

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	125	7.02	12.35	3.9
Lunch	340	16.71	34.21	15.67
Dinner	356	16.82	36.77	14.48
Snacks/Other	184	6.97	28.02	2.5
Total	1005	47.53	111.35	36.56

Sunday, October 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Baileys Coffee Creamer - Chocolate	80	3	2	12	0	10	0	30	10	
2 x 1 tbsp, 30 ml										
Marketside Sour Cream Pound Cake	330	17	3.5	41	1	24	3	250	45	0
1 slice (1/10 cake)										
Total	410	20	5.5	53	1	34	3	280	55	0
Lunch										
Macaroni or Noodles with Cheese	247	11.42	4.813	26.07	1.3	4.36	9.65	476	21	164
1/2 cup										
Chicken Pot Pie	287	18.2	6.834	20.12	2	1.62	10.82	373	38	
1 piece (1/6 pie)										
Green String Beans	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
1 cup										
Total	568	29.75	11.676	54.03	7	7.52	22.47	856	59	394
Dinner										
Little Caesars Hot-N-Ready Just Cheese Pizza	250	9	4	32	1	3	12	440	20	
1 slice, 113 g										
Little Caesars Crazy Bread	100	3	0.5	15	1	1	3	150	0	
1 breadstick, 38 g										
Total	350	12	4.5	47	2	4	15	590	20	
Snacks/Other										
Chocolate Cake (with Chocolate Frosting)	235	10.5	3.053	34.94	1.8		2.62	214	27	128
1 piece (1/8 18 oz cake)										

Sunday, October 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1563	72.25	24.729	188.97	11.8	45.52	43.09	1940	161	522

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										
Lunch										
Blue Plate Real Mayonnaise	200	22	3	0	0	0	0	160	20	
2 x 1 tbsp, 28 g										
Chester's Puffcorn Cheese	160	11	1.5	14	0	1	2	290	0	
46 pieces, 1 oz										
Arnold Potato Sandwich Thins	100	1	0	23	5	2	4	180		
1 roll										
Chicken of the Sea Premium Select Solid White Albacore Tuna in Water	120	2	0	0	0	0	30	360	50	0
2 x 1/4 cup, 4 oz										
Total	580	36	4.5	37	5	3	36	990	70	0
Dinner										
Papa John's 16" Original Crust Pizza - Cheese	290	10	4.5	37	2	4	11	720	25	
1 slice, 136 g										
Papa John's 16" Original Crust Pizza - The Meats	370	17	5	40	2	5	16	980	30	
1 slice, 150 g										
Papa John's Breadsticks	145	2.25	0.25	27	1	2	4	270	0	
1/2 x 2 sticks, 57.5 g										
Total	805	29.25	9.75	104	5	11	31	1970	55	
Snacks/Other										
McDonald's Hot Fudge Sundae	330	9	7	53	1	48	8	170	25	
1 serving, 179 g										

Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1715	74.25	21.25	194	11	62	75	3130	150	0

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										
International Delight Chocolate Caramel Coffee Creamer	70	3	2	12	0	12	0	0	0	
2 x 1 tbsp, 30 ml										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Total	75	3.09	2.009	12.19	0	12	0.57	9	0	223
Lunch										
Publix Classic Salad Mix	15	0	0	3	1	2	1	10	0	
2 cups, 85 g										
Hidden Valley Buttermilk Ranch Dressing	130	14	2	2	0	1	0	230	10	0
2 tbsp, 30 ml										
Campbell's Chunky New England Clam Chowder	180	10	2.5	18	3	1	6	890	5	0
1 cup, 240 g										
Great Value Soup & Oyster Crackers	60	1.5	0	11	0	0	1	170	0	25
36 crackers, 15 g										
Total	385	25.5	4.5	34	4	4	8	1300	15	25
Dinner										
Snacks/Other										
SnackWells Creme Sandwiches	100	2.73	0.91	18.2	0	8.19	0.91	81.9	0	
23 g										
Total	560	31.32	7.419	64.39	4	24.19	9.48	1390.9	15	248

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										
International Delight Chocolate Caramel Coffee Creamer	70	3	2	12	0	12	0	0	0	
2 x 1 tbsp, 30 ml										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	72	3.05	2.005	12	0	12	0.28	5	0	116
Lunch										
Lean Cuisine Thin Crust Margherita Pizza	320	4.5	2	55	2	9	16	390	10	270
1 package, 170 g										
Dinner										
KFC Chicken Strips	350	19	3.5	16	0	0	29	1190	70	
3 strips, 151 g										
KFC Potato Wedges	270	13	1.5	34	2	0	4		0	
1 serving, 108 g										
Total	620	32	5	50	2	0	33	1190	70	
Snacks/Other										
Real Fresh Cafe Breaks Pudding Mocha Latte	100	1.5		19	0	14	1	135	0	
1 pudding cup, 99 g										
Total	1112	41.05	9.005	136	4	35	50.28	1720	80	386

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										
International Delight Chocolate Caramel Coffee Creamer	70	3	2	12	0	12	0	0	0	
2 x 1 tbsp, 30 ml										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	72	3.05	2.005	12	0	12	0.28	5	0	116
Lunch										
Dinner										
Snacks/Other										
Total	72	3.05	2.005	12	0	12	0.28	5	0	116

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										
Great Value Bacon Breakfast Bowl (Container)	500	34	13	22	3	0	31	925	395	
1 container, 226 g										
Lunch										
Dinner										
KFC Sweet Life Chocolate Chip Cookie	160	8	4	23	1	15	2	90	10	
1 serving, 35 g										
KFC Potato Wedges	270	13	1.5	34	2	0	4		0	
1 serving, 108 g										
KFC Chicken Little	620	36	5	46	4	8	28	1180	80	
2 x 1 sandwich										
Total	1050	57	10.5	103	7	23	34	1270	90	
Snacks/Other										
Total	1550	91	23.5	125	10	23	65	2195	485	

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										
Lunch										
Lean Cuisine Thin Crust Margherita Pizza 1 package, 170 g	320	4.5	2	55	2	9	16	390	10	270
Dinner										
Snacks/Other										
SnackWells Creme Sandwiches 2 x 2 sandwiches, 50 g	220	6	2	40	0	18	2	180	0	
Total	540	10.5	4	95	2	27	18	570	10	270

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										
Lunch										
Homemade-Style Spaghetti Sauce with Beef or Meat 2 cups	563	32.17	8.386	41.88	9	23.7	32.57	2435	85	2126
Dinner										
Publix Fried Chicken Thigh 1 thigh, 3 oz	260	19	0	5	0	0	13	570	65	165
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Dinner Rolls 1 roll (pan, dinner, or small roll) (2" square, 2" high)	84	2.04	0.491	14.11	0.8	0.73	2.35	146	0	37
Total	378	21.17	0.52	26.95	4.5	2.27	17.35	723	65	432
Snacks/Other										
Chick-fil-A Waffle Potato Fries (Large) 1 serving, 128 g	520	27	4	63	4	0	6	200	0	
Total	1461	80.34	12.906	131.83	17.5	25.97	55.92	3358	150	2558

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										
Lunch										
Banquet Turkey Pot Pie	320	18	6	31	2	3	10	740	40	120
1 pie, 198 g										
Dinner										
Snacks/Other										
Fiber One Strawberry Cheesecake Bar	150	6	4	24	5	10	2	120	15	
1 bar, 38 g										
Total	470	24	10	55	7	13	12	860	55	120