

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
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
<b>Total</b>	<b>1005</b>	<b>47.53</b>	<b>111.35</b>	<b>36.56</b>

## Sunday, October 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
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)										
<b>Total</b>	<b>410</b>	<b>20</b>	<b>5.5</b>	<b>53</b>	<b>1</b>	<b>34</b>	<b>3</b>	<b>280</b>	<b>55</b>	<b>0</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>568</b>	<b>29.75</b>	<b>11.676</b>	<b>54.03</b>	<b>7</b>	<b>7.52</b>	<b>22.47</b>	<b>856</b>	<b>59</b>	<b>394</b>
<b>Dinner</b>										
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										
<b>Total</b>	<b>350</b>	<b>12</b>	<b>4.5</b>	<b>47</b>	<b>2</b>	<b>4</b>	<b>15</b>	<b>590</b>	<b>20</b>	
<b>Snacks/Other</b>										
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**

	<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>Total</b>	<b>1563</b>	<b>72.25</b>	<b>24.729</b>	<b>188.97</b>	<b>11.8</b>	<b>45.52</b>	<b>43.09</b>	<b>1940</b>	<b>161</b>	<b>522</b>

## Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
<b>Lunch</b>										
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										
<b>Total</b>	<b>580</b>	<b>36</b>	<b>4.5</b>	<b>37</b>	<b>5</b>	<b>3</b>	<b>36</b>	<b>990</b>	<b>70</b>	<b>0</b>
<b>Dinner</b>										
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										
<b>Total</b>	<b>805</b>	<b>29.25</b>	<b>9.75</b>	<b>104</b>	<b>5</b>	<b>11</b>	<b>31</b>	<b>1970</b>	<b>55</b>	
<b>Snacks/Other</b>										
McDonald's Hot Fudge Sundae	330	9	7	53	1	48	8	170	25	
1 serving, 179 g										

**Monday, October 2, 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>Total</b>	<b>1715</b>	<b>74.25</b>	<b>21.25</b>	<b>194</b>	<b>11</b>	<b>62</b>	<b>75</b>	<b>3130</b>	<b>150</b>	<b>0</b>

**Tuesday, October 3, 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>										
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)										
<b>Total</b>	<b>75</b>	<b>3.09</b>	<b>2.009</b>	<b>12.19</b>	<b>0</b>	<b>12</b>	<b>0.57</b>	<b>9</b>	<b>0</b>	<b>223</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>385</b>	<b>25.5</b>	<b>4.5</b>	<b>34</b>	<b>4</b>	<b>4</b>	<b>8</b>	<b>1300</b>	<b>15</b>	<b>25</b>
<b>Dinner</b>										
<b>Snacks/Other</b>										
SnackWells Creme Sandwiches	100	2.73	0.91	18.2	0	8.19	0.91	81.9	0	
23 g										
<b>Total</b>	<b>560</b>	<b>31.32</b>	<b>7.419</b>	<b>64.39</b>	<b>4</b>	<b>24.19</b>	<b>9.48</b>	<b>1390.9</b>	<b>15</b>	<b>248</b>

## Wednesday, October 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
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)										
<b>Total</b>	<b>72</b>	<b>3.05</b>	<b>2.005</b>	<b>12</b>	<b>0</b>	<b>12</b>	<b>0.28</b>	<b>5</b>	<b>0</b>	<b>116</b>
<b>Lunch</b>										
Lean Cuisine Thin Crust Margherita Pizza	320	4.5	2	55	2	9	16	390	10	270
1 package, 170 g										
<b>Dinner</b>										
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										
<b>Total</b>	<b>620</b>	<b>32</b>	<b>5</b>	<b>50</b>	<b>2</b>	<b>0</b>	<b>33</b>	<b>1190</b>	<b>70</b>	
<b>Snacks/Other</b>										
Real Fresh Cafe Breaks Pudding Mocha Latte	100	1.5		19	0	14	1	135	0	
1 pudding cup, 99 g										
<b>Total</b>	<b>1112</b>	<b>41.05</b>	<b>9.005</b>	<b>136</b>	<b>4</b>	<b>35</b>	<b>50.28</b>	<b>1720</b>	<b>80</b>	<b>386</b>

**Thursday, October 5, 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>										
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)										
<b>Total</b>	<b>72</b>	<b>3.05</b>	<b>2.005</b>	<b>12</b>	<b>0</b>	<b>12</b>	<b>0.28</b>	<b>5</b>	<b>0</b>	<b>116</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>72</b>	<b>3.05</b>	<b>2.005</b>	<b>12</b>	<b>0</b>	<b>12</b>	<b>0.28</b>	<b>5</b>	<b>0</b>	<b>116</b>



**Monday, October 9, 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>										
Great Value Bacon Breakfast Bowl (Container)	500	34	13	22	3	0	31	925	395	
1 container, 226 g										
<b>Lunch</b>										
<b>Dinner</b>										
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										
<b>Total</b>	<b>1050</b>	<b>57</b>	<b>10.5</b>	<b>103</b>	<b>7</b>	<b>23</b>	<b>34</b>	<b>1270</b>	<b>90</b>	
<b>Snacks/Other</b>										
<b>Total</b>	<b>1550</b>	<b>91</b>	<b>23.5</b>	<b>125</b>	<b>10</b>	<b>23</b>	<b>65</b>	<b>2195</b>	<b>485</b>	

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

**Wednesday, October 11, 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>										
<b>Lunch</b>										
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
<b>Dinner</b>										
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
<b>Total</b>	<b>378</b>	<b>21.17</b>	<b>0.52</b>	<b>26.95</b>	<b>4.5</b>	<b>2.27</b>	<b>17.35</b>	<b>723</b>	<b>65</b>	<b>432</b>
<b>Snacks/Other</b>										
Chick-fil-A Waffle Potato Fries (Large) 1 serving, 128 g	520	27	4	63	4	0	6	200	0	
<b>Total</b>	<b>1461</b>	<b>80.34</b>	<b>12.906</b>	<b>131.83</b>	<b>17.5</b>	<b>25.97</b>	<b>55.92</b>	<b>3358</b>	<b>150</b>	<b>2558</b>

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