Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	361	24.2	12.71	22.71
Lunch	503	27.34	37.41	24.51
Dinner				
Snacks/Other	124	4.43	16.28	6.48
Total	987	55.97	66.4	53.7

Wednesday, November 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Heinz Tomato Ketchup 1 tbsp, 17 g	20	0	0	5	0	4	0.3	160	0	
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Kroger Turkey Sausage 2 links	70	4	1	1	0	0	7	220	30	
Total	289	19.21	6.784	7.96	0	5.43	20.31	591	430	138
Lunch										
Chipotle Mexican Grill Guacamole 1/2 x 1 serving, 1.75 oz	100	9.5	1.5	3.5	2.5	0.5	1	165	0	
Chipotle Mexican Grill Chips 1/4 x 1/2 bag, 0 oz	71	3.38	0.44	9.12	1	0.5	1	52.5		
Chipotle Mexican Grill Crispy Steak Tacos (Sour Cream & Cheese) 2/3 x 3 tacos	406	20.46	10.23	23.76	2.97	4.95	28.05	679.8	89.1	
Total	577	33.34	12.17	36.38	6.47	5.95	30.05	897.3	89.1	
Dinner										
Snacks/Other										
Dannon Light & Fit Greek - Strawberry (Dannon) 1 Container (150)	80	0	0	8	0	6	12	55	10	160
Total	946	52.55	18.954	52.34	6.47	17.38	62.36	1543.3	529.1	298

Thursday, November 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Minute Maid 100% Apple Juice 1/2 x 8 fl oz, 120 ml	55	0		14	0	13	0	10	0	
Kroger Turkey Sausage 2 links	70	4	1	1	0	0	7	220	30	
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Heinz Tomato Ketchup 1 tbsp, 17 g	20	0	0	5	0	4	0.3	160	0	
Total	344	19.21	6.784	21.96	0	18.43	20.31	601	430	138
Lunch										
Qdoba Mexican Grill Tortilla Soup with Corn Strips 1 serving, 8.5 oz	160	8	1.5	18	2	2	4	1010	0	290
Qdoba Mexican Grill Hard Shell Chicken Taco 2/3 x 3 tacos	396	27.72		15.84	1.98	0	19.8	673.2	79.2	
Total	556	35.72	1.5	33.84	3.98	2	23.8	1683.2	79.2	290
Dinner										
Snacks/Other										
Red Delicious Apples 1 1/4 medium (2-3/4" dia)	91	0.29	0.048	23.83	4.1	17.92	0.44	2	0	
Total	**991**	**55.22**	**8.332**	**79.63**	**8.08**	**38.35**	**44.55**	**2286.2**	**509.2**	**428**

Friday, November 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Avocados 1/4 avocado, NS as to Florida or California	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
Scrambled Egg 3 eggs	299	22.81	8.676	2.93	0	2.14	19.51	316	601	207
Kroger Turkey Sausage 2 links	70	4	1	1	0	0	7	220	30	
Total	449	34.18	10.744	8.22	3.4	2.47	27.51	540	631	451
Lunch										
Chicken Thigh 1 small (yield after cooking, bone removed)	135	8.45	2.362	0	0	0	13.67	223	51	121
Eat Smart Sweet Kale Vegetable Salad Kit 3 x 1 cup, 255 g	240	4.5	0	42	9	24	6	105	0	
Total	375	12.95	2.362	42	9	24	19.67	328	51	121
Dinner										
Snacks/Other										
Kind Plus Peanut Butter Dark Chocolate + Protein 1 bar, 40 g	200	13	3.5	17	3	10	7	50	0	170
Total	1024	60.13	16.606	67.22	15.4	36.47	54.18	918	682	742