookies, 87 g	420	21	6	63	3	39	3	270	0	105
Total	**1351**	**48.95**	**15.652**	**224.06**	**18.5**	**118.63**	**23.48**	**851**	**15**	**822**

Wednesday, October 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg, Cheese and Bacon on English Muffin 1 sandwich	382	19.36	7.477	30.12	1.5	3.64	20.83	931	247	270
McDonald's Hash Brown 1 hash brown, 2 oz	150	9	1.5	15	2	0	1	310	0	
Total	532	28.36	8.977	45.12	3.5	3.64	21.83	1241	247	270
Lunch										
Oreo Double Stuf Sandwich Cookies 3 x 2 cookies, 87 g	420	21	6	63	3	39	3	270	0	105
Snickers Ice Cream Bar (78g) 1 bar, 78 g	280	17	9	28	1	23	5	90	20	
Total	700	38	15	91	4	62	8	360	20	105
Dinner										
Snacks/Other										
Nice! Yogurt Covered Pretzels 1 3/4 x 6 pieces, 52 g	245	10.5	8.75	36.75	0	22.75	1.75	218.75	0	
Total	**1477**	**76.86**	**32.727**	**172.87**	**7.5**	**88.39**	**31.58**	**1819.75**	**267**	**375**

Thursday, October 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Panera Bread Oatmeal Raisin Cookie with Berries	425	16.25	8.75	67.5	2.5	40	5	212.5	62.5	
1 1/4 x 1 cookie										
Banana	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
1 large (8" to 8-7/8" long)										
Total	546	16.7	8.902	98.56	6	56.63	6.48	213.5	62.5	487
Lunch										
Dinner										
Snacks/Other										
Total	**546**	**16.7**	**8.902**	**98.56**	**6**	**56.63**	**6.48**	**213.5**	**62.5**	**487**

Friday, October 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tim Hortons Honey Dip Yeast Timbits 5 x 1 timbit	300	10	5	45	0	20	20	250	0	
Egg, Cheese and Bacon on English Muffin 1 sandwich	382	19.36	7.477	30.12	1.5	3.64	20.83	931	247	270
McDonald's Hash Brown 1 hash brown, 2 oz	150	9	1.5	15	2	0	1	310	0	
Total	832	38.36	13.977	90.12	3.5	23.64	41.83	1491	247	270
Lunch										
Go Roma Smoked Chicken and Pear Salad (Half) 1 1/2 x 1 serving	408	22.5	10.5	34.5	6	24	21	397.5	58.5	
Dinner										
Snacks/Other										
Skinless Chicken Breast 3/4 breast, bone and skin removed	195	2.19	0.584	0	0	0	40.87	115	103	
Reese's Peanut Butter Pumpkins (17g) 3 x 1 piece, 51 g	270	15	6	27	3	24	6	195	0	0
Total	465	17.19	6.584	27	3	24	46.87	310	103	0
Total	**1705**	**78.05**	**31.061**	**151.62**	**12.5**	**71.64**	**109.7**	**2198.5**	**408.5**	**270**

Monday, October 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jif Natural Creamy Peanut Butter	121	10.18	1.91	5.09	1.27	1.91	4.45	50.88	0	0
21 g										
Philadelphia 1/3 Less Fat Neufchatel Cream Cheese	140	12	8	1.6	0	0	4	240	40	
2 x 2 tbsp, 62 g										
Thomas' Blueberry Bagel	270	1.5	0.5	52	2	9	10	390	0	
1 bagel, 95 g										
Keebler Honey Grahams Crackers	60	1.5	0	11	1	3	1	60	0	
2 crackers										
Total	591	25.18	10.41	69.69	4.27	13.91	19.45	740.88	40	0
Lunch										
Dannon Light & Fit Yogurt - Strawberry (Cup)	80	0	0	14	0	9	5	80	4	250
1 cup, 225 g										
Smucker's Uncrustables Peanut Butter & Grape Jelly Sandwich (80g)	330	17	3.5	35	3	14	10	330	0	
1 sandwich, 76 g										
Total	410	17	3.5	49	3	23	15	410	4	250
Dinner										
Snacks/Other										
Chobani Lowfat Mango Greek Yogurt	105	2.25	1.5	13.5	0.75	12	8.25	41.25	7.5	
3/4 x 1 container, 4 oz										
Banana	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487

Monday, October 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 large (8" to 8-7/8" long)										
Total	226	2.7	1.652	44.56	4.25	28.63	9.73	42.25	7.5	487
Total	**1227**	**44.88**	**15.562**	**163.25**	**11.52**	**65.54**	**44.18**	**1193.13**	**51.5**	**737**

Tuesday, October 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Apple Cinnamon Cheerios 2 x 1 cup, 74 g	240	3	0	48	4	20	4	230	0	130
Milk (2% Lowfat with Added Vitamin A) 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Thomas' Blueberry Bagel 1 bagel, 95 g	270	1.5	0.5	52	2	9	10	390	0	
Philadelphia 1/3 Less Fat Neufchatel Cream Cheese 2 x 2 tbsp, 62 g	140	12	8	1.6	0	0	4	240	40	
Total	772	21.31	11.567	113.02	6	41.35	26.05	960	60	496
Lunch										
Rold Gold Classic Style Tiny Twists Pretzels 17 pretzels, 1 oz	110	1	0	23	1	1	2	450	0	
Lay's Baked! Barbecue Potato Crisps (Package) 1 package, 1.12 oz	140	3.5	0.5	24	2	4	2	220	0	250
Nature Valley Crunchy Granola Bars - Oats 'N Honey 2 bars, 42 g	190	7	1	29	2	11	3	180	0	
Kellogg's Nutri-Grain Cereal Bar - Strawberry 1 bar, 37 g	120	3	0.5	24	3	11	2	125	0	
Total	560	14.5	2	100	8	27	9	975	0	250
Dinner										

Tuesday, October 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Reese's Peanut Butter Pumpkins (17g)	90	5	2	9	1	8	2	65	0	0
1 piece, 17 g										
Take 5 Take 5 (Package)	210	11	5	26	1	18	4	160		
1 package, 1.5 oz										
Dannon Light & Fit Yogurt - Strawberry (Cup)	80	0	0	14	0	9	5	80	4	250
1 cup, 225 g										
Kellogg's Nutri-Grain Soft Baked Bar - Strawberry	120	3	0.5	24	3	11	2	125	0	
1 bar, 37 g										
Total	500	19	7.5	73	5	46	13	430	4	250
Total	**1832**	**54.81**	**21.067**	**286.02**	**19**	**114.35**	**48.05**	**2365**	**64**	**996**