

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	1459	63.8	166.98	56.42

Thursday, September 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
Total	95	4.59	3.009	15	0	0	0.57	54	15	232
Lunch										
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										
Total	605	28.84	5.677	34	2	3.9	48.59	1699	321.5	495.5
Dinner										
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										
Total	760	28	11	94	6	8	34	1420	50	

Thursday, September 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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Snacks/Other

Total	1460	61.43	19.686	143	8	11.9	83.16	3173	386.5	727.5
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Saturday, September 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scrambled Egg	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
2 eggs										
Quaker Instant Grits - Butter	100	1.5	0.5	21	1	1	2	370	0	
1 packet, 28 g										
Baileys Coffee Creamer - Chocolate	80	3	2	12	0	10	0	30	10	
2 x 1 tbsp, 30 ml										
Total	379	19.71	8.284	34.96	1	12.43	15.01	611	410	138
Lunch										
Olive Garden Garden-fresh Salad with Dressing	140	9	1.5	12	2	3	3	740	5	
1 serving										
Olive Garden Breadsticks	140	2.5	0.5	25	0	0	4	460	0	
1 breadstick										
Olive Garden Eggplant Parmigiana (Dinner)	425	17.5	5	49	9.5		18	950		
1/2 x 1 serving										
Total	705	29	7	86	11.5	3	25	2150	5	
Dinner										
Olive Garden Garden-fresh Salad with Dressing	140	9	1.5	12	2	3	3	740	5	
1 serving										
Snacks/Other										
Icee Coca Cola Icee	130	0		36			0	12		0
2 x 8 fl oz, 480 ml										

Saturday, September 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1354	57.71	16.784	168.96	14.5	18.43	43.01	3513	420	138

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