Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	282	9.48	37.82	19.71
Lunch	509	22.14	52.29	26.71
Dinner	555	27.74	33.98	41.37
Snacks/Other	390	4.54	19.85	4.79
Total	**1735**	**63.91**	**143.95**	**92.58**

Monday, March 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jif Creamy Peanut Butter 1 tbsp, 16 g	95	8	1.4	4	1	1.5	3.5	70		
Pepperidge Farm Whole Grain 15 Grain Bread 2 x 1 slice, 98 g	220	4	1	40	6	6	10	230	0	
Total	315	12	2.4	44	7	7.5	13.5	300	0	
Lunch										
Cape Cod 40% Reduced Fat Potato Chips 2 x 1 oz, 56.8 g	280	12	1	36	4	0	4	170	0	
Boiled Egg 1 large	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
Pepperidge Farm Whole Grain 15 Grain Bread 1 slice, 49 g	110	2	0.5	20	3	3	5	115	0	
Hillshire Farm Deli Select Ultra Thin Honey Ham 1/2 x 2 oz, 28 g	35	0.75	0.25	1.5	0	1	4.5	345	15	
Cabot 50% Reduced Fat Sharp Cheddar Cheese 1 oz, 28 g	70	4.5	3	0	0	0	8	170	15	
Total	572	24.53	6.377	58.06	7	4.56	27.76	939	241	63
Dinner										
Hidden Valley Light Ranch Dressing 2 tbsp, 30 g	80	7	1	3	0	2	1	290	5	0
Cooked Broccoli (Fat Not Added in Cooking)	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282

Monday, March 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup, flowerets										
Homemade-Style Spaghetti Sauce with Beef or Meat	141	8.04	2.096	10.47	2.2	5.93	8.14	609	21	532
1/2 cup										
Publix Mild Italian Sausage	460	36	12	2	0	0	34	820	130	
2 x 1 link, 170 g										
Tomatoes	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
1/2 medium whole (2-3/5" dia)										
Fresh Express Baby Spinach	38	0	0	3	1.5	0	4.5	97.5	0	945
1 1/2 x 1 package, 213 g										
Total	764	51.56	15.201	27.81	7.6	10.89	50.48	2089.5	156	1905
Snacks/Other										
Pinot Gris (Grigio) Wine	246	0		6.04			0.21			
10 fl oz										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Cream Substitute (Light Powdered)	52	1.88	0.456	8.81	0	8.81	0.23	27	0	108
4 packets										
Coffee (Brewed From Grounds, Decaffeinated)	0	0	0.009	0	0	0	0.47	9	0	256
2 cups (8 fl oz)										
Dasani Bottled Water (16.9 oz)	0	0	0	0	0	0	0	0	0	0
3 x 1 bottle, 50.7 oz										
Total	303	1.97	0.474	14.85	0	8.81	1.48	45	0	596
Total	**1954**	**90.06**	**24.452**	**144.72**	**21.6**	**31.76**	**93.22**	**3373.5**	**397**	**2564**

Tuesday, March 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Beaters All Natural Egg Whites 1/4 cup, 46 g	25	0	0	1	0	0	5	90	0	70
Hormel Oven Roasted Turkey Spam 1 1/2 x 2 oz, 84 g	120	6.75	2.25	1.5	0	0	13.5	780	45	0
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Pepperidge Farm Whole Grain 15 Grain Bread 1 slice, 49 g	110	2	0.5	20	3	3	5	115	0	
Total	329	13.72	4.3	22.88	3	3.38	29.79	1055	257	137
Lunch										
Chicken Breast (Skin Not Eaten) 1 oz boneless, cooked, skinless	46	0.99	0.28	0	0	0	8.61	111	24	71
Fresh Pasta (Cooked) 2 oz	75	0.6	0.086	14.21			2.94	3	19	14
Great Value Mandarin Oranges 1/4 x 1 cup	15	0	0	4.25	0.25	3.5	0.25	0	0	32.5
Publix Red Seedless Grapes 1/2 x 1/2 cup, 40 g	30	0	0	7	0.5	6	0.5	0	0	0
Apples 1/2 medium (2-3/4" dia) (approx 3 per lb)	36	0.12	0.019	9.53	1.7	7.17	0.18	1	0	74
Fresh Express Baby Spinach 1 package, 142 g	25	0	0	2	1	0	3	65	0	630
Hidden Valley Light Ranch Dressing	80	7	1	3	0	2	1	290	5	0

Tuesday, March 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 30 g										
Tomatoes	18	0.2	0.047	4	1.2	2.68	0.9	5	0	242
6 cherry										
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots)	37	0.37	0.067	8.32	3.1	4.99	1.9	42	0	436
3 cups										
Total	362	9.28	1.499	52.31	7.75	26.34	19.28	517	48	1499.5
Dinner										
Kraft Stove Top Chicken Flavor Stuffing Mix	75	3	0.5	10.5	0.5	1	1.5	235	0	
1/2 x 1/6 box dry mix, 14 g										
Mushrooms	8	0.12	0.018	1.15	0.4	0.58	1.08	2	0	111
1/2 cup pieces or slices										
Green Peas	117	0.58	0.103	20.97	7.4	8.22	7.86	7	0	354
1 cup										
Baked Potato (Peel Eaten)	143	2.88	0.553	26.85	2.7	1.49	3.18	307	0	679
5.45 oz, raw, yields										
Ken's Steak House Lite Ranch Dressing	80	7	1	3	0	2	0	310	5	
2 tbsp, 31 g										
Publix Pork Loin Boneless Chops	450	22.5	7.5	0	0	0	55	175	187.5	
2 1/2 x 1 serving, 10 oz										
Total	873	36.08	9.674	62.47	11	13.29	68.62	1036	192.5	1144
Snacks/Other										
Pinot Gris (Grigio) Wine	246	0		6.04			0.21			
10 fl oz										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										

Tuesday, March 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cream Substitute (Light Powdered) 4 packets	52	1.88	0.456	8.81	0	8.81	0.23	27	0	108
Coffee (Brewed From Grounds, Decaffeinated) 2 cups (8 fl oz)	0	0	0.009	0	0	0	0.47	9	0	256
Dasani Bottled Water (16.9 oz) 3 x 1 bottle, 50.7 oz	0	0	0	0	0	0	0	0	0	0
Total	303	1.97	0.474	14.85	0	8.81	1.48	45	0	596
Total	1867	61.05	15.947	152.51	21.75	51.82	119.17	2653	497.5	3376.5

Wednesday, March 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (2% Lowfat with Added Vitamin A) 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Fiber One Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
Pepperidge Farm Whole Grain 15 Grain Bread 1 slice, 49 g	110	2	0.5	20	3	3	5	115	0	
Total	231	5.4	2.034	50.71	17	9.17	11.03	275	10	283
Lunch										
Pear 1 medium (approx 2-1/2 per lb)	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
Tostitos 100% White Corn Bite Size Tortilla Chips 1 1/4 x 24 chips, 35 g	175	8.75	1.25	22.5	1.25	0	2.5	137.5	0	0
Sabra Supremely Spicy Hummus 2 tbsp, 28 g	70	5	1	5	2	0	2	130	0	
Pepperidge Farm Whole Grain 15 Grain Bread 1 slice, 49 g	110	2	0.5	20	3	3	5	115	0	
Chicken Breast (Skin Not Eaten) 4 oz boneless, cooked, skinless	184	3.97	1.122	0	0	0	34.45	444	94	284
Total	635	19.92	3.882	73.16	11.35	19.27	44.58	828.5	94	482
Dinner										
Cooked Summer Squash (Fat Added in Cooking)	68	4.24	0.807	7.81	2.6	4.64	1.65	496	0	344

Wednesday, March 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup slices										
Meijer Petite Yellow Flesh Potatoes	62	0	0	14.72	1.13	0.57	1.7	0	0	350.92
3 oz										
Roast Beef	411	26.67	10.493	0	0	0	39.9	334	117	450
7 oz boneless (yield after cooking)										
Hidden Valley Light Ranch Dressing	80	7	1	3	0	2	1	290	5	0
2 tbsp, 30 g										
Ken's Steak House Lite Ranch Dressing	80	7	1	3	0	2	0	310	5	
2 tbsp, 31 g										
Total	701	44.91	13.3	28.53	3.73	9.21	44.25	1430	127	1144.92

Snacks/Other

Sargento Reduced Fat Sharp Cheddar Cheese Sticks	60	4.5	3	1	0	1	5	135	15	20
1 piece, 21 g										
Pinot Gris (Grigio) Wine	246	0		6.04			0.21			
10 fl oz										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Cream Substitute (Light Powdered)	52	1.88	0.456	8.81	0	8.81	0.23	27	0	108
4 packets										
Coffee (Brewed From Grounds, Decaffeinated)	0	0	0.009	0	0	0	0.47	9	0	256
2 cups (8 fl oz)										
Dasani Bottled Water (16.9 oz)	0	0	0	0	0	0	0	0	0	0
3 x 1 bottle, 50.7 oz										
Total	363	6.47	3.474	15.85	0	9.81	6.48	180	15	616

Wednesday, March 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1930	76.7	22.69	168.25	32.08	47.46	106.34	2713.5	246	2525.92

Thursday, March 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Hormel Oven Roasted Turkey Spam 2 x 2 oz, 112 g	160	9	3	2	0	0	18	1040	60	0
Egg Beaters All Natural Egg Whites 1/4 cup, 46 g	25	0	0	1	0	0	5	90	0	70
Pepperidge Farm Whole Grain 15 Grain Bread 1 slice, 49 g	110	2	0.5	20	3	3	5	115	0	
Total	369	15.97	5.05	23.38	3	3.38	34.29	1315	272	137
Lunch										
Boiled Egg 1 large	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
Roast Beef 2 oz boneless (yield after cooking)	117	7.62	2.998	0	0	0	11.4	95	33	128
Pepperidge Farm Whole Grain 15 Grain Bread 1 slice, 49 g	110	2	0.5	20	3	3	5	115	0	
Sabra Supremely Spicy Hummus 2 tbsp, 28 g	70	5	1	5	2	0	2	130	0	
Tostitos 100% White Corn Bite Size Tortilla Chips 1 1/4 x 24 chips, 35 g	175	8.75	1.25	22.5	1.25	0	2.5	137.5	0	0
Pear 1 medium (approx 2-1/2 per lb)	96	0.2	0.01	25.66	5.1	16.27	0.63	2	0	198
Total	645	28.85	7.385	73.72	11.35	19.83	27.79	618.5	244	389

Thursday, March 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Green Peas 1 cup	117	0.58	0.103	20.97	7.4	8.22	7.86	7	0	354
Roast Beef 4.65 oz boneless (yield after cooking)	273	17.72	6.97	0	0	0	26.51	222	78	299
Meijer Petite Yellow Flesh Potatoes 5 oz	96	0	0	22.8	1.75	0.88	2.63	0	0	543.74
Total	486	18.3	7.073	43.77	9.15	9.1	37	229	78	1196.74
Snacks/Other										
Sargento Reduced Fat Sharp Cheddar Cheese Sticks 1 piece, 21 g	60	4.5	3	1	0	1	5	135	15	20
Pinot Gris (Grigio) Wine 10 fl oz	246	0		6.04			0.21			
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Cream Substitute (Light Powdered) 4 packets	52	1.88	0.456	8.81	0	8.81	0.23	27	0	108
Coffee (Brewed From Grounds, Decaffeinated) 2 cups (8 fl oz)	0	0	0.009	0	0	0	0.47	9	0	256
Dasani Bottled Water (16.9 oz) 3 x 1 bottle, 50.7 oz	0	0	0	0	0	0	0	0	0	0
Total	363	6.47	3.474	15.85	0	9.81	6.48	180	15	616
Total	**1863**	**69.59**	**22.982**	**156.72**	**23.5**	**42.12**	**105.56**	**2342.5**	**609**	**2338.74**

Friday, March 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
Milk (2% Lowfat with Added Vitamin A) 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Pepperidge Farm Whole Grain 15 Grain Bread 1 slice, 49 g	110	2	0.5	20	3	3	5	115	0	
Total	231	5.4	2.034	50.71	17	9.17	11.03	275	10	283
Lunch										
Tomatoes 1/2 medium whole (2-3/5" dia)	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
Cottage Cheese (Lowfat 2% Milkfat) 1/2 cup (not packed)	102	2.18	1.38	4.1	0	0.37	15.53	459	9	108
Tostitos 100% White Corn Bite Size Tortilla Chips 31 g	154	7.7	1.1	19.8	1.1	0	2.2	121	0	0
Sabra Supremely Spicy Hummus 1/2 x 2 tbsp, 14 g	35	2.5	0.5	2.5	1	0	1	65	0	
Boiled Egg 1 large	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
Total	379	17.78	4.635	29.37	2.8	2.55	25.53	787	220	317
Dinner										
Tomatoes 1/2 medium whole (2-3/5" dia)	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
Yellow Summer Squash	18	0.2	0.05	3.79	1.2	2.49	1.37	2	0	296

Friday, March 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup sliced										
Cooked Asparagus (from Fresh)	117	6.63	1.328	12.09	5.7	3.78	6.99	693	0	654
25 small spears (5" long or less)										
Smithfield Boneless Ham Steak	150	3.75	1.25	5	0	2.5	25	1725	50	
2 1/2 x 2 oz, 140 g										
Ken's Steak House Lite Ranch Dressing	80	7	1	3	0	2	0	310	5	
2 tbsp, 31 g										
Total	376	17.7	3.656	26.29	7.6	12.39	33.9	2733	55	1096
Snacks/Other										
Snyder's of Hanover Sourdough Nibblers	60	0	0	12.5	0.1	0.1	1.5	100	0	
1/2 x 15 nibblers, 14 g										
Sargento Reduced Fat Sharp Cheddar Cheese Sticks	60	4.5	3	1	0	1	5	135	15	20
1 piece, 21 g										
Pinot Gris (Grigio) Wine	246	0		6.04			0.21			
10 fl oz										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Cream Substitute (Light Powdered)	52	1.88	0.456	8.81	0	8.81	0.23	27	0	108
4 packets										
Coffee (Brewed From Grounds, Decaffeinated)	0	0	0.009	0	0	0	0.47	9	0	256
2 cups (8 fl oz)										
Dasani Bottled Water (16.9 oz)	0	0	0	0	0	0	0	0	0	0
4 x 1 bottle, 67.6 oz										
Total	423	6.47	3.474	28.35	0.1	9.91	7.98	280	15	616

Friday, March 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1409	47.35	13.799	134.72	27.5	34.02	78.44	4075	300	2312

Saturday, April 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jones Dairy Farm All Natural Uncured Canadian Bacon 3 slices, 51 g	60	1.5	0.5	1	0	1	11	460	30	0
Egg Beaters All Natural Egg Whites 1/4 cup, 46 g	25	0	0	1	0	0	5	90	0	70
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Pepperidge Farm Whole Grain 15 Grain Bread 1 slice, 49 g	110	2	0.5	20	3	3	5	115	0	
Total	269	8.47	2.55	22.38	3	4.38	27.29	735	242	137
Lunch										
Smithfield Boneless Ham Steak 2 x 2 oz, 112 g	120	3	1	4	0	2	20	1380	40	
Hidden Valley Light Ranch Dressing 2 tbsp, 30 g	80	7	1	3	0	2	1	290	5	0
Fresh Express Baby Spinach 1 package, 142 g	25	0	0	2	1	0	3	65	0	630
Sabra Supremely Spicy Hummus 2 tbsp, 28 g	70	5	1	5	2	0	2	130	0	
Tostitos 100% White Corn Bite Size Tortilla Chips 24 chips, 28 g	140	7	1	18	1	0	2	110	0	0
Tomatoes 1/2 medium whole (2-3/5" dia)	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
Total	446	22.12	4.028	34.41	4.7	5.62	28.54	1978	45	776

Saturday, April 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Smithfield Boneless Ham Steak 2 x 2 oz, 112 g	120	3	1	4	0	2	20	1380	40	
Laughing Cow Light Creamy Swiss Cheese Wedges 2 x 1 wedge, 42 g	70	3	2	2	0	2	4	360	10	
Nabisco Premium Saltine Crackers Original 2 x 5 crackers, 30 g	140	3	0	24	0	0	2	300	0	30
Total	330	9	3	30	0	4	26	2040	50	30
Snacks/Other										
Sargento Reduced Fat Sharp Cheddar Cheese Sticks 1 piece, 21 g	60	4.5	3	1	0	1	5	135	15	20
Snyder's of Hanover Sourdough Nibblers 1/2 x 15 nibblers, 14 g	60	0	0	12.5	0.1	0.1	1.5	100	0	
Dasani Bottled Water (16.9 oz) 3 x 1 bottle, 50.7 oz	0	0	0	0	0	0	0	0	0	0
Coffee (Brewed From Grounds, Decaffeinated) 2 cups (8 fl oz)	0	0	0.009	0	0	0	0.47	9	0	256
Cream Substitute (Light Powdered) 4 packets	52	1.88	0.456	8.81	0	8.81	0.23	27	0	108
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Pinot Gris (Grigio) Wine 20 fl oz	492	0		12.07			0.41			
Total	669	6.47	3.474	34.38	0.1	9.91	8.18	280	15	616

Saturday, April 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1714	46.06	13.052	121.17	7.8	23.91	90.01	5033	352	1559

Sunday, April 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (2% Lowfat with Added Vitamin A) 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Fiber One Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
Pepperidge Farm Whole Grain 15 Grain Bread 1 slice, 49 g	110	2	0.5	20	3	3	5	115	0	
Total	231	5.4	2.034	50.71	17	9.17	11.03	275	10	283
Lunch										
Kraft Mayo 1 tbsp, 15 g	90	10	1.5	0	0	0	0	70	5	
America's Choice Bacon Thick Sliced 1 1/2 x 1 slices, 24 g	135	10.5	3.75	0	0	0	7.5	360	22.5	
Lay's Original Potato Chips 1 package, 28 g	160	10	1.5	15	1	1	2	170	0	350
Great Value Enriched White Bread 2 x 1 slice, 52 g	140	2	0	30	0	4	4	300	0	50
Total	525	32.5	6.75	45	1	5	13.5	900	27.5	400
Dinner										
Milk (2% Lowfat with Added Vitamin A) 1/4 cup	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
Strawberries 4 oz	36	0.34	0.017	8.71	2.3	5.28	0.76	1	0	174
Publix Lean Ground Beef 93/7	170	8	3.5	0	0	0	23	75	70	

Sunday, April 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 oz, 112 g										
Fresh Express Baby Spinach	25	0	0	2	1	0	3	65	0	630
1 package, 142 g										
Ken's Steak House Lite Ranch Dressing	80	7	1	3	0	2	0	310	5	
2 tbsp, 31 g										
Tomatoes	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
1/2 medium whole (2-3/5" dia)										
Total	352	16.66	5.312	18.97	4	11.99	29.31	479	80	1042
Snacks/Other										
Pinot Gris (Grigio) Wine	246	0		6.04			0.21			
10 fl oz										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Cream Substitute (Light Powdered)	52	1.88	0.456	8.81	0	8.81	0.23	27	0	108
4 packets										
Coffee (Brewed From Grounds, Decaffeinated)	0	0	0.009	0	0	0	0.47	9	0	256
2 cups (8 fl oz)										
Dasani Bottled Water (16.9 oz)	0	0	0	0	0	0	0	0	0	0
3 x 1 bottle, 50.7 oz										
Total	303	1.97	0.474	14.85	0	8.81	1.48	45	0	596
Total	**1411**	**56.53**	**14.57**	**129.53**	**22**	**34.97**	**55.32**	**1699**	**117.5**	**2321**