Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	308	17.04	20.11	18.66
Lunch	824	40.05	67.13	49.77
Dinner	462	13.37	50.27	35.03
Snacks/Other	897	52.59	79.35	29.54
Total	2490	123.04	216.86	133

Tuesday, January 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
President's Choice Honey Roasted Peanuts 1 1/2 x 1/3 cup, 75 g	450	31.5	5.25	25.5	4.5	10.5	15	82.5	0	0
Lunch										
A&W Restaurant Double Teen Burger 1 burger, 299 g	680	39	17	41		8	39	1450	115	
A&W Restaurant Onion Rings 1 serving, 150 g	470	27	2	48	4	6	8	720	5	
Total	1150	66	19	89	4	14	47	2170	120	
Dinner										
Unico Lentils 1/2 x 1/2 cup, 62.5 ml	60	0.25		10.5	2.5	0.5	4	170		
No Name Basmati Rice 1/4 cup, 45 g	160	0	0	37			4		0	
Green Peppers 1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	33	0.28	0.095	7.61	2.8	3.94	1.41	5	0	287
Lilydale Chicken Breast Boneless Skinless 175 g	184	1.75	0.18	1.75	0	1.75	38.5	78.75	113.75	0
Total	437	2.28	0.275	56.86	5.3	6.19	47.91	253.75	113.75	287
Snacks/Other										
Great Value Sesame Oven Baked Rice Crackers 38 g	152	2.85	0	30.4	0	0	1.9	171	0	0

Tuesday, January 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Summer Fresh Roasted Garlic Hummus	114	6.65	0.57	11.4	3.8	1.9	3.8	218.5	0	
57 g										
Kraft All Natural Peanut Butter	300	23.33	3.33	10	3.33	3.33	13.33	0	0	
50 g										
Creed Premium Whey Isolate	138	1.14	0.57	2.29	0	1.14	29.72	112.01	0	259.46
40 g										
Total	704	33.97	4.47	54.09	7.13	6.37	48.75	501.51	0	259.46
Total	2741	133.75	28.995	225.45	20.93	37.06	158.66	3007.76	233.75	546.46

Wednesday, January 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lilydale Chicken Breast Boneless Skinless 150 g	158	1.5	0.15	1.5	0	1.5	33	67.5	97.5	0
Unico Lentils 1/2 x 1/2 cup, 62.5 ml	60	0.25		10.5	2.5	0.5	4	170		
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Green Peppers 1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	33	0.28	0.095	7.61	2.8	3.94	1.41	5	0	287
Total	471	16.94	4.893	20.77	5.3	7.1	57.28	452.5	731.5	488
Lunch										
Avocados 1/2 avocado, NS as to Florida or California	161	14.73	2.137	8.57	6.7	0.66	2.01	7	0	487
Green Peppers 2 medium (approx 2-3/4" long, 2-1/2" dia)	48	0.4	0.138	11.04	4	5.71	2.05	7	0	416
No Name Basmati Rice 1/4 cup, 45 g	160	0	0	37			4		0	
Superstore Lean Ground Beef 242 g	508	36.3	14.52	0	0	0	48.4	157.3	145.2	
Total	877	51.43	16.795	56.61	10.7	6.37	56.46	171.3	145.2	903
Dinner										
Renee's Gourmet Caesar 2 x 1 tbsp, 30 ml	100	12	2	0	0	0	0.4	120	10	
Dr. Oetker Ristorante Pizza Quattro Formaggi	920	48	20	80	4	8	36	1520	80	

Wednesday, January 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 x 1 pizza, 1360 g										
Total	1020	60	22	80	4	8	36.4	1640	90	
Snacks/Other										
Hershey's Dark Chocolate Chips	140	10	6	18	2	14	2	20	10	
2 x 1 tbsp, 30 g										
Dry Roasted Salted Peanuts	439	37.24	5.17	16.13	6	3.14	17.76	610	0	494
75 g										
Pepperidge Farm Goldfish	270	10.5	3	39	3	0	6	510	0	
3 x 37 crackers, 60 g										
Total	849	57.74	14.17	73.13	11	17.14	25.76	1140	10	494
Total	3217	186.11	57.858	230.51	31	38.61	175.9	3403.8	976.7	1885

Thursday, January 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blueberries 170 g	97	0.56	0.048	24.63	4.1	16.93	1.26	2	0	131
Selection Dry Roasted Seasoned Peanuts 1 1/2 x 1/3 cup, 75 g	465	36	6.75	15	4.5	3	19.5	315	0	
Total	562	36.56	6.798	39.63	8.6	19.93	20.76	317	0	131
Lunch										
Chicken or Turkey Vegetable Soup (Home Recipe) 1 cup	136	3.78	1.013	12.43	1.4	5.78	13.43	413	33	500
Sour Cream 4 tbsps	123	12.07	7.515	2.46	0	0.09	1.82	31	25	83
Potatoes (Flesh, with Salt, Boiled) 1 1/2 cups	204	0.23	0.061	47.1	4.7	2.04	4.38	562	0	887
Roasted Broiled or Baked Chicken Breast 150 g	293	11.58	3.258	0	0	0	44.32	589	124	364
Total	756	27.66	11.847	61.99	6.1	7.91	63.95	1595	182	1834
Dinner										
Lilydale Chicken Breast Boneless Skinless 175 g	184	1.75	0.18	1.75	0	1.75	38.5	78.75	113.75	0
Green Peppers 1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	33	0.28	0.095	7.61	2.8	3.94	1.41	5	0	287
No Name Basmati Rice 1/4 cup, 45 g	160	0	0	37			4		0	

Thursday, January 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Unico Lentils	60	0.25		10.5	2.5	0.5	4	170		
1/2 x 1/2 cup, 62.5 ml										
Total	437	2.28	0.275	56.86	5.3	6.19	47.91	253.75	113.75	287
Snacks/Other										
Beer	206	0	0	17.03	0	0	2.21	19	0	130
473 ml										
Summer Fresh Roasted Garlic Hummus	120	7	0.6	12	4	2	4	230	0	
2 x 2 tbsp, 60 g										
Great Value Sesame Oven Baked Rice Crackers	120	2.25	0	24	0	0	1.5	135	0	0
1 1/2 x 10 crackers, 30 g										
Pepperidge Farm Goldfish	405	15.75	4.5	58.5	4.5	0	9	765	0	
4 1/2 x 37 crackers, 90 g										
Dry Roasted Salted Peanuts	292	24.83	3.446	10.76	4	2.09	11.84	406	0	329
50 g										
Hershey's Dark Chocolate Chips	117	8.34	5	15	1.67	11.67	1.67	16.67	8.34	
25 g										
Lindt Lindor	240	18	13.5	15	0	15	3	30	0	
3 x 1 ball, 36 g										
Total	1500	76.17	27.046	152.29	14.17	30.76	33.22	1601.67	8.34	459
Total	**3255**	**142.67**	**45.966**	**310.77**	**34.17**	**64.79**	**165.84**	**3767.42**	**304.09**	**2711**

Friday, January 5, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Snacks/Other										
Total										

Sunday, January 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
1 small (2-1/2" dia) (approx 4 per lb)										
Lunch										
Fruit Salad	108	1.63	1.229	25	3.4	20.46	1.27	11	0	
1 cup										
Egg, Cheese and Ham on English Muffin	1227	53.51	21.446	103.06	5.2	12.53	80.18	3500	858	993
4 sandwiches										
Total	1335	55.14	22.675	128.06	8.6	32.99	81.45	3511	858	993
Dinner										
Unico Black Beans	65	0.5	0	11.5	3	0.5	4.5	215	0	
1/2 x 1/2 cup, 62.5 ml										
No Name Basmati Rice	160	0	0	37			4		0	
1/4 cup, 45 g										
Green Peppers	33	0.28	0.095	7.61	2.8	3.94	1.41	5	0	287
1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)										
Lilydale Chicken Breast Boneless Skinless	158	1.5	0.15	1.5	0	1.5	33	67.5	97.5	0
150 g										
Total	416	2.28	0.245	57.61	5.8	5.94	42.91	287.5	97.5	287
Snacks/Other										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Imperial Movie Style Popcorn	210	11	1	25	5	0	3	280	0	
6.25 cups, 50 g										

Sunday, January 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Good Thins Sesame Crackers 2 x 12 crackers, 38 g	180	2	0	34	0	0	2	180	0	
Kraft All Natural Peanut Butter 50 g	300	23.33	3.33	10	3.33	3.33	13.33	0	0	
Bolthouse Farms Baby Carrots 150 g	62	0	0	14.12	3.53	8.82	1.76	114.72	0	476.55
Hershey's Dark Chocolate Chips 2 x 1 tbsp, 30 g	140	10	6	18	2	14	2	20	10	
Dry Roasted Salted Peanuts 75 g	439	37.24	5.17	16.13	6	3.14	17.76	610	0	494
Total	1433	95.09	22.794	117.26	19.86	29.3	39.97	1206.72	41	973.55
Total	**3239**	**152.69**	**45.744**	**317.57**	**36.76**	**79.24**	**164.61**	**5006.22**	**996.5**	**2366.55**