Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	444	17.62	52.46	26.64
Lunch	360	20.23	22.66	20.93
Dinner	701	37.89	47.2	45.71
Snacks/Other	348	14.57	47.73	10.3
Total	**1853**	**90.31**	**170.04**	**103.59**

Monday, October 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quest White Chocolate Raspberry 1 bar, 60 g	190	8	3.5	23	17	1	20	270	5	90
Ben & Jerry's Peanut Brittle Ice Cream 1/2 x 1/2 cup, 52 g	130	7.5	4	14.5	0	11.5	2	70	30	
Bell Plantation PB2 Powdered Peanut Butter 2 tbsp, 13 g	45	1.5	0	5	2	1	5	94	0	
Jay Robb Chocolate Whey Protein 1 scoop, 28 g	110	0	0	1	0	0	25	150	0	390
Bananas 1/2 large (8" to 8-7/8" long)	61	0.22	0.076	15.53	1.8	8.32	0.74	1	0	243
Silk Pure Almond Milk - Unsweetened Vanilla 2 x 1 cup, 480 ml	60	5		2	2	0	2	320	0	70
Total	596	22.22	7.576	61.03	22.8	21.82	54.74	905	35	793
Lunch										
Chipotle Mexican Grill Chicken 1 serving, 4 oz	180	7	3	0	0	0	32	310	125	
Chipotle Mexican Grill Corn Salsa 1 serving, 3.5 oz	80	1.5	0	16	3	4	3	330	0	
Chipotle Mexican Grill Guacamole 1 serving, 3.5 oz	200	19	3	7	5	1	2	330	0	
Chipotle Mexican Grill Fresh Tomato Salsa 1 serving, 4 oz	20	0	0	4	0.5	3	1	500	0	

Monday, October 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chipotle Mexican Grill Fajita Vegetables 1 serving, 2 oz	20	0.5	0	4	1	2	1	170	0	
Chipotle Mexican Grill Lettuce 1 serving, 1 oz	5	0	0	1	1	0	0	0	0	
Total	**505**	**28**	**6**	**32**	**10.5**	**10**	**39**	**1640**	**125**	
Dinner										
Apples 1/2 large (3-1/4" dia) (approx 2 per lb)	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
Great Value Sliced Almonds 1/2 x 1/3 cup, 14 g	85	7.5	0.75	3	1.5	0.5	3	0	0	
Avocados 1/2 avocado, NS as to Florida or California	161	14.73	2.137	8.57	6.7	0.66	2.01	7	0	487
Butternut Winter Squash 1 cup cubed	63	0.14	0.029	16.37	2.8	3.08	1.4	6	0	493
Cooked Summer Squash (Fat Added in Cooking) 1 cup slices	68	4.24	0.807	7.81	2.6	4.64	1.65	496	0	344
Tyson Foods Boneless Skinless Chicken Breasts 1 1/2 x 4 oz, 168 g	255	3	0.75	0	0	0	55.5	255	127.5	0
Date 4 dates	94	0.13	0.011	24.91	2.7	21.03	0.81	1	0	218
Earthbound Farm Romaine 2 cups, 85 g	15	0	0	2	1	0	1	50	0	
Total	**796**	**29.92**	**4.514**	**77.3**	**19.8**	**40.92**	**65.65**	**816**	**127.5**	**1655**
Snacks/Other										
Quaker Crispy Oat Bars - Strawberry	100	2	0.5	19	2	7	2	130	0	2

Monday, October 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 26 g										
Gouda Cheese	202	15.56	9.987	1.26	0	1.26	14.14	464	65	69
2 oz										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Nice! Yogurt Covered Pretzels	350	15	12.5	52.5	0	32.5	2.5	312.5	0	
2 1/2 x 6 pieces, 75 g										
Total	724	32.79	23.026	91.82	5.3	55.1	19	907.5	65	219
Total	2621	112.93	41.116	262.15	58.4	127.84	178.39	4268.5	352.5	2667

Tuesday, October 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Designer Whey Chocolate Whey Protein Powder 1 scoop, 26 g	100	2	1	3	1	2	18	75	60	170
Silk Pure Almond Milk - Unsweetened Vanilla 2 x 1 cup, 480 ml	60	5		2	2	0	2	320	0	70
Bell Plantation PB2 Powdered Peanut Butter 2 tbsp, 13 g	45	1.5	0	5	2	1	5	94	0	
Bananas 1/2 large (8" to 8-7/8" long)	61	0.22	0.076	15.53	1.8	8.32	0.74	1	0	243
Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g	190	8	3	21	17	1	21	280	5	125
Total	**456**	**16.72**	**4.076**	**46.53**	**23.8**	**12.32**	**46.74**	**770**	**65**	**608**
Lunch										
Alouette Feta Cheese 1/4 cup, 28 g	80	7	4.5	1	1	0	5	350	15	0
Wegmans Olive Tapenade 2 tbsp , 30 g	70	6	0.5	3	0	0	1	440	0	
Hidden Valley Spicy Ranch Ranch Dressing 1/2 x 2 tbsp, 15 ml	75	8	1	1	0	0.5	0	160	5	
Chipotle Mexican Grill Chicken 1 serving, 4 oz	180	7	3	0	0	0	32	310	125	
Chipotle Mexican Grill Lettuce 1 serving, 1 oz	5	0	0	1	1	0	0	0	0	
Chipotle Mexican Grill Fresh Tomato Salsa	20	0	0	4	0.5	3	1	500	0	

Tuesday, October 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving, 4 oz										
Total	**430**	**28**	**9**	**10**	**2.5**	**3.5**	**39**	**1760**	**145**	**0**
Dinner										
Ruby Tuesday Side of Creamy Mashed Cauliflower	136	8		13	3	1	1	714	1	
1 serving										
Boneheads Grilled Mahi Mahi	130	1.5	0	0	0	0	19	200	75	
1 serving, 6 oz										
Quest Peanut Butter Supreme	210	10	1.5	21	17	2	20	320	0	170
1 bar, 60 g										
Total	**476**	**19.5**	**1.5**	**34**	**20**	**3**	**40**	**1234**	**76**	**170**
Snacks/Other										
Nice! Yogurt Covered Pretzels	280	12	10	42	0	26	2	250	0	
2 x 6 pieces, 60 g										
Zoup! Pumpkin Pie Bisque	200	11	0	22	2	0	1	0	0	
1 serving, 8 oz										
Trader Joe's Spanakopita	170	6	3	23	1	1	7	360	10	
3 pieces, 85 g										
Fuji Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia) (approx 3 per lb)										
Quest Cookies & Cream Protein Bar	180	7	3	22	17	1	21	310	5	95
1 bar, 60 g										
Total	**901**	**36.24**	**16.039**	**128.06**	**23.3**	**42.34**	**31.36**	**921**	**15**	**95**
Total	**2263**	**100.46**	**30.615**	**218.59**	**69.6**	**61.16**	**157.1**	**4685**	**301**	**873**

Wednesday, October 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quest White Chocolate Raspberry 1 bar, 60 g	190	8	3.5	23	17	1	20	270	5	90
Fuji Apples 1 large (3-1/4" dia) (approx 2 per lb)	109	0.36	0.06	29.27	5.1	22.04	0.56	2	0	
Total	299	8.36	3.56	52.27	22.1	23.04	20.56	272	5	90
Lunch										
Guacamole with Tomatoes 1/4 cup	68	5.79	0.842	4.45	2.9	0.8	0.94	117	0	229
Daisy Sour Cream 2 tbsp, 30 g	60	5	3.5	1	0	1	1	15	20	
Moe's Southwest Grill Queso & Chips (Side) 1 serving	282	18	9	24	1	1	8	632	40	
Quesadilla with Meat and Cheese 1 quesadilla	596	35.18	16.302	37.06	2.4	1.86	31.74	1378	98	388
Total	1006	63.97	29.644	66.51	6.3	4.66	41.68	2142	158	617
Dinner										
Snacks/Other										
Starbucks Tazo Chai Tea Latte (Grande) 1 serving, 16 oz	240	4	2.5	44	0	41	7	95	15	
Total	**1545**	**76.33**	**35.704**	**162.78**	**28.4**	**68.7**	**69.24**	**2509**	**178**	**707**

Thursday, October 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
365 Organic Raisin Granola 1/2 x 3/4 cup, 28.5 g	120	3	0.25	22	1.5	8.5	2.5	30	0	
Great Value Frozen Mixed Berries 1/2 cup, 70 g	40	0	0	10.5	4.5	4.5	0.5	0	0	0
Fage Total 2% Greek Yogurt 1 cup, 227 g	170	4.5	3	9	0	9	23	75	15	
Reese's Miniature Peanut Butter Cups 1 minature cup, 7 g	44	2.4	0.9	4.4	0.2	3.8	0.8	23	1	
Total	374	9.9	4.15	45.9	6.2	25.8	26.8	128	16	0
Lunch										
Sutter Home Pinot Grigio 1 glass, 5 oz	114	0		4	0	0	0	0	0	
Potato Chips (Salted) 1 oz	155	10.62	3.107	14.1	1.2	1.17	1.86	149	0	466
Einstein Brothers Bagels Garden Herb Turkey Bagel Thin Sandwich 1 sandwich	308	11	4	32	4	6	25	1060	53	
Total	577	21.62	7.107	50.1	5.2	7.17	26.86	1209	53	466
Dinner										
Southern Tsunami Sushi Bar Rainbow Roll 1/2 x 1 package, 172 g	210	4.5	0.5	33	1.5	3.5	15.5	343.5	29	
P.F. Chang's Pan Fried Peking Dumplings 3 x 1 dumpling	279	15	3	21			18	645		

Thursday, October 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dream Dinners Coconut Rice 1/2 cup	150	4	3	26	1	1	3	50	0	
Beef Shortribs (Choice Grade) 4 oz	440	41.08	17.872	0	0		16.33	56	86	263
Total	1079	64.58	24.372	80	2.5	4.5	52.83	1094.5	115	263

Snacks/Other

Total	2030	96.1	35.629	176	13.9	37.47	106.49	2431.5	184	729

Friday, October 31, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Mixed Nuts 3/4 x 1/4 cup, 1 oz	128	11.25	1.5	3.75	2.25	0.75	4.5	82.5	0	142.5
Honeycrisp Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
Nature Valley Crunchy Granola Bars - Oats 'N Honey 1/2 x 2 bars, 21 g	95	3	0.25	14.5	1	6	2	80	0	
McDonald's Strawberry Banana Smoothie (12 oz) 1 serving, 12 oz	210	0.5	0	47	3	44	3	50	5	
Total	505	14.98	1.789	84.31	9.55	65.09	9.86	213.5	5	142.5
Lunch										
Dinner										
Yard House Truffle Fries 1 serving	540	42	10	35	2	0	13	967	10	
Five Guys Cheeseburger 1 burger, 303 g	840	55	26.5	40	2	9	47	1050	165	
Total	1380	97	36.5	75	4	9	60	2017	175	
Snacks/Other										
M&M's Peanut Butter M&M's 1/4 x 1/4 cup, 0 oz	55	3.25	2	5.75	0.25	5	1	22.5	1.25	
Total	1940	115.23	40.289	165.06	13.8	79.09	70.86	2253	181.25	142.5

Saturday, November 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Reese's Miniature Peanut Butter Cups 1 minature cup, 7 g	44	2.4	0.9	4.4	0.2	3.8	0.8	23	1	
IHOP Chicken & Waffles 3/4 x 1 serving	832	48.75	15.75	72.75	4.5	18.75	27	1087.5	142.5	
Total	876	51.15	16.65	77.15	4.7	22.55	27.8	1110.5	143.5	
Lunch										
Dinner										
Macaroni or Noodles with Cheese 1/2 cup	247	11.42	4.813	26.07	1.3	4.36	9.65	476	21	164
Sweet Baby Ray's Vidalia Onion BBQ Sauce 2 tbsp, 37 g	70	0	0	16	0	15	0	310	0	
Corky's Bar-B-Q Pork Ribs 1/2 x 5 ribs, 70 g	150	6	2	12.5	1	11	11.5	375	25	
Turkey Breast Meat (Fryer-Roasters, Cooked, Roasted) 4 oz	153	0.84	0.272	0	0	0	34.09	59	94	331
Waterfront Bistro Jumbo Shrimp Wrapped in Bacon 3 pieces, 79 g	180	12		8		8	11	310	55	
Dickey's Barbecue Brisket 3/4 x 6 oz, 128 g	376	24	10.5	1.5	0	0.75	35.25	789.75	132	
Total	1176	54.26	17.585	64.07	2.3	39.11	101.49	2319.75	327	495
Snacks/Other										
Peanuts	294	25.72	4.25	7.48	4.6	2.05	13.73	157	0	356

Saturday, November 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 3/4 32 nuts servings										
Brach's Candy Corn	225	0	0	57	0	42	0	112.5	0	
1 1/2 x 26 pieces, 58.5 g										
Total	519	25.72	4.25	64.48	4.6	44.05	13.73	269.5	0	356
Total	**2571**	**131.13**	**38.485**	**205.7**	**11.6**	**105.71**	**143.02**	**3699.75**	**470.5**	**851**

Sunday, November 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)

Breakfast

Lunch

Dinner

Snacks/Other

Total