Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	213	2.69	27.71	24.71
Lunch	272	12.08	17.64	24.61
Dinner	206	6.59	8.2	27.1
Snacks/Other	203	10.12	17.18	15.89
Total	**894**	**31.47**	**70.74**	**92.31**

Monday, June 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Medifast Dutch Chocolate Shake 1 packet, 32 g	100	1	0	13	4	6	14		5	610
Medifast French Vanilla Shake 1 packet	110	0.5		13	3	9	14	250	0	
Total	210	1.5	0	26	7	15	28	250	5	610
Lunch										
Medifast French Vanilla Shake 1 packet	110	0.5		13	3	9	14	250	0	
Medifast Ziti Marinara 1 packet, 33 g	100	1.5	0	14	4	2	11	380	5	530
Total	210	2	0	27	7	11	25	630	5	530
Dinner										
Rosemont Farms Sugar Snap Peas 1/4 x 15 pods, 12 g	5	0	0	1	0.25	0.5	0.25	0	0	25
Newman's Own Lite Balsamic Dressing 2 tbsp, 30 g	45	4	0.5	2		2	0	350		
Asparagus 1/4 cup	7	0.04	0.015	1.3	0.7	0.63	0.74	1	0	68
Cucumber (with Peel) 1/4 cup slices	4	0.03	0.009	0.94	0.1	0.43	0.17	1	0	38
Wild Harvest Mixed Greens & Spinach Salad 2 cups, 85 g	20	0	0	3	2	0	2	50	0	0

Monday, June 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Beef Chuck (Arm Pot Roast, Lean Only, Trimmed to 1/8" Fat, Select Grade)	248	6.59	2.445	0	0	0	44.17	153	69	673
7 oz										
Total	329	10.66	2.969	8.24	3.05	3.56	47.33	555	69	804
Snacks/Other										
Almonds	139	12.15	0.931	4.74	2.8	1.15	5.1	0	0	175
20 almonds										
Medifast Peanut Butter Crunch Bar	110	3.5	1.5	13	4	3	11	220	0	290
1 bar, 32 g										
Total	249	15.65	2.431	17.74	6.8	4.15	16.1	220	0	465
Total	998	29.81	5.4	78.98	23.85	33.71	116.43	1655	79	2409

Tuesday, June 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1/4 x 1 cup, 60 ml	8	0.62	0	0.25	0.25	0	0.25	45	0	42.5
Medifast Chocolate Chip Pancakes 2 x 1 packet, 62 g	220	3	2	28	8	8	22	480	10	820
Medifast Peanut Butter Crunch Bar 1 bar, 32 g	110	3.5	1.5	13	4	3	11	220	0	290
Total	338	7.12	3.5	41.25	12.25	11	33.25	745	10	1152.5
Lunch										
Medifast Sour Cream & Chive Mashed Potatoes 1 packet, 32 g	100	0.5	0	15	4	2	11	390	5	390
Dinner										
Cottage Cheese (Lowfat 1% Milkfat) 1 1/2 cups (not packed)	244	3.46	2.187	9.22	0	9.22	42	1376	14	292
Chicken Shack Broasted Chicken Breast 1/4 x 1 piece, 34 g	89	5.85	2.22	1.35	0.04	0.07	7.85	205.25	42	
Wild Harvest Mixed Greens & Spinach Salad 2 cups, 85 g	20	0	0	3	2	0	2	50	0	0
Cucumber (with Peel) 1/4 cup slices	4	0.03	0.009	0.94	0.1	0.43	0.17	1	0	38
Asparagus 1/4 cup	7	0.04	0.015	1.3	0.7	0.63	0.74	1	0	68

Tuesday, June 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Newman's Own Lite Balsamic Dressing 2 tbsp, 30 g	45	4	0.5	2		2	0	350		
Rosemont Farms Sugar Snap Peas 1/4 x 15 pods, 12 g	5	0	0	1	0.25	0.5	0.25	0	0	25
Total	414	13.38	4.931	18.81	3.09	12.85	53.01	1983.25	56	423
Snacks/Other										
Almonds 20 almonds	139	12.15	0.931	4.74	2.8	1.15	5.1	0	0	175
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	90	0	85
Medifast Chocolate Pudding 1 packet, 34.4 g	110	1	0	15	4	9	14	170	0	480
Medifast Peanut Butter Crunch Bar 1 bar, 32 g	110	3.5	1.5	13	4	3	11	220	0	290
Total	374	17.9	2.431	33.24	11.3	13.15	30.6	480	0	1030
Total	**1226**	**38.9**	**10.862**	**108.3**	**30.64**	**39**	**127.86**	**3598.25**	**71**	**2995.5**

Wednesday, June 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Medifast French Vanilla Shake 1 packet	110	0.5		13	3	9	14	250	0	
Medifast Dutch Chocolate Shake 1 packet, 32 g	100	1	0	13	4	6	14		5	610
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1 cup, 240 ml	30	2.5	0	1	1	0	1	180	0	170
Total	240	4	0	27	8	15	29	430	5	780
Lunch										
Frigo Natural String Cheese Part Skim 1 package, 1 oz	80	6	3.5	1	0	0	6	200	15	
Medifast Ziti Marinara 1 packet, 33 g	100	1.5	0	14	4	2	11	380	5	530
Total	180	7.5	3.5	15	4	2	17	580	20	530
Dinner										
Shrimp 7 oz cooked	282	4.61	0.875	2.43	0	0	54.08	1201	404	345
Rosemont Farms Sugar Snap Peas 1/4 x 15 pods, 12 g	5	0	0	1	0.25	0.5	0.25	0	0	25
Newman's Own Lite Balsamic Dressing 2 tbsp, 30 g	45	4	0.5	2		2	0	350		
Asparagus 1/4 cup	7	0.04	0.015	1.3	0.7	0.63	0.74	1	0	68
Cucumber (with Peel)	4	0.03	0.009	0.94	0.1	0.43	0.17	1	0	38

Wednesday, June 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup slices										
Wild Harvest Mixed Greens & Spinach Salad	20	0	0	3	2	0	2	50	0	0
2 cups, 85 g										
Total	363	8.68	1.399	10.67	3.05	3.56	57.24	1603	404	476
Snacks/Other										
Hard-Boiled Egg	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
1 large										
Medifast Peanut Butter Crunch Bar	110	3.5	1.5	13	4	3	11	220	0	290
1 bar, 32 g										
Total	188	8.8	3.134	13.56	4	3.56	17.29	282	212	353
Total	**971**	**28.98**	**8.033**	**66.23**	**19.05**	**24.12**	**120.53**	**2895**	**641**	**2139**

Thursday, June 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Medifast French Vanilla Shake 1 packet	110	0.5		13	3	9	14	250	0	
Medifast Original Flavor Pancakes 1 packet, 31 g	90	0.5	0	15	4	3	11	230	5	410
Medifast Chocolate Chip Pancakes 1 packet, 31 g	110	1.5	1	14	4	4	11	240	5	410
Total	310	2.5	1	42	11	16	36	720	10	820
Lunch										
Spectrum Asian Ginger Salad Dressing 2 x 2 tbsp, 60 ml	280	28	4	6	0	4	0	560	20	
Roasted Unsalted Peanuts 0.15 cup, NFS	127	10.8	1.499	4.14	1.5	0.91	5.77	1	0	149
Wild Harvest Mixed Greens & Spinach Salad 2 cups, 85 g	20	0	0	3	2	0	2	50	0	0
Schwan's Boneless Skinless Chicken Breast 1 1/2 x 1 piece, 169.5 g	165	2.25	0	0	0	0	34.5	495	90	0
Total	592	41.05	5.499	13.14	3.5	4.91	42.27	1106	110	149
Dinner										
Snacks/Other										
Snak Club Raw Almonds 1/4 cup, 30 g	180	15	1	6	4	0	6	0	0	

Thursday, June 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1082	58.55	7.499	61.14	18.5	20.91	84.27	1826	120	969

Friday, July 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Medifast Original Flavor Pancakes 1 packet, 31 g	90	0.5	0	15	4	3	11	230	5	410
Lunch										
Marie's Raspberry Vinaigrette Dressing 2 tbsp, 32 g	50	3	0	7	0	6	0	100	0	
Schwan's Boneless Skinless Chicken Breast 1 1/2 x 1 piece, 169.5 g	165	2.25	0	0	0	0	34.5	495	90	0
Spinach 3 cups	21	0.35	0.057	3.27	2	0.38	2.57	71	0	502
Total	236	5.6	0.057	10.27	2	6.38	37.07	666	90	502
Dinner										
Cheddar or American Type Cheese 1 slice	86	6.81	4.176	1.22	0	1.08	5.02	258	22	52
Licorice 1 stick	41	0.01	0	10.29	0	7.7	0	6	0	4
Total	127	6.82	4.176	11.51	0	8.78	5.02	264	22	56
Snacks/Other										
Pie Crust 1/4 piece (1/8 9" crust)	28	1.85	0.46	2.54	0.2	0.01	0.34	29	0	4
Medifast Chocolate Pudding 1 packet, 34.4 g	110	1	0	15	4	9	14	170	0	480
Total	138	2.85	0.46	17.54	4.2	9.01	14.34	199	0	484

Friday, July 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	591	15.77	4.693	54.32	10.2	27.17	67.43	1359	117	1452

Sunday, July 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Medifast Original Flavor Pancakes 1 packet, 31 g	90	0.5	0	15	4	3	11	230	5	410
Lunch										
Medifast Ziti Marinara 1 packet, 33 g	100	1.5	0	14	4	2	11	380	5	530
VIP Mixed Veggies 1 cup, 85 g	50	0	0	5	2	2	2	30	0	
Sour Cream 4 tbsps	123	12.07	7.515	2.46	0	0.09	1.82	31	25	83
Lay's Kettle Cooked Original Extra Crunchy Potato Chips 1/4 x 16 chips, 7 g	40	2.25	0.38	4	0.25	0.25	0.5	22.5	0	92.5
Total	313	15.82	7.895	25.46	6.25	4.34	15.32	463.5	30	705.5
Dinner										
Snacks/Other										
Medifast Original Flavor Pancakes 1 packet, 31 g	90	0.5	0	15	4	3	11	230	5	410
Total	**493**	**16.82**	**7.895**	**55.46**	**14.25**	**10.34**	**37.32**	**923.5**	**40**	**1525.5**