Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	390	19.36	38.77	17.29
Lunch	610	29.56	40.33	42.34
Dinner	264	12.49	20.6	15
Snacks/Other	205	8.4	24.35	8.95
Total	**1468**	**69.82**	**124.05**	**83.58**

Monday, June 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rosa Labs Soylent 1.5 1 1/4 x 1/4 pouch, 144 g	625	28.75	3.12	71.25	3.75	18.75	25	475	0	1082.5
Lunch										
Rosa Labs Soylent 1.5 1/2 x 1/4 pouch, 57.5 g	250	11.5	1.25	28.5	1.5	7.5	10	190	0	433
Pork 1 1/2 oz boneless (yield after cooking)	81	5.11	1.85	0	0	0	8.2	115	27	105
Egg 1/2 large	37	2.48	0.775	0.19	0	0.19	3.14	35	106	34
Total	368	19.09	3.875	28.69	1.5	7.69	21.34	340	133	572
Dinner										
Rosa Labs Soylent 1.5 3/8 x 1/4 pouch, 43 g	188	8.62	0.94	21.38	1.12	5.62	7.5	142.5	0	324.75
Gaspari Nutrition MyoFusion - Strawberries & Cream 1/2 x 1 scoop, 18 g	75	1.5	0.75	2.5	0.5	1	12.5	65	20	
Jif Extra Crunchy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.25	4	1	1.5	3.5	57.5	0	0
Total	358	18.12	2.94	27.88	2.62	8.12	23.5	265	20	324.75
Snacks/Other										
Healthy Choice Heart Healthy Chicken with Rice Soup 2 x 1 cup, 480 g	220	4	2	34	4	2	12	780	20	
Total	**1571**	**69.96**	**11.935**	**161.82**	**11.87**	**36.56**	**81.84**	**1860**	**173**	**1979.25**

Tuesday, June 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rosa Labs Soylent 1.5 44 g	190	8.74	0.95	21.66	1.14	5.7	7.6	144.4	0	329.08
Lunch										
Chicken Thigh 2 large (yield after cooking, bone removed)	412	25.8	7.214	0	0	0	41.75	682	155	370
Dinner										
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Rosa Labs Soylent 1.5 3/4 x 1/4 pouch, 86 g	375	17.25	1.88	42.75	2.25	11.25	15	285	0	649.5
Total	522	27.19	4.979	43.52	2.25	12.02	27.58	425	423	783.5
Snacks/Other										
Rosa Labs Soylent 1.5 1/4 pouch, 115 g	500	23	2.5	57	3	15	20	380	0	866
Total	**1624**	**84.73**	**15.643**	**122.18**	**6.39**	**32.72**	**96.93**	**1631.4**	**578**	**2348.58**

Wednesday, June 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rosa Labs Soylent 1.5 1/2 x 1/4 pouch, 57.5 g	250	11.5	1.25	28.5	1.5	7.5	10	190	0	433
Fried Egg 2 large	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
Total	435	25.59	5.2	29.31	1.5	8.26	22.54	378	420	568
Lunch										
Cooked Vegetables (Fat Added in Cooking) 1 cup	147	3.86	0.728	23.19	7.8	5.57	5.06	453	0	298
Rosa Labs Soylent 1.5 3/4 x 1/4 pouch, 86 g	375	17.25	1.88	42.75	2.25	11.25	15	285	0	649.5
Total	522	21.11	2.608	65.94	10.05	16.82	20.06	738	0	947.5
Dinner										
Lamb 2 oz boneless (yield after cooking)	123	8.72	3.678	0	0	0	10.21	165	40	129
Yellow Rice 0.13 cup cooked	20	0.03	0.009	4.28	0.1	0.08	0.39	113	0	9
Hummus 3 tbsps	80	3.87	0.505	9.05	1.8	0.21	2.19	109	0	78
Chicken Breast 2 oz boneless (yield after cooking)	70	2.78	0.782	0	0	0	10.64	141	30	87
Total	293	15.4	4.974	13.33	1.9	0.29	23.43	528	70	303
Snacks/Other										
Total	**1250**	**62.1**	**12.782**	**108.58**	**13.45**	**25.37**	**66.03**	**1644**	**490**	**1818.5**

Thursday, June 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rosa Labs Soylent 1.5 3/4 x 1/4 pouch, 86 g	375	17.25	1.88	42.75	2.25	11.25	15	285	0	649.5
Lunch										
Chicken Thigh 4 oz boneless (yield after cooking)	186	11.67	3.263	0	0	0	18.89	309	70	167
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Rosa Labs Soylent 1.5 71 g	310	14.26	1.55	35.34	1.86	9.3	12.4	235.6	0	536.92
Kikkoman Teriyaki Sauce 1 tbsp, 18 g	30	0		6		6	1	450		
Chicken Thigh 5 oz boneless (yield after cooking)	233	14.59	4.079	0	0	0	23.61	386	87	209
Total	906	50.46	11.991	42.11	1.86	16.07	68.48	1520.6	580	1046.92
Dinner										
L&L Hawaiian Barbecue SPAM Musubi 1/2 x 1 piece	146	1.75		18.25	0.5	0.5	0.5	230	0.5	
Snacks/Other										
Kettle Brand Sriracha Potato Chips 13 chips, 28 g	150	9	1	16	2	1	2	130	0	400
Quest Peanut Butter Protein Powder 1/4 x 1 scoop, 8 g	28	0.25	0	0.5	0.25	0.25	5.75	47.5		
Rosa Labs Soylent 1.5	125	5.75	0.62	14.25	0.75	3.75	5	95	0	216.5

Thursday, June 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 x 1/4 pouch, 29 g										
Total	303	15	1.62	30.75	3	5	12.75	272.5	0	616.5
Total	**1730**	**84.46**	**15.491**	**133.86**	**7.61**	**32.82**	**96.73**	**2308.1**	**580.5**	**2312.92**

Friday, July 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Rosa Labs Soylent 1.5 1/2 x 1/4 pouch, 57.5 g	250	11.5	1.25	28.5	1.5	7.5	10	190	0	433
Total	324	16.47	2.8	28.88	1.5	7.88	16.29	260	212	500
Lunch										
Wyder's Dry Pear Cider 1 serving, 12 oz	140	0		22			0			
Rice Cooked with Coconut Milk (Arroz Con Coco) 1/8 cup	66	4.73	4.125	5.71	0.5	0.64	0.85	14	1	57
Mango 1/2 cup sliced	54	0.22	0.054	14.02	1.5	12.21	0.42	2	0	129
Cooked Vegetables (Fat Added in Cooking) 1 cup	147	3.86	0.728	23.19	7.8	5.57	5.06	453	0	298
Chicken Thigh (Skin Not Eaten) 11 oz boneless, raw, without skin (yield after cooking)	433	22.55	6.28	0	0	0	53.75	857	196	493
Total	840	31.36	11.187	64.92	9.8	18.42	60.08	1326	197	977
Dinner										
Snacks/Other										
Total	**1164**	**47.83**	**13.987**	**93.8**	**11.3**	**26.3**	**76.37**	**1586**	**409**	**1477**