Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	581	27.99	49.88	31.28
Lunch	283	9.76	29.13	20.62
Dinner	175	6.98	20.2	10.15
Snacks/Other	133	3.98	23.39	1.46
Total	1172	48.72	122.6	63.51

Friday, April 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Florida's Natural 100% Pure Florida Orange Juice	73	0	0	17.16	0	14.52	1.32	0	0	297
2/3 x 8 fl oz, 158 ml										
Ground Beef (80% Lean / 20% Fat)	213	16.8	6.444	0	0	0	14.42	56	60	227
3 oz										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Guerrero Flour Tortilla	180	5.4	2.7	28.2	1.2	0.6	4.8	222	0	
57 g										
Total	471	22.29	9.153	45.55	1.2	15.12	21.11	287	60	747
Lunch										
Van de Kamp's Beer Battered Fillets	420	20	6	42	2	8	20	1360	50	
2 x 2 fillets, 216 g										
S. Rosen's Brioche Bun	220	5	1.5	37	1	8	7	320	20	
1 bun, 75 g										
Total	640	25	7.5	79	3	16	27	1680	70	
Dinner										
Au Bon Pain Split Pea With Ham Soup (Large)	280	2	0	56	19	4	24	1590	10	
16 oz, 454 g										
Snacks/Other										
Sonic Banana Split	210	4.5	3	40	1	28.5	2	70	15	
1/2 x 1 serving, 154.5 g										
Great Value Swiss Rolls Snack Cakes	250	10	7	38	1	25	2	160	5	80

Friday, April 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cakes, 2.2 oz										
Total	460	14.5	10	78	2	53.5	4	230	20	80
Total	**1851**	**63.79**	**26.653**	**258.55**	**25.2**	**88.62**	**76.11**	**3787**	**160**	**827**

Monday, April 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jimmy Dean Fully Cooked Sausage Links	172	15.84	5.28	1.32	0	0.66	5.94	468.6	33	
2/3 x 3 links, 45 g										
Fried Egg	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
1 large										
Milk (Nonfat)	79	0.41	0.265	11	0	11.54	7.73	118	5	376
8 oz										
Guerrero Flour Tortilla	180	5.4	2.7	28.2	1.2	0.6	4.8	222	0	
57 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Total	525	28.5	10.134	41.14	1.2	13.18	25.28	1055.6	248	666
Lunch										
Dinner										
Snacks/Other										
Total	**525**	**28.5**	**10.134**	**41.14**	**1.2**	**13.18**	**25.28**	**1055.6**	**248**	**666**

Friday, April 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon (Cured, Pan-Fried, Cooked)	84	6.37	2.1	0.24	0	0	6.06	384	18	93
2 slices cooked										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Milk (Nonfat)	79	0.41	0.265	11	0	11.54	7.73	118	5	376
8 oz										
Fried Egg	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
1 large										
S. Rosen's Brioche Bun	220	5	1.5	37	1	8	7	320	20	
1 bun, 75 g										
Total	477	18.63	5.754	48.86	1	19.92	27.6	1069	253	759
Lunch										
Dinner										
Snacks/Other										
Total	477	18.63	5.754	48.86	1	19.92	27.6	1069	253	759

Saturday, April 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg 2 large	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
Milk (Nonfat) 8 oz	79	0.41	0.265	11	0	11.54	7.73	118	5	376
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Johnsonville Brats Beer 'n Bratwurst Style 1 grilled link	260	21	8	2	0	1	14	680	60	
Great Value Hot Dog Buns 1 bun, 39 g	90	1.5	0	16	0	2	3	150	0	30
Total	612	36.51	12.034	30.05	0	15.3	37.78	1434	485	762
Lunch										
King's Hawaiian Original Hawaiian Sweet Rolls 3 x 1 roll, 84 g	270	7.5	4.5	48	3	15	9	255	45	0
Meat with Barbecue Sauce 1 cup	426	15.91	5.342	7.65	0.8	2.34	59.39	621	166	889
Milk (Nonfat) 8 oz	79	0.41	0.265	11	0	11.54	7.73	118	5	376
Total	775	23.82	10.107	66.65	3.8	28.88	76.12	994	216	1265
Dinner										
Vlasic Dill Pickle Spears 1 spear	5	0	0	1	0	1	0	210	0	
Frito-Lay Classic Potato Chips 1 oz, 28 g	160	10	1	15	1	0	2	170	0	350

Saturday, April 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Hot Dog Buns	90	1.5	0	16	0	2	3	150	0	30
1 bun, 39 g										
Johnsonville Brats Beer 'n Bratwurst Style	260	21	8	2	0	1	14	680	60	
1 grilled link										
Milk (Nonfat)	79	0.41	0.265	11	0	11.54	7.73	118	5	376
8 oz										
Total	594	32.91	9.265	45	1	15.54	26.73	1328	65	756
Snacks/Other										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Great Value Vanilla Ice Cream Cups	100	5	3.5	12	0	10	2	50	20	95
1 cup, 49 g										
Total	205	5.39	3.632	38.95	3.1	24.43	3.29	51	20	517
Total	**2186**	**98.63**	**35.038**	**180.65**	**7.9**	**84.15**	**143.92**	**3807**	**786**	**3300**

Sunday, April 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon (Cured, Pan-Fried, Cooked)	168	12.73	4.2	0.47	0	0	12.12	767	36	187
4 slices cooked										
Fried Egg	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
2 large										
Milk (Nonfat)	79	0.41	0.265	11	0	11.54	7.73	118	5	376
8 oz										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Toasted Whole Wheat Bread	256	4.96	0.734	47.38	5.6	3.54	7.73	320	0	290
2 slices										
Toasted White Bread	129	1.76	0.254	23.94	1.1	2.09	3.96	260	0	58
2 slices										
Total	822	34.04	9.412	83.79	6.7	17.93	44.65	1662	461	1269
Lunch										
Dinner										
Snacks/Other										
Total	822	34.04	9.412	83.79	6.7	17.93	44.65	1662	461	1269