Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	298	3.88	57.74	11.95
Lunch	637	16.66	95.09	24.56
Dinner	888	33.73	102.1	46.43
Snacks/Other	361	12.4	25.8	10.7
Total	2184	66.67	280.73	93.65

Wednesday, December 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey Nut Cheerios 1 cup	112	1.2	0.24	24	1.8	10.5	2.7	269	0	92
1% Fat Milk 1 cup	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
Total	214	3.57	1.785	36.18	1.8	23.19	10.92	376	12	458
Lunch										
Trader Joe's 12 Grain Mini Snack Crackers 22 crackers, 30 g	140	6	0.5	21	3	2	2	180	0	
Ritz Peanut Butter Cracker Sandwiches 3/4 x 1 package (6 crackers), 29 g	150	8.25	1.12	15.75	0.75	3.75	3	300	0	71.25
Dannon Light & Fit Yogurt - Peach (Container) 1 container, 150 g	80	0	0	14	0	10	5	75	4	250
Newtons 100% Whole Grain Cookies 2 cookies, 31 g	110	2	0	22	3	12	1	125	0	65
Gatorade G2 Perform 02 - Lemon-Lime 1 cup, 8 oz	30	0	0	7	0	7	0	160	0	30
R.W. Knudsen Family 2% Lowfat Cottage Cheese 1/2 cup, 119 g	90	2.5	1.5	6	0	4	11	410	15	0
Total	600	18.75	3.12	85.75	6.75	38.75	22	1250	19	416.25
Dinner										
Dole Pineapple Chunks in 100% Pineapple Juice	70	0	0	16	1	15	0	0	0	150

Wednesday, December 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup, 122 g										
Chicken Breast	491	19.45	5.473	0	0	0	74.47	990	209	612
1 1/2 small (yield after cooking, bone removed)										
Glaceau Vitamin Water Power-c Dragonfruit (Bottle)	60	0		16	0	16	0	0	0	
1/2 x 1 bottle, 10 oz										
Trader Joe's Crispy Crunchy Oatmeal Raisin Cookies	150	8	4	19	1	9	2	120	0	0
12 cookies, 30 g										
Trader Joe's Rice Medley (Brown Rice, Red Rice & Black Barley)	100	0.75	0	21	2	0	2.5	0	0	0
1/2 x 1 cup, 71 g										
Total	871	28.2	9.473	72	4	40	78.97	1110	209	762
Snacks/Other										
Zinfandel Wine	131	0		4.2			0.1			
1 5 fl oz serving										
Frigo Natural String Cheese Part Skim	80	6	3.5	1	0	0	6	200	15	
1 package, 1 oz										
Trader Joe's Organic Popcorn with Olive Oil	130	6	1	18	3	0	3	170	0	0
3 1/2 cups , 28 g										
Total	341	12	4.5	23.2	3	0	9.1	370	15	0
Total	**2026**	**62.52**	**18.878**	**217.13**	**15.55**	**101.94**	**120.99**	**3106**	**255**	**1636.25**

Thursday, December 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
1% Fat Milk	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
1 cup										
Honey Nut Cheerios	112	1.2	0.24	24	1.8	10.5	2.7	269	0	92
1 cup										
Total	319	3.96	1.917	63.13	4.9	37.62	12.21	377	12	880
Lunch										
Jif Natural Creamy Peanut Butter	95	8	1.5	4	1	1.5	3.5	40	0	0
1/2 x 2 tbsp, 16.5 g										
Polar Fuji Apple Slices	50	0	0	12	2	11	0	20	0	0
1/2 cup, 140 g										
Trader Joe's Pretzel Slims	110	0	0	23	1	2	3	330	0	
23 pretzels, 28 g										
R.W. Knudsen Family 2% Lowfat Cottage Cheese	90	2.5	1.5	6	0	4	11	410	15	0
1/2 cup, 119 g										
Gatorade G2 Perform 02 - Lemon-Lime	30	0	0	7	0	7	0	160	0	30
1 cup, 8 oz										
Newtons 100% Whole Grain Cookies	110	2	0	22	3	12	1	125	0	65
2 cookies, 31 g										
Dannon Light & Fit Yogurt - Peach (Container)	80	0	0	14	0	10	5	75	4	250
1 container, 150 g										
Total	565	12.5	3	88	7	47.5	23.5	1160	19	345

Thursday, December 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Trader Joe's Beef Bolognese Ravioli	560	16	7	76	6	2	28	740	80	
2 x 1 cup, 254 g										
Trader Joe's Bolognese Sauce	80	4.5	1	8	2	5	3	490	5	
1/2 cup, 125 g										
Trader Joe's Artisan Bread French Baguette	140	0.5	0	30	1	1	5	310	0	
1/6 loaf, 57 g										
Trader Joe's Crispy Crunchy Oatmeal Raisin Cookies	150	8	4	19	1	9	2	120	0	0
12 cookies, 30 g										
Glaceau Vitamin Water Power-c Dragonfruit (Bottle)	60	0		16	0	16	0	0	0	
1/2 x 1 bottle, 10 oz										
Total	990	29	12	149	10	33	38	1660	85	0
Snacks/Other										
Trader Joe's Organic Popcorn with Olive Oil	130	6	1	18	3	0	3	170	0	0
3 1/2 cups , 28 g										
Frigo Natural String Cheese Part Skim	80	6	3.5	1	0	0	6	200	15	
1 package, 1 oz										
Zinfandel Wine	131	0		4.2			0.1			
1 5 fl oz serving										
Nesquik 100 Calorie Chocolate Milk	100	2	1.5	13	0	12	8	140	10	
1 bottle, 8 oz										
Total	441	14	6	36.2	3	12	17.1	510	25	0
Total	**2315**	**59.46**	**22.917**	**336.33**	**24.9**	**130.12**	**90.81**	**3707**	**141**	**1225**

Friday, December 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
1% Fat Milk	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
1 cup										
Honey Nut Cheerios	112	1.2	0.24	24	1.8	10.5	2.7	269	0	92
1 cup										
Total	319	3.96	1.917	63.13	4.9	37.62	12.21	377	12	880
Lunch										
Grilled Cheese Sandwich	291	15.77	5.978	27.85	1.2	3.98	9.16	764	22	129
1 sandwich										
Dannon Light & Fit Yogurt - Peach (Container)	80	0	0	14	0	10	5	75	4	250
1 container, 150 g										
Newtons 100% Whole Grain Cookies	110	2	0	22	3	12	1	125	0	65
2 cookies, 31 g										
Gatorade G2 Perform 02 - Lemon-Lime	30	0	0	7	0	7	0	160	0	30
1 cup, 8 oz										
R.W. Knudsen Family 2% Lowfat Cottage Cheese	90	2.5	1.5	6	0	4	11	410	15	0
1/2 cup, 119 g										
Trader Joe's Pretzel Slims	110	0	0	23	1	2	3	330	0	
23 pretzels, 28 g										
Total	711	20.27	7.478	99.85	5.2	38.98	29.16	1864	41	474
Dinner										
Trader Joe's Crispy Crunchy Oatmeal Raisin Cookies	150	8	4	19	1	9	2	120	0	0

Friday, December 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
12 cookies, 30 g										
Chipotle Mexican Grill Chicken Burrito Bol (Chicken, Cheese, Rice and Black Beans)	585	19.5	8	57	13.5	1	48.5	1135	155	
1 bol										
Chipotle Mexican Grill Chips	285	13.5	1.75	36.5	4	2	4	210		
1/2 bag, 2 oz										
Total	1020	41	13.75	112.5	18.5	12	54.5	1465	155	0
Snacks/Other										
Zinfandel Wine	131	0		4.2			0.1			
1 5 fl oz serving										
Frigo Natural String Cheese Part Skim	80	6	3.5	1	0	0	6	200	15	
1 package, 1 oz										
Trader Joe's Organic Popcorn with Olive Oil	130	6	1	18	3	0	3	170	0	0
3 1/2 cups , 28 g										
Total	341	12	4.5	23.2	3	0	9.1	370	15	0
Total	**2391**	**77.23**	**27.645**	**298.68**	**31.6**	**88.6**	**104.97**	**4076**	**223**	**1354**

Saturday, December 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey Nut Cheerios	112	1.2	0.24	24	1.8	10.5	2.7	269	0	92
1 cup										
1% Fat Milk	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
1 cup										
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)										
Total	319	3.96	1.917	63.13	4.9	37.62	12.21	377	12	880
Lunch										
Trader Joe's Pretzel Slims	110	0	0	23	1	2	3	330	0	
23 pretzels, 28 g										
Campbell's Creamy Tomato Soup	160	5	1	25	3	16	3	480	5	
1 container, 435 g										
Gatorade G2 Perform 02 - Lemon-Lime	30	0	0	7	0	7	0	160	0	30
1 cup, 8 oz										
Newtons 100% Whole Grain Cookies	110	2	0	22	3	12	1	125	0	65
2 cookies, 31 g										
Dannon Light & Fit Yogurt - Peach (Container)	80	0	0	14	0	10	5	75	4	250
1 container, 150 g										
Grilled Cheese Sandwich	291	15.77	5.978	27.85	1.2	3.98	9.16	764	22	129
1 sandwich										
Total	781	22.77	6.978	118.85	8.2	50.98	21.16	1934	31	474
Dinner										
Ground Beef (90% Lean / 10% Fat, Patty, Cooked, Broiled)	184	9.97	3.935	0	0	0	22.19	58	72	283

Saturday, December 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving (3 oz)										
Trader Joe's Handsome Cut Potato Fries	350	12.5	1.25	55	5	0	7.5	675	0	0
2 1/2 x 3 oz, 212.5 g										
Glaceau Vitamin Water Power-c Dragonfruit (Bottle)	60	0		16	0	16	0	0	0	
1/2 x 1 bottle, 10 oz										
Trader Joe's Crispy Crunchy Oatmeal Raisin Cookies	150	8	4	19	1	9	2	120	0	0
12 cookies, 30 g										
Total	744	30.47	9.185	90	6	25	31.69	853	72	283
Snacks/Other										
Trader Joe's Organic Popcorn with Olive Oil	130	6	1	18	3	0	3	170	0	0
3 1/2 cups , 28 g										
Frigo Natural String Cheese Part Skim	80	6	3.5	1	0	0	6	200	15	
1 package, 1 oz										
Zinfandel Wine	131	0		4.2			0.1			
1 5 fl oz serving										
Total	341	12	4.5	23.2	3	0	9.1	370	15	0
Total	**2185**	**69.2**	**22.58**	**295.18**	**22.1**	**113.6**	**74.16**	**3534**	**130**	**1637**

Sunday, January 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey Nut Cheerios	112	1.2	0.24	24	1.8	10.5	2.7	269	0	92
1 cup										
1% Fat Milk	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
1 cup										
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)										
Total	319	3.96	1.917	63.13	4.9	37.62	12.21	377	12	880
Lunch										
Kraft Wheat Thins Reduced Fat	130	3.5	0.5	22	3	4	2	230	0	90
16 crackers, 29 g										
Healthy Choice Chicken Noodle Soup	90	1	0	12	1	2	8	390	15	
1 cup, 243 g										
R.W. Knudsen Family 2% Lowfat Cottage Cheese	90	2.5	1.5	6	0	4	11	410	15	0
1/2 cup, 119 g										
Dannon Light & Fit Yogurt - Peach (Container)	80	0	0	14	0	10	5	75	4	250
1 container, 150 g										
Newtons 100% Whole Grain Cookies	110	2	0	22	3	12	1	125	0	65
2 cookies, 31 g										
Gatorade G2 Perform 02 - Lemon-Lime	30	0	0	7	0	7	0	160	0	30
1 cup, 8 oz										
Total	530	9	2	83	7	39	27	1390	34	435
Dinner										

Sunday, January 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Taco Bell Soft Taco Supreme - Beef	525	25	12.5	50	7.5	5	25	1275	75	
2 1/2 x 1 serving										
Trader Joe's Organic Tortilla Longboard Chips	140	7	0.5	18	2	0	2	80	0	
10 chips, 28 g										
Pepsi Diet Pepsi (Can)	0	0	0	0	0	0	0	35	0	0
1 can, 355 ml										
Trader Joe's Crispy Crunchy Oatmeal Raisin Cookies	150	8	4	19	1	9	2	120	0	0
12 cookies, 30 g										
Total	815	40	17	87	10.5	14	29	1510	75	0
Snacks/Other										
Zinfandel Wine	131	0		4.2			0.1			
1 5 fl oz serving										
Frigo Natural String Cheese Part Skim	80	6	3.5	1	0	0	6	200	15	
1 package, 1 oz										
Trader Joe's Organic Popcorn with Olive Oil	130	6	1	18	3	0	3	170	0	0
3 1/2 cups , 28 g										
Total	341	12	4.5	23.2	3	0	9.1	370	15	0
Total	2005	64.96	25.417	256.33	25.4	90.62	77.31	3647	136	1315