

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	370	7.7	27.99	50.18
Lunch	511	21.15	34.69	40.66
Dinner	819	36.78	48.5	48.36
Snacks/Other	321	14.5	34.3	20.84
<b>Total</b>	<b>2021</b>	<b>80.13</b>	<b>145.47</b>	<b>160.04</b>

## Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>1049</b>	<b>33.07</b>	<b>12.972</b>	<b>85.29</b>	<b>19.1</b>	<b>24.43</b>	<b>121.69</b>	<b>1637.1</b>	<b>260.15</b>	<b>977</b>

**Tuesday, October 3, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Chicken Thigh (Skin Not Eaten)	248	12.95	3.606	0	0	0	30.86	492	113	283
120 g										
Brown Rice	253	2.05	0.412	52.39	4.1	0.81	5.89	692	0	99
230 g										
Teriyaki Sauce	60	0	0	11.48	0.1	9.4	4.27	2760	0	162
4 tbsps										
<b>Total</b>	<b>561</b>	<b>15</b>	<b>4.018</b>	<b>63.87</b>	<b>4.2</b>	<b>10.21</b>	<b>41.02</b>	<b>3944</b>	<b>113</b>	<b>544</b>
<b>Dinner</b>										
Miller Brewing Company Lite Beer (Bottle)	352	0	0	11.73	0	3.67	3.67	18.34	0	
44 oz										
Michelob Ultra Light Cider	240	0		20	0	12	0	30	0	
2 x 1 bottle, 24 oz										
Kroger Fried Chicken Leg	120	4	4	6			24	230		
1 leg										
Kroger Fried Chicken Thigh	158	10	0	6			18	158	169	
1 piece										
Plain Waffles	436	21.15	4.299	49.35			11.85	766	104	238
2 round (7" dia)										

**Tuesday, October 3, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Maple Syrup 1 oz	74	0.06	0.01	19.02	0	16.87	0	3	0	58
<b>Total</b>	<b>1482</b>	<b>46.73</b>	<b>15.603</b>	<b>112.11</b>	<b>0</b>	<b>32.55</b>	<b>57.64</b>	<b>1207.34</b>	<b>304</b>	<b>299</b>
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g	190	9	2.5	20	14	0	21	210	5	115
<b>Total</b>	<b>2618</b>	<b>76.12</b>	<b>25.253</b>	<b>228.93</b>	<b>21.3</b>	<b>63.19</b>	<b>174.95</b>	<b>5702.34</b>	<b>562</b>	<b>1820</b>

**Wednesday, October 4, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Roast Beef	224	14.55	5.723	0	0	0	21.76	182	64	245
4 thin slices (approx 4-1/2" x 2-1/2" x 1/8")										
Sara Lee 45 Calories & Delightful 100% Whole Wheat with Honey Bread	90	1	0	20	4	2	6	170	0	
2 x 1 slice										
Kraft Miracle Whip Light Dressing	20	1.5	0	2	0	0.9	0	125	0	
1 tbsp, 15 g										
<b>Total</b>	<b>334</b>	<b>17.05</b>	<b>5.723</b>	<b>22</b>	<b>4</b>	<b>2.9</b>	<b>27.76</b>	<b>477</b>	<b>64</b>	<b>245</b>
<b>Dinner</b>										
Taco Del Mar Carne Asada Steak Mondo Burrito	820	23	9	118	9	4	36	2280	55	
1 burrito, 523 g										
Miller Brewing Company Lite Beer (Bottle)	96	0	0	3.2	0	1	1	5	0	
1 bottle, 12 oz										
Grasshopper	164	3.59	2.175	15.31	0	14.06	0.9	14	12	40
1 cocktail										
Vanilla Ice Creams	145	7.92	4.889	16.99	0.5	15.28	2.52	58	32	143
1/2 cup										

**Wednesday, October 4, 2017**

	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Sod (mg)</b>	<b>Chol (mg)</b>	<b>Potassium (mg)</b>
<b>Total</b>	<b>1225</b>	<b>34.51</b>	<b>16.064</b>	<b>153.5</b>	<b>9.5</b>	<b>34.34</b>	<b>40.42</b>	<b>2357</b>	<b>99</b>	<b>183</b>

**Snacks/Other**

Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
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1 bar, 60 g

<b>Total</b>	<b>2134</b>	<b>65.95</b>	<b>27.419</b>	<b>228.45</b>	<b>30.6</b>	<b>57.67</b>	<b>144.47</b>	<b>3385</b>	<b>308</b>	<b>1405</b>
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## Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Roast Beef	224	14.55	5.723	0	0	0	21.76	182	64	245
4 thin slices (approx 4-1/2" x 2-1/2" x 1/8")										
Sara Lee 45 Calories & Delightful 100% Whole Wheat with Honey Bread	90	1	0	20	4	2	6	170	0	
2 x 1 slice										
Kraft Miracle Whip Light Dressing	20	1.5	0	2	0	0.9	0	125	0	
1 tbsp, 15 g										
<b>Total</b>	<b>334</b>	<b>17.05</b>	<b>5.723</b>	<b>22</b>	<b>4</b>	<b>2.9</b>	<b>27.76</b>	<b>477</b>	<b>64</b>	<b>245</b>
<b>Dinner</b>										
Miller Brewing Company Lite Beer (Bottle)	192	0	0	6.4	0	2	2	10	0	
2 x 1 bottle, 24 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)										
Blue Cheese	100	8.15	5.293	0.66	0	0.14	6.07	395	21	73
1 oz										
<b>Total</b>	<b>845</b>	<b>45.21</b>	<b>15.67</b>	<b>7.06</b>	<b>0</b>	<b>2.14</b>	<b>59.22</b>	<b>1181</b>	<b>180</b>	<b>424</b>

**Thursday, October 5, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
Blue Bell Dutch Chocolate Ice Cream	160	9	5	17	1	17	3	50	35	
1/2 cup, 74 g										
<b>Total</b>	<b>350</b>	<b>18</b>	<b>7.5</b>	<b>37</b>	<b>15</b>	<b>17</b>	<b>24</b>	<b>260</b>	<b>40</b>	<b>115</b>
<b>Total</b>	<b>1914</b>	<b>85.65</b>	<b>32.025</b>	<b>99.01</b>	<b>22.1</b>	<b>42.47</b>	<b>166.27</b>	<b>2259</b>	<b>424</b>	<b>1646</b>



**Monday, October 9, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Roasted Broiled or Baked Chicken Wing (Skin Eaten)	245	16.4	4.594	0	0	0	22.64	343	71	156
2 1/2 medium (yield after cooking, bone removed)										
pizza	627	28.74	11.434	65.49	3.3	4.19	25.18	1443	50	429
0.19 large (15" dia)										
miller 64	64	0		2.4	0	0	1	0	0	
1 bottle, 12 oz										
blue cheese	100	8.15	5.293	0.66	0	0.14	6.07	395	21	73

**Monday, October 9, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1 oz										
<b>Total</b>	<b>1036</b>	<b>53.29</b>	<b>21.321</b>	<b>68.55</b>	<b>3.3</b>	<b>4.33</b>	<b>54.89</b>	<b>2181</b>	<b>142</b>	<b>658</b>
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>2085</b>	<b>86.36</b>	<b>34.293</b>	<b>153.84</b>	<b>22.4</b>	<b>28.76</b>	<b>176.58</b>	<b>3818.1</b>	<b>402.15</b>	<b>1635</b>

## Tuesday, October 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
Beef Pastrami (Cured)	164	6.52	3.002	0	0	0	24.42	991	76	263
4 slices (1 oz)										
<b>Total</b>	<b>454</b>	<b>21.02</b>	<b>9.502</b>	<b>29</b>	<b>2</b>	<b>4</b>	<b>36.42</b>	<b>1526</b>	<b>116</b>	<b>263</b>
<b>Dinner</b>										
Light Sour Cream	22	1.7	1.056	1.14	0	0.04	0.56	11	6	34
1 tbsp										
Colby Jack Cheese	163	13.27	8.353	0.69	0	0.22	10.26	242	39	44
1 1/2 slices (1 oz)										
Chicken Thigh (Skin Not Eaten)	362	18.88	5.258	0	0	0	45.01	717	165	413
7 oz boneless, cooked (yield after skin removed)										
Refried Beans with Cheese	200	8.46	3.074	22.64	7.5	0.78	9.21	378	14	383
1/2 cup										

**Tuesday, October 10, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Guerrero Tostada Shell 1 1/4 x 2 shells, 40 g	200	8.75	3.75	26.25	2.5	0	0	300	0	0
<b>Total</b>	<b>947</b>	<b>51.06</b>	<b>21.491</b>	<b>50.72</b>	<b>10</b>	<b>1.04</b>	<b>65.04</b>	<b>1648</b>	<b>224</b>	<b>874</b>
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g	190	9	2.5	20	14	0	21	210	5	115
Portillo's Chocolate Cake 1 slice	356	19	4	43	2	31	4	411	45	
Blue Bell Homemade Vanilla Ice Cream 2 x 1/2 cup , 158 g	360	16	12	42	0	42	10	150	70	
<b>Total</b>	<b>906</b>	<b>44</b>	<b>18.5</b>	<b>105</b>	<b>16</b>	<b>73</b>	<b>35</b>	<b>771</b>	<b>120</b>	<b>115</b>
<b>Total</b>	<b>2692</b>	<b>121.47</b>	<b>52.625</b>	<b>217.67</b>	<b>31.1</b>	<b>98.47</b>	<b>191.75</b>	<b>4286</b>	<b>600</b>	<b>2114</b>

## Wednesday, October 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
Beef Pastrami (Cured)	164	6.52	3.002	0	0	0	24.42	991	76	263
4 slices (1 oz)										
<b>Total</b>	<b>454</b>	<b>21.02</b>	<b>9.502</b>	<b>29</b>	<b>2</b>	<b>4</b>	<b>36.42</b>	<b>1526</b>	<b>116</b>	<b>263</b>
<b>Dinner</b>										
Light Sour Cream	22	1.7	1.056	1.14	0	0.04	0.56	11	6	34
1 tbsp										
Colby Jack Cheese	163	13.27	8.353	0.69	0	0.22	10.26	242	39	44
1 1/2 slices (1 oz)										
Chicken Thigh (Skin Not Eaten)	362	18.88	5.258	0	0	0	45.01	717	165	413
7 oz boneless, cooked (yield after skin removed)										
Refried Beans with Cheese	200	8.46	3.074	22.64	7.5	0.78	9.21	378	14	383
1/2 cup										

**Wednesday, October 11, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Guerrero Tostada Shell 1 1/4 x 2 shells, 40 g	200	8.75	3.75	26.25	2.5	0	0	300	0	0
<b>Total</b>	<b>947</b>	<b>51.06</b>	<b>21.491</b>	<b>50.72</b>	<b>10</b>	<b>1.04</b>	<b>65.04</b>	<b>1648</b>	<b>224</b>	<b>874</b>
<b>Snacks/Other</b>										
Blue Bell Homemade Vanilla Ice Cream 2 x 1/2 cup , 158 g	360	16	12	42	0	42	10	150	70	
Portillo's Chocolate Cake 1 slice	356	19	4	43	2	31	4	411	45	
Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g	190	9	2.5	20	14	0	21	210	5	115
<b>Total</b>	<b>906</b>	<b>44</b>	<b>18.5</b>	<b>105</b>	<b>16</b>	<b>73</b>	<b>35</b>	<b>771</b>	<b>120</b>	<b>115</b>
<b>Total</b>	<b>2692</b>	<b>121.47</b>	<b>52.625</b>	<b>217.67</b>	<b>31.1</b>	<b>98.47</b>	<b>191.75</b>	<b>4286</b>	<b>600</b>	<b>2114</b>

**Thursday, October 12, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Ground Chicken	150	8.57	2.387	0	0	0	17.19	257	55	140
1/2 cup cooked										
Refried Beans	183	6.6	1.756	23.82	7.8	0.78	7.96	355	8	398
1/2 cup										
Mexican Rice	199	8.38	0.659	28.57	2	5	3.35	487	0	
1 cup										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										

**Thursday, October 12, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Daisy Light Sour Cream 2 tbsp, 30 g	40	2.5	2	2	0	2	2	25	10	
<b>Total</b>	<b>685</b>	<b>35.33</b>	<b>12.708</b>	<b>54.75</b>	<b>9.8</b>	<b>7.93</b>	<b>37.47</b>	<b>1298</b>	<b>102</b>	<b>565</b>
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g	190	9	2.5	20	14	0	21	210	5	115
Blue Bell Homemade Vanilla Ice Cream 2 x 1/2 cup , 158 g	360	16	12	42	0	42	10	150	70	
Blue Bell Dutch Chocolate Ice Cream 2 x 1/2 cup, 148 g	320	18	10	34	2	34	6	100	70	
Portillo's Chocolate Cake 1/2 x 1 slice	178	9.5	2	21.5	1	15.5	2	205.5	22.5	
<b>Total</b>	<b>1048</b>	<b>52.5</b>	<b>26.5</b>	<b>117.5</b>	<b>17</b>	<b>91.5</b>	<b>39</b>	<b>665.5</b>	<b>167.5</b>	<b>115</b>
<b>Total</b>	<b>2592</b>	<b>111.9</b>	<b>49.68</b>	<b>237.54</b>	<b>31.9</b>	<b>123.86</b>	<b>177.16</b>	<b>3390.6</b>	<b>524.65</b>	<b>1542</b>



## Friday, October 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Beef Top Sirloin (Trimmed to 1/8" Fat)	285	18.02	7.268	0	0	0	28.78	74	67	447
5 oz										
Scallops	174	8.77	1.773	8.39	0.4	0.66	14.51	390	43	270
5 scallops (2" x 1-1/4" x 3/4")										
Fried Rice	333	12.34	2.251	41.7	1.4	1.5	12.47	822	103	202
1 cup										
Kirin Light Ichiban Beer	285	0		23.4	0	23.4	2.1	0	0	

**Friday, October 13, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
3 x 1 bottle, 36 oz										
<b>Total</b>	1077	39.13	11.292	73.49	1.8	25.56	57.86	1286	213	919
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
Dunkin' Donuts Chocolate Frosted Donut	270	15	7	31	1	13	3	340	0	
1 donut										
Guinness Blonde American Lager	608	0	0	44	0	0	12	0	0	0
4 x 1 bottle, 48 oz										
<b>Total</b>	1068	24	9.5	95	15	13	36	550	5	115
<b>Total</b>	<b>3004</b>	<b>87.2</b>	<b>31.264</b>	<b>233.78</b>	<b>21.9</b>	<b>62.99</b>	<b>194.55</b>	<b>3263.1</b>	<b>473.15</b>	<b>1896</b>

## Saturday, October 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Flour Tortilla	159	3.95	0.962	26.19	1.6	0.98	4.23	324	0	79
1 medium (approx 8" dia)										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Salsa	9	0.05	0.01	2	0.5	0.98	0.49	192	0	95
2 tbsps										
Milk (1% Lowfat with Added Vitamin A)	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
4 fl oz										
<b>Total</b>	<b>479</b>	<b>24.4</b>	<b>10.749</b>	<b>35.41</b>	<b>2.1</b>	<b>9.22</b>	<b>28.38</b>	<b>884</b>	<b>458</b>	<b>518</b>
<b>Lunch</b>										
Oscar Mayer Beef Hot Dogs Franks	280	26	10	2	0	0	10	720	50	
2 x 1 frank, 90 g										
Bacon	54	4.18	1.374	0.14	0	0	3.7	231	11	56
2 thin slices (yield after cooking)										
<b>Total</b>	<b>334</b>	<b>30.18</b>	<b>11.374</b>	<b>2.14</b>	<b>0</b>	<b>0</b>	<b>13.7</b>	<b>951</b>	<b>61</b>	<b>56</b>
<b>Dinner</b>										
Costco Blueberry Muffin	153	8.02	1.5	17.75	0.5	10.02	2	147.75	31.25	
1/4 x 1 muffin, 41 g										
<b>Snacks/Other</b>										
<b>Total</b>	<b>966</b>	<b>62.6</b>	<b>23.623</b>	<b>55.3</b>	<b>2.6</b>	<b>19.24</b>	<b>44.08</b>	<b>1982.75</b>	<b>550.25</b>	<b>574</b>

## Sunday, October 15, 2017

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Egg 2 extra large	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
Flour Tortilla 1 medium (approx 8" dia)	159	3.95	0.962	26.19	1.6	0.98	4.23	324	0	79
El Popular Chorizo 2 oz cooked, 56 g	190	15	6	2	0	0	12	890	46	0
<b>Total</b>	<b>520</b>	<b>30.48</b>	<b>10.557</b>	<b>29.08</b>	<b>1.6</b>	<b>1.87</b>	<b>30.82</b>	<b>1376</b>	<b>537</b>	<b>234</b>
<b>Lunch</b>										
Chicken Wing (Skin Eaten) 6 medium (yield after cooking, bone removed)	553	37.06	10.377	0	0	0	51.15	776	159	351
Potato French Fries 2 orders	312	16.03	3.737	40.65	3.8	0.66	3.97	342	0	601
Miller Brewing Company Lite Beer (Bottle) 3 x 1 bottle, 36 oz	288	0	0	9.6	0	3	3	15	0	
<b>Total</b>	<b>1153</b>	<b>53.09</b>	<b>14.114</b>	<b>50.25</b>	<b>3.8</b>	<b>3.66</b>	<b>58.12</b>	<b>1133</b>	<b>159</b>	<b>952</b>
<b>Dinner</b>										
Chicken Leg 1 medium (yield after cooking, bone removed)	258	14.95	4.132	0	0	0	28.83	458	102	250
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Macaroni or Noodles with Cheese 2/3 cup	331	15.3	6.449	34.94	1.8	5.84	12.93	638	28	220
<b>Total</b>	<b>753</b>	<b>36.73</b>	<b>12.405</b>	<b>34.94</b>	<b>1.8</b>	<b>5.84</b>	<b>66.58</b>	<b>1426</b>	<b>200</b>	<b>674</b>

**Sunday, October 15, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
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**Snacks/Other**

<b>Total</b>	<b>2426</b>	<b>120.3</b>	<b>37.076</b>	<b>114.27</b>	<b>7.2</b>	<b>11.37</b>	<b>155.52</b>	<b>3935</b>	<b>896</b>	<b>1860</b>
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## Monday, October 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Strawberries	19	0.18	0.009	4.61	1.2	2.8	0.4	1	0	92
5 medium (1-1/4" dia)										
<b>Total</b>	<b>299</b>	<b>5.18</b>	<b>3.009</b>	<b>10.61</b>	<b>1.2</b>	<b>8.8</b>	<b>54.4</b>	<b>341</b>	<b>140</b>	<b>532</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Tortilla Corn Chips	220	10.51	1.106	29.39	2.4	0.45	3.51	189	0	97
1 1/2 10 chip servings										
Refried Beans	183	6.6	1.756	23.82	7.8	0.78	7.96	355	8	398
1/2 cup										
Cheddar Cheese	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
2 slices (1 oz)										
Daisy Light Sour Cream	80	5	4	4	0	4	4	50	20	
2 x 2 tbsp, 60 g										

**Monday, October 16, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Smart Chicken Boneless Skinless Chicken Breast Fillets	120	1	0	0	0	0	26	50	65	240
4 oz, 112 g										
<b>Total</b>	<b>829</b>	<b>41.67</b>	<b>18.674</b>	<b>57.93</b>	<b>10.2</b>	<b>5.52</b>	<b>55.41</b>	<b>992</b>	<b>152</b>	<b>790</b>
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>1792</b>	<b>74.53</b>	<b>31.523</b>	<b>120.88</b>	<b>27.4</b>	<b>18.32</b>	<b>176.21</b>	<b>2629.1</b>	<b>412.15</b>	<b>1437</b>

**Tuesday, October 17, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Strawberries	19	0.18	0.009	4.61	1.2	2.8	0.4	1	0	92
5 medium (1-1/4" dia)										
<b>Total</b>	<b>299</b>	<b>5.18</b>	<b>3.009</b>	<b>10.61</b>	<b>1.2</b>	<b>8.8</b>	<b>54.4</b>	<b>341</b>	<b>140</b>	<b>532</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Beef T-Bone Steak (Trimmed to 1/8" Fat, Choice Grade)	789	57.19	22.793	0	0		64.3	180	211	1048
12 oz										
Miller Brewing Company Lite Beer (Bottle)	96	0	0	3.2	0	1	1	5	0	
1 bottle, 12 oz										
Macaroni or Pasta Salad	240	12.61	1.943	27.25	1.7	2.73	4.46	619	6	88
2/3 cup										
<b>Total</b>	<b>1125</b>	<b>69.8</b>	<b>24.736</b>	<b>30.45</b>	<b>1.7</b>	<b>3.73</b>	<b>69.76</b>	<b>804</b>	<b>217</b>	<b>1136</b>



**Tuesday, October 17, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>2088</b>	<b>102.66</b>	<b>37.585</b>	<b>93.4</b>	<b>18.9</b>	<b>16.53</b>	<b>190.56</b>	<b>2441.1</b>	<b>477.15</b>	<b>1783</b>

**Wednesday, October 18, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Strawberries	19	0.18	0.009	4.61	1.2	2.8	0.4	1	0	92
5 medium (1-1/4" dia)										
<b>Total</b>	<b>299</b>	<b>5.18</b>	<b>3.009</b>	<b>10.61</b>	<b>1.2</b>	<b>8.8</b>	<b>54.4</b>	<b>341</b>	<b>140</b>	<b>532</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Pork Chop	235	13.7	5.078	0	0	0	26.23	363	78	380
2 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)										
Hungry Jack Instant Mashed Potatoes	300	10	2	42	2	4	7.2	460	74	
2 x 1/2 cup prepared, 44 g										
Beef Gravy (Dry, Instant)	25	0.64	0.327	4.09	0.3	1.6	0.66	349	1	30
1 serving										

**Wednesday, October 18, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Miller Brewing Company Lite Beer (Bottle)	96	0	0	3.2	0	1	1	5	0	
1 bottle, 12 oz										
<b>Total</b>	<b>656</b>	<b>24.34</b>	<b>7.405</b>	<b>49.29</b>	<b>2.3</b>	<b>6.6</b>	<b>35.09</b>	<b>1177</b>	<b>153</b>	<b>410</b>
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>1619</b>	<b>57.2</b>	<b>20.254</b>	<b>112.24</b>	<b>19.5</b>	<b>19.4</b>	<b>155.89</b>	<b>2814.1</b>	<b>413.15</b>	<b>1057</b>

## Thursday, October 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Strawberries	19	0.18	0.009	4.61	1.2	2.8	0.4	1	0	92
5 medium (1-1/4" dia)										
<b>Total</b>	<b>299</b>	<b>5.18</b>	<b>3.009</b>	<b>10.61</b>	<b>1.2</b>	<b>8.8</b>	<b>54.4</b>	<b>341</b>	<b>140</b>	<b>532</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Chicken Wing	737	49.41	13.836	0	0	0	68.2	1034	212	468
8 medium (yield after cooking, bone removed)										
Miller Brewing Company Lite Beer (Bottle)	480	0	0	16	0	5	5	25	0	
5 x 1 bottle, 60 oz										
<b>Total</b>	<b>1217</b>	<b>49.41</b>	<b>13.836</b>	<b>16</b>	<b>0</b>	<b>5</b>	<b>73.2</b>	<b>1059</b>	<b>212</b>	<b>468</b>

## Snacks/Other

**Thursday, October 19, 2017**

	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Sod (mg)</b>	<b>Chol (mg)</b>	<b>Potassium (mg)</b>
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115

1 bar, 60 g

<b>Total</b>	<b>2180</b>	<b>82.27</b>	<b>26.685</b>	<b>78.95</b>	<b>17.2</b>	<b>17.8</b>	<b>194</b>	<b>2696.1</b>	<b>472.15</b>	<b>1115</b>
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## Friday, October 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>1049</b>	<b>33.07</b>	<b>12.972</b>	<b>85.29</b>	<b>19.1</b>	<b>24.43</b>	<b>121.69</b>	<b>1637.1</b>	<b>260.15</b>	<b>977</b>

## Saturday, October 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Archer Farms Ham Steak 3 oz, 84 g	100	4.5	1.5	1	0	1	15	890	45	0
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Flour Tortillas 1 medium (approx 6" dia)	94	2.32	0.566	15.4	0.9	0.58	2.49	191	0	46
<b>Total</b>	<b>341</b>	<b>16.76</b>	<b>5.165</b>	<b>17.17</b>	<b>0.9</b>	<b>2.35</b>	<b>30.07</b>	<b>1221</b>	<b>468</b>	<b>180</b>
<b>Lunch</b>										
Chili's Oldtimer with Cheese Burger 1 serving	850	48	15	55	3		47	1580		
Chili's Homestyle Fries (Side) 1 serving, 3 oz	390	17	3	53	3	0	5	1420	0	
Michelob Ultra Amber Beer 20 oz	158	0		5.33	0	0	1.67	0	0	
<b>Total</b>	<b>1398</b>	<b>65</b>	<b>18</b>	<b>113.33</b>	<b>6</b>	<b>0</b>	<b>53.67</b>	<b>3000</b>	<b>0</b>	
<b>Dinner</b>										
Chicken Thigh (Skin Not Eaten) 1 medium (yield after cooking, bone and skin removed)	108	5.61	1.562	0	0	0	13.37	213	49	123
Chicken Drumstick 2 medium (yield after cooking, bone removed)	210	10.84	2.964	0	0	0	26.26	404	88	222
Mexican Rice 1 cup	199	8.38	0.659	28.57	2	5	3.35	487	0	
<b>Total</b>	<b>517</b>	<b>24.83</b>	<b>5.185</b>	<b>28.57</b>	<b>2</b>	<b>5</b>	<b>42.98</b>	<b>1104</b>	<b>137</b>	<b>345</b>

**Saturday, October 21, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Snacks/Other</b>										
<b>Total</b>	<b>2256</b>	<b>106.59</b>	<b>28.35</b>	<b>159.07</b>	<b>8.9</b>	<b>7.35</b>	<b>126.72</b>	<b>5325</b>	<b>605</b>	<b>525</b>



**Sunday, October 22, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Pancakes with Chocolate Chips	86	3.86	1.728	11.43	0.9	4.75	2.25	128	18	74
3 pancakes (3" dia)										
Aunt Jemima Butter Rich Syrup	105	0	0	26.5	0	14.5	0	105	0	0
1/2 x 1/4 cup, 30 ml										
<b>Total</b>	<b>265</b>	<b>8.83</b>	<b>3.278</b>	<b>38.31</b>	<b>0.9</b>	<b>19.63</b>	<b>8.54</b>	<b>303</b>	<b>230</b>	<b>141</b>
<b>Lunch</b>										
Salami	115	9.25	3.721	1.04	0	0	6.4	490	30	91
2 slices (4" dia x 1/8" thick)										
French or Vienna Bread (Includes Sourdough)	175	1.92	0.41	33.22	1.9	0.15	5.63	390	0	72
1 slice, medium (4" x 2-1/2" x 1-3/4")										
Samuel Adams Octoberfest Beer	190	0		18.7	0	0	0	0	0	
1 bottle, 12 oz										
Miller Brewing Company Lite Beer (Bottle)	96	0	0	3.2	0	1	1	5	0	
1 bottle, 12 oz										
<b>Total</b>	<b>576</b>	<b>11.17</b>	<b>4.131</b>	<b>56.16</b>	<b>1.9</b>	<b>1.15</b>	<b>13.03</b>	<b>885</b>	<b>30</b>	<b>163</b>
<b>Dinner</b>										
Barbecued Pork Spareribs with Sauce	496	35.73	12.909	6.72	0.6	2.06	34.3	534	139	459
4 medium (yield after cooking, bone removed)										
Chicken Drumstick	210	10.84	2.964	0	0	0	26.26	404	88	222
2 medium (yield after cooking, bone removed)										

**Sunday, October 22, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Chicken Thigh (Skin Not Eaten) 1 small (yield after cooking, bone and skin removed)	95	4.96	1.382	0	0	0	11.83	189	43	109
Chicken Thigh (Skin Not Eaten) 1 small (yield after cooking, bone and skin removed)	95	4.96	1.382	0	0	0	11.83	189	43	109
<b>Total</b>	<b>896</b>	<b>56.49</b>	<b>18.637</b>	<b>6.72</b>	<b>0.6</b>	<b>2.06</b>	<b>84.22</b>	<b>1316</b>	<b>313</b>	<b>899</b>
<b>Snacks/Other</b>										
Blue Bell Mint Chocolate Chip Ice Cream 2 x 1/2 cup, 148 g	340	20	12	36	0	34	6	110	60	
<b>Total</b>	<b>2077</b>	<b>96.49</b>	<b>38.046</b>	<b>137.19</b>	<b>3.4</b>	<b>56.84</b>	<b>111.79</b>	<b>2614</b>	<b>633</b>	<b>1203</b>

## Monday, October 23, 2017

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tyson Foods Boneless Skinless Chicken Breasts	175	4.38	1.75	0	0	0	35	350	122.5	0
1 3/4 x 4 oz, 196 g										
Mexican Rice	93	3.91	0.307	13.33	0.9	2.33	1.56	227	0	
4 oz										
<b>Total</b>	<b>268</b>	<b>8.29</b>	<b>2.057</b>	<b>13.33</b>	<b>0.9</b>	<b>2.33</b>	<b>36.56</b>	<b>577</b>	<b>122.5</b>	<b>0</b>
<b>Dinner</b>										
Beef Inside Skirt Steak (Trimmed to 0" Fat, Cooked, Broiled)	499	27.31	10.576	0	0	0	59.23	170	136	655
8 oz ( 1 serving )										
Mexican Rice	100	4.19	0.329	14.28	1	2.5	1.67	243	0	
1/2 cup										
Refried Beans	183	6.6	1.756	23.82	7.8	0.78	7.96	355	8	398
1/2 cup										
Market Pantry 8" Flour Tortilla	225	5.25	1.5	37.5		1.5	6	630	0	
1 1/2 x 1 tortilla										
Miller Brewing Company Lite Beer (Bottle)	96	0	0	3.2	0	1	1	5	0	
1 bottle, 12 oz										
<b>Total</b>	<b>1103</b>	<b>43.35</b>	<b>14.161</b>	<b>78.8</b>	<b>8.8</b>	<b>5.78</b>	<b>75.86</b>	<b>1403</b>	<b>144</b>	<b>1053</b>

**Monday, October 23, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
Blue Bell Homemade Vanilla Ice Cream	360	16	12	42	0	42	10	150	70	
2 x 1/2 cup , 158 g										
<b>Total</b>	<b>550</b>	<b>25</b>	<b>14.5</b>	<b>62</b>	<b>14</b>	<b>42</b>	<b>31</b>	<b>360</b>	<b>75</b>	<b>115</b>
<b>Total</b>	<b>2306</b>	<b>82.03</b>	<b>33.85</b>	<b>187.08</b>	<b>26.8</b>	<b>70.54</b>	<b>198.71</b>	<b>2681</b>	<b>481.5</b>	<b>2030</b>

## Tuesday, October 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Beef Inside Skirt Steak (Trimmed to 0" Fat, Cooked, Broiled)	312	17.07	6.61	0	0	0	37.02	106	85	409
5 oz ( 1 serving )										
Mexican Rice	100	4.19	0.329	14.28	1	2.5	1.67	243	0	
1/2 cup										
Refried Beans	183	6.6	1.756	23.82	7.8	0.78	7.96	355	8	398
1/2 cup										
Market Pantry 8" Flour Tortilla	300	7	2	50		2	8	840	0	

**Tuesday, October 24, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
2 x 1 tortilla										
Miller Brewing Company Lite Beer (Bottle)	96	0	0	3.2	0	1	1	5	0	
1 bottle, 12 oz										
<b>Total</b>	<b>991</b>	<b>34.86</b>	<b>10.695</b>	<b>91.3</b>	<b>8.8</b>	<b>6.28</b>	<b>55.65</b>	<b>1549</b>	<b>93</b>	<b>807</b>
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>2040</b>	<b>67.93</b>	<b>23.667</b>	<b>176.59</b>	<b>27.9</b>	<b>30.71</b>	<b>177.34</b>	<b>3186.1</b>	<b>353.15</b>	<b>1784</b>

**Wednesday, October 25, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Green Burrito Carne Asada Burrito	610	25	11	61	3	4	33	1860	75	
1 serving, 293 g										
Tortilla Corn Chips	293	14.02	1.475	39.19	3.2	0.6	4.67	253	0	129
2 10 chip servings										
Michelob Ultra Light Beer	570	0	0	15.6	0	0	3.6	0	0	
6 x 1 bottle, 72 oz										
<b>Total</b>	<b>1473</b>	<b>39.02</b>	<b>12.475</b>	<b>115.79</b>	<b>6.2</b>	<b>4.6</b>	<b>41.27</b>	<b>2113</b>	<b>75</b>	<b>129</b>

**Wednesday, October 25, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>2522</b>	<b>72.09</b>	<b>25.447</b>	<b>201.08</b>	<b>25.3</b>	<b>29.03</b>	<b>162.96</b>	<b>3750.1</b>	<b>335.15</b>	<b>1106</b>



## Thursday, October 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Pork Chops (Center Rib, Bone- In, Cooked, Pan-Fried)	601	38.47	14.371	0	0	0	59.57	113	165	975
8 oz										
Caesar Salad Dressing	78	8.48	1.292	0.46	0	0.19	0.18	158	0	4
1 tbsp										
<b>Total</b>	<b>679</b>	<b>46.95</b>	<b>15.663</b>	<b>0.46</b>	<b>0</b>	<b>0.19</b>	<b>59.75</b>	<b>271</b>	<b>165</b>	<b>979</b>
<b>Snacks/Other</b>										

**Thursday, October 26, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115

1 bar, 60 g

<b>Total</b>	<b>1728</b>	<b>80.02</b>	<b>28.635</b>	<b>85.75</b>	<b>19.1</b>	<b>24.62</b>	<b>181.44</b>	<b>1908.1</b>	<b>425.15</b>	<b>1956</b>
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## Friday, October 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tyson Foods Boneless Skinless Chicken Breasts	175	4.38	1.75	0	0	0	35	350	122.5	0
1 3/4 x 4 oz, 196 g										
Mexican Rice	93	3.91	0.307	13.33	0.9	2.33	1.56	227	0	
4 oz										
<b>Total</b>	<b>268</b>	<b>8.29</b>	<b>2.057</b>	<b>13.33</b>	<b>0.9</b>	<b>2.33</b>	<b>36.56</b>	<b>577</b>	<b>122.5</b>	<b>0</b>
<b>Dinner</b>										
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>843</b>	<b>22.68</b>	<b>7.689</b>	<b>66.28</b>	<b>18</b>	<b>22.76</b>	<b>112.85</b>	<b>1128</b>	<b>267.5</b>	<b>977</b>

## Monday, October 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
<b>Total</b>	<b>385</b>	<b>5.39</b>	<b>3.132</b>	<b>32.95</b>	<b>3.1</b>	<b>20.43</b>	<b>55.29</b>	<b>341</b>	<b>140</b>	<b>862</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Chicken Thigh	304	19.05	5.324	0	0	0	30.81	503	114	273
2 medium (yield after cooking, bone removed)										
Chicken Thigh (Skin Not Eaten)	108	5.61	1.562	0	0	0	13.37	213	49	123
1 medium (yield after cooking, bone and skin removed)										
Macaroni or Noodles with Cheese	247	11.42	4.813	26.07	1.3	4.36	9.65	476	21	164
1/2 cup										

**Monday, October 30, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Miller Brewing Company Lite Beer (Bottle)	96	0	0	3.2	0	1	1	5	0	
1 bottle, 12 oz										
King's Hawaiian Hawaiian Sweet Rolls	100	2.5	1.5	16	1	5	3	85	15	0
1 roll, 28 g										
<b>Total</b>	<b>855</b>	<b>38.58</b>	<b>13.199</b>	<b>45.27</b>	<b>2.3</b>	<b>10.36</b>	<b>57.83</b>	<b>1282</b>	<b>199</b>	<b>560</b>
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>1904</b>	<b>71.65</b>	<b>26.171</b>	<b>130.56</b>	<b>21.4</b>	<b>34.79</b>	<b>179.52</b>	<b>2919.1</b>	<b>459.15</b>	<b>1537</b>

**Tuesday, October 31, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
CytoSport 100% Whey Protein - Chocolate	280	5	3	6	0	6	54	340	140	440
2 x 1 rounded scoop, 70 g										
Strawberries	17	0.16	0.008	4.15	1.1	2.52	0.36	1	0	83
3 large (1-3/8" dia)										
<b>Total</b>	<b>297</b>	<b>5.16</b>	<b>3.008</b>	<b>10.15</b>	<b>1.1</b>	<b>8.52</b>	<b>54.36</b>	<b>341</b>	<b>140</b>	<b>523</b>
<b>Lunch</b>										
Tillamook Pepper Jack Cheese	110	9	6	1	0	0	6	190	35	
1 oz, 28 g										
Nature's Own Honey Wheat Bread	140	2	0	26	2	4	6	250	0	0
2 slices, 45 g										
Daily Chef Mesquite Grilled Chicken Fillets	184	4.18	0.84	3.34	0	0	33.4	551.1	75.15	
1 2/3 x 3 oz, 142 g										
miracle whip	40	3.5	0.5	2	0	0	0	95	5	
1 tbsp, 15 g										
<b>Total</b>	<b>474</b>	<b>18.68</b>	<b>7.34</b>	<b>32.34</b>	<b>2</b>	<b>4</b>	<b>45.4</b>	<b>1086.1</b>	<b>115.15</b>	<b>0</b>
<b>Dinner</b>										
Roasted Broiled or Baked Chicken Wing (Skin Eaten)	245	16.4	4.594	0	0	0	22.64	343	71	156
2 1/2 medium (yield after cooking, bone removed)										
pizza	627	28.74	11.434	65.49	3.3	4.19	25.18	1443	50	429
0.19 large (15" dia)										
miller 64	64	0		2.4	0	0	1	0	0	
1 bottle, 12 oz										
blue cheese	50	4.07	2.646	0.33	0	0.07	3.03	198	11	36

**Tuesday, October 31, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1/2 oz										
<b>Total</b>	<b>986</b>	<b>49.21</b>	<b>18.674</b>	<b>68.22</b>	<b>3.3</b>	<b>4.26</b>	<b>51.85</b>	<b>1984</b>	<b>132</b>	<b>621</b>
<b>Snacks/Other</b>										
Quest Chocolate Chip Cookie Dough Protein Bar	190	9	2.5	20	14	0	21	210	5	115
1 bar, 60 g										
<b>Total</b>	<b>1947</b>	<b>82.05</b>	<b>31.522</b>	<b>130.71</b>	<b>20.4</b>	<b>16.78</b>	<b>172.61</b>	<b>3621.1</b>	<b>392.15</b>	<b>1259</b>