

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
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
<b>Total</b>	<b>1866</b>	<b>78.97</b>	<b>112.43</b>	<b>153.84</b>

## Monday, October 16, 2017

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

**Monday, October 16, 2017**

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

**Tuesday, October 17, 2017**

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

**Tuesday, October 17, 2017**

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

**Wednesday, October 18, 2017**

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

**Wednesday, October 18, 2017**

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

**Thursday, October 19, 2017**

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

**Snacks/Other**



**Thursday, October 19, 2017**

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

1 bar, 60 g

<b>Total</b>	<b>2180</b>	<b>82.27</b>	<b>26.685</b>	<b>78.95</b>	<b>17.2</b>	<b>17.8</b>	<b>194</b>	<b>2696.1</b>	<b>472.15</b>	<b>1115</b>
--------------	-------------	--------------	---------------	--------------	-------------	-------------	------------	---------------	---------------	-------------

## Friday, October 20, 2017

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

## Saturday, October 21, 2017

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

**Saturday, October 21, 2017**

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

**Sunday, October 22, 2017**

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

**Sunday, October 22, 2017**

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