Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	796	65.86	18.15	38.25
Lunch	213	16.29	0	15.63
Dinner				
Snacks/Other				
Total	1009	82.15	18.15	53.88

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										
Whipping Cream 2 tbsps	104	11.1	6.91	0.84	0	0.03	0.62	11	41	22
Formaggio Fresh Mozzarella 2 x 1 oz, 56 g	280	28	7	4	2	0	8	210	30	
Bell Peppers 2 oz, raw, yields	12	0.14	0.027	2.77	0.9	1.93	0.46	1	0	
Mushrooms 2 oz	12	0.19	0.028	1.86	0.6	0.94	1.75	3	0	180
Onions 2 oz	24	0.05	0.015	5.73	0.8	2.43	0.52	2	0	82
Italian Sausage 2 oz raw (yield after cooking)	144	11.47	4.005	1.79	0	0.36	8.03	507	24	128
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Total	796	65.86	22.633	18.15	4.3	6.85	38.25	944	729	613
Lunch										
Pork Spareribs 3 oz, with bone cooked (yield after bone removed)	213	16.29	5.98	0	0	0	15.63	138	65	172
Dinner										
Snacks/Other										
Total	**1009**	**82.15**	**28.613**	**18.15**	**4.3**	**6.85**	**53.88**	**1082**	**794**	**785**