Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	345	9.83	49.79	16.24
Lunch	402	19.16	44.84	13.62
Dinner	746	23.7	77.11	30.33
Snacks/Other	427	17.05	41.95	6.6
Total	1920	69.74	213.68	66.79

Monday, June 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Arnold 100% Whole Grains Whole Wheat Bread	100	1.5	0	19	3	4	5	150	0	
1 slice, 43 g										
Hood Cottage Cheese with Chives	60	2.25	1.5	2.5	0	2	7	215	15	
1/2 x 1 container, 75 g										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
8 fl oz										
Grapefruit (Pink and Red)	52	0.17	0.025	13.11	2	8.47	0.95	0	0	166
1/2 fruit (3-3/4" dia)										
Sugar	33	0	0	8.4	0	8.39	0	0	0	0
2 tsps										
Total	247	3.97	1.53	43.1	5	22.86	13.23	370	15	277
Lunch										
Dunkin' Donuts Coffee with Cream & Sugar	144	7.2	4.8	22.8	0	20.4	1.2	24	24	
12 oz										
Cheesecake	257	18	7.937	20.4	0.3		4.4	166	44	72
1 piece (1/6 17 oz cake)										
Total	401	25.2	12.737	43.2	0.3	20.4	5.6	190	68	72
Dinner										
Fred Meyer Thin Sliced Beef Steak	75	3	1	0	0	0	11	35	32.5	
1/2 x 4 oz, 56 g										
Simply Orange Simply Lemonade	120	0		30	0	28	0	15	0	
8 fl oz, 240 ml										
Smirnoff Vodka	194	0	0	0	0	0	0	0	0	

Monday, June 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 shot, 3 oz										
Cooked Pinto, Calico or Red Beans	313	14.85	1.915	33.91	8.4	1.14	11.61	352	0	566
1 cup										
White Rice	102	0.22	0.06	22.04	0.3	0.04	2.1	288	0	28
1/2 cup cooked										
Denny's Sliced Tomatoes (3 Slices)	10	0	0	2	1	2	1	3	0	
1 serving, 2 oz										
White Rice	102	0.22	0.06	22.04	0.3	0.04	2.1	288	0	28
1/2 cup cooked										
Bumble Bee Solid White Albacore Tuna in Water (2 oz)	152	0	0	0	0	0	38.04	405.76	63.4	
216 g										
Total	1068	18.29	3.035	109.99	10	31.22	65.85	1386.76	95.9	622
Snacks/Other										
Cheesecake	257	18	7.937	20.4	0.3		4.4	166	44	72
1 piece (1/6 17 oz cake)										
Total	**1973**	**65.46**	**25.239**	**216.69**	**15.6**	**74.48**	**89.08**	**2112.76**	**222.9**	**1043**

Tuesday, June 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Old El Paso Soft Taco Shells 1/2 x 2 tortillas, 25 g	80	2.25	0.5	13	0.5	0.5	2	185	0	0
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Queso Fresco 3 oz	123	7.08	4.411	4.6	0	0.28	10.2	112	28	112
Coffee 8 fl oz	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	238	9.38	4.916	26.09	0.5	9.17	12.48	302	28	223
Lunch										
White Rice 3/4 cup cooked	153	0.33	0.09	33.06	0.5	0.06	3.15	433	0	41
Cooked Pinto, Calico or Red Beans 3/4 cup	235	11.13	1.436	25.43	6.3	0.85	8.7	264	0	425
Total	388	11.46	1.526	58.49	6.8	0.91	11.85	697	0	466
Dinner										
Stir Fried Vegetables 1 cup	122	6.9	2.523	8.78	1.7	4.93	7.38	867	150	
Broiled or Baked Pork Chop 1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)	118	6.76	2.541	0	0	0	13.27	188	39	206
Fresh & Easy Egg Fried Rice 1 cup, 170 g	240	9	1	35	3	2	14	840	45	0
Alamos Malbec 2 x 1 glass, 10 oz	244	0		8			0			

Tuesday, June 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	724	22.66	6.064	51.78	4.7	6.93	34.65	1895	234	206
Snacks/Other										
Magnum Double Caramel Ice Cream Bar 1 bar, 79 g	270	17	12	29			3			
Provolone Cheese 1 slice (1 oz)	98	7.45	4.782	0.6	0	0.16	7.16	245	19	39
Kirkland Signature Marcona Almonds 1/4 x 1 oz, 7 g	42	3.75	0.25	1.25	0.75	0.25	1.5	55	0	
Wellsley Farms Trail Mix 1/2 x 1/4 cup, 15 g	75	5	1	6.5	1	4.5	2	27.5	0	
Total	485	33.2	18.032	37.35	1.75	4.91	13.66	327.5	19	39
Total	**1835**	**76.7**	**30.538**	**173.71**	**13.75**	**21.92**	**72.64**	**3221.5**	**281**	**934**

Wednesday, June 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Papaya Juice	141	0.37	0.116	35.84	1.5	34.36	0.42	12	0	77
1 cup										
Provolone Cheese	98	7.45	4.782	0.6	0	0.16	7.16	245	19	39
1 slice (1 oz)										
Sliced Ham (Regular, Approx. 11% Fat)	91	4.82	1.644	2.14	0.7	0	9.3	730	32	161
1 serving 2 slices										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
8 fl oz										
Sugar	33	0	0	8.4	0	8.39	0	0	0	0
2 tsps										
Arnold Whole Grains Double Protein	200	4	0	32	6	4	14	300	0	
2 x 1 slice, 86 g										
Total	565	16.69	6.547	79.07	8.2	46.91	31.16	1292	51	388
Lunch										
Fresh & Easy Egg Fried Rice	120	4.5	0.5	17.5	1.5	1	7	420	22.5	0
1/2 x 1 cup, 85 g										
Broiled or Baked Pork Chop	118	6.76	2.541	0	0	0	13.27	188	39	206
1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed)										
Total	238	11.26	3.041	17.5	1.5	1	20.27	608	61.5	206
Dinner										
Pepperoni	51	4.43	1.77	0.44	0.2	0.08	2.24	197	13	35
2 slices (1-3/8" dia x 1/8" thick)										
Margherita Pizza	407	7.79	3.294	68.46	3	0.99	14.25	290	17	
2 pieces										

Wednesday, June 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Toasted Garlic Bread	269	10.39	2.006	37.1	2.1	0.34	6.3	496	0	89
2 large slices										
Stella Artois Lager	154	0	0	6.3	0	0	0	0	0	
1 bottle, 11.2 oz										
Total	881	22.61	7.07	112.3	5.3	1.41	22.79	983	30	124
Snacks/Other										
Carrot Cake with Icing	82	4.18	0.77	10.59	0.2	7.82	0.77	37	12	20
1/4 piece (1/10 1-layer, 8" or 9" dia)										
Meijer Lowfat Blends Strawberry Rhubarb Yogurt	230	1.5	1	45	0	38	7	125	10	330
1 container, 8 oz										
Pecan Nuts	196	20.4	1.752	3.93	2.7	1.13	2.6	0	0	116
1 oz (20 halves)										
Total	508	26.08	3.522	59.52	2.9	46.95	10.37	162	22	466
Total	**2192**	**76.64**	**20.18**	**268.39**	**17.9**	**96.27**	**84.59**	**3045**	**164.5**	**1184**

Thursday, June 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Papaya Juice 1 cup	141	0.37	0.116	35.84	1.5	34.36	0.42	12	0	77
Hood Cottage Cheese with Pineapple 1/2 x 6 oz, 85 g	95	2.5	1.75	11	0.5	10	7.5	260	15	
English Muffin 1 muffin	132	0.98	0.425	25.62	2	2.05	5.14	246	0	63
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Coffee 6 fl oz	2	0.04	0.004	0.07	0	0	0.21	4	0	83
Total	403	3.89	2.295	80.93	4	54.8	13.27	522	15	223
Lunch										
Krispy Kreme Apple Fritter Doughnut 1 doughnut, 101 g	380	20	10	47	2	24	4	220	5	
14" Pepperoni Pizza 1 slice	298	12.13	5.26	33.98	1.6	4.11	13.32	683	29	186
Margherita Pizza 1 piece	204	3.9	1.647	34.23	1.5	0.49	7.13	145	9	
Total	882	36.03	16.907	115.21	5.1	28.6	24.45	1048	43	186
Dinner										
Cheese Sauce 1/4 cup	110	8.37	3.786	4.3	0.3	0.26	4.23	522	18	19
Fresh Pasta (Cooked) 4 oz	149	1.2	0.171	28.42			5.87	7	38	27

Thursday, June 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Zesty Italian Dressing & Marinade 1 1/2 x 2 tbsp, 45 ml	90	9	0.75	4.5	0	3	0	465	0	30
Lettuce Salad with Assorted Vegetables 2 cups	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
Toasted Garlic Bread 1 1/2 large slices	201	7.79	1.504	27.82	1.6	0.26	4.73	372	0	67
Red Table Wine 2 5 fl oz servings	250	0	0	7.67	0	1.82	0.21	12	0	373
Total	822	26.58	6.242	77.36	3.5	8	16.14	1408	56	756
Snacks/Other										
Kirkland Signature Marcona Almonds 1/4 x 1 oz, 7 g	42	3.75	0.25	1.25	0.75	0.25	1.5	55	0	
Total	2149	70.25	25.694	274.75	13.35	91.65	55.36	3033	114	1165

Friday, June 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Old El Paso Soft Taco Shells 1/2 x 2 tortillas, 25 g	80	2.25	0.5	13	0.5	0.5	2	185	0	0
Provolone Cheese 1 slice (1 oz)	98	7.45	4.782	0.6	0	0.16	7.16	245	19	39
Coffee 6 fl oz	2	0.04	0.004	0.07	0	0	0.21	4	0	83
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Total	213	9.74	5.286	22.07	0.5	9.05	9.37	434	19	122
Lunch										
Macaroni or Pasta Salad 1/2 cup	179	9.41	1.45	20.34	1.2	2.04	3.33	462	4	65
Deli Turkey or Chicken Breast Meat 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Total	238	10.35	1.722	22.73	1.5	4.03	13.01	1038	28	236
Dinner										
Coleslaw 1/2 cup	41	1.57	0.231	7.45	0.9		0.77	14	5	109
Fried Floured or Breaded Haddock 6 oz boneless (yield after cooking)	350	17.69	3.669	13.36	0.8	1.33	32.66	645	123	530
Total	391	19.26	3.9	20.81	1.7	1.33	33.43	659	128	639
Snacks/Other										
Simply Orange Simply Lemonade	60	0		15	0	14	0	7.5	0	

Friday, June 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 8 fl oz, 120 ml										
Harpoon Brewery Harpoon IPA	170	0		12	0	9	0	0	0	
1 bottle, 12 oz										
Dunkin' Donuts Coffee with Cream & Sugar	144	7.2	4.8	22.8	0	20.4	1.2	24	24	
12 oz										
Au Bon Pain Double Chocolate Chunk Muffin	310	12.5	4	43	2	23.5	5.5	270	12.5	
1/2 x 1 muffin, 78 g										
Total	684	19.7	8.8	92.8	2	66.9	6.7	301.5	36.5	
Total	**1526**	**59.05**	**19.708**	**158.41**	**5.7**	**81.31**	**62.51**	**2432.5**	**211.5**	**997**

Saturday, June 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 6 fl oz	2	0.04	0.004	0.07	0	0	0.21	4	0	83
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Fried Egg 1 large	92	7.04	1.975	0.4	0	0.38	6.27	94	210	68
Whole Milk 1 fl oz	18	0.99	0.569	1.38	0	1.6	0.98	12	3	44
Harvest Pride English Muffin 1 serving	120	0.5	0	22	1	1	5	220	0	
Total	265	8.57	2.548	32.25	1	11.37	12.46	330	213	195
Lunch										
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Coffee 6 fl oz	2	0.04	0.004	0.07	0	0	0.21	4	0	83
Guacamole with Tomatoes 1/2 cup	135	11.58	1.685	8.9	5.7	1.6	1.89	234	0	458
Schwan's Cream Cheese Wontons 5 wontons, 85 g	260	17	8	23	1	3	5	380	30	
Total	430	28.62	9.689	40.37	6.7	12.99	7.1	618	30	541
Dinner										
Fresh Pasta (Cooked) 4 oz	149	1.2	0.171	28.42			5.87	7	38	27
Toasted Garlic Bread	201	7.79	1.504	27.82	1.6	0.26	4.73	372	0	67

Saturday, June 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 large slices										
Cheese Sauce	110	8.37	3.786	4.3	0.3	0.26	4.23	522	18	19
1/4 cup										
Total	460	17.36	5.461	60.54	1.9	0.52	14.83	901	56	113
Snacks/Other										
Beer	155	0	0	12.78	0	0	1.66	14	0	97
1 can or bottle (12 fl oz)										
Kirkland Signature Marcona Almonds	42	3.75	0.25	1.25	0.75	0.25	1.5	55	0	
1/4 x 1 oz, 7 g										
Au Bon Pain Double Chocolate Chunk Muffin	155	6.25	2	21.5	1	11.75	2.75	135	6.25	
1/4 x 1 muffin, 39 g										
Plums	30	0.18	0.011	7.54	0.9	6.55	0.46	0	0	104
1 fruit (2-1/8" dia)										
Shortbread Cookies	80	3.86	0.977	10.32	0.3	2.41	0.98	73	3	16
2 cookies (1-5/8" square)										
Puerto Rican Style Milk Dessert or Milk Candy (Dulce De Leche)	44	0.8	0.484	8.78	0	8.78	0.72	11	3	32
1/2 oz										
Total	506	14.84	3.722	62.17	2.95	29.74	8.07	288	12.25	249
Total	**1661**	**69.39**	**21.42**	**195.33**	**12.55**	**54.62**	**42.46**	**2137**	**311.25**	**1098**

Sunday, June 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Omelet or Scrambled Egg with Ham or Bacon	207	14.68	4.698	1.67	0	1.72	16	717	282	218
1 1/2 large										
Arnold 100% Whole Grains Whole Wheat Bread	100	1.5	0	19	3	4	5	150	0	
1 slice, 43 g										
Papaya Juice	141	0.37	0.116	35.84	1.5	34.36	0.42	12	0	77
1 cup										
Sugar	33	0	0	8.4	0	8.39	0	0	0	0
2 tsps										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
8 fl oz										
Total	483	16.6	4.819	65	4.5	48.47	21.7	884	282	406
Lunch										
Potato Salad	179	10.25	1.786	13.96	1.6		3.35	661	85	318
1/2 cup										
Deli Turkey or Chicken Breast Meat	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
2 slices (1 oz)										
Total	238	11.19	2.058	16.35	1.9	1.99	13.03	1237	109	489
Dinner										
Meatless Nachos with Cheese	181	10.17	2.606	18.73	1.3	1.94	4.56	214	9	110
1 cup										
Coca-Cola Coco-Cola Classic (12 oz)	140	0	0	39	0	39	0	45	0	
1 can, 12 oz										
TGI Friday's Plain French Fries	140	8		14	1	1	2	250	0	

Sunday, June 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
29 pieces										
Cheeseburger with 1/4 Lb Meat on Bun	276	14.95	6.43	17.73	0.7	3.05	16.59	497	51	191
1/2 (1/4 lb) cheeseburger										
Houlihan's Pulled Smoked Pork Slider	142	6	1.5	17.5	1.5	0	1.5	186.5	0	0
1/2 x 1 slider										
Total	879	39.12	10.536	106.96	4.5	44.99	24.65	1192.5	60	301
Snacks/Other										
Stella Artois Lager	462	0	0	18.9	0	0	0	0	0	
3 x 1 bottle, 33.6 oz										
Kirkland Signature Marcona Almonds	42	3.75	0.25	1.25	0.75	0.25	1.5	55	0	
1/4 x 1 oz, 7 g										
Total	504	3.75	0.25	20.15	0.75	0.25	1.5	55	0	
Total	**2104**	**70.66**	**17.663**	**208.46**	**11.65**	**95.7**	**60.88**	**3368.5**	**451**	**1196**