

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	865	37.42	101.6	33.76

Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
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										
Total	580	36	4.5	37	5	3	36	990	70	0
Dinner										
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										
Total	805	29.25	9.75	104	5	11	31	1970	55	
Snacks/Other										
McDonald's Hot Fudge Sundae	330	9	7	53	1	48	8	170	25	
1 serving, 179 g										

Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1715	74.25	21.25	194	11	62	75	3130	150	0

Tuesday, October 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
Total	75	3.09	2.009	12.19	0	12	0.57	9	0	223
Lunch										
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										
Total	385	25.5	4.5	34	4	4	8	1300	15	25
Dinner										
Snacks/Other										
SnackWells Creme Sandwiches	100	2.73	0.91	18.2	0	8.19	0.91	81.9	0	
23 g										
Total	560	31.32	7.419	64.39	4	24.19	9.48	1390.9	15	248

Wednesday, October 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Total	72	3.05	2.005	12	0	12	0.28	5	0	116
Lunch										
Lean Cuisine Thin Crust Margherita Pizza 1 package, 170 g	320	4.5	2	55	2	9	16	390	10	270
Dinner										
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	
Total	620	32	5	50	2	0	33	1190	70	
Snacks/Other										
Real Fresh Cafe Breaks Pudding Mocha Latte 1 pudding cup, 99 g	100	1.5		19	0	14	1	135	0	
Total	1112	41.05	9.005	136	4	35	50.28	1720	80	386

Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
Total	72	3.05	2.005	12	0	12	0.28	5	0	116
Lunch										
Dinner										
Snacks/Other										
Total	72	3.05	2.005	12	0	12	0.28	5	0	116