Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	469	12.97	8.73	8.59
Lunch	461	41.93	9.45	12.11
Dinner	1486	83.43	25.98	71.19
Snacks/Other	830	9.8	4.15	12.29
Total	**3246**	**148.13**	**48.32**	**104.19**

Monday, April 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tomato Juice 1 fl oz	5	0.02	0.002	1.29	0.1	1.08	0.23	82	0	70
Water 123 fl oz	0	0	0	0	0	0	0	73	0	
Metamucil Sugar Free Metamucil 1 tsp, 5.8 g	20	0	0	5	3.4	0	0	5	0	30
Heinz Apple Cider Vinegar 2 x 1 tbsp, 30 ml	0	0		0	0	0	0	0	0	
Lemon Juice 1 lemon yields	12	0	0	4.06	0.2	1.13	0.18	0	0	58
Trader Joe's Essential Greens Veggie Juice 8 fl oz, 240 ml	30	0	0	5	0	3	3	110	0	730
Total	67	0.02	0.002	15.35	3.7	5.21	3.41	270	0	888
Lunch										
Hormel Original Pepperoni Slices 15 slices, 30 g	140	13	6	0	0	0	5	490	35	
Dinner										
McDonald's Double Cheeseburger (No Bun) 2 x 1 burger	560	42	20	6	2	2	40	1300	160	
Snacks/Other										
Total	**767**	**55.02**	**26.002**	**21.35**	**5.7**	**7.21**	**48.41**	**2060**	**195**	**888**

Tuesday, April 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Essential Greens Veggie Juice 8 fl oz, 240 ml	30	0	0	5	0	3	3	110	0	730
Lemon Juice 1 lemon yields	12	0	0	4.06	0.2	1.13	0.18	0	0	58
Heinz Apple Cider Vinegar 2 x 1 tbsp, 30 ml	0	0		0	0	0	0	0	0	
Tomato Juice 1 fl oz	5	0.02	0.002	1.29	0.1	1.08	0.23	82	0	70
Total	47	0.02	0.002	10.35	0.3	5.21	3.41	192	0	858
Lunch										
McDonald's Scrambled Eggs 2 eggs	170	11	4	1			15	180	520	
McDonald's Sausage Patty 2 x 1 patty, 82 g	340	30	10	2	0	0	14	680	60	0
Total	510	41	14	3	0	0	29	860	580	0
Dinner										
Beef Meatballs 4 medium	226	14.74	5.575	8.49	0.5	1.7	13.9	535	83	
McDonald's Double Cheeseburger (No Bun) 2 x 1 burger	560	42	20	6	2	2	40	1300	160	
Total	786	56.74	25.575	14.49	2.5	3.7	53.9	1835	243	
Snacks/Other										
Maker's Mark Bourbon Whiskey	828	0		0	0	0	0	0	0	

Tuesday, April 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
12 x 1 shot, 12 oz										
Total	**2171**	**97.76**	**39.577**	**27.84**	**2.8**	**8.91**	**86.31**	**2887**	**823**	**858**

Wednesday, April 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Heinz Apple Cider Vinegar 2 x 1 tbsp, 30 ml	0	0		0	0	0	0	0	0	
Sour Cream 2 tbsps	62	6.04	3.758	1.23	0	0.05	0.91	15	13	41
Bacon (Cured, Pan-Fried, Cooked) 3 slices cooked	126	9.55	3.15	0.36	0	0	9.09	575	27	140
Cream Cheese 4 oz	396	39.54	24.909	3.02	0	0.23	8.56	336	125	135
Total	584	55.13	31.817	4.61	0	0.28	18.56	926	165	316
Lunch										
Sour Cream 11 oz	667	65.36	40.687	13.32	0	0.5	9.85	165	137	449
Fried Egg 2 large	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
Total	845	78.87	44.447	14.18	0	1.26	22.33	642	557	582
Dinner										
Salted Pork (Cured) 1/4 oz	53	5.71	2.082	0	0	0	0.36	101	6	5
Trader Joe's Greek Kalamata Olives 3 g	9	0.9	0	0.2	0.2	0	0.2	52	0	
Baked or Broiled Fish 2 1/2 fillets (6-1/4" x 3" x 3/8")	356	9.72	1.921	0.93	0	0.23	61.98	1006	206	963
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288

Wednesday, April 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Greens 1 cup	68	3.97	0.728	7.28	4.1	1	2.55	412	0	255
Olive Oil 2 tbsps	239	27	3.728	0	0	0	0	1	0	0
Shrimp 15 small (shelled)	86	1.41	0.268	0.74	0	0	16.55	368	124	106
Total	842	49.05	8.762	15.19	6.7	2.78	84.21	1970	336	1617
Snacks/Other										
Trader Joe's Very Green Juice Blend 1/8 x 1 serving, 1 oz	18	0	0	4.12	0	3.5	0.25	1.88	0	50
Total	**2289**	**183.05**	**85.026**	**38.1**	**6.7**	**7.82**	**125.35**	**3539.88**	**1058**	**2565**

Thursday, April 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Metamucil Sugar Free Metamucil 1 tsp, 5.8 g	20	0	0	5	3.4	0	0	5	0	30
Bacon 3 thin slices (yield after cooking)	81	6.27	2.061	0.21	0	0	5.56	346	16	85
Trader Joe's Essential Greens Veggie Juice 1/2 x 8 fl oz, 120 ml	15	0	0	2.5	0	1.5	1.5	55	0	365
Total	116	6.27	2.061	7.71	3.4	1.5	7.06	406	16	480
Lunch										
Beef Meatballs 4 medium	226	14.74	5.575	8.49	0.5	1.7	13.9	535	83	
Dinner										
Cheddar Cheese 16 slices (1 oz)	1805	148.47	94.492	5.73	0	2.33	111.55	2782	470	439
Hormel Original Pepperoni Slices 3 x 15 slices, 90 g	420	39	18	0	0	0	15	1470	105	
Jack Link's Original Beef Steak Tender Bites 1 package, 26 g	70	1	0.5	7	0	6	10	490	20	0
Bourbon 8 fl oz (no ice)	560	0	0	0.22	0	0	0	2	0	
Total	2855	188.47	112.992	12.95	0	8.33	136.55	4744	595	439
Snacks/Other										
Bourbon	2030	0	0	0.81	0	0	0	8	0	

Thursday, April 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
29 fl oz (no ice)										
Sliced Ham (Regular, Approx. 11% Fat)	370	19.5	6.659	8.69	2.9	0	37.65	2957	129	651
8 oz										
Salami	567	45.61	18.348	5.1	0	0	31.57	2415	147	449
8 oz										
Total	2967	65.11	25.007	14.6	2.9	0	69.22	5380	276	1100
Total	6164	274.59	145.635	43.75	6.8	11.53	226.73	11065	970	2019

Friday, April 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bourbon 20 fl oz (no ice)	1400	0	0	0.56	0	0	0	6	0	
Lunch										
Salted Pork (Cured) 4 oz	848	91.29	33.317	0	0	0	5.73	1615	98	75
Heavy Cream 2 fl oz	206	22.05	13.727	1.66	0	0.07	1.22	23	82	45
Avocados 1 avocado, NS as to Florida or California	322	29.47	4.273	17.15	13.5	1.33	4.02	14	0	975
Total	1376	142.81	51.317	18.81	13.5	1.4	10.97	1652	180	1095
Dinner										
McDonald's Double Cheeseburger (No Bun) 2 x 1 burger	560	42	20	6	2	2	40	1300	160	
McDonald's Big Mac (No Bun) 1 big mac, 141 g	330	26	9	6	1	2	18	630	75	0
Total	890	68	29	12	3	4	58	1930	235	0
Snacks/Other										
Total	**3666**	**210.81**	**80.317**	**31.37**	**16.5**	**5.4**	**68.97**	**3588**	**415**	**1095**

Saturday, April 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Red Table Wine 25 fl oz	625	0	0	19.18	0	4.56	0.51	29	0	933
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Bacon 3 thin slices (yield after cooking)	81	6.27	2.061	0.21	0	0	5.56	346	16	85
Total	795	13.03	3.941	19.82	0	4.94	12.31	613	226	1085
Lunch										
Dinner										
Sour Cream 16 oz	971	95.07	59.181	19.37	0	0.73	14.33	240	200	653
chinese chicken and broccoli 2 x .5	600	18		38	4	22	62	2	2	
chinese bonelessribs 2 x 1, 560 g	1480	44		44	2	38	42	1320	120	
Total	3051	157.07	59.181	101.37	6	60.73	118.33	1562	322	653
Snacks/Other										
White Table Wine 1 5 fl oz serving	122	0	0	3.82	0	1.41	0.1	7	0	104
Whiskey 25 fl oz (no ice)	1750	0	0	0.7	0	0	0	7	0	14
Total	1872	0	0	4.52	0	1.41	0.1	14	0	118
Total	**5718**	**170.1**	**63.122**	**125.71**	**6**	**67.08**	**130.74**	**2189**	**548**	**1856**

Sunday, April 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Bacon (Cured, Pan-Fried, Cooked) 3 slices cooked	126	9.55	3.15	0.36	0	0	9.09	575	27	140
White Table Wine 1/2 5 fl oz serving	61	0	0	1.91	0	0.71	0.05	4	0	52
Total	276	16.31	5.03	2.7	0	1.09	15.38	817	237	259
Lunch										
Meijer Onion Roll 1 roll, 43 g	129	3.1	0.8	21.7	1.3	2.4	3.6	224	0.4	
Dinner										
Whiskey 16 fl oz (no ice)	1120	0	0	0.45	0	0	0	4	0	9
Tomato Soup 1 cup	102	2.93	0.988	17.93	1	10.54	3.05	705	5	307
Cream Cheese 2 oz	198	19.77	12.455	1.51	0	0.11	4.28	168	62	67
Total	1420	22.7	13.443	19.89	1	10.65	7.33	877	67	383
Snacks/Other										
Turkey Meatballs 2 large	125	3.49	1.149	5.83	0.4	1.22	16.49	363	62	
Total	**1950**	**45.6**	**20.422**	**50.12**	**2.7**	**15.36**	**42.8**	**2281**	**366.4**	**642**