

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	55	2.3	9.05	0.28
Lunch	321	16.5	31.5	15
Dinner	356	15.31	38.5	16
Snacks/Other	132	3.31	22.55	2.48
<b>Total</b>	<b>865</b>	<b>37.42</b>	<b>101.6</b>	<b>33.76</b>

**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>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**

	<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 2 x 1 tbsp, 30 ml	70	3	2	12	0	12	0	0	0	
Coffee (Brewed From Grounds) 1 cup (8 fl oz)	2	0.05	0.005	0	0	0	0.28	5	0	116
<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 1 package, 170 g	320	4.5	2	55	2	9	16	390	10	270
<b>Dinner</b>										
KFC Chicken Strips 3 strips, 151 g	350	19	3.5	16	0	0	29	1190	70	
KFC Potato Wedges 1 serving, 108 g	270	13	1.5	34	2	0	4		0	
<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 1 pudding cup, 99 g	100	1.5		19	0	14	1	135	0	
<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>