Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	484	38.49	14.49	23.32
Lunch	30	1.55	3.8	0.91
Dinner				
Snacks/Other	72	5.61	1.07	4.53
Total	**585**	**45.65**	**19.37**	**28.76**

Tuesday, May 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Feta Cheese 35 g	92	7.45	5.231	1.43	0	1.43	4.97	391	31	22
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Cooked or Sauteed Mature Onions (from Fresh, Fat Added in Cooking) 1/4 cup	31	1.02	0.189	5.34	0.8	2.37	0.71	102	0	87
Tomatoes 125 g	22	0.25	0.058	4.9	1.5	3.29	1.1	6	0	296
Total	344	23.93	11.262	13.63	2.3	8.52	19.79	710	431	543
Lunch										
Dinner										
Snacks/Other										
Total	**344**	**23.93**	**11.262**	**13.63**	**2.3**	**8.52**	**19.79**	**710**	**431**	**543**

Thursday, May 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Clearspring Coconut Oil	54	6	5.22	0			0	0		
6 g										
Bee Pollen	6	0.1	0.069	0.87	0.2	0.72	0.48	0	0	4
2 g										
Strawberries	20	0.19	0.009	4.76	1.2	2.89	0.42	1	0	95
62 g										
Almonds	64	5.57	0.427	2.17	1.3	0.53	2.34	0	0	80
11 g										
Olympos Greek Yogurt 10% Fat	186	15	9	5.25	0	5.25	7.5	0		
150 g										
Total	330	26.86	14.725	13.05	2.7	9.39	10.74	1	0	179
Lunch										
Cooked Green String Beans (Fat Added in Cooking)	118	6.2	1.186	15.22	6.2	2.96	3.64	618	0	280
200 g										
Dinner										
Snacks/Other										
Camembert Cheese	99	8.01	5.035	0.15	0	0.15	6.53	278	24	62
33 g										
Hard Parmesan Cheese	98	6.46	4.102	0.8	0	0.2	8.94	400	17	23
25 g										
Oil Roasted Cashew Nuts (with Salt Added)	29	2.39	0.424	1.51	0.2	0.25	0.84	15	0	32
5 g										
Hazelnuts or Filberts Nuts	31	3.04	0.223	0.84	0.5	0.22	0.75	0	0	34

Thursday, May 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
5 g										
Almonds	29	2.53	0.194	0.99	0.6	0.24	1.06	0	0	36
5 g										
Total	286	22.43	9.978	4.29	1.3	1.06	18.12	693	41	187
Total	734	55.49	25.889	32.56	10.2	13.41	32.5	1312	41	646

Friday, May 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Feta Cheese 54 g	143	11.49	8.071	2.21	0	2.21	7.67	603	48	33
Butter 30 g	215	24.33	15.41	0.02	0	0.02	0.26	3	64	7
Mixed Seeds 73 g	406	34.83	5.063	13.34	5.3	1.32	17.27	7	0	546
Camembert Cheese 29 g	87	7.04	4.425	0.13	0	0.13	5.74	244	21	54
Tomatoes 127 g	23	0.25	0.058	4.98	1.5	3.34	1.12	6	0	301
Total	874	77.94	33.027	20.68	6.8	7.02	32.06	863	133	941
Lunch										
Dinner										
Snacks/Other										
Total	874	77.94	33.027	20.68	6.8	7.02	32.06	863	133	941

Saturday, May 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cottage Cheese 165 g	170	7.44	4.707	4.42	0	0.48	20.61	668	25	139
Camembert Cheese 34 g	102	8.25	5.188	0.16	0	0.16	6.73	286	24	64
Roasted Salted Cashew Nuts 20 g	116	9.55	1.696	6.03	0.7	1	3.37	62	0	126
Total	388	25.24	11.591	10.61	0.7	1.64	30.71	1016	49	329
Lunch										
Dinner										
Snacks/Other										
Total	**388**	**25.24**	**11.591**	**10.61**	**0.7**	**1.64**	**30.71**	**1016**	**49**	**329**