Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	417	20.98	29.12	25.21
Lunch	335	17.42	11	33.81
Dinner	229	11.82	2.14	26.76
Snacks/Other				
Total	**982**	**50.22**	**42.26**	**85.77**

Monday, May 25, 2015

	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
HEB Greek Plain Yogurt 1/2 x 3/4 cup, 85 g	70	0		4	0	3.5	11.5	40	0	160
Pure Organic Triple Berry Nut Bar 1 bar, 35 g	160	9	0.5	17	2	8	5	50	0	105
Total	350	18	3.5	21	2	11.5	28.5	200	370	265
Lunch										
Roasted Broiled or Baked Chicken Thigh (Skin Not Eaten) 2 small (yield after cooking, bone and skin removed)	190	9.93	2.764	0	0	0	23.66	377	86	217
World Catch Tilapia Fillets 4 oz, 112 g	100	2.5	1	0	0	0	20	75	40	
Claussen Kosher Dill Pickle Halves 1/2 pickle, 28 g	5	0	0	0.5	0	0	0	270	0	0
Total	295	12.43	3.764	0.5	0	0	43.66	722	126	217
Dinner										
HEB Boneless pork ribs HEB 2 x 4 oz	460	30	10	2	0	0	42	740	140	
Snacks/Other										
Total	1105	60.43	17.264	23.5	2	11.5	114.16	1662	636	482

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										
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Jennie-O Turkey Breakfast Sausage Patties 2 patties, 56 g	110	6	1.5	0	0	0	14	570	60	
Total	309	21.21	7.284	1.96	0	1.43	27.01	781	460	138
Lunch										
Jennie-O Extra Lean Turkey Bacon 2 x 1 slice, 30 g	60	5	1	0	0	0	4	260	20	
Eggland's Best Hard Cooked Peeled Eggs 2 x 1 egg, 88 g	120	9	3	0	0	0	12	110	370	0
Total	180	14	4	0	0	0	16	370	390	0
Dinner										
Chicken Thigh (Skin Not Eaten) 3 small (yield after cooking, bone and skin removed)	286	14.89	4.147	0	0	0	35.49	566	130	326
Kraft 2% Mozzarella String Cheese 2 x 1 stick, 48 g	140	9	5	0	0	0	16	380	30	
HEB Greek Plain Yogurt 1/2 x 3/4 cup, 85 g	70	0		4	0	3.5	11.5	40	0	160
Total	496	23.89	9.147	4	0	3.5	62.99	986	160	486
Snacks/Other										
Total	**985**	**59.1**	**20.431**	**5.96**	**0**	**4.93**	**106**	**2137**	**1010**	**624**

Wednesday, May 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Melaleuca access chocolate s'mores One Bar	130	6	3	19	1	7	2	65	0	140
Melaleuca FiberWise Fruit & Fiber Bars - Lemon Burst 1 bar, 45 g	180	4	2	32	5	13	3	70	0	95
HEB Greek Plain Yogurt 1/2 x 3/4 cup, 85 g	70	0		4	0	3.5	11.5	40	0	160
Total	380	10	5	55	6	23.5	16.5	175	0	395
Lunch										
Healthy Choice Greek Frozen Yogurt - Dark Fudge Swirl 1 container, 63 g	100	2	1	17	1	11	4	45	10	125
Target Chicken Tenders 2 x 3 strips	540	20	5	36	0	3	54	1740	140	
Total	640	22	6	53	1	14	58	1785	150	125
Dinner										
Snacks/Other										
Total	**1020**	**32**	**11**	**108**	**7**	**37.5**	**74.5**	**1960**	**150**	**520**

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										
Zeal Protein Shake 1/2 x 1 Scoop 14g	24	1	0.16	4	1.75	1.75	0	0.5	0	54.5
Moringa Smart Mix 1 packet, 0.5 oz	40	0	0	9	1	0.5	0.3	4	0	
Jennie-O Turkey Breakfast Sausage Patties 2 patties, 56 g	110	6	1.5	0	0	0	14	570	60	
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Total	373	22.21	7.444	14.96	2.75	3.68	27.31	785.5	460	192.5
Lunch										
Kraft 2% Mozzarella String Cheese 2 x 1 stick, 48 g	140	9	5	0	0	0	16	380	30	
Jennie-O Extra Lean Turkey Bacon 2 x 1 slice, 30 g	60	5	1	0	0	0	4	260	20	
Eggland's Best Hard Cooked Peeled Eggs 2 x 1 egg, 88 g	120	9	3	0	0	0	12	110	370	0
Zurvita Zeal Protein Shake 1/2 x 1 Scoop 14g	24	1	0.16	4	1.75	1.75	0	0.5	0	54.5
Total	344	24	9.16	4	1.75	1.75	32	750.5	420	54.5
Dinner										
Claussen Kosher Dill Pickle Halves 1/2 pickle, 28 g	5	0	0	0.5	0	0	0	270	0	0
Chicken Thigh (Skin Not Eaten)	190	9.93	2.764	0	0	0	23.66	377	86	217

Thursday, May 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 small (yield after cooking, bone and skin removed)										
Total	195	9.93	2.764	0.5	0	0	23.66	647	86	217

Snacks/Other

Total	**912**	**56.14**	**19.368**	**19.46**	**4.5**	**5.43**	**82.97**	**2183**	**966**	**464**

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										
Melaleuca access chocolate s'mores One Bar	130	6	3	19	1	7	2	65	0	140
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Jennie-O Turkey Breakfast Sausage Patties 2 patties, 56 g	110	6	1.5	0	0	0	14	570	60	
Zija Moringa Smart Mix 1 packet, 0.5 oz	40	0	0	9	1	0.5	0.3	4	0	
Zurvita Zeal Protein Shake 1/2 x 1 Scoop 14g	24	1	0.16	4	1.75	1.75	0	0.5	0	54.5
Total	503	28.21	10.444	33.96	3.75	10.68	29.31	850.5	460	332.5
Lunch										
crunchy cheetos 1 package, 1.12 oz	170	12	2	15	0	1	2	280	0	
Wegmans Organic Grass Fed Ground Beef (93% Lean / 7% Fat) 3 oz cooked, 84 g	160	7	3	0	0	0	22	55	70	0
Total	330	19	5	15	0	1	24	335	70	0
Dinner										
Snacks/Other										
Total	833	47.21	15.444	48.96	3.75	11.68	53.31	1185.5	530	332.5

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										
Zurvita Zeal Protein Shake 1/2 x 1 Scoop 14g	24	1	0.16	4	1.75	1.75	0	0.5	0	54.5
Panera Bread Bear Claw Specialty Pastry 1 serving, 4.5 oz	540	24	13	54	2	18	9	400	70	
Total	564	25	13.16	58	3.75	19.75	9	400.5	70	54.5
Lunch										
Claussen Kosher Dill Pickle Halves 1/2 pickle, 28 g	5	0	0	0.5	0	0	0	270	0	0
Kraft 2% Mozzarella String Cheese 1 stick, 24 g	70	4.5	2.5	0	0	0	8	190	15	
Jennie-O Lean Turkey Burger Patties 90/10 1 patty, 4 oz	180	9	2.5	0	0	0	21	100	80	0
Zurvita Zeal Protein Shake 1/2 x 1 Scoop 14g	24	1	0.16	4	1.75	1.75	0	0.5	0	54.5
Total	279	14.5	5.16	4.5	1.75	1.75	29	560.5	95	54.5
Dinner										
Greek Plain Yogurt 1/2 x 3/4 cup, 85 g	70	0		4	0	3.5	11.5	40	0	160
Chicken Thigh (Skin Not Eaten) 2 small (yield after cooking, bone and skin removed)	190	9.93	2.764	0	0	0	23.66	377	86	217
Total	260	9.93	2.764	4	0	3.5	35.16	417	86	377
Snacks/Other										

Saturday, May 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1103	49.43	21.084	66.5	5.5	25	73.16	1378	251	486

Sunday, May 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
HEB Greek Plain Yogurt 1/2 x 3/4 cup, 85 g	70	0		4	0	3.5	11.5	40	0	160
Zija Moringa Smart Mix 1 packet, 0.5 oz	40	0	0	9	1	0.5	0.3	4	0	
Jennie-O Turkey Breakfast Sausage Patties 2 patties, 56 g	110	6	1.5	0	0	0	14	570	60	
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Zurvita Zeal Protein Shake 1/2 x 1 Scoop 14g	24	1	0.16	4	1.75	1.75	0	0.5	0	54.5
Total	443	22.21	7.444	18.96	2.75	7.18	38.81	825.5	460	352.5
Lunch										
Eggland's Best Hard Cooked Peeled Eggs 2 x 1 egg, 88 g	120	9	3	0	0	0	12	110	370	0
Wegmans Organic Grass Fed Ground Beef (93% Lean / 7% Fat) 3 oz cooked, 84 g	160	7	3	0	0	0	22	55	70	0
Total	280	16	6	0	0	0	34	165	440	0
Dinner										
Eggland's Best Hard Cooked Peeled Eggs 2 x 1 egg, 88 g	120	9	3	0	0	0	12	110	370	0
Claussen Kosher Dill Pickle Halves 1/2 pickle, 28 g	5	0	0	0.5	0	0	0	270	0	0

Sunday, May 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
HEB Greek Plain Yogurt	70	0		4	0	3.5	11.5	40	0	160
1/2 x 3/4 cup, 85 g										
Total	195	9	3	4.5	0	3.5	23.5	420	370	160
Snacks/Other										
Total	918	47.21	16.444	23.46	2.75	10.68	96.31	1410.5	1270	512.5