

Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|----------------------|------------------------|--------------------|----------------------|---------------------|
| 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 |
| Total | 2021 | 80.13 | 145.47 | 160.04 |

Monday, October 2, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|---------------|--------------|--------------|--------------|---------------|---------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| Bananas | 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 | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| Snacks/Other | | | | | | | | | | |
| Quest Chocolate Chip Cookie Dough Protein Bar | 190 | 9 | 2.5 | 20 | 14 | 0 | 21 | 210 | 5 | 115 |
| 1 bar, 60 g | | | | | | | | | | |
| Total | 1049 | 33.07 | 12.972 | 85.29 | 19.1 | 24.43 | 121.69 | 1637.1 | 260.15 | 977 |

Tuesday, October 3, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Breakfast | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 561 | 15 | 4.018 | 63.87 | 4.2 | 10.21 | 41.02 | 3944 | 113 | 544 |
| Dinner | | | | | | | | | | |
| 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

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (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 |
| Total | 1482 | 46.73 | 15.603 | 112.11 | 0 | 32.55 | 57.64 | 1207.34 | 304 | 299 |
| Snacks/Other | | | | | | | | | | |
| Quest Chocolate Chip Cookie Dough Protein Bar 1 bar, 60 g | 190 | 9 | 2.5 | 20 | 14 | 0 | 21 | 210 | 5 | 115 |
| Total | 2618 | 76.12 | 25.253 | 228.93 | 21.3 | 63.19 | 174.95 | 5702.34 | 562 | 1820 |

Wednesday, October 4, 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 2 x 1 rounded scoop, 70 g | 280 | 5 | 3 | 6 | 0 | 6 | 54 | 340 | 140 | 440 |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 |
| Sara Lee 45 Calories & Delightful 100% Whole Wheat with Honey Bread 2 x 1 slice | 90 | 1 | 0 | 20 | 4 | 2 | 6 | 170 | 0 | |
| Kraft Miracle Whip Light Dressing 1 tbsp, 15 g | 20 | 1.5 | 0 | 2 | 0 | 0.9 | 0 | 125 | 0 | |
| Total | 334 | 17.05 | 5.723 | 22 | 4 | 2.9 | 27.76 | 477 | 64 | 245 |
| Dinner | | | | | | | | | | |
| Taco Del Mar Carne Asada Steak Mondo Burrito 1 burrito, 523 g | 820 | 23 | 9 | 118 | 9 | 4 | 36 | 2280 | 55 | |
| Miller Brewing Company Lite Beer (Bottle) 1 bottle, 12 oz | 96 | 0 | 0 | 3.2 | 0 | 1 | 1 | 5 | 0 | |
| Grasshopper 1 cocktail | 164 | 3.59 | 2.175 | 15.31 | 0 | 14.06 | 0.9 | 14 | 12 | 40 |
| Vanilla Ice Creams 1/2 cup | 145 | 7.92 | 4.889 | 16.99 | 0.5 | 15.28 | 2.52 | 58 | 32 | 143 |

Wednesday, October 4, 2017

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

Snacks/Other

| | | | | | | | | | | |
|--|-----|---|-----|----|----|---|----|-----|---|-----|
| Quest Chocolate Chip Cookie Dough Protein Bar | 190 | 9 | 2.5 | 20 | 14 | 0 | 21 | 210 | 5 | 115 |
|--|-----|---|-----|----|----|---|----|-----|---|-----|

1 bar, 60 g

| | | | | | | | | | | |
|--------------|-------------|--------------|---------------|---------------|-------------|--------------|---------------|-------------|------------|-------------|
| Total | 2134 | 65.95 | 27.419 | 228.45 | 30.6 | 57.67 | 144.47 | 3385 | 308 | 1405 |
|--------------|-------------|--------------|---------------|---------------|-------------|--------------|---------------|-------------|------------|-------------|

Thursday, October 5, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 334 | 17.05 | 5.723 | 22 | 4 | 2.9 | 27.76 | 477 | 64 | 245 |
| Dinner | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 845 | 45.21 | 15.67 | 7.06 | 0 | 2.14 | 59.22 | 1181 | 180 | 424 |

Thursday, October 5, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Snacks/Other | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 350 | 18 | 7.5 | 37 | 15 | 17 | 24 | 260 | 40 | 115 |
| Total | 1914 | 85.65 | 32.025 | 99.01 | 22.1 | 42.47 | 166.27 | 2259 | 424 | 1646 |

Monday, October 9, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|----------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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

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

Tuesday, October 10, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|--------------|-------------------|
| Breakfast | | | | | | | | | | |
| Bananas | 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 | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 454 | 21.02 | 9.502 | 29 | 2 | 4 | 36.42 | 1526 | 116 | 263 |
| Dinner | | | | | | | | | | |
| 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

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (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 |
| Total | 947 | 51.06 | 21.491 | 50.72 | 10 | 1.04 | 65.04 | 1648 | 224 | 874 |
| Snacks/Other | | | | | | | | | | |
| 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 | |
| Total | 906 | 44 | 18.5 | 105 | 16 | 73 | 35 | 771 | 120 | 115 |
| Total | 2692 | 121.47 | 52.625 | 217.67 | 31.1 | 98.47 | 191.75 | 4286 | 600 | 2114 |

Wednesday, October 11, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|--------------|-------------------|
| Breakfast | | | | | | | | | | |
| Bananas | 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 | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 454 | 21.02 | 9.502 | 29 | 2 | 4 | 36.42 | 1526 | 116 | 263 |
| Dinner | | | | | | | | | | |
| 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

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (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 |
| Total | 947 | 51.06 | 21.491 | 50.72 | 10 | 1.04 | 65.04 | 1648 | 224 | 874 |
| Snacks/Other | | | | | | | | | | |
| 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 |
| Total | 906 | 44 | 18.5 | 105 | 16 | 73 | 35 | 771 | 120 | 115 |
| Total | 2692 | 121.47 | 52.625 | 217.67 | 31.1 | 98.47 | 191.75 | 4286 | 600 | 2114 |

Thursday, October 12, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Breakfast | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Daisy Light Sour Cream 2 tbsp, 30 g | 40 | 2.5 | 2 | 2 | 0 | 2 | 2 | 25 | 10 | |
| Total | 685 | 35.33 | 12.708 | 54.75 | 9.8 | 7.93 | 37.47 | 1298 | 102 | 565 |
| Snacks/Other | | | | | | | | | | |
| 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 | |
| Total | 1048 | 52.5 | 26.5 | 117.5 | 17 | 91.5 | 39 | 665.5 | 167.5 | 115 |
| Total | 2592 | 111.9 | 49.68 | 237.54 | 31.9 | 123.86 | 177.16 | 3390.6 | 524.65 | 1542 |

Friday, October 13, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| 3 x 1 bottle, 36 oz | | | | | | | | | | |
| Total | 1077 | 39.13 | 11.292 | 73.49 | 1.8 | 25.56 | 57.86 | 1286 | 213 | 919 |
| Snacks/Other | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 1068 | 24 | 9.5 | 95 | 15 | 13 | 36 | 550 | 5 | 115 |
| Total | 3004 | 87.2 | 31.264 | 233.78 | 21.9 | 62.99 | 194.55 | 3263.1 | 473.15 | 1896 |

Saturday, October 14, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---------------------------------------|----------------|--------------|---------------|--------------|--------------|--------------|--------------|----------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 479 | 24.4 | 10.749 | 35.41 | 2.1 | 9.22 | 28.38 | 884 | 458 | 518 |
| Lunch | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 334 | 30.18 | 11.374 | 2.14 | 0 | 0 | 13.7 | 951 | 61 | 56 |
| Dinner | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Snacks/Other | | | | | | | | | | |
| Total | 966 | 62.6 | 23.623 | 55.3 | 2.6 | 19.24 | 44.08 | 1982.75 | 550.25 | 574 |

Sunday, October 15, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Breakfast | | | | | | | | | | |
| 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 |
| Total | 520 | 30.48 | 10.557 | 29.08 | 1.6 | 1.87 | 30.82 | 1376 | 537 | 234 |
| Lunch | | | | | | | | | | |
| 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 | |
| Total | 1153 | 53.09 | 14.114 | 50.25 | 3.8 | 3.66 | 58.12 | 1133 | 159 | 952 |
| Dinner | | | | | | | | | | |
| 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 |
| Total | 753 | 36.73 | 12.405 | 34.94 | 1.8 | 5.84 | 66.58 | 1426 | 200 | 674 |

Sunday, October 15, 2017

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

Snacks/Other

| | | | | | | | | | | |
|--------------|-------------|--------------|---------------|---------------|------------|--------------|---------------|-------------|------------|-------------|
| Total | 2426 | 120.3 | 37.076 | 114.27 | 7.2 | 11.37 | 155.52 | 3935 | 896 | 1860 |
|--------------|-------------|--------------|---------------|---------------|------------|--------------|---------------|-------------|------------|-------------|

Monday, October 16, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|--------------|--------------|--------------|--------------|-------------|---------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 299 | 5.18 | 3.009 | 10.61 | 1.2 | 8.8 | 54.4 | 341 | 140 | 532 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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

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

Tuesday, October 17, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 299 | 5.18 | 3.009 | 10.61 | 1.2 | 8.8 | 54.4 | 341 | 140 | 532 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 1125 | 69.8 | 24.736 | 30.45 | 1.7 | 3.73 | 69.76 | 804 | 217 | 1136 |

Tuesday, October 17, 2017

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

Wednesday, October 18, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|--------------|--------------|--------------|--------------|-------------|---------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 299 | 5.18 | 3.009 | 10.61 | 1.2 | 8.8 | 54.4 | 341 | 140 | 532 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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

| | 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) | 96 | 0 | 0 | 3.2 | 0 | 1 | 1 | 5 | 0 | |
| 1 bottle, 12 oz | | | | | | | | | | |
| Total | 656 | 24.34 | 7.405 | 49.29 | 2.3 | 6.6 | 35.09 | 1177 | 153 | 410 |
| Snacks/Other | | | | | | | | | | |
| Quest Chocolate Chip Cookie Dough Protein Bar | 190 | 9 | 2.5 | 20 | 14 | 0 | 21 | 210 | 5 | 115 |
| 1 bar, 60 g | | | | | | | | | | |
| Total | 1619 | 57.2 | 20.254 | 112.24 | 19.5 | 19.4 | 155.89 | 2814.1 | 413.15 | 1057 |

Thursday, October 19, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|---------------|--------------|--------------|--------------|-------------|---------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 299 | 5.18 | 3.009 | 10.61 | 1.2 | 8.8 | 54.4 | 341 | 140 | 532 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 1217 | 49.41 | 13.836 | 16 | 0 | 5 | 73.2 | 1059 | 212 | 468 |
| Snacks/Other | | | | | | | | | | |

Thursday, October 19, 2017

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

1 bar, 60 g

| | | | | | | | | | | |
|--------------|-------------|--------------|---------------|--------------|-------------|-------------|------------|---------------|---------------|-------------|
| Total | 2180 | 82.27 | 26.685 | 78.95 | 17.2 | 17.8 | 194 | 2696.1 | 472.15 | 1115 |
|--------------|-------------|--------------|---------------|--------------|-------------|-------------|------------|---------------|---------------|-------------|

Friday, October 20, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|---------------|--------------|--------------|--------------|---------------|---------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| Snacks/Other | | | | | | | | | | |
| Quest Chocolate Chip Cookie Dough Protein Bar | 190 | 9 | 2.5 | 20 | 14 | 0 | 21 | 210 | 5 | 115 |
| 1 bar, 60 g | | | | | | | | | | |
| Total | 1049 | 33.07 | 12.972 | 85.29 | 19.1 | 24.43 | 121.69 | 1637.1 | 260.15 | 977 |

Saturday, October 21, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|--------------|---------------|--------------|--------------|--------------|-------------|--------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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 |
| Total | 341 | 16.76 | 5.165 | 17.17 | 0.9 | 2.35 | 30.07 | 1221 | 468 | 180 |
| Lunch | | | | | | | | | | |
| 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 | |
| Total | 1398 | 65 | 18 | 113.33 | 6 | 0 | 53.67 | 3000 | 0 | |
| Dinner | | | | | | | | | | |
| 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 | |
| Total | 517 | 24.83 | 5.185 | 28.57 | 2 | 5 | 42.98 | 1104 | 137 | 345 |

Saturday, October 21, 2017

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

Sunday, October 22, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|--------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 265 | 8.83 | 3.278 | 38.31 | 0.9 | 19.63 | 8.54 | 303 | 230 | 141 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 576 | 11.17 | 4.131 | 56.16 | 1.9 | 1.15 | 13.03 | 885 | 30 | 163 |
| Dinner | | | | | | | | | | |
| 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

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (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 |
| Total | 896 | 56.49 | 18.637 | 6.72 | 0.6 | 2.06 | 84.22 | 1316 | 313 | 899 |
| Snacks/Other | | | | | | | | | | |
| Blue Bell Mint Chocolate Chip Ice Cream 2 x 1/2 cup, 148 g | 340 | 20 | 12 | 36 | 0 | 34 | 6 | 110 | 60 | |
| Total | 2077 | 96.49 | 38.046 | 137.19 | 3.4 | 56.84 | 111.79 | 2614 | 633 | 1203 |

Monday, October 23, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 268 | 8.29 | 2.057 | 13.33 | 0.9 | 2.33 | 36.56 | 577 | 122.5 | 0 |
| Dinner | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 1103 | 43.35 | 14.161 | 78.8 | 8.8 | 5.78 | 75.86 | 1403 | 144 | 1053 |

Monday, October 23, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Snacks/Other | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 550 | 25 | 14.5 | 62 | 14 | 42 | 31 | 360 | 75 | 115 |
| Total | 2306 | 82.03 | 33.85 | 187.08 | 26.8 | 70.54 | 198.71 | 2681 | 481.5 | 2030 |

Tuesday, October 24, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (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 | | | | | | | | | | |
| Total | 991 | 34.86 | 10.695 | 91.3 | 8.8 | 6.28 | 55.65 | 1549 | 93 | 807 |
| Snacks/Other | | | | | | | | | | |
| Quest Chocolate Chip Cookie Dough Protein Bar | 190 | 9 | 2.5 | 20 | 14 | 0 | 21 | 210 | 5 | 115 |
| 1 bar, 60 g | | | | | | | | | | |
| Total | 2040 | 67.93 | 23.667 | 176.59 | 27.9 | 30.71 | 177.34 | 3186.1 | 353.15 | 1784 |

Wednesday, October 25, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|--|----------------|--------------|---------------|---------------|--------------|--------------|--------------|---------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 1473 | 39.02 | 12.475 | 115.79 | 6.2 | 4.6 | 41.27 | 2113 | 75 | 129 |

Wednesday, October 25, 2017

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

Thursday, October 26, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|-----------------------|-------------------|-------------------|---------------------|---------------------|---------------------|--------------------|--------------------|---------------------|--------------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 679 | 46.95 | 15.663 | 0.46 | 0 | 0.19 | 59.75 | 271 | 165 | 979 |
| Snacks/Other | | | | | | | | | | |

Thursday, October 26, 2017

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

1 bar, 60 g

| | | | | | | | | | | |
|--------------|-------------|--------------|---------------|--------------|-------------|--------------|---------------|---------------|---------------|-------------|
| Total | 1728 | 80.02 | 28.635 | 85.75 | 19.1 | 24.62 | 181.44 | 1908.1 | 425.15 | 1956 |
|--------------|-------------|--------------|---------------|--------------|-------------|--------------|---------------|---------------|---------------|-------------|

Friday, October 27, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|----------------|--------------|--------------|--------------|--------------|--------------|---------------|-------------|--------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 268 | 8.29 | 2.057 | 13.33 | 0.9 | 2.33 | 36.56 | 577 | 122.5 | 0 |
| Dinner | | | | | | | | | | |
| Snacks/Other | | | | | | | | | | |
| Quest Chocolate Chip Cookie Dough Protein Bar | 190 | 9 | 2.5 | 20 | 14 | 0 | 21 | 210 | 5 | 115 |
| 1 bar, 60 g | | | | | | | | | | |
| Total | 843 | 22.68 | 7.689 | 66.28 | 18 | 22.76 | 112.85 | 1128 | 267.5 | 977 |

Monday, October 30, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|----------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 385 | 5.39 | 3.132 | 32.95 | 3.1 | 20.43 | 55.29 | 341 | 140 | 862 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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

| | 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) | 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 | | | | | | | | | | |
| Total | 855 | 38.58 | 13.199 | 45.27 | 2.3 | 10.36 | 57.83 | 1282 | 199 | 560 |
| Snacks/Other | | | | | | | | | | |
| Quest Chocolate Chip Cookie Dough Protein Bar | 190 | 9 | 2.5 | 20 | 14 | 0 | 21 | 210 | 5 | 115 |
| 1 bar, 60 g | | | | | | | | | | |
| Total | 1904 | 71.65 | 26.171 | 130.56 | 21.4 | 34.79 | 179.52 | 2919.1 | 459.15 | 1537 |

Tuesday, October 31, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|----------------|--------------|--------------|--------------|--------------|--------------|--------------|---------------|---------------|-------------------|
| Breakfast | | | | | | | | | | |
| 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) | | | | | | | | | | |
| Total | 297 | 5.16 | 3.008 | 10.15 | 1.1 | 8.52 | 54.36 | 341 | 140 | 523 |
| Lunch | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 474 | 18.68 | 7.34 | 32.34 | 2 | 4 | 45.4 | 1086.1 | 115.15 | 0 |
| Dinner | | | | | | | | | | |
| 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

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