

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
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
<b>Total</b>	<b>719</b>	<b>60.33</b>	<b>13.39</b>	<b>32.43</b>

**Monday, October 2, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>212</b>	<b>15.25</b>	<b>8.772</b>	<b>3.44</b>	<b>0</b>	<b>3.59</b>	<b>16.29</b>	<b>450</b>	<b>45</b>	<b>203</b>
<b>Lunch</b>										
Cherry Tomatoes	7	0.07	0.017	1.46	0.4	0.98	0.33	2	0	
1/4 cup										
<b>Dinner</b>										
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										
<b>Total</b>	<b>138</b>	<b>8.86</b>	<b>2.451</b>	<b>8.53</b>	<b>1.9</b>	<b>3.95</b>	<b>6.9</b>	<b>422</b>	<b>18</b>	<b>302</b>
<b>Snacks/Other</b>										
<b>Total</b>	<b>357</b>	<b>24.18</b>	<b>11.24</b>	<b>13.43</b>	<b>2.3</b>	<b>8.52</b>	<b>23.52</b>	<b>874</b>	<b>63</b>	<b>505</b>

**Wednesday, October 4, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>917</b>	<b>97.72</b>	<b>69.544</b>	<b>1.16</b>	<b>0</b>	<b>1.16</b>	<b>13.41</b>	<b>291</b>	<b>526</b>	<b>126</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>278</b>	<b>15.46</b>	<b>3.962</b>	<b>8.32</b>	<b>1.9</b>	<b>3.95</b>	<b>25.73</b>	<b>464</b>	<b>89</b>	<b>429</b>
<b>Dinner</b>										
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										
<b>Total</b>	<b>301</b>	<b>24.21</b>	<b>9.462</b>	<b>6.85</b>	<b>1.6</b>	<b>2.43</b>	<b>14.51</b>	<b>525</b>	<b>54</b>	<b>319</b>
<b>Snacks/Other</b>										
Coffee	2	0.04	0.004	0.07	0	0	0.21	4	0	83

**Wednesday, October 4, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (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										
<b>Total</b>	<b>82</b>	<b>5.04</b>	<b>2.504</b>	<b>6.07</b>	<b>0</b>	<b>6</b>	<b>2.21</b>	<b>214</b>	<b>10</b>	<b>118</b>
<b>Total</b>	<b>1578</b>	<b>142.43</b>	<b>85.472</b>	<b>22.4</b>	<b>3.5</b>	<b>13.54</b>	<b>55.86</b>	<b>1494</b>	<b>679</b>	<b>992</b>

**Thursday, October 5, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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
<b>Total</b>	<b>221</b>	<b>14.37</b>	<b>4.921</b>	<b>4.33</b>	<b>0</b>	<b>4.36</b>	<b>17.9</b>	<b>362</b>	<b>437</b>	<b>384</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>221</b>	<b>14.37</b>	<b>4.921</b>	<b>4.33</b>	<b>0</b>	<b>4.36</b>	<b>17.9</b>	<b>362</b>	<b>437</b>	<b>384</b>