Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	309	5.48	23.6	41.78
Lunch	380	13.52	34.53	31.74
Dinner	489	20.32	36.37	34.48
Snacks/Other	474	7.35	32.55	33.9
Total	1652	46.67	127.06	141.9

Wednesday, October 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
The Joe Dillon Difference Joe Dillon Protein Powder with fruiteq 1/4 x 1 Scoop	40	0	0	3.75	0.75	2	6.25	12.5	0	28.75
Kellogg's Special K Nourish - Maple Brown Sugar Crunch 1 cup	190	5	0.5	32	5	11	8	140	0	170
Total	230	5	0.5	35.75	5.75	13	14.25	152.5	0	198.75
Lunch										
Jason's Deli Turkey Wrap 1 wrap, 284 g	390	17	3	43	7	5	22	1020	40	
Dinner										
Balsamic Vinegar 2 tbsps	26	0	0	5.1	0	4.65	0.01	2	0	
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
Spinach Salad 1 cup	107	4.82	1.402	11.2	1.4	1.28	5.11	227	77	232
Mann's Sunny Shores Broccolini 1/2 x 8 stalks, 41 g	18	0	0	3	0.5	1	1.5	12.5	0	135
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1 cup, seedless	110	0.26	0.086	28.96	1.4	24.77	1.15	3	0	306
Shrimp 15 medium	95	1.56	0.295	0.82	0	0	18.28	133	137	166
Total	475	20.14	3.647	49.08	3.3	31.7	26.05	377.5	214	839

Wednesday, October 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Martini	321	0	0	0.81	0	0.23	0.03	3	0	31
2 cocktails										
Blue Diamond Whole Natural Almonds	80	7	0.5	3	1.5	0.5	3	0	0	105
1/2 x 24 nuts, 0.5 oz										
Blue Diamond Whole Natural Almonds	160	14	1	6	3	1	6	0	0	210
24 nuts, 1 oz										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Poliquin Protein Powder - Poliquin	100	0	0	0	0	0	24	300	10	0
2 x 1 tbls, 25 g										
questlifestyle Quest bar natural protein bar	170	6	0	25	17	7	20	260	5	
1bar (60)										
Total	903	27.23	1.539	53.87	24.8	23.07	53.39	564	15	494
Total	**1998**	**69.37**	**8.686**	**181.7**	**40.85**	**72.77**	**115.69**	**2114**	**269**	**1531.75**

Thursday, October 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Joe Dillon Joe Dillon Shake 1 Scoop, 29 g	110	0	0	2	0	0	25	50	0	115
Wyman's Fresh Frozen Wild Blueberries 42 g	18	0	0	5.4	1.8	3	0	0	0	28.5
Best Yet Quick Oats 1/2 cup dry	150	2.5	0.5	28	4	0	5	0	0	
Total	278	2.5	0.5	35.4	5.8	3	30	50	0	143.5
Lunch										
Kashi Margherita Thin Crust Pizza 2 x 1/3 pizza, 226 g	520	18	8	58	8	8	28	1260	40	0
Dinner										
Klondike Original Ice Cream Bar 1 bar, 86 g	250	14	11	29	1	23	3	55	10	
Spinach Salad 1 cup	107	4.82	1.402	11.2	1.4	1.28	5.11	227	77	232
Balsamic Vinegar 2 tbsps	26	0	0	5.1	0	4.65	0.01	2	0	
Green Giant GG Steam Corn/ no sauce 9 oz	70	1	0	13	2	6	2	55	0	0
Cheeseburger with Tomato and/or Catsup on Bun 1 cheeseburger	351	14.81	6.244	35.74	1.8	8.79	18.01	785	46	318
Total	804	34.63	18.646	94.04	6.2	43.72	28.13	1124	133	550

Thursday, October 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Merlot Wine	247	0		7.38	0	1.82	0.21	12		373
2 5 fl oz servings										
Blue Diamond Whole Natural Almonds	64	5.6	0.4	2.4	1.2	0.4	2.4	0	0	84
0 oz										
Quest Lemon Cream Pie Protein Bar	160	5	0	26	17	1	20	250	5	
1 bar, 60 g										
Sargento Colby Jack String Cheese	60	4.5	2.5	0	0	0	5	135	10	0
1 stick, 21 g										
Milk (1% Lowfat with Added Vitamin A)	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
1/2 cup										
Joe Dillon Joe Dillon Shake	110	0	0	2	0	0	25	50	0	115
1 Scoop, 29 g										
Total	692	16.28	3.672	43.87	18.2	9.56	56.72	501	21	755
Total	**2294**	**71.41**	**30.818**	**231.31**	**38.2**	**64.28**	**142.85**	**2935**	**194**	**1448.5**

Friday, October 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Denny's Sliced Tomatoes (3 Slices)	3	0	0	0.6	0.3	0.6	0.3	0.9	0	
1 oz										
Sargento Fancy Shredded Colby-Jack Cheese	55	4	3	1	0	0	3	90	12.5	
1/2 x 1/4 cup, 14 g										
Thomas' Hearty Light Multi-Grain English Muffins	100	1	0	26	8	1	5	160	0	
1 muffin, 57 g										
Scrambled Egg	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
2 eggs										
Total	357	20.21	8.784	29.56	8.3	3.03	21.31	461.9	412.5	138
Lunch										
GNC Total Lean Shake - Strawberries & Cream	170	6	1	6	3	2	25	330	20	310
1 bottle, 14 oz										
Kashi Margherita Thin Crust Pizza	195	6.75	3	21.75	3	3	10.5	472.5	15	0
3/4 x 1/3 pizza, 85 g										
Total	365	12.75	4	27.75	6	5	35.5	802.5	35	310
Dinner										
Cookie	73	3.21	0.715	10.35	0.2	4.14	0.81	49	1	15
3 small										
Captain D's Roasted Red Potatoes	170	7	4	25	3	1	3	1200	10	
1 order, 124 g										
Luby's Roasted Chicken (Half)	460	23		0			63			
1 serving										

Friday, October 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	703	33.21	4.715	35.35	3.2	5.14	66.81	1249	11	15
Snacks/Other										
Dannon Chocolate on Top - Chocolate Covered Strawberry 5.3 oz, 150 g	210	4.5		32		31	10			
Quest Lemon Cream Pie Protein Bar 1 bar, 60 g	160	5	0	26	17	1	20	250	5	
Total	370	9.5	0	58	17	32	30	250	5	
Total	**1795**	**75.67**	**17.499**	**150.66**	**34.5**	**45.17**	**153.62**	**2763.4**	**463.5**	**463**

Saturday, October 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Joe Dillon Joe Dillon Shake 2 x 1 Scoop, 58 g	220	0	0	4	0	0	50	100	0	230
Lunch										
Lowes Foods Sugar Cookies 2 x 1 cookie, 56 g	220	8	2	36		16	2	240		
Ball Park Hot Dog Bun 1 bun, 50 g	120	1.5	0	23	1	4	4	220	0	0
Oscar Mayer Lean Beef Franks 3 x 1 frank, 150 g	180	10.5	4.5	3	0	0	18	1140	60	0
Total	520	20	6.5	62	1	20	24	1600	60	0
Dinner										
Kendall Jackson Chardonnay 3 x 1 serving, 15 g	360	0	0	15	0	0.9	0	4.2	0	
Panera Bread Soft Dinner Roll 1 roll	190	3.5	1	32	1	2	6	300	10	
Panera Bread French Onion Soup (with Cheese & Croutons) 1 bowl, 8 oz	310	14	7	34	1	14	11	1750	20	
Panera Bread Turkey Cranberry Flatbread 1 flatbread	280	10	6	31	2	8	18	450	65	
Total	1140	27.5	14	112	4	24.9	35	2504.2	95	
Snacks/Other										
Oil Popped White Popcorn 2 cups	110	6.18	1.076	12.58	2.2		1.98	194	0	50

Saturday, October 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Corona Corona Extra 1 bottle, 12 oz	148	0	0	13	0	0	0	0	0	0
Total	258	6.18	1.076	25.58	2.2	0	1.98	194	0	50
Total	**2138**	**53.68**	**21.576**	**203.58**	**7.2**	**44.9**	**110.98**	**4398.2**	**155**	**280**

Sunday, October 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Panera Bread Wild Blueberry Muffin 1 serving, 4.5 oz	440	17	3	66	2	39	6	330	60	
Kellogg's Special K Nourish - Maple Brown Sugar Crunch 1 cup	190	5	0.5	32	5	11	8	140	0	170
Total	630	22	3.5	98	7	50	14	470	60	170
Lunch										
Dinner										
Snacks/Other										
Total	**630**	**22**	**3.5**	**98**	**7**	**50**	**14**	**470**	**60**	**170**

Tuesday, October 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
The Joe Dillon Difference Joe Dillon Protein Powder with fruiteq	320	0	0	30	6	16	50	100	0	230
2 x 1 Scoop										
Scrambled Egg	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
2 eggs										
Total	519	15.21	5.784	31.96	6	17.43	63.01	311	400	368
Lunch										
Brach's Candy Corn	75	0	0	19	0	14	0	37.5	0	
1/2 x 26 pieces, 19.5 g										
McAlister's Deli Chips & Salsa	87	5	1	9	0	0	3	128	0	
1 serving, 5 oz										
Pork Barbecue Sandwich or Sloppy Joe on Bun	318	9.19	2.747	33.95	2	6.1	23.23	908	50	404
1 barbecue sandwich										
Total	480	14.19	3.747	61.95	2	20.1	26.23	1073.5	50	404
Dinner										
Flav-R-Pac French Cut Green Beans	30	0		5	2	2	1	0	0	
1 cup, 83 g										
Shrimp	95	1.56	0.295	0.82	0	0	18.28	133	137	166
15 medium										
Balsamic Vinegar	26	0	0	5.1	0	4.65	0.01	2	0	
2 tbsps										
Spinach Salad	107	4.82	1.402	11.2	1.4	1.28	5.11	227	77	232
1 cup										
Total	258	6.38	1.697	22.12	3.4	7.93	24.4	362	214	398

Tuesday, October 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
White Table Wine	488	0	0	15.29	0	5.64	0.41	29	0	417
4 5 fl oz servings										
Blue Diamond Whole Natural Almonds	160	14	1	6	3	1	6	0	0	210
24 nuts, 1 oz										
South Beach Diet Snack Bars - Whipped Chocolate Almond Delight	100	3.5	2	14	6	7	6	95	0	85
1 bar										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Total	968	17.5	3	39.29	9	13.64	62.41	224	0	942
Total	**2225**	**53.28**	**14.228**	**155.32**	**20.4**	**59.1**	**176.05**	**1970.5**	**664**	**2112**

Wednesday, October 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
The Joe Dillon Difference Joe Dillon Protein Powder with fruiteq	320	0	0	30	6	16	50	100	0	230
2 x 1 Scoop										
Lunch										
Minute Ready to Serve Brown & Wild Rice	230	4.5	0.5	42	5	0	5	135	0	140
1 container, 125 g										
Shrimp	108	1.76	0.335	0.93	0	0	20.69	460	154	132
15 medium (shelled)										
GNC Total Lean Shake - Strawberries & Cream	170	6	1	6	3	2	25	330	20	310
1 bottle, 14 oz										
Total	508	12.26	1.835	48.93	8	2	50.69	925	174	582
Dinner										
Betty Crocker Snickerdoodle Cookie	270	12		39	0	27	3	165	45	
3 x 1 cookie										
Eggland's Best Large Grade A Eggs	120	8	2	0	0	0	12	130	350	0
2 x 1 egg, 100 g										
Hannaford Light Wheat Bread	70	0.5	0	17	4	1	4	190	0	0
2 slices										
Green Giant Antioxidant Blend Vegetables	50	3	0	7	2	3	1	115	0	210
1 cup frozen, 110 g										
Total	510	23.5	2	63	6	31	20	600	395	210

Wednesday, October 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
South Beach Diet Snack Bars - Whipped Chocolate Almond Delight 1 bar	100	3.5	2	14	6	7	6	95	0	85
Total	**1438**	**39.26**	**5.835**	**155.93**	**26**	**56**	**126.69**	**1720**	**569**	**1107**

Thursday, October 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
The Joe Dillon Difference Joe Dillon Protein Powder with fruiteq	320	0	0	30	6	16	50	100	0	230
2 x 1 Scoop										
Lunch										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Blue Diamond Almond Breeze Original	30	1.25	0	4.5	0.5	3.5	0.5	75	0	90
1/2 x 1 cup, 120 ml										
Total	250	1.25	0	8.5	0.5	3.5	50.5	175	0	320
Dinner										
Bruegger's Balsamic Vinaigrette	60	6	1	3	0	2	0	230	0	
1 serving, 28 g										
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots)	12	0.12	0.022	2.77	1	1.66	0.63	14	0	145
1 cup										
Double Bacon Cheeseburger on Bun	850	52.75	22.281	35.84	1.7	7.71	55.01	1731	180	696
1 double bacon cheeseburger										
Total	922	58.87	23.303	41.61	2.7	11.37	55.64	1975	180	841
Snacks/Other										
Jameson Irish Whiskey	69	0	0	0	0	0	0	0	0	
1 shot, 1 oz										
White Table Wine	244	0	0	7.64	0	2.82	0.21	15	0	209

Thursday, October 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 5 fl oz servings										
South Beach Diet Snack Bars - Chocolate Mint (100 Calorie)	100	4	2	14	6	5	6	85	0	95
1 bar										
Blue Diamond Almond Breeze Original	60	2.5	0	9	1	7	1	150	0	180
1 cup, 240 ml										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Total	693	6.5	2	34.64	7	14.82	57.21	350	0	714
Total	**2185**	**66.62**	**25.303**	**114.75**	**16.2**	**45.69**	**213.35**	**2600**	**180**	**2105**

Friday, October 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
The Joe Dillon Difference Joe Dillon Protein Powder with fruiteq 2 x 1 Scoop	320	0	0	30	6	16	50	100	0	230
Lunch										
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Perdue Simply Smart Lightly Breaded Chicken Strips Lightly Breaded Chicken Strips 2 x 1 serving (3 Oz)	280	10	2	12	0	0	34	800	80	
Total	352	10.23	2.039	31.06	3.3	14.34	34.36	801	80	148
Dinner										
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Great Value Vegetable Medley 1/2 cup, 124 g	50	0	0	10	2	3	1	350	0	140
White Rice 1/2 cup cooked	102	0.22	0.06	22.04	0.3	0.04	2.1	288	0	28
Omaha Steaks Sirloin Tips 3 x 3 oz, 255 g	540	36	15	0	0	0	51	135	135	
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots) 1 cup	12	0.12	0.022	2.77	1	1.66	0.63	14	0	145
Total	829	36.34	15.082	38.65	3.3	5.61	54.83	793	135	500
Snacks/Other										

Friday, October 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Joe Dillon Joe Dillon Shake 2 x 1 Scoop, 58 g	220	0	0	4	0	0	50	100	0	230
Blue Diamond Almond Breeze Original 1/2 x 1 cup, 120 ml	30	1.25	0	4.5	0.5	3.5	0.5	75	0	90
Total	375	1.25	0	12.34	0.5	4.41	50.6	181	0	507
Total	1876	47.82	17.121	112.05	13.1	40.36	189.79	1875	215	1385

Saturday, October 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
The Joe Dillon Difference Joe Dillon Protein Powder with fruiteq 2 x 1 Scoop	320	0	0	30	6	16	50	100	0	230
Lunch										
Hannaford Light Wheat Bread 2 slices	70	0.5	0	17	4	1	4	190	0	0
Kraft American Cheese Slice 1 slice, 19 g	60	4	2.5	2	0	1	3	200	15	
Eggland's Best Large Grade A Eggs 2 x 1 egg, 100 g	120	8	2	0	0	0	12	130	350	0
Total	250	12.5	4.5	19	4	2	19	520	365	0
Dinner										
Skinless Chicken Breast 1 breast, bone and skin removed	260	2.93	0.779	0	0	0	54.49	153	137	
Gia Russa Whole Wheat Angel Hair Pasta 1/2 x 2 oz, 28 g	100	0.5	0	20	2.5	1	4	0	0	
Cooked Spinach (from Fresh) 1 cup fresh	74	4.16	0.767	6.81	4.3	0.78	5.33	527	0	836
Hannaford Light Wheat Bread 1/2 x 2 slices	35	0.25	0	8.5	2	0.5	2	95	0	0
Eggland's Best Large Grade A Eggs 2 1/2 x 1 egg, 125 g	150	10	2.5	0	0	0	15	162.5	437.5	0
Total	619	17.84	4.046	35.31	8.8	2.28	80.82	937.5	574.5	836

Saturday, October 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
White Table Wine 2 5 fl oz servings	244	0	0	7.64	0	2.82	0.21	15	0	209
South Beach Diet Snack Bars - Chocolate Mint (100 Calorie) 1 bar	100	4	2	14	6	5	6	85	0	95
Total	344	4	2	21.64	6	7.82	6.21	100	0	304
Total	**1533**	**34.34**	**10.546**	**105.95**	**24.8**	**28.1**	**156.03**	**1657.5**	**939.5**	**1370**

Sunday, October 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Toasted Whole Wheat Bread 1/2 regular slice	34	0.53	0.117	6.16	0.6	0.72	1.19	69	0	27
Scrambled Egg 2 1/2 eggs	249	19.01	7.23	2.44	0	1.79	16.26	263	501	173
Total	283	19.54	7.347	8.6	0.6	2.51	17.45	332	501	200
Lunch										
Blue Diamond Almond Breeze Original 1/2 x 1 cup, 120 ml	30	1.25	0	4.5	0.5	3.5	0.5	75	0	90
Orange 1/8 medium (2-5/8" dia)	8	0.02	0.002	1.92	0.4	1.53	0.15	0	0	30
Strawberries 3 medium (1-1/4" dia)	12	0.11	0.005	2.76	0.7	1.68	0.24	0	0	55
Joe Dillon Joe Dillon Shake 2 x 1 Scoop, 58 g	220	0	0	4	0	0	50	100	0	230
Total	270	1.38	0.007	13.18	1.6	6.71	50.89	175	0	405
Dinner										
Goose Island IPA Beer 1 bottle, 12 oz	206	0	0	21.5	0	0	0	0	0	0
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots) 1 cup	12	0.12	0.022	2.77	1	1.66	0.63	14	0	145
Thin Crust Cheese Pizza with Vegetables 1 piece (1/8 12" dia)	202	8.11	3.37	23.99	1.7	2.51	8.59	502	11	200
Cheese Pizza	237	10.1	4.304	26.08	1.6	3.06	10.6	462	21	138

Sunday, October 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 piece (1/8 12" dia)										
Total	657	18.33	7.696	74.34	4.3	7.23	19.82	978	32	483
Snacks/Other										
Oil Popped White Popcorn	110	6.18	1.076	12.58	2.2		1.98	194	0	50
2 cups										
South Beach Diet Snack Bars - Chocolate Mint (100 Calorie)	100	4	2	14	6	5	6	85	0	95
1 bar										
Blue Diamond Whole Natural Almonds	80	7	0.5	3	1.5	0.5	3	0	0	105
1/2 x 24 nuts, 0.5 oz										
Total	290	17.18	3.576	29.58	9.7	5.5	10.98	279	0	250
Total	**1500**	**56.43**	**18.626**	**125.7**	**16.2**	**21.95**	**99.14**	**1764**	**533**	**1338**

Monday, October 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries	19	0.18	0.009	4.61	1.2	2.8	0.4	1	0	92
5 medium (1-1/4" dia)										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Total	239	0.18	0.009	8.61	1.2	2.8	50.4	101	0	322
Lunch										
Blue Diamond Whole Natural Almonds	80	7	0.5	3	1.5	0.5	3	0	0	105
1/2 x 24 nuts, 0.5 oz										
Oscar Mayer Lean Beef Franks	180	10.5	4.5	3	0	0	18	1140	60	0
3 x 1 frank, 150 g										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Total	332	17.73	5.039	25.06	4.8	14.84	21.36	1141	60	253
Dinner										
Natural Grain 100% Whole Wheat Sandwich Rounds	100	1	0	20	5	3	5	190	0	
1 roll, 43 g										
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots)	12	0.12	0.022	2.77	1	1.66	0.63	14	0	145
1 cup										
Broccoli	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
1 cup chopped										
Ground Beef (90% Lean / 10% Fat, Patty, Cooked, Broiled)	369	19.94	7.869	0	0	0	44.39	116	144	566
2 servings (3 oz)										
Total	512	21.4	7.926	28.81	8.4	6.21	52.59	350	144	999

Monday, October 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Jameson Irish Whiskey	345	0	0	0	0	0	0	0	0	
5 x 1 shot, 5 oz										
South Beach Diet Snack Bars - Peanut Butter (100 Calorie)	100	4	2.5	14	6	7	6	95	0	55
1 bar, 28 g										
Blue Diamond Almond Breeze Original	30	1.25	0	4.5	0.5	3.5	0.5	75	0	90
1/2 x 1 cup, 120 ml										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Total	695	5.25	2.5	22.5	6.5	10.5	56.5	270	0	375
Total	**1778**	**44.56**	**15.474**	**84.98**	**20.9**	**34.35**	**180.85**	**1862**	**204**	**1949**

Tuesday, October 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	15	1.25	0	0.5	0.5	0	0.5	90	0	85
1/2 x 1 cup, 120 ml										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Strawberries	23	0.22	0.011	5.53	1.4	3.36	0.48	1	0	110
6 medium (1-1/4" dia)										
Total	258	1.47	0.011	10.03	1.9	3.36	50.98	191	0	425
Lunch										
Lettuce Salad with Assorted Vegetables	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
1 cup										
Hillshire Farm Deli Select Oven Roasted Turkey Breast	100	1	0	4	0	2	18	1240	40	
2 x 2 oz, 112 g										
Blue Diamond Whole Natural Almonds	80	7	0.5	3	1.5	0.5	3	0	0	105
1/2 x 24 nuts, 0.5 oz										
Total	191	8.11	0.515	9.32	2.3	3.83	21.55	1255	40	225
Dinner										
Cooked Brussels Sprouts (from Fresh)	88	4.43	0.849	11.06	4	2.69	3.95	430	0	490
1 cup										
Pork Roasts (Top Loin, Boneless)	108	6.58	2.279	0	0		11.48	24	33	221
2 oz										
Total	196	11.01	3.128	11.06	4	2.69	15.43	454	33	711

Tuesday, October 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
White Table Wine 4 5 fl oz servings	488	0	0	15.29	0	5.64	0.41	29	0	417
Joe Dillon Joe Dillon Shake 2 x 1 Scoop, 58 g	220	0	0	4	0	0	50	100	0	230
Apples 1/2 medium (2-3/4" dia) (approx 3 per lb)	36	0.12	0.019	9.53	1.7	7.17	0.18	1	0	74
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Eggland's Best Large Grade A Eggs 1 egg, 50 g	60	4	1	0	0	0	6	65	175	0
Crystal Farms All Whites 100% Liquid Egg Whites 2 1/2 x 3 tbsp, 115 g	62	0	0	0	0	0	12.5	187.5	0	187.5
Total	938	4.35	1.058	47.88	5	27.15	69.45	383.5	175	1056.5
Total	**1583**	**24.94**	**4.712**	**78.29**	**13.2**	**37.03**	**157.41**	**2283.5**	**248**	**2417.5**

Wednesday, October 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Strawberries	23	0.22	0.011	5.53	1.4	3.36	0.48	1	0	110
6 medium (1-1/4" dia)										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	15	1.25	0	0.5	0.5	0	0.5	90	0	85
1/2 x 1 cup, 120 ml										
Total	260	1.52	0.016	10.03	1.9	3.36	51.26	196	0	541
Lunch										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Perdue Simply Smart Lightly Breaded Chicken Strips Lightly Breaded Chicken Strips	210	7.5	1.5	9	0	0	25.5	600	60	
1 1/2 x 1 serving (3 Oz)										
Total	282	7.73	1.539	28.06	3.3	14.34	25.86	601	60	148
Dinner										
Skinless Chicken Breast	260	2.93	0.779	0	0	0	54.49	153	137	
1 breast, bone and skin removed										
American Cheese	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
1 slice (1 oz)										
Bacon	81	6.27	2.061	0.21	0	0	5.56	346	16	85
3 thin slices (yield after cooking)										
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots)	37	0.37	0.067	8.32	3.1	4.99	1.9	42	0	436

Wednesday, October 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 cups										
Total	474	16.96	7.324	10.5	3.1	6.82	67.32	909	176	521
Snacks/Other										
Red Table Wine	250	0	0	7.67	0	1.82	0.21	12	0	373
2 5 fl oz servings										
Powerful Yogurt Powerful Yogurt	170	0	0	22		19	21	70		
1 cup, 227 g										
Quest Nutrition Strawberry Cheesecake Protein Bar	160	4.5	0	26	17	2	20	250	5	100
1 Bar (60)										
Total	580	4.5	0	55.67	17	22.82	41.21	332	5	473
Total	**1596**	**30.71**	**8.879**	**104.26**	**25.3**	**47.34**	**185.65**	**2038**	**241**	**1683**

Thursday, October 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	15	1.25	0	0.5	0.5	0	0.5	90	0	85
1/2 x 1 cup, 120 ml										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Strawberries	23	0.22	0.011	5.53	1.4	3.36	0.48	1	0	110
6 medium (1-1/4" dia)										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	260	1.52	0.016	10.03	1.9	3.36	51.26	196	0	541
Lunch										
Blue Diamond Whole Natural Almonds	80	7	0.5	3	1.5	0.5	3	0	0	105
1/2 x 24 nuts, 0.5 oz										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Dunkin' Donuts Grilled Chicken Flatbread	360	12	3.5	35	3	4	28	1020	65	
1 sandwich										
Total	512	19.23	4.039	57.06	7.8	18.84	31.36	1021	65	253
Dinner										
Euro Fresh Farms Mini Cucumbers	8	0.1	0	1.9	0.3	0	0.34	1	0	76
1/2 cup slices, 52 g										
Tomatoes	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
1/2 medium whole (2-3/5" dia)										
Salsa	9	0.05	0.01	2	0.5	0.98	0.49	192	0	95

Thursday, October 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsps										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
American Cheese	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
1 slice (1 oz)										
Hannaford Light Wheat Bread	70	0.5	0	17	4	1	4	190	0	0
2 slices										
Total	414	23.07	9.103	26.44	5.5	6.59	29.61	964	657	518
Snacks/Other										
Dannon Oikos Traditional Greek Yogurt - Cafe Latte	160	4.5	3	19	0	19	11	45	15	135
1 container, 150 g										
Quest Nutrition Strawberry Cheesecake Protein Bar	160	4.5	0	26	17	2	20	250	5	100
1 Bar (60)										
Total	320	9	3	45	17	21	31	295	20	235
Total	**1506**	**52.82**	**16.158**	**138.53**	**32.2**	**49.79**	**143.23**	**2476**	**742**	**1547**

Friday, October 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Strawberries	23	0.22	0.011	5.53	1.4	3.36	0.48	1	0	110
6 medium (1-1/4" dia)										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	15	1.25	0	0.5	0.5	0	0.5	90	0	85
1/2 x 1 cup, 120 ml										
Total	260	1.52	0.016	10.03	1.9	3.36	51.26	196	0	541
Lunch										
Carrots	25	0.15	0.023	5.84	1.7	2.77	0.57	42	0	195
1 medium										
Navels Oranges	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
1 fruit (2-7/8" dia)										
Perdue Simply Smart Lightly Breaded Chicken Strips Lightly Breaded Chicken Strips	280	10	2	12	0	0	34	800	80	
2 x 1 serving (3 Oz)										
Blue Diamond Whole Natural Almonds	80	7	0.5	3	1.5	0.5	3	0	0	105
1/2 x 24 nuts, 0.5 oz										
Total	454	17.36	2.547	38.4	6.3	15.17	38.84	843	80	532
Dinner										
Applebee's House Salad	230	15	7	12	3	0	13	400	2.5	
1 serving, 177 g										
Applebee's Bourbon Street Chicken & Shrimp	570	25	6	31	4	0	56	2030	0	

Friday, October 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving										
Total	800	40	13	43	7	0	69	2430	2.5	
Snacks/Other										
White Table Wine	488	0	0	15.29	0	5.64	0.41	29	0	417
4 5 fl oz servings										
Blue Diamond Almond Breeze Original	30	1.25	0	4.5	0.5	3.5	0.5	75	0	90
1/2 x 1 cup, 120 ml										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Total	738	1.25	0	23.79	0.5	9.14	50.91	204	0	737
Total	**2252**	**60.13**	**15.563**	**115.22**	**15.7**	**27.67**	**210.01**	**3673**	**82.5**	**1810**

Saturday, October 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	15	1.25	0	0.5	0.5	0	0.5	90	0	85
1/2 x 1 cup, 120 ml										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Strawberries	23	0.22	0.011	5.53	1.4	3.36	0.48	1	0	110
6 medium (1-1/4" dia)										
Total	258	1.47	0.011	10.03	1.9	3.36	50.98	191	0	425
Lunch										
Navels Oranges	21	0.06	0.007	5.27	0.9	3.57	0.38	0	0	70
0.3 fruit (2-7/8" dia)										
Blue Diamond Whole Natural Almonds	80	7	0.5	3	1.5	0.5	3	0	0	105
1/2 x 24 nuts, 0.5 oz										
Oscar Mayer Lean Beef Franks	180	10.5	4.5	3	0	0	18	1140	60	0
3 x 1 frank, 150 g										
Total	281	17.56	5.007	11.27	2.4	4.07	21.38	1140	60	175
Dinner										
Shrimp	130	2.12	0.402	1.12	0	0	24.83	552	185	158
18 medium (shelled)										
Cooked Spinach (from Fresh)	74	4.16	0.767	6.81	4.3	0.78	5.33	527	0	836
1 cup fresh										
Tomatoes	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Total	226	6.53	1.226	12.75	5.8	4.01	31.24	1085	185	1286

Saturday, October 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
White Table Wine	488	0	0	15.29	0	5.64	0.41	29	0	417
4 5 fl oz servings										
Powerful Yogurt Powerful Yogurt	170	0	0	22		19	21	70		
1 cup, 227 g										
Quest Nutrition Strawberry Cheesecake Protein Bar	160	4.5	0	26	17	2	20	250	5	100
1 Bar (60)										
Total	818	4.5	0	63.29	17	26.64	41.41	349	5	517
Total	**1583**	**30.06**	**6.244**	**97.34**	**27.1**	**38.08**	**145.01**	**2765**	**250**	**2403**

Sunday, October 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Strawberries	23	0.22	0.011	5.53	1.4	3.36	0.48	1	0	110
6 medium (1-1/4" dia)										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	30	2.5	0	1	1	0	1	180	0	170
1 cup, 240 ml										
Total	275	2.77	0.016	10.53	2.4	3.36	51.76	286	0	626
Lunch										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Blue Diamond Almond Breeze Original	60	2.5	0	9	1	7	1	150	0	180
1 cup, 240 ml										
Perdue Simply Smart Lightly Breaded Chicken Strips Lightly Breaded Chicken Strips	280	10	2	12	0	0	34	800	80	
2 x 1 serving (3 Oz)										
Carrots	25	0.15	0.023	5.84	1.7	2.77	0.57	42	0	195
1 medium										
Total	585	12.65	2.023	30.84	2.7	9.77	85.57	1092	80	605
Dinner										
Snacks/Other										

Sunday, October 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	860	15.42	2.039	41.37	5.1	13.13	137.33	1378	80	1231

Monday, October 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	30	2.5	0	1	1	0	1	180	0	170
1 cup, 240 ml										
Joe Dillon Joe Dillon Shake	220	0	0	4	0	0	50	100	0	230
2 x 1 Scoop, 58 g										
Strawberries	23	0.22	0.011	5.53	1.4	3.36	0.48	1	0	110
6 medium (1-1/4" dia)										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	275	2.77	0.016	10.53	2.4	3.36	51.76	286	0	626
Lunch										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Jason's Deli Turkey Wrap	195	8.5	1.5	21.5	3.5	2.5	11	510	20	
1/2 x 1 wrap, 142 g										
Total	267	8.73	1.539	40.56	6.8	16.84	11.36	511	20	148
Dinner										
Cooked Green String Beans (from Canned)	30	1.93	0.363	3.09	1.3	0.65	0.78	192	0	74
1/2 cup, canned										
Jason's Deli Turkey Wrap	195	8.5	1.5	21.5	3.5	2.5	11	510	20	
1/2 x 1 wrap, 142 g										
Tomatoes	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Total	247	10.68	1.92	29.41	6.3	6.38	12.86	708	20	366

Monday, October 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Dannon Light & Fit Greek Blends - Orange Cream	80	0	0	8	0	7	12	55	10	150
1 container, 150 g										
Quest Nutrition Strawberry Cheesecake Protein Bar	160	4.5	0	26	17	2	20	250	5	100
1 Bar (60)										
Total	240	4.5	0	34	17	9	32	305	15	250
Total	1029	26.68	3.475	114.5	32.5	35.58	107.98	1810	55	1390

Tuesday, October 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Egg McMuffin 1 serving	290	12	4.5	29	2	2	16	760	260	
Lunch										
America's Choice Hot Dog Roll 2 x 1 roll, 78 g	240	4	0	46	2	6	6	440	0	70
Ham and Cheese Sandwich 1/2 sandwich	176	7.74	3.219	16.67			10.34	385	29	145
Hill Country Fare Jumbo Beef Hot Dogs 2 x 1 frank	380	30	12	14	0	2	20	1280	60	
Total	796	41.74	15.219	76.67	2	8	36.34	2105	89	215
Dinner										
Snacks/Other										
Quest Nutrition Strawberry Cheesecake Protein Bar 1 Bar (60)	160	4.5	0	26	17	2	20	250	5	100
Total	1246	58.24	19.719	131.67	21	12	72.34	3115	354	315