

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	312	7.39	18.7	44.5
Lunch	621	24.22	47.31	41.96
Dinner	749	38.08	26.99	51.52
Snacks/Other	184	9.29	19.43	15.86
Total	1866	78.97	112.43	153.84

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
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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 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