Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	348	9.65	28.79	39.09
Lunch	456	20.72	31.1	40.01
Dinner	903	45.9	46.78	58
Snacks/Other	215	9.86	23.91	16.4
Total	**1923**	**86.13**	**130.58**	**153.5**

Wednesday, March 1, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	**315**	**4.14**	**2.382**	**31.45**	**3.1**	**18.93**	**41.79**	**256**	**105**	**752**
Lunch										
Mexican Rice 1 cup	199	8.38	0.659	28.57	2	5	3.35	487	0	
Tyson Foods Teriyaki Chicken Thighs 2 pieces	170	8	2	5	0	4	22	350	100	
Total	**369**	**16.38**	**2.659**	**33.57**	**2**	**9**	**25.35**	**837**	**100**	
Dinner										
Daisy Light Sour Cream 2 tbsp, 30 g	40	2.5	2	2	0	2	2	25	10	
Country Crock Shedd's Spread Original 2 x 1 tbsp, 28 g	100	12	3	0	0	0	0	200	0	
Michelob Ultra Light Beer 2 x 1 bottle, 24 oz	190	0	0	5.2	0	0	1.2	0	0	
Baked Potato (Peel Eaten) 1 medium (2-1/4" to 3" dia, raw)	194	3.92	0.753	36.54	3.7	2.03	4.32	418	0	924
Pork Chop 1 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)	217	12.68	4.699	0	0	0	24.28	336	72	351
Total	**741**	**31.1**	**10.452**	**43.74**	**3.7**	**4.03**	**31.8**	**979**	**82**	**1275**

Wednesday, March 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	**1615**	**60.62**	**17.993**	**128.76**	**22.8**	**32.96**	**119.94**	**2282**	**292**	**2142**

Thursday, March 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 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Teriyaki Sauce 4 tbsps	60	0	0	11.48	0.1	9.4	4.27	2760	0	162
Brown Rice 230 g	253	2.05	0.412	52.39	4.1	0.81	5.89	692	0	99
Chicken Thigh (Skin Not Eaten) 120 g	248	12.95	3.606	0	0	0	30.86	492	113	283
Total	561	15	4.018	63.87	4.2	10.21	41.02	3944	113	544
Dinner										
Beef T-Bone Steak (Trimmed to 1/4" Fat) 14 oz	841	56.8	22.091	0	0	0	76.96	214	218	1119
Samuel Adams Boston Lager 1 bottle, 12 oz	170	0		18	0	0	2	0	0	270
Refried Beans with Cheese 1/2 cup	200	8.46	3.074	22.64	7.5	0.78	9.21	378	14	383
Total	1211	65.26	25.165	40.64	7.5	0.78	88.17	592	232	1772
Snacks/Other										
Quest Cookies & Cream Protein Bar	190	9	2.5	20	14	1	21	210	5	115

Thursday, March 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 60 g										
Total	**2277**	**93.4**	**34.065**	**155.96**	**28.8**	**30.92**	**191.98**	**5002**	**455**	**3183**

Friday, March 3, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	**315**	**4.14**	**2.382**	**31.45**	**3.1**	**18.93**	**41.79**	**256**	**105**	**752**
Lunch										
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Sara Lee 45 Calories & Delightful 100% Whole Wheat with Honey Bread 1 slice	45	0.5	0	10	2	1	3	85	0	
Swiss Cheese 1 slice (1 oz)	106	7.78	4.978	1.51	0	0.37	7.54	54	26	22
Roast Beef 4 thin slices (approx 4-1/2" x 2-1/2" x 1/8")	224	14.55	5.723	0	0	0	21.76	182	64	245
Total	**395**	**24.33**	**10.701**	**13.51**	**2**	**2.27**	**32.3**	**446**	**90**	**267**
Dinner										
Corona Corona Extra 2 x 1 bottle, 24 oz	296	0	0	26	0	0	0	0	0	0
Margarita 1 cocktail	168	0.08	0.015	10.67	0.1	9.82	0.05	295	0	15
On The Border Chicken & Cheese Quesadillas 1/2 x 1 quesadilla	355	24		18	1	1.5	16.5	615	17.5	

Friday, March 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Carrabba's Italian Grill Chicken Bryan 1 serving	651	42	26	9	0	2	60	1054	221	
Carrabba's Italian Grill Small Bread Loaf 2/3 x 1/2 loaf	168	4.02		28.14	0	0	4.69	0	0	
Total	1638	70.1	26.015	91.81	1.1	13.32	81.24	1964	238.5	15
Snacks/Other										
Corona Corona Light 1 bottle, 12 oz	99	0		5	0	0	0.8	0	0	
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	289	9	2.5	25	14	1	21.8	210	5	115
Total	**2637**	**107.57**	**41.598**	**161.77**	**20.2**	**35.52**	**177.13**	**2876**	**438.5**	**1149**

Saturday, March 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Farmer John Original Sausage Links 3 links, 45 g	130	10	3	1	0	0	9	420	30	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Don Juan Flour Tortilla 1, 27 g	140	8	2	15	0	0	0	0	0	0
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Total	530	37.22	14.005	17.13	0	0.92	28.55	734	482	161
Lunch										
Wingstop Garlic Parmesan Wings 5 x 2 wings, 245 g	900	60	15	0	0	0	80	570	310	
Dinner										
SuperPretzel Soft Pretzels (with Salt) 2 x 1 pretzel, 128 g	320	2		68	2	2	10	260	0	
Coors Light Beer (Bottle) 4 x 1 can, 48 oz	408	0	0	20	0	0	2.8	43.2	0	0
Johnsonville Original Bratwurst 2 x 1 grilled link, 164 g	520	42	16	4	0	2	28	1360	120	
Total	1248	44	16	92	2	4	40.8	1663.2	120	0
Snacks/Other										
Total	**2678**	**141.22**	**45.005**	**109.13**	**2**	**4.92**	**149.35**	**2967.2**	**912**	**161**

Sunday, March 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
El Popular Chorizo 3 oz cooked, 85 g	190	15	6	2	0	0	12	890	46	0
Flour Tortilla 1 medium (approx 8" dia)	159	3.95	0.962	26.19	1.6	0.98	4.23	324	0	79
Egg 2 extra large	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
Total	520	30.48	10.557	29.08	1.6	1.87	30.82	1376	537	234
Lunch										
Dinner										
Snacks/Other										
Total	**520**	**30.48**	**10.557**	**29.08**	**1.6**	**1.87**	**30.82**	**1376**	**537**	**234**

Monday, March 6, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Tyson Foods Teriyaki Chicken Thighs 1 1/2 x 2 pieces	255	12	3	7.5	0	6	33	525	150	
Sara Lee 45 Calories & Delightful 100% Whole Wheat with Honey Bread 2 x 1 slice	90	1	0	20	4	2	6	170	0	
Total	345	13	3	27.5	4	8	39	695	150	
Dinner										
Macaroni or Noodles with Cheese 1/3 cup	163	7.54	3.176	17.21	0.9	2.88	6.37	314	14	108
Chicken Thigh 2 medium (yield after cooking, bone removed)	304	19.05	5.324	0	0	0	30.81	503	114	273
Pork Spareribs 3 medium (yield after cooking, bone removed)	415	31.68	11.627	0	0	0	30.39	268	126	335
Total	882	58.27	20.127	17.21	0.9	2.88	67.57	1085	254	716
Snacks/Other										

Monday, March 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	**1732**	**84.41**	**28.009**	**96.16**	**22**	**30.81**	**169.36**	**2246**	**514**	**1583**

Tuesday, March 7, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	**315**	**4.14**	**2.382**	**31.45**	**3.1**	**18.93**	**41.79**	**256**	**105**	**752**
Lunch										
Nature's Harvest 100% Stone Ground Whole Wheat Bread 2 slices, 52 g	120	1.5	0	27	3	4	6	180	0	
Boar's Head Maple Glazed Honey Coat Ham 2 x 2 oz, 112 g	120	2	0	6	0	6	20	1140	40	0
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	**373**	**14.28**	**5.906**	**35.36**	**3**	**11.05**	**32.97**	**1619**	**69**	**27**
Dinner										
KFC Original Recipe Chicken Breast 1 serving, 172 g	320	16		9	2	0	33	1100	105	
KFC Original Recipe Chicken Thigh 2 x 1 serving, 208 g	580	42	10	16	2	0	36	1700	200	
KFC Biscuit 1 serving	180	8		23			4	530		

Tuesday, March 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
KFC Mashed Potatoes & Gravy 1 serving	120	4	1	19	1	0	2	530	0	
KFC Cole Slaw 1 portion, 4.6 oz	170	10	1.5	20	2	17	1	150	5	0
Total	1370	80	12.5	87	7	17	76	4010	310	0
Snacks/Other										
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	2248	107.42	23.288	173.81	27.1	47.98	171.76	6095	489	894

Wednesday, March 8, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Nature's Harvest 100% Stone Ground Whole Wheat Bread 2 slices, 52 g	120	1.5	0	27	3	4	6	180	0	
Boar's Head Maple Glazed Honey Coat Ham 2 x 2 oz, 112 g	120	2	0	6	0	6	20	1140	40	0
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	373	14.28	5.906	35.36	3	11.05	32.97	1619	69	27
Dinner										
KFC Original Recipe Chicken Breast 1 serving, 172 g	320	16		9	2	0	33	1100	105	
KFC Original Recipe Chicken Thigh 2 x 1 serving, 208 g	580	42	10	16	2	0	36	1700	200	
KFC Mashed Potatoes & Gravy 1 serving	120	4	1	19	1	0	2	530	0	

Wednesday, March 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
KFC Cole Slaw	170	10	1.5	20	2	17	1	150	5	0
1 portion, 4.6 oz										
Total	1190	72	12.5	64	7	17	72	3480	310	0
Snacks/Other										
Blue Bell Homemade Vanilla Ice Cream	360	16	12	42	0	42	10	150	70	
2 x 2/3 cup, 236 g										
Quest Cookies & Cream Protein Bar	190	9	2.5	20	14	1	21	210	5	115
1 bar, 60 g										
Total	550	25	14.5	62	14	43	31	360	75	115
Total	2428	115.42	35.288	192.81	27.1	89.98	177.76	5715	559	894

Thursday, March 9, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Jennie-O 99% Lean Ground Turkey 2 x 4 oz, 224 g	240	3	1	0	0	0	52	140	110	
Nature's Harvest 100% Stone Ground Whole Wheat Bread 2 slices, 52 g	120	1.5	0	27	3	4	6	180	0	
Boar's Head Maple Glazed Honey Coat Ham 2 x 2 oz, 112 g	120	2	0	6	0	6	20	1140	40	0
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	613	17.28	6.906	35.36	3	11.05	84.97	1759	179	27
Dinner										
Wal-Mart 93/7 Lean Ground Beef 2 x 4 oz, 224 g	340	16	6	0	0	0	46	140	130	
Kraft Miracle Whip Light Dressing	20	1.5	0	2	0	0.9	0	125	0	

Thursday, March 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tbsp, 15 g										
Cheddar Cheese	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
2 slices (1 oz)										
Kroger Whole Wheat Bun	130	2	0.5	25	4	2	6	200	0	
1 bun, 50 g										
Total	716	38.06	18.312	27.72	4	3.19	65.94	813	189	55
Snacks/Other										
Quest Cookies & Cream Protein Bar	190	9	2.5	20	14	1	21	210	5	115
1 bar, 60 g										
Total	1834	68.48	30.1	114.53	24.1	34.17	213.7	3038	478	949

Monday, March 13, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Nature's Harvest 100% Stone Ground Whole Wheat Bread 2 slices, 52 g	120	1.5	0	27	3	4	6	180	0	
Boar's Head Maple Glazed Honey Coat Ham 2 x 2 oz, 112 g	120	2	0	6	0	6	20	1140	40	0
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	373	14.28	5.906	35.36	3	11.05	32.97	1619	69	27
Dinner										
Tortellini Pasta with Cheese Filling 1/2 cup	166	3.9	1.944	25.38	1	0.51	7.29	186	23	48
Pork Loin (Tenderloin) 12 oz	463	18.4	6.362	0	0		69.88	167	225	1221
Total	629	22.3	8.306	25.38	1	0.51	77.17	353	248	1269
Snacks/Other										

Monday, March 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	**1507**	**49.72**	**19.094**	**112.19**	**21.1**	**31.49**	**172.93**	**2438**	**427**	**2163**

Tuesday, March 14, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Nature's Harvest 100% Stone Ground Whole Wheat Bread 2 slices, 52 g	120	1.5	0	27	3	4	6	180	0	
Boar's Head Maple Glazed Honey Coat Ham 2 x 2 oz, 112 g	120	2	0	6	0	6	20	1140	40	0
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	373	14.28	5.906	35.36	3	11.05	32.97	1619	69	27
Dinner										
Bisquick Biscuit 1 biscuit, 40 g	130	2	0	27		3	3	230	0	
Chicken Drumstick (Skin Not Eaten) 1 large (yield after cooking, bone and skin removed)	94	3.09	0.807	0	0	0	15.43	229	51	134
Chicken Thigh 2 large (yield after cooking, bone removed)	412	25.8	7.214	0	0	0	41.75	682	155	370

Tuesday, March 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	636	30.89	8.021	27	0	3	60.18	1141	206	504
Snacks/Other										
Apple Pie 1 piece (1/8 9" dia)	411	19.38	4.728	57.5			3.72	327	0	122
Blue Bell Homemade Vanilla Ice Cream 2 x 2/3 cup, 236 g	360	16	12	42	0	42	10	150	70	
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	961	44.38	19.228	119.5	14	43	34.72	687	75	237
Total	**2285**	**93.69**	**35.537**	**213.31**	**20.1**	**75.98**	**169.66**	**3703**	**455**	**1520**

Wednesday, March 15, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Carl's Jr. Charbroiled Chicken Club Sandwich 1 serving, 269 g	560	27	7	44	2	9	39	1280	90	
Dinner										
Michelob Ultra Light Beer 3 x 1 bottle, 36 oz	285	0	0	7.8	0	0	1.8	0	0	
Chester's Boneless Chicken Wings 3 x 4 pieces	630	27	4.5	48	3	3	48	2280	120	
Total	915	27	4.5	55.8	3	3	49.8	2280	120	
Snacks/Other										
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	**1980**	**67.14**	**16.382**	**151.25**	**22.1**	**31.93**	**151.59**	**4026**	**320**	**867**

Thursday, March 16, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Kirkland Signature Sliced Oven-Roasted Turkey Breast 3 x 2 slices, 168 g	180	3	0	0	0	0	30	1380	90	
Nature's Harvest 100% Stone Ground Whole Wheat Bread 2 slices, 52 g	120	1.5	0	27	3	4	6	180	0	
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	433	15.28	5.906	29.36	3	5.05	42.97	1859	119	27
Dinner										
Country Crock Spreadable Regular Soft Margarine 1 tbsp, 14 g	60	7	1.5	0	0	0	0	110	0	
Daisy Sour Cream 2 tbsp, 30 g	60	5	3.5	1	0	1	1	15	20	
Baked Potato (Peel Eaten) 1 large (3" to 4-1/4" dia, raw)	331	6.69	1.286	62.41	6.4	3.47	7.39	714	0	1578

Thursday, March 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Miller Brewing Company Lite Beer (Bottle) 1 bottle, 12 oz	96	0	0	3.2	0	1	1	5	0	
Beef T-Bone Steak (Trimmed to 1/4" Fat) 12 oz	721	48.68	18.936	0	0	0	65.96	184	187	959
Total	1268	67.37	25.222	66.61	6.4	5.47	75.35	1028	207	2537
Snacks/Other										
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	**2206**	**95.79**	**36.01**	**147.42**	**26.5**	**30.45**	**181.11**	**3353**	**436**	**3431**

Friday, March 17, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Fried Rice 1/3 cup	110	4.07	0.743	13.76	0.5	0.5	4.12	271	34	67
Tyson Foods Teriyaki Chicken Thighs 1 1/2 x 2 pieces	255	12	3	7.5	0	6	33	525	150	
Total	365	16.07	3.743	21.26	0.5	6.5	37.12	796	184	67
Dinner										
Snacks/Other										
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	870	29.21	8.625	72.71	17.6	26.43	99.91	1262	294	934

Saturday, March 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Don Juan Flour Tortilla 1, 27 g	140	8	2	15	0	0	0	0	0	0
El Popular Chorizo 3 oz cooked, 85 g	190	15	6	2	0	0	12	890	46	0
Fried Egg 2 large	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
Total	**515**	**37.09**	**11.95**	**17.81**	**0**	**0.76**	**24.54**	**1078**	**466**	**135**
Lunch										
On The Border Ranchiladas 1 serving	1430	79	35	114	10		67	3750		
Dinner										
Baked or Fried Coated Chicken Breast Skinless 1 medium (yield after cooking, bone removed)	505	21.34	4.488	20.93	0.6	0.41	54	588	143	490
Cracker Barrel Chicken Fried Chicken 1 serving (horizon family restaurant)	710	45		25	1	1	55	1700	0	
Cracker Barrel Old Country Store Sawmill Gravy 1/4 x 1 serving	196	14.62		4.65			10.75			
Fried Egg 2 large	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
Cracker Barrel Old Country Store Hashbrown Casserole 1 1/2 x 1 serving	232	10.5		25.5	0	0	7.5	780	69	
Total	**1828**	**105.55**	**8.438**	**76.89**	**1.6**	**2.17**	**139.79**	**3256**	**632**	**625**

Saturday, March 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	3773	221.64	55.388	208.7	11.6	2.93	231.33	8084	1098	760

Sunday, March 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon 2 1/2 medium slices (yield after cooking)	108	8.36	2.748	0.29	0	0	7.41	462	22	113
Don Juan Flour Tortilla 1, 27 g	140	8	2	15	0	0	0	0	0	0
Egg 2 extra large	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
Total	419	27.89	8.343	16.18	0	0.89	22	624	513	268
Lunch										
Dinner										
Snacks/Other										
Total	419	27.89	8.343	16.18	0	0.89	22	624	513	268

Monday, March 20, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Tyson Foods Teriyaki Chicken Thighs 2 x 2 pieces	340	16	4	10	0	8	44	700	200	
Dinner										
Sour Cream 1 tbsp	31	3.02	1.879	0.61	0	0.02	0.46	8	6	21
Country Crock Shedd's Spread Original 1 tbsp, 14 g	50	6	1.5	0	0	0	0	100	0	
Baked Potato (Peel Eaten) 1 medium (2-1/4" to 3" dia, raw)	194	3.92	0.753	36.54	3.7	2.03	4.32	418	0	924
Rice-A-Roni Chicken Flavor 1/2 x 1 cup prepared, 35 g	155	4.5	1	25	1.5	1	3.5	530	0	0
Pork Chop 12 oz, with bone cooked (yield after bone removed)	660	38.46	14.26	0	0	0	73.68	1019	219	1067
Total	1090	55.9	19.392	62.15	5.2	3.05	81.96	2075	225	2012
Snacks/Other										
Blue Bell Homemade Vanilla Ice Cream	387	17.22	12.91	45.19	0	45.19	10.76	161.4	75.32	

Monday, March 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
254 g										
Total	**2132**	**93.26**	**38.684**	**148.79**	**8.3**	**75.17**	**178.51**	**3192.4**	**605.32**	**2764**

Tuesday, March 21, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Rice-A-Roni Long Grain & Wild Rice 2/3 x 1 cup cooked	127	0.34	0	28.81	0.67	1.34	3.35	522.6	0	
Tyson Foods Teriyaki Chicken Thighs 2 x 2 pieces	340	16	4	10	0	8	44	700	200	
Total	467	16.34	4	38.81	0.67	9.34	47.35	1222.6	200	
Dinner										
Mole Poblano Sauce 4 oz	186	12.42		14.67	4.8		4.01	152		370
Chicken Thigh 1 medium (yield after cooking, bone removed)	152	9.52	2.662	0	0	0	15.41	252	57	136
Chicken Drumstick (Skin Not Eaten) 2 large (yield after cooking, bone and skin removed)	188	6.17	1.614	0	0	0	30.86	459	101	268
Total	526	28.11	4.276	14.67	4.8	0	50.28	863	158	774
Snacks/Other										
Milk (1% Lowfat with Added Vitamin A)	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366

Tuesday, March 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Chocolate Chip Cookie (Home Recipe or Purchased)	205	11.9	3.356	24.4	1.1	15.99	2.39	131	13	90
3 medium (approx 2" dia)										
Total	307	14.27	4.901	36.58	1.1	28.68	10.61	238	25	456
Total	**1615**	**62.86**	**15.559**	**121.51**	**9.67**	**56.95**	**150.03**	**2579.6**	**488**	**1982**

Wednesday, March 22, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Nature's Harvest 100% Stone Ground Whole Wheat Bread 2 slices, 52 g	120	1.5	0	27	3	4	6	180	0	
Boar's Head Maple Glazed Honey Coat Ham 2 x 2 oz, 112 g	120	2	0	6	0	6	20	1140	40	0
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	373	14.28	5.906	35.36	3	11.05	32.97	1619	69	27
Dinner										
Blue Cheese 1 oz	100	8.15	5.293	0.66	0	0.14	6.07	395	21	73
Chester's Boneless Chicken Wings 4 pieces	210	9	1.5	16	1	1	16	760	40	
Miller Brewing Company Lite Beer (Bottle) 2 x 1 bottle, 24 oz	192	0	0	6.4	0	2	2	10	0	

Wednesday, March 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Refried Beans 1/3 cup	121	4.36	1.159	15.72	5.2	0.52	5.25	235	5	263
Beef T-Bone Steak (Trimmed to 1/4" Fat) 10 oz	601	40.57	15.78	0	0	0	54.97	153	156	799
Total	1224	62.08	23.732	38.78	6.2	3.66	84.29	1553	222	1135
Snacks/Other										
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	2102	89.5	34.52	125.59	26.3	34.64	180.05	3638	401	2029

Thursday, March 23, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Nature's Harvest 100% Stone Ground Whole Wheat Bread 2 slices, 52 g	120	1.5	0	27	3	4	6	180	0	
Boar's Head Maple Glazed Honey Coat Ham 2 x 2 oz, 112 g	120	2	0	6	0	6	20	1140	40	0
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	373	14.28	5.906	35.36	3	11.05	32.97	1619	69	27
Dinner										
Nachos with Beef, Beans, Cheese, Tomatoes, Sour Cream and Onions 1 Nachos Supreme	517	31.56	12.516	36.27	5	1.78	23.54	491	75	475
Anheuser-Busch Bud Light Beer 4 x 1 can, 48 oz	440	0	0	28	0	0	3.6	44	0	
Blue Cheese	200	16.3	10.585	1.33	0	0.28	12.13	791	43	145

Thursday, March 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 oz										
Chicken Wing (Skin Eaten)	553	37.06	10.377	0	0	0	51.15	776	159	351
6 medium (yield after cooking, bone removed)										
Total	1710	84.92	33.478	65.6	5	2.06	90.42	2102	277	971
Snacks/Other										
Quest Cookies & Cream Protein Bar	190	9	2.5	20	14	1	21	210	5	115
1 bar, 60 g										
Total	2588	112.34	44.266	152.41	25.1	33.04	186.18	4187	456	1865

Sunday, March 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Farmer John Original Sausage Links 3 links, 45 g	130	10	3	1	0	0	9	420	30	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Whole Wheat Bread 2 regular slices	135	2.14	0.465	24.51	2.3	2.85	4.75	276	0	106
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Total	525	31.36	12.47	26.64	2.3	3.77	33.3	1010	482	267
Lunch										
Optimum Nutrition Gold Standard Natural 100% Whey 1 1/2 x 1 rounded scoop, 48 g	180	1.5	0.75	4.5	0	1.5	36	195	45	0
Bananas - M 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	285	1.89	0.882	31.45	3.1	15.93	37.29	196	45	422
Dinner										
Heinz Tomato Ketchup 2 x 1 tbsp, 34 g	40	0	0	10	0	8	0	320	0	0
Kraft Miracle Whip Dressing 1 tbsp, 15 ml	40	3.5	0.5	2	0	1	0	100	5	
Great Value Jumbo Hamburger Buns 1 bun, 2.5 oz	190	2.5	1	36	2	4	7	340	0	70
Ground Beef (80% Lean / 20% Fat)	711	56	21.482	0	0	0	48.08	188	199	756

Sunday, March 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
10 oz										
Cheddar Cheese	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
2 slices (1 oz)										
Total	1207	80.56	34.794	48.72	2	13.29	69.02	1296	263	881

Snacks/Other

Total	2017	113.81	48.146	106.81	7.4	32.99	139.61	2502	790	1570

Monday, March 27, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Nature's Harvest 100% Stone Ground Whole Wheat Bread 2 slices, 52 g	120	1.5	0	27	3	4	6	180	0	
Boar's Head Maple Glazed Honey Coat Ham 2 x 2 oz, 112 g	120	2	0	6	0	6	20	1140	40	0
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	373	14.28	5.906	35.36	3	11.05	32.97	1619	69	27
Dinner										
Cooked Mushrooms 1 cup	77	4.41	0.788	8.31	3.4	3.41	3.38	404	0	554
Pork Chop 6 oz, with bone cooked (yield after bone removed)	330	19.23	7.13	0	0	0	36.84	510	110	533
Total	407	23.64	7.918	8.31	3.4	3.41	40.22	914	110	1087
Snacks/Other										

Monday, March 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	**1285**	**51.06**	**18.706**	**95.12**	**23.5**	**34.39**	**135.98**	**2999**	**289**	**1981**

Tuesday, March 28, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Carl's Jr. Charbroiled Chicken Club Sandwich 1 serving, 269 g	560	27	7	44	2	9	39	1280	90	
Dinner										
Johnsonville Mild Italian Sausage 1 grilled link, 82 g	320	28	10	4	0	1	12	880	75	
spaghetti 2 cups	585	7.99	1.22	107.24	5.5	22.27	19.74	1126	0	997
Colby Jack Cheese 1 1/2 slices (1 oz)	164	13.28	8.36	0.69	0	0.21	10.26	243	39	43.5
Total	1069	49.27	19.58	111.93	5.5	23.48	42	2249	114	1040.5
Snacks/Other										
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	**2134**	**89.41**	**31.462**	**207.38**	**24.6**	**52.41**	**143.79**	**3995**	**314**	**1907.5**

Wednesday, March 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries 4 extra large (1-5/8" dia)	35	0.32	0.016	8.29	2.2	5.03	0.72	1	0	165
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	245	4.07	2.266	12.79	2.2	9.53	41.22	256	105	495
Lunch										
miracle whip 1 tbsp, 15 ml	40	3.5	0.5	2	0	0	0	95	5	
Mesquite Chicken Breast 2 x 3 oz, 170 g	220	5	1	4	0	2	40	780	90	0
Tillamook Pepper Jack Cheese 1 oz, 28 g	110	9	6	1	0	0	6	190	35	
natures own whole wheat 2 x 1 slice, 86 g	100	2	0	20	4	2	8	230	0	
Total	470	19.5	7.5	27	4	4	54	1295	130	0
Dinner										
Chester's Boneless Chicken Wings 1 1/2 x 4 pieces	315	13.5	2.25	24	1.5	1.5	24	1140	60	
blue cheese 1 oz	100	8.15	5.293	0.66	0	0.14	6.07	395	21	73
pizza 0.17 large (15" dia)	561	25.71	10.231	58.6	3	3.75	22.53	1291	45	384
Total	976	47.36	17.774	83.26	4.5	5.39	52.6	2826	126	457

Wednesday, March 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	**1881**	**79.93**	**30.04**	**143.05**	**24.7**	**19.92**	**168.82**	**4587**	**366**	**1067**

Thursday, March 30, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
miracle whip 1 tbsp, 15 ml	40	3.5	0.5	2	0	0	0	95	5	
Mesquite Chicken Breast 2 x 3 oz, 170 g	220	5	1	4	0	2	40	780	90	0
Tillamook Pepper Jack Cheese 1 oz, 28 g	110	9	6	1	0	0	6	190	35	
natures own whole wheat 2 x 1 slice, 86 g	100	2	0	20	4	2	8	230	0	
Total	470	19.5	7.5	27	4	4	54	1295	130	0
Dinner										
Great Value Brown Gravy Mix 2 x 2 tsp, 12 g	40	1	0	6	0	0	2	680	0	50
Mashed Potato made with Water (from Dry) 1 cup (2 servings)	161	1.95	0.461	32.23	3	1.45	4.52	359	0	767
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Chicken Thigh 2 medium (yield after cooking, bone removed)	304	19.05	5.324	0	0	0	30.81	503	114	273

Thursday, March 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	618	31.28	11.691	38.59	3	1.6	44.3	1716	143	1117
Snacks/Other										
Quest Cookies & Cream Protein Bar 1 bar, 60 g	190	9	2.5	20	14	1	21	210	5	115
Total	1593	63.92	24.073	117.04	24.1	25.53	161.09	3477	383	1984

Friday, March 31, 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
CytoSport 100% Whey Protein - Chocolate 1 1/2 x 1 rounded scoop, 52.5 g	210	3.75	2.25	4.5	0	4.5	40.5	255	105	330
Total	315	4.14	2.382	31.45	3.1	18.93	41.79	256	105	752
Lunch										
Beef Brisket (Flat Half, Trimmed to 1/8" Fat, Choice Grade) 0.55 lb	691	55.26	22.301	0.3	0	0	45.21	152	202	701
Dinner										
Mexican Rice 1 cup	199	8.38	0.659	28.57	2	5	3.35	487	0	
Chicken Thigh (Skin Not Eaten) 2 small (yield after cooking, bone and skin removed)	190	9.93	2.764	0	0	0	23.66	377	86	217
Total	389	18.31	3.423	28.57	2	5	27.01	864	86	217
Snacks/Other										
Chocolate Doughnut (Cake Type) 1 large (3-5/8" dia)	242	11.54	2.977	33.29	1.3	18.51	2.61	197	33	61
Total	**1637**	**89.25**	**31.083**	**93.61**	**6.4**	**42.44**	**116.62**	**1469**	**426**	**1731**