Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	624	30.23	67.44	21.53
Lunch	707	39.2	61.99	33.45
Dinner	63	2.43	8.69	1.48
Snacks/Other	304	5.2	55.73	12.37
Total	**1698**	**77.06**	**193.86**	**68.82**

Tuesday, October 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Nature Valley Protein Crunchy Granola Oats 'N Honey 1/2 cup, 50 g	210	4.5	0.5	32	3	12	10	135	0	125
Total	315	4.89	0.632	58.95	6.1	26.43	11.29	136	0	547
Lunch										
Roasted Salted Peanuts 1/2 cup halved and whole	431	37.8	6.245	10.99	6.8	3.01	20.18	230	0	523
Delissio Deluxe Rising Crust 2 x 1/6 pizza, 310 g	720	30		82	4	16	34	1940	50	
Total	1151	67.8	6.245	92.99	10.8	19.01	54.18	2170	50	523
Dinner										
Snacks/Other										
Coca-Cola Coca-Cola (Can) 1 can, 355 ml	160	0	0	42	0	42	0	40	0	0
Hard Whole Wheat Pretzels 100 g	362	2.6	0.56	81.2	7.7		11.1	203	0	430
Dare Girl Guide Cookies 2 x 2 cookies, 58 g	280	12	7	42	0	20	2	90	0	
Optimum Nutrition Gold Standard 100% Whey - French Vanilla Creme 1 rounded scoop, 31 g	110	1	0.5	2	0	2	24	130	40	
Total	912	15.6	8.06	167.2	7.7	64	37.1	463	40	430

Tuesday, October 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2378	88.29	14.937	319.14	24.6	109.44	102.57	2769	90	1500

Thursday, October 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature Valley Protein Crunchy Granola Oats 'N Honey 1/2 cup, 50 g	210	4.5	0.5	32	3	12	10	135	0	125
Butter 3 tbsps	305	34.55	21.883	0.03	0	0.03	0.36	5	92	10
Tim Hortons Cinnamon Raisin Bagel 1 serving	270	1	0.2	55	3	12	10	350		
Total	785	40.05	22.583	87.03	6	24.03	20.36	490	92	135
Lunch										
No Name Chicken Penne 2 x 1 tray, 430 g	540	12	3	82	6	10	26	900	30	
Roasted Salted Peanuts 1/2 cup halved and whole	431	37.8	6.245	10.99	6.8	3.01	20.18	230	0	523
Total	971	49.8	9.245	92.99	12.8	13.01	46.18	1130	30	523
Dinner										
Toasted Garlic Bread 2 medium slices	189	7.3	1.409	26.07	1.5	0.24	4.43	348	0	62
Snacks/Other										
Total	1945	97.15	33.237	206.09	20.3	37.28	70.97	1968	122	720

Sunday, October 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tim Hortons Cinnamon Raisin Bagel	270	1	0.2	55	3	12	10	350		
1 serving										
Butter	204	23.04	14.589	0.02	0	0.02	0.24	3	61	7
2 tbsps										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Egg	184	12.42	3.874	0.96	0	0.96	15.72	175	529	168
2 1/2 large										
Total	771	45.74	24.569	56.34	3	13.13	32.93	702	619	202
Lunch										
Dinner										
Snacks/Other										
Total	771	45.74	24.569	56.34	3	13.13	32.93	702	619	202