

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	450	42.45	2.98	15.87
Lunch	95	5.18	3.26	8.69
Dinner	146	11.02	5.13	7.14
Snacks/Other	27	1.68	2.02	0.74
Total	719	60.33	13.39	32.43

Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Specially Selected Prosciutto Panini Sticks	180	14	8	0			14	420	40	
2 x 3 sticks, 68 g										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Kroger Stevia Baking Blend	0	0	0	0.5	0	0.5	0	0	0	0
1 tsp, 0.5 g										
2% Fat Milk	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
1/4 cup										
Total	212	15.25	8.772	3.44	0	3.59	16.29	450	45	203
Lunch										
Cherry Tomatoes	7	0.07	0.017	1.46	0.4	0.98	0.33	2	0	
1/4 cup										
Dinner										
Bacon	81	6.27	2.061	0.21	0	0	5.56	346	16	85
3 thin slices (yield after cooking)										
Red Cabbage	28	0.14	0.03	6.56	1.9	3.48	1.27	24	0	216
1 cup chopped										
Mayonnaise	29	2.45	0.36	1.76	0	0.47	0.07	52	2	1
1/2 tbsp										
Total	138	8.86	2.451	8.53	1.9	3.95	6.9	422	18	302
Snacks/Other										
Total	357	24.18	11.24	13.43	2.3	8.52	23.52	874	63	505

Wednesday, October 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Boiled Egg	154	10.57	3.254	1.12	0	1.12	12.53	278	422	126
2 large										
Bullet Proof Coffee	763	87.15	66.29	0.04	0	0.04	0.88	13	104	
2 cups										
Total	917	97.72	69.544	1.16	0	1.16	13.41	291	526	126
Lunch										
Roasted Broiled or Baked Chicken Drumstick	86	4.42	1.21	0	0	0	10.72	165	36	91
1 small (yield after cooking, bone removed)										
Roasted Broiled or Baked Chicken Thigh	135	8.45	2.362	0	0	0	13.67	223	51	121
1 small (yield after cooking, bone removed)										
Red Cabbage	28	0.14	0.03	6.56	1.9	3.48	1.27	24	0	216
1 cup chopped										
Mayonnaise	29	2.45	0.36	1.76	0	0.47	0.07	52	2	1
1/2 tbsp										
Total	278	15.46	3.962	8.32	1.9	3.95	25.73	464	89	429
Dinner										
Stuffed Pepper with Meat	270	21.19	7.583	6.24	1.6	2.41	14.05	517	48	298
1/2 pepper with filling										
Sour Cream	31	3.02	1.879	0.61	0	0.02	0.46	8	6	21
1 tbsp										
Total	301	24.21	9.462	6.85	1.6	2.43	14.51	525	54	319
Snacks/Other										
Coffee	2	0.04	0.004	0.07	0	0	0.21	4	0	83

Wednesday, October 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 coffee cup (6 fl oz)										
Laughing Cow Original Creamy Swiss Cheese	50	4	2.5	1	0	1	2	210	10	0
1 wedge, 21 g										
Great Value French Vanilla Coffee Creamer	30	1	0	5	0	5	0	0	0	35
1 tbsp, 15 ml										
Total	82	5.04	2.504	6.07	0	6	2.21	214	10	118
Total	1578	142.43	85.472	22.4	3.5	13.54	55.86	1494	679	992

Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk 1/4 cup	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Kroger Stevia Baking Blend 1 tsp, 0.5 g	0	0	0	0.5	0	0.5	0	0	0	0
Bacon (Cured, Pan-Fried, Cooked) 1 slice cooked	42	3.18	1.05	0.12	0	0	3.03	192	9	47
Total	221	14.37	4.921	4.33	0	4.36	17.9	362	437	384
Lunch										
Dinner										
Snacks/Other										
Total	221	14.37	4.921	4.33	0	4.36	17.9	362	437	384