Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	176	9.48	11.96	12.33
Lunch	648	34.6	45.77	37.25
Dinner	234	4.28	38.02	11.72
Snacks/Other	132	0.14	5.17	0.18
Total	**1190**	**48.49**	**100.92**	**61.49**

Monday, April 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Eggland's Best Hard Cooked Peeled Eggs 2 x 1 egg, 88 g	120	9	3	0	0	0	12	110	370	0
Lunch										
Roasted Potato (Fat Added in Cooking) 3/4 cup	142	6.67	0.857	19.11	2.4	0.86	2.21	96	0	460
Perkins Restaurant Everything Omelette 1/4 x 1 serving	138	10	4	3.5	0.5	1.25	9.25	267.5	176.25	
Benedict Egg 1 large	428	33.48	15.858	12.9	0.9	1.46	18.54	851	408	225
Total	708	50.15	20.715	35.51	3.8	3.57	30	1214.5	584.25	685
Dinner										
Snacks/Other										
Total	**828**	**59.15**	**23.715**	**35.51**	**3.8**	**3.57**	**42**	**1324.5**	**954.25**	**685**

Thursday, April 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Hard Boiled Eggs 2 x 1 egg, 88 g	120	8	3	0	0	0	12	120	330	188
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Total	204	9.72	4.074	17.94	0	17.27	12.5	127	336	219
Lunch										
Trader Joe's Pork Gyoza Potstickers 42 g	69	1.8	0.6	9.6	0.6	0.9	3	204	6	
Salmon Sashimi 4 pieces	166	6.72	1.429	0	0	0	24.52	52	51	
Vegetable Tempura 2 pieces	23	1.41	0.374	1.93	0.2	0.19	0.59	5	9	24
Sushiya Salmon Avocado Roll 5 pieces	160	3.5	0.5	23	3	4	7	700	10	
Southern Tsunami Sushi Bar Yellowtail Nigiri 3 x 1 piece, 105 g	162	3	0	24	0	3	9	75	18	
Total	580	16.43	2.903	58.53	3.8	8.09	44.11	1036	94	24
Dinner										
Bento Nouveau Spicy Salmon Sushi Roll 8 pieces, 200 g	330	4.5	1	62		15	12	920	20	
White Rice 3/4 cup cooked	153	0.33	0.09	33.06	0.5	0.06	3.15	433	0	41

Thursday, April 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Crazy Cuizine Teriyaki Chicken	220	8	1.5	19	0	16	20	930	45	
1 cup, 5 oz										
Total	703	12.83	2.59	114.06	0.5	31.06	35.15	2283	65	41
Snacks/Other										
Cocktail	395	0.41	0.052	15.51	0.6	9.77	0.55	30	0	146
3 cocktails										
Total	**1882**	**39.39**	**9.619**	**206.04**	**4.9**	**66.19**	**92.31**	**3476**	**495**	**430**

Friday, April 20, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Great Value Hard Boiled Eggs 2 x 1 egg, 88 g	120	8	3	0	0	0	12	120	330	188
Total	204	9.72	4.074	17.94	0	17.27	12.5	127	336	219
Lunch										
Rice with Vegetables 1 cup	170	2.36	0.459	32.92	3.6	2.49	4.37	533	0	175
Butter Chicken 1 cup	485	34.86	12.38	10.36	2.9	3.44	33.28	455	126	
Total	655	37.22	12.839	43.28	6.5	5.93	37.65	988	126	175
Dinner										
Snacks/Other										
Total	859	46.94	16.913	61.22	6.5	23.2	50.15	1115	462	394