

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 ml										
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	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										
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										
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

	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
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1 bar, 60 g

Total	2134	65.95	27.419	228.45	30.6	57.67	144.47	3385	308	1405
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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)
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 ml										
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 ml										
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 ml										
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 ml										
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 ml										
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)
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Snacks/Other

Total	2426	120.3	37.076	114.27	7.2	11.37	155.52	3935	896	1860
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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)
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 ml										
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 ml										
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 ml										
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 ml										
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
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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)
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 ml										
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 ml										
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 ml										
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 ml										
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
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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)
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 ml										
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 ml										
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