

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	125	8.5	5.5	7.75
Lunch	301	13.67	31.97	14.64
Dinner	357	19.54	32.49	12.84
Snacks/Other	222	9.75	31.75	2.5
Total	1005	51.46	101.71	37.73

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