Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	25	2.09	2	0.57
Lunch	145	6.54	15	6.83
Dinner	205	7.2	16.19	12.08
Snacks/Other				
Total	375	15.83	33.19	19.48

Monday, October 13, 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)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
International Delight Sugar Free Hazelnut Coffee Creamer	20	2	1	2	0	0	0	0	0	0
1 tbsp, 15 ml										
Total	25	2.09	1.009	2	0	0	0.57	9	0	232
Lunch										
Fuji Apples	55	0.18	0.03	14.64	2.6	11.02	0.28	1	0	
1 small (2-1/2" dia) (approx 4 per lb)										
Heinz Premium Sweet Relish	40	0	0	10	0	6	0	190	0	0
2 x 1 tbsp, 30 ml										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
Members Mark Members Mark Chicken Breast	70	1.5	0	0	0	0	12	250	40	0
1/3 cup, 71 g										
Slim Chai Tea	0	0		0	0	0	0	0	0	
2 x 1, 16 oz										
Water	0	0	0	0	0	0	0	5	0	
1 cup (8 fl oz)										
Total	222	6.59	0.75	28.15	2.6	17.96	12.41	551	44	1
Dinner										
Wylwood Green Beans	20	0	0	4	2	2	1	390	0	
1/2 cup, 120 g										
Ground Turkey (Cooked)	133	7.46	1.922	0	0	0	15.51	61	58	153
2 oz										

Monday, October 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	153	7.46	1.922	4	2	2	16.51	451	58	153

Snacks/Other

Total	400	16.14	3.681	34.15	4.6	19.96	29.49	1011	102	386

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										
International Delight Sugar Free Hazelnut Coffee Creamer	20	2	1	2	0	0	0	0	0	0
1 tbsp, 15 ml										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Total	25	2.09	1.009	2	0	0	0.57	9	0	232
Lunch										
Fuji Apples	55	0.18	0.03	14.64	2.6	11.02	0.28	1	0	
1 small (2-1/2" dia) (approx 4 per lb)										
Slim Chai Tea	0	0		0	0	0	0	0	0	
2 x 1, 16 oz										
Water	0	0	0	0	0	0	0	5	0	
1 cup (8 fl oz)										
Members Mark Members Mark Chicken Breast	70	1.5	0	0	0	0	12	250	40	0
1/3 cup, 71 g										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
Total	182	6.59	0.75	18.15	2.6	11.96	12.41	361	44	1
Dinner										
Domino's Pizza 14" Hand Tossed ExtravaganZZa Feast Pizza	390	19	8	37	2	4	17	1020	45	
1 slice, 174 g										
Lettuce Salad with Assorted Vegetables	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
1 cup										
Riesling Wine	120	0		5.54			0.1			

Tuesday, October 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 5 fl oz serving										
Total	521	19.11	8.015	44.86	2.8	5.33	17.65	1035	45	120
Snacks/Other										
Total	728	27.79	9.774	65.01	5.4	17.29	30.63	1405	89	353

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										
International Delight Sugar Free Hazelnut Coffee Creamer	20	2	1	2	0	0	0	0	0	0
1 tbsp, 15 ml										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Total	25	2.09	1.009	2	0	0	0.57	9	0	232
Lunch										
Dinner										
Snacks/Other										
Total	25	2.09	1.009	2	0	0	0.57	9	0	232

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										
Water 1 cup (8 fl oz)	0	0	0	0	0	0	0	5	0	
International Delight Sugar Free Hazelnut Coffee Creamer 1 tbsp, 15 ml	20	2	1	2	0	0	0	0	0	0
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Total	25	2.09	1.009	2	0	0	0.57	14	0	232
Lunch										
Fried Batter-Dipped Okra 1 cup	173	12.94	1.677	13.12	2.4	2.93	2.37	121	5	201
Lettuce Salad with Assorted Vegetables 1/4 cup	3	0.03	0.004	0.58	0.2	0.33	0.14	4	0	30
Total	176	12.97	1.681	13.7	2.6	3.26	2.51	125	5	231
Dinner										
Lettuce Salad with Assorted Vegetables 1 cup	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
Members Mark Members Mark Chicken Breast 1/3 cup, 71 g	70	1.5	0	0	0	0	12	250	40	0
Onions 1/4 cup chopped	17	0.03	0.01	4.04	0.6	1.71	0.37	1	0	58
Corn Tortilla 2 small (approx 4" dia)	47	0.61	0.097	9.55	1.3	0.19	1.22	10	0	40
Total	145	2.25	0.122	15.91	2.7	3.23	14.14	276	40	218

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										
Total	346	17.31	2.812	31.61	5.3	6.49	17.22	415	45	681