

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	295	14.77	34.32	6.19
Lunch	626	29.2	58.01	32.02
Dinner	417	16.33	51	17.33
Snacks/Other	122	3.5	23.65	0.87
<b>Total</b>	<b>1459</b>	<b>63.8</b>	<b>166.98</b>	<b>56.42</b>

**Thursday, September 28, 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>										
Coffee-Mate Natural Bliss Hazelnut Coffee Creamer	90	4.5	3	15	0	0	0	45	15	0
3 x 1 tbsp, 45 ml										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
<b>Total</b>	<b>95</b>	<b>4.59</b>	<b>3.009</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>0.57</b>	<b>54</b>	<b>15</b>	<b>232</b>
<b>Lunch</b>										
Olive Garden Breadsticks	140	2.5	0.5	25	0	0	4	460	0	
1 breadstick										
Lettuce	23	0.23	0.03	4.9	2	2.9	1.48	16	0	233
3 cups shredded or chopped										
Great Value Shredded Mild Cheddar Cheese	33	2.7	1.5	0.3	0	0	2.1	54	7.5	7.5
8 g										
Shrimp	209	3.41	0.647	1.8	0	0	40.01	889	299	255
1 cup cooked										
Ken's Steak House Ranch Salad Dressing (1.5 oz)	200	20	3	2	0	1	1	280	15	
1 packet, 1.5 oz										
<b>Total</b>	<b>605</b>	<b>28.84</b>	<b>5.677</b>	<b>34</b>	<b>2</b>	<b>3.9</b>	<b>48.59</b>	<b>1699</b>	<b>321.5</b>	<b>495.5</b>
<b>Dinner</b>										
Little Caesars Hot-N-Ready Pepperoni Pizza	560	22	10	64	4	6	28	1120	50	
2 x 1 slice, 198 g										
Little Caesars Crazy Bread	200	6	1	30	2	2	6	300	0	
2 breadsticks, 76 g										
<b>Total</b>	<b>760</b>	<b>28</b>	<b>11</b>	<b>94</b>	<b>6</b>	<b>8</b>	<b>34</b>	<b>1420</b>	<b>50</b>	

**Thursday, September 28, 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)
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**Snacks/Other**

<b>Total</b>	<b>1460</b>	<b>61.43</b>	<b>19.686</b>	<b>143</b>	<b>8</b>	<b>11.9</b>	<b>83.16</b>	<b>3173</b>	<b>386.5</b>	<b>727.5</b>
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**Saturday, September 30, 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>										
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Quaker Instant Grits - Butter 1 packet, 28 g	100	1.5	0.5	21	1	1	2	370	0	
Baileys Coffee Creamer - Chocolate 2 x 1 tbsp, 30 ml	80	3	2	12	0	10	0	30	10	
<b>Total</b>	<b>379</b>	<b>19.71</b>	<b>8.284</b>	<b>34.96</b>	<b>1</b>	<b>12.43</b>	<b>15.01</b>	<b>611</b>	<b>410</b>	<b>138</b>
<b>Lunch</b>										
Olive Garden Garden-fresh Salad with Dressing 1 serving	140	9	1.5	12	2	3	3	740	5	
Olive Garden Breadsticks 1 breadstick	140	2.5	0.5	25	0	0	4	460	0	
Olive Garden Eggplant Parmigiana (Dinner) 1/2 x 1 serving	425	17.5	5	49	9.5		18	950		
<b>Total</b>	<b>705</b>	<b>29</b>	<b>7</b>	<b>86</b>	<b>11.5</b>	<b>3</b>	<b>25</b>	<b>2150</b>	<b>5</b>	
<b>Dinner</b>										
Olive Garden Garden-fresh Salad with Dressing 1 serving	140	9	1.5	12	2	3	3	740	5	
<b>Snacks/Other</b>										
Icee Coca Cola Icee 2 x 8 fl oz, 480 ml	130	0		36			0	12		0

**Saturday, September 30, 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>1354</b>	<b>57.71</b>	<b>16.784</b>	<b>168.96</b>	<b>14.5</b>	<b>18.43</b>	<b>43.01</b>	<b>3513</b>	<b>420</b>	<b>138</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>