

## 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
<b>Total</b>	<b>1005</b>	<b>51.46</b>	<b>101.71</b>	<b>37.73</b>

## Monday, October 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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 1 package, 170 g	320	4.5	2	55	2	9	16	390	10	270
<b>Dinner</b>										
<b>Snacks/Other</b>										
SnackWells Creme Sandwiches 2 x 2 sandwiches, 50 g	220	6	2	40	0	18	2	180	0	
<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>