Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	592	11.25	75.87	48.28
Lunch	339	4.01	12.17	59.53
Dinner	276	3.12	8.5	49.88
Snacks/Other	484	6.23	50.68	55.47
Total	**1690**	**24.61**	**147.23**	**213.16**

Monday, May 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Almonds 15 almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
Daily Multiple Plus+ 1 serving, 1 oz	61	1	0	12	0	2	1	15	0	150
Nutritional Shake Mix - Cookies 'N Cream 2 scoops, 25 g	90	1	0	11	4	5	9	165	0	190
Pure 100% Whey Complex 1 scoop, 30 g	113	1	0.5	2	0	1	24	50	20	176
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Total	671	17.5	2.148	80.24	14.4	8.86	51	232	20	982
Lunch										
Skinless Chicken Breast 134 g	147	1.66	0.442	0	0	0	30.94	87	78	
Dinner										
Snacks/Other										
pure 100% whey complex 1 scoop , 30 g	113	1	0.5	2		1	24	50	20	175
Egg White 178 g	93	0.3	0	1.3	0	1.26	19.4	295	0	290
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Total	509	6.68	1.449	54.99	8.3	2.26	56.57	347	20	800

Monday, May 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1327	25.84	4.039	135.23	22.7	11.12	138.51	666	118	1782

Tuesday, May 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Pure 100% Whey Complex 1 scoop, 30 g	113	1	0.5	2	0	1	24	50	20	176
Nutritional Shake Mix - Cookies 'N Cream 2 scoops, 25 g	90	1	0	11	4	5	9	165	0	190
Daily Multiple Plus+ 1 serving, 1 oz	61	1	0	12	0	2	1	15	0	150
Almonds 15 almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
Total	671	17.5	2.148	80.24	14.4	8.86	51	232	20	982
Lunch										
Skinless Chicken Breast 153 g	168	1.9	0.505	0	0	0	35.33	99	89	
Brown Rice 1/4 cup cooked	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
Skinless Chicken Breast 120 g	132	1.49	0.396	0	0	0	27.71	78	70	
Total	354	3.82	0.988	11.11	0.9	0.17	64.29	324	159	21
Dinner										
Skinless Chicken Breast 150 g	165	1.86	0.495	0	0	0	34.64	98	87	
Skinless Chicken Breast 128 g	141	1.59	0.422	0	0	0	29.56	83	74	
Total	306	3.45	0.917	0	0	0	64.2	181	161	

Tuesday, May 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Oats 1/4 cup	152	2.69	0.475	25.85	4.1		6.59	1	0	167
Egg White 178 g	93	0.3	0	1.3	0	1.26	19.4	295	0	290
pure 100% whey complex 1 scoop , 30 g	113	1	0.5	2		1	24	50	20	175
Total	358	3.99	0.975	29.15	4.1	2.26	49.99	346	20	632
Total	**1689**	**28.76**	**5.028**	**120.5**	**19.4**	**11.29**	**229.48**	**1083**	**360**	**1635**

Wednesday, May 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Daily Multiple Plus+ 1 serving, 1 oz	61	1	0	12	0	2	1	15	0	150
Nutritional Shake Mix - Cookies 'N Cream 2 scoops, 25 g	90	1	0	11	4	5	9	165	0	190
Pure 100% Whey Complex 1 scoop, 30 g	113	1	0.5	2	0	1	24	50	20	176
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Total	567	8.38	1.449	76.69	12.3	8	47.17	232	20	851
Lunch										
Skinless Chicken Breast 152 g	167	1.88	0.502	0	0	0	35.1	99	88	
Brown Rice 1/4 cup cooked	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
Skinless Chicken Breast 106 g	117	1.31	0.35	0	0	0	24.48	69	61	
Total	338	3.62	0.939	11.11	0.9	0.17	60.83	315	149	21
Dinner										
Skinless Chicken Breast 150 g	165	1.86	0.495	0	0	0	34.64	98	87	
Brown Rice 1/4 cup cooked	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
Skinless Chicken Breast 179 g	197	2.22	0.591	0	0	0	41.33	116	104	
Total	416	4.51	1.173	11.11	0.9	0.17	77.22	361	191	21

Wednesday, May 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
pure 100% whey complex 1 scoop , 30 g	113	1	0.5	2		1	24	50	20	175
Egg White 178 g	93	0.3	0	1.3	0	1.26	19.4	295	0	290
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Total	509	6.68	1.449	54.99	8.3	2.26	56.57	347	20	800
Total	**1830**	**23.19**	**5.01**	**153.9**	**22.4**	**10.6**	**241.79**	**1255**	**380**	**1693**

Thursday, May 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Pure 100% Whey Complex 1 scoop, 30 g	113	1	0.5	2	0	1	24	50	20	176
Nutritional Shake Mix - Cookies 'N Cream 2 scoops, 25 g	90	1	0	11	4	5	9	165	0	190
Daily Multiple Plus+ 1 serving, 1 oz	61	1	0	12	0	2	1	15	0	150
Total	567	8.38	1.449	76.69	12.3	8	47.17	232	20	851
Lunch										
Skinless Chicken Breast 154 g	169	1.91	0.508	0	0	0	35.56	100	89	
Brown Rice 1/4 cup cooked	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
Skinless Chicken Breast 120 g	132	1.49	0.396	0	0	0	27.71	78	70	
Total	355	3.83	0.991	11.11	0.9	0.17	64.52	325	159	21
Dinner										
Skinless Chicken Breast 157 g	173	1.95	0.518	0	0	0	36.25	102	91	
Brown Rice 1/4 cup cooked	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
Skinless Chicken Breast 120 g	132	1.49	0.396	0	0	0	27.71	78	70	
Total	359	3.87	1.001	11.11	0.9	0.17	65.21	327	161	21

Thursday, May 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Egg White 178 g	93	0.3	0	1.3	0	1.26	19.4	295	0	290
pure 100% whey complex 1 scoop , 30 g	113	1	0.5	2		1	24	50	20	175
Total	509	6.68	1.449	54.99	8.3	2.26	56.57	347	20	800
Total	**1790**	**22.76**	**4.89**	**153.9**	**22.4**	**10.6**	**233.47**	**1231**	**360**	**1693**

Friday, May 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Daily Multiple Plus+ 1 serving, 1 oz	61	1	0	12	0	2	1	15	0	150
Nutritional Shake Mix - Cookies 'N Cream 2 scoops, 25 g	90	1	0	11	4	5	9	165	0	190
Pure 100% Whey Complex 1 scoop, 30 g	113	1	0.5	2	0	1	24	50	20	176
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Total	567	8.38	1.449	76.69	12.3	8	47.17	232	20	851
Lunch										
Skinless Chicken Breast 154 g	169	1.91	0.508	0	0	0	35.56	100	89	
Brown Rice 1/4 cup cooked	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
Skinless Chicken Breast 120 g	132	1.49	0.396	0	0	0	27.71	78	70	
Total	355	3.83	0.991	11.11	0.9	0.17	64.52	325	159	21
Dinner										
Skinless Chicken Breast 155 g	170	1.92	0.512	0	0	0	35.79	101	90	
Skinless Chicken Breast 120 g	132	1.49	0.396	0	0	0	27.71	78	70	
Brown Rice 1/4 cup cooked	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
Total	356	3.84	0.995	11.11	0.9	0.17	64.75	326	160	21

Friday, May 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
pure 100% whey complex 1 scoop , 30 g	113	1	0.5	2		1	24	50	20	175
Egg White 178 g	93	0.3	0	1.3	0	1.26	19.4	295	0	290
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Total	509	6.68	1.449	54.99	8.3	2.26	56.57	347	20	800
Total	**1787**	**22.73**	**4.884**	**153.9**	**22.4**	**10.6**	**233.01**	**1230**	**359**	**1693**

Saturday, May 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Pure 100% Whey Complex 1 scoop, 30 g	113	1	0.5	2	0	1	24	50	20	176
Nutritional Shake Mix - Cookies 'N Cream 2 scoops, 25 g	90	1	0	11	4	5	9	165	0	190
Total	506	7.38	1.449	64.69	12.3	6	46.17	217	20	701
Lunch										
Turkey Breast Meat 126 g	131	2.09	0.605	5.3	0.6	4.42	21.51	1279	54	381
Turkey Breast Meat 136 g	141	2.26	0.653	5.73	0.7	4.77	23.22	1380	58	411
Brown Rice 1/4 cup cooked	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
Turkey Breast Meat 153 g	159	2.54	0.734	6.44	0.8	5.37	26.12	1553	66	462
Total	485	7.32	2.079	28.58	3	14.73	72.1	4359	178	1275
Dinner										
Turkey Breast Meat 156 g	162	2.59	0.749	6.57	0.8	5.48	26.63	1583	67	471
Brown Rice 1/4 cup cooked	54	0.43	0.087	11.11	0.9	0.17	1.25	147	0	21
Total	216	3.02	0.836	17.68	1.7	5.65	27.88	1730	67	492
Snacks/Other										

Saturday, May 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Oats 1/2 cup	303	5.38	0.949	51.69	8.3		13.17	2	0	335
Egg White 178 g	93	0.3	0	1.3	0	1.26	19.4	295	0	290
pure 100% whey complex 1 scoop , 30 g	113	1	0.5	2		1	24	50	20	175
Total	509	6.68	1.449	54.99	8.3	2.26	56.57	347	20	800
Total	1716	24.4	5.813	165.94	25.3	28.64	202.72	6653	285	3268