Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	53	2.31	6.08	1.76
Lunch	316	16.09	31.51	12.37
Dinner	467	21.02	44.82	22.55
Snacks/Other	127	2.82	18.63	1.8
Total	**963**	**42.23**	**101.03**	**38.48**

Wednesday, November 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rye Bread 1 regular slice	67	0.86	0.163	12.56	1.5	1	2.21	172	0	43
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	180	10.14	6.069	12.92	1.5	1.15	9.18	346	29	70
Lunch										
Oscar Mayer Lunchables Turkey & Cheddar with Crackers 1 package, 90 g	260	13	7	22		5	12	670	40	
Teriyaki Chicken 1/2 cup	170	4.5	1.052	7.81	0.2	6.93	22.76	527	57	
Total	430	17.5	8.052	29.81	0.2	11.93	34.76	1197	97	
Dinner										
California Pizza Kitchen Crispy Thin Crust Sicilian Recipe Pizza 1/2 x 1/3 pizza, 73.5 g	180	9	3.5	15	1	2	8.5	435	22.5	
Cheddar Cheese 2 slices (1 oz)	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
Boar's Head Genoa Salami 2 oz, 56 g	190	15	5	1	0	0	12	920	50	220
Total	596	42.56	20.312	16.72	1	2.29	34.44	1703	131.5	275
Snacks/Other										
Ginger Ale 1 can or bottle (12 fl oz)	124	0	0	32.1	0	31.84	0	26	0	4

Wednesday, November 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Whiskey 1 fl oz (no ice)	70	0	0	0.03	0	0	0	0	0	1
Total	194	0	0	32.13	0	31.84	0	26	0	5
Total	**1400**	**70.2**	**34.433**	**91.58**	**2.7**	**47.21**	**78.38**	**3272**	**257.5**	**350**

Thursday, November 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Dinner										
Taco or Tostada with Beef, Lettuce, Tomato and Salsa 3 tacos or tostadas	431	23.3	6.544	32.9	4.8	3.19	23.46	543	64	609
Snacks/Other										
Swiss Miss Classics Milk Chocolate Hot Cocoa Mix 1 envelope, 21 g	90	2	2	16	1	8	1	150	0	270
Total	**725**	**25.74**	**8.664**	**92.98**	**6.4**	**11.27**	**28.66**	**1270**	**64**	**934**

Friday, November 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Nabisco Good Thins Sea Salt & Pepper 13 pieces, 29 g	130	2	0	25	2	1	2	115	0	50
Cream Cheese 2 tbsps	101	10.11	6.37	0.77	0	0.06	2.19	86	32	35
Total	231	12.11	6.37	25.77	2	1.06	4.19	201	32	85
Dinner										
Vodka 2 fl oz (no ice)	128	0	0	0	0	0	0	1	0	1
Cheesecake Factory Beet & Goat Cheese Salad 1 serving	282	10		23			2	299		
Omaha Steaks Ahi Tuna Steaks 1 serving, 6 oz	180	1.5	0	0	0	0	40	65	75	
Lentil Soup 1 cup	186	4.59	0.593	26.61	12.4	2.38	10.42	625	0	357
Total	776	16.09	0.593	49.61	12.4	2.38	52.42	990	75	358
Snacks/Other										
Lifeway Foods Original Kefir 1/4 x 1 cup, 60 ml	38	2	1.25	3	0	3	2	31.25	7.5	
Total	**1045**	**30.2**	**8.213**	**78.38**	**14.4**	**6.44**	**58.61**	**1222.25**	**114.5**	**443**

Saturday, November 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Lenny & Larry's The Complete Cookie - Chocolate Chip 1/2 cookie, 2 oz	180	6	1.5	24	4	14	8	220	0	
Carrabba's Italian Grill Spicy Sausage & Lentil Soup 1 cup	223	10	2	20	9	4	14	1313	23	
Total	403	16	3.5	44	13	18	22	1533	23	
Dinner										
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
Refried Beans (Canned) 1/4 cup	59	0.79	0.299	9.78	3.3	0.14	3.46	188	5	168
Trader Joe's Chicken Enchiladas in Salsa Verde 1 enchilada, 6 oz	240	9	4.5	21	3	2	19	450	50	
Carrabba's Italian Grill Spicy Sausage & Lentil Soup 1 cup	223	10	2	20	9	4	14	1313	23	
Total	668	26.8	7.536	70.38	16.9	6.44	38.8	2077	78	232
Snacks/Other										
Lifeway Foods Lifeway Protein Kefir 1/4 x 1 cup, 60 ml	40	0	0	5	0	5	5	31.25	1.25	0
Total	**1111**	**42.8**	**11.036**	**119.38**	**29.9**	**29.44**	**65.8**	**3641.25**	**102.25**	**232**

Sunday, November 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Yolk 1 large	55	4.51	1.624	0.61	0	0.1	2.7	8	210	19
Fried Egg 1 large	92	7.04	1.975	0.4	0	0.38	6.27	94	210	68
White Bread 2 slices	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
Total	280	13.19	3.957	26.31	1.2	2.64	12.79	442	420	137
Lunch										
Pizza Ranch Bronco Pizza 1 slice	260	12	5	24	1	2	12	400	30	
Dinner										
Cream Cheese 1 tbsp	51	5.06	3.185	0.39	0	0.03	1.09	43	16	17
Nabisco Good Thins Sea Salt & Pepper 13 pieces, 29 g	130	2	0	25	2	1	2	115	0	50
Apples 1 small (2-1/2" dia) (approx 4 per lb)	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
Total	236	7.24	3.215	40.03	4.5	12.04	3.37	159	16	180
Snacks/Other										
Lifeway Foods Lifeway Protein Kefir 1/2 x 1 cup, 120 ml	80	0	0	10	0	10	10	62.5	2.5	0
Total	**856**	**32.43**	**12.172**	**100.34**	**6.7**	**26.68**	**38.16**	**1063.5**	**468.5**	**317**

Monday, November 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Potato Chips 1/2 single serving bag	77	5.25	1.534	6.96	0.6	0.58	0.92	74	0	230
Carrabba's Italian Grill Spicy Sausage & Lentil Soup 1 cup	223	10	2	20	9	4	14	1313	23	
Total	300	15.25	3.534	26.96	9.6	4.58	14.92	1387	23	230
Dinner										
Archway Cookies Old Fashioned Molasses Cookies 1 cookie, 27 g	110	3	0.5	19	0	10	1	150	5	0
Oreo Chocolate Sandwich Cookies 1/4 x 3 cookies, 8 g	40	1.75	0.5	6.25	0.25	3.5	0.25	35	0	13.75
Saltine Crackers 6 crackers	77	2.04	0.298	12.76	0.5	0.07	1.66	193	0	28
Alessi Traditional Tuscan White Bean Soup 2 x 1 cup prepared, 84 g	300	1	0	56	14	12	14	1320	0	
Total	527	7.79	1.298	94.01	14.75	25.57	16.91	1698	5	41.75
Snacks/Other										
Total	**827**	**23.04**	**4.832**	**120.97**	**24.35**	**30.15**	**31.83**	**3085**	**28**	**271.75**

Tuesday, November 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Carrabba's Italian Grill Spicy Sausage & Lentil Soup 1 cup	223	10	2	20	9	4	14	1313	23	
Chocolate Chip Cookie 4 medium (approx 2" dia)	196	9.89	3.066	25.62	1.2	13.74	2.2	119	0	59
Total	419	19.89	5.066	45.62	10.2	17.74	16.2	1432	23	59
Dinner										
Hamburger or Hotdog Rolls 1 roll	120	1.86	0.47	21.26	0.9	2.69	4.08	206	0	40
Ground Beef (80% Lean / 20% Fat) 3 oz	213	16.8	6.444	0	0	0	14.42	56	60	227
Total	333	18.66	6.914	21.26	0.9	2.69	18.5	262	60	267
Snacks/Other										
Total	**752**	**38.55**	**11.98**	**66.88**	**11.1**	**20.43**	**34.7**	**1694**	**83**	**326**

Wednesday, November 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Carrabba's Italian Grill Spicy Sausage & Lentil Soup 1 cup	223	10	2	20	9	4	14	1313	23	
Chocolate Chip Cookie 4 medium (approx 2" dia)	196	9.89	3.066	25.62	1.2	13.74	2.2	119	0	59
Total	419	19.89	5.066	45.62	10.2	17.74	16.2	1432	23	59
Dinner										
DiGiorno Pizzeria! Italian Style Meat Trio 1 1/4 x 1/4 pizza, 181 g	475	22.5	8.75	50	2.5	5	20	1237.5	50	
Snacks/Other										
Vodka 1 fl oz (no ice)	64	0	0	0	0	0	0	0	0	1
Mike's Hard Lemonade 1 bottle, 11.2 oz	220	0		33	0	32	0	90	0	
Great Value Sharp Cheddar Cheese 1 oz , 28 g	110	9	5	0	0	0	7	180	25	25
Hormel Turkey Pepperoni 70% Less Fat 1/4 x 17 slices, 8 g	18	1	0.38	0	0	0	2.25	160	10	
Total	412	10	5.38	33	0	32	9.25	430	35	26
Total	**1306**	**52.39**	**19.196**	**128.62**	**12.7**	**54.74**	**45.45**	**3099.5**	**108**	**85**

Thursday, November 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Chocolate Chip Cookie 2 medium (approx 2" dia)	98	4.95	1.533	12.81	0.6	6.87	1.1	59	0	30
Ground Beef (80% Lean / 20% Fat) 3 oz	213	16.8	6.444	0	0	0	14.42	56	60	227
Total	311	21.75	7.977	12.81	0.6	6.87	15.52	115	60	257
Dinner										
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
Ground Beef (80% Lean / 20% Fat) 3 oz	213	16.8	6.444	0	0	0	14.42	56	60	227
Ortega Hard Taco Shells 1 1/2 x 3 shells, 52.5 g	180	9	1.5	24	3	0	3	255	0	0
Total	539	32.81	8.681	43.6	4.6	0.3	19.76	437	60	291
Snacks/Other										
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Cheddar Cheese 1/2 slice (1 oz)	56	4.64	2.953	0.18	0	0.07	3.49	87	15	14
Hormel Turkey Pepperoni 70% Less Fat 1/2 x 17 slices, 15 g	35	2	0.75	0	0	0	4.5	320	20	
Total	140	9.11	4.469	6.59	0.3	3.5	8.54	437	35	29

Thursday, November 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	990	63.67	21.127	63	5.5	10.67	43.82	989	155	577

Friday, November 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Provolone Cheese 1/2 slice (1 oz)	49	3.73	2.391	0.3	0	0.08	3.58	123	10	19
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Beefsteak Bread Soft Rye Bread 1 slice, 32 g	130	1.5	0	24	1	2	4	310	0	
Progresso Creamy Tomato with Basil Soup 1 cup, 251 g	120	3	1	22	3	14	3	480	5	560
Total	461	19.98	10.063	53.07	4.3	19.66	18.1	1117	44	621
Dinner										
Pizza Ranch Bronco Pizza 2 x 1 slice	520	24	10	48	2	4	24	800	60	
Snacks/Other										
Total	981	43.98	20.063	101.07	6.3	23.66	42.1	1917	104	621

Saturday, November 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Bakery Organic Honey & Oat Bar 2 x 1 bar, 36 g	120	2		24	2	12	2	40		
Lunch										
Kashi Chewy Granola Bars - Dark Mocha Almond 1 bar, 35 g	130	3.5	0.5	21	4	6	6	90	0	
Dinner										
Roasted Potato 1 medium (2-1/4" to 3" dia, raw)	203	9.52	1.224	27.28	3.4	1.22	3.16	137	0	657
Snacks/Other										
Total	**453**	**15.02**	**1.724**	**72.28**	**9.4**	**19.22**	**11.16**	**267**	**0**	**657**

Sunday, November 12, 2017

	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
Lunch										
Dinner										
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
Birds Eye Superfood Blends Chickpeas & Spinach 1/2 x 1 package, 141.75 g	160	3.5	0.5	25.5	5	1.5	4.5	265	0	0
Great Value Enriched Hamburger Buns 1/2 x 1 bun, 19.5 g	55	0.5	0	10	0.5	1	1.5	90	0	15
Morningstar Farms Spicy Black Bean Burger 1 burger, 67 g	110	4	0.5	13	4	1	10	330	0	260
Total	471	15.01	1.737	68.1	11.1	3.8	18.34	811	0	339
Snacks/Other										
Chocolate Chip Cookie 2 medium (approx 2" dia)	98	4.95	1.533	12.81	0.6	6.87	1.1	59	0	30
Total	**674**	**20.35**	**3.402**	**107.86**	**14.8**	**25.1**	**20.73**	**871**	**0**	**791**

Monday, November 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Nabisco Good Thins Sea Salt & Pepper 13 pieces, 29 g	130	2	0	25	2	1	2	115	0	50
Cream Cheese 2 tbsps	101	10.11	6.37	0.77	0	0.06	2.19	86	32	35
Total	280	14.58	7.136	32.18	2.3	4.49	4.74	231	32	100
Dinner										
Carando Genoa Salami 1/2 x 4 slices, 14 g	50	4	1.5	0.5	0	0	3	230	12.5	
Cheese Pizza 3 pieces (1/8 12" dia)	712	30.29	12.913	78.25	4.9	9.18	31.81	1385	62	415
Total	762	34.29	14.413	78.75	4.9	9.18	34.81	1615	74.5	415
Snacks/Other										
Activia Strawberry Yogurt 1 container, 113 g	90	1.5	1	16	0	13	4	55	5	170
Total	**1132**	**50.37**	**22.549**	**126.93**	**7.2**	**26.67**	**43.55**	**1901**	**111.5**	**685**

Tuesday, November 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Chocolate Chip Cookie 2 medium (approx 2" dia)	98	4.95	1.533	12.81	0.6	6.87	1.1	59	0	30
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Carando Genoa Salami 4 slices, 28 g	100	8	3	1	0	0	6	460	25	
Total	311	22.23	10.439	14.17	0.6	7.02	14.07	693	54	57
Dinner										
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Sweet Potato 1/2 5" long	56	0.03	0.012	13.08	2	2.72	1.02	36	0	219
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Total	269	8.98	2.602	19.49	2.3	6.15	26.39	396	70	438
Snacks/Other										
Jelly Belly Jelly Beans 27 pieces, 30 g	100	0	0	25	0	25	0	0	0	
Total	**680**	**31.21**	**13.041**	**58.66**	**2.9**	**38.17**	**40.46**	**1089**	**124**	**495**

Wednesday, November 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Nabisco Good Thins Sea Salt & Pepper 1/2 x 13 pieces, 14.5 g	65	1	0	12.5	1	0.5	1	57.5	0	25
Cream Cheese 2 tbsps	101	10.11	6.37	0.77	0	0.06	2.19	86	32	35
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Rosarita Refried Beans 1/2 x 1/2 cup, 64 g	60	1.25	0.5	9	3	0	3	270	0	
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
Total	421	21.84	8.373	48.28	5.9	4.29	9.08	569.5	32	139
Dinner										
Snacks/Other										
Jelly Belly Jelly Beans 27 pieces, 30 g	100	0	0	25	0	25	0	0	0	
Total	**521**	**21.84**	**8.373**	**73.28**	**5.9**	**29.29**	**9.08**	**569.5**	**32**	**139**

Thursday, November 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kashi Chewy Granola Bars - Peanut Peanut Butter 1 bar, 35 g	140	5	0.5	20		5	6	45	0	0
Lunch										
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
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
Rosarita Refried Beans 1/2 x 1/2 cup, 64 g	60	1.25	0.5	9	3	0	3	270	0	
Total	367	22.99	3.374	37.17	11.3	0.96	7.35	403	0	551
Dinner										
Mission Restaurant Style Tortilla Chips 12 chips, 1 oz	140	7	2	17	1	0	2	150	0	
Taco Meat 1/2 cup	209	11.81	4.756	0.65	0.2	0.15	23.5	532	76	
Ortega Hard Taco Shells 1 1/2 x 3 shells, 52.5 g	180	9	1.5	24	3	0	3	255	0	0
Total	529	27.81	8.256	41.65	4.2	0.15	28.5	937	76	0
Snacks/Other										
Jelly Belly Jelly Beans 27 pieces, 30 g	100	0	0	25	0	25	0	0	0	
Cafe Escapes Cafe Mocha 1 k-cup, 15 g	60	1.5	1.5	11	1	7	1	150	0	

Thursday, November 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	160	1.5	1.5	36	1	32	1	150	0	
Total	**1196**	**57.3**	**13.63**	**134.82**	**16.5**	**38.11**	**42.85**	**1535**	**76**	**551**

Friday, November 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
Rosarita Refried Beans 1/2 cup, 128 g	120	2.5	1	18	6	0	6	540	0	
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
Total	346	16.88	2.805	41.89	11	0.63	9.34	670	0	308
Dinner										
Brussels Sprouts 1 cup	38	0.26	0.055	7.88	3.3	1.94	2.97	22	0	342
Baby Carrots 6 medium	21	0.08	0.014	4.94	1.1	2.86	0.38	47	0	142
Sweet Potato 1/4 5" long	28	0.02	0.006	6.54	1	1.36	0.51	18	0	110
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Total	251	6.84	1.899	19.36	5.4	6.16	28.68	417	70	798
Snacks/Other										
Vodka 2 fl oz (no ice)	128	0	0	0	0	0	0	1	0	1
Jelly Belly Jelly Beans 27 pieces, 30 g	100	0	0	25	0	25	0	0	0	
Jelly Belly Jelly Beans	100	0	0	25	0	25	0	0	0	

Friday, November 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
27 pieces, 30 g										
Total	328	0	0	50	0	50	0	1	0	1
Total	**925**	**23.72**	**4.704**	**111.25**	**16.4**	**56.79**	**38.02**	**1088**	**70**	**1107**

Saturday, November 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Libby's Sliced Beets 1/2 cup, 120 g	40	0	0	8	1	6	1	250	0	130
Tuna 4 oz boneless	122	1.08	0.266	0	0	0	26.51	42	51	503
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Total	211	3.55	1.032	14.41	1.3	9.43	28.06	322	51	648
Dinner										
Marie's Roasted French Onion Dip 2 tbsp, 29 g	100	10	3	2	0	1	1	220	15	
Dakota Style Jalapeno Kettle Chips 1 oz, 28 g	140	10	2.5	13	1	1	1	270	0	
Total	240	20	5.5	15	1	2	2	490	15	
Snacks/Other										
Jelly Belly Jelly Beans 27 pieces, 30 g	100	0	0	25	0	25	0	0	0	
Jelly Belly Jelly Beans 27 pieces, 30 g	100	0	0	25	0	25	0	0	0	
Total	200	0	0	50	0	50	0	0	0	
Total	**651**	**23.55**	**6.532**	**79.41**	**2.3**	**61.43**	**30.06**	**812**	**66**	**648**

Sunday, November 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Safeway Bran Muffin 1 muffin, 76 g	250	11	1	25	1	16	4	170	35	
Lunch										
Dakota Style Jalapeno Kettle Chips 1 oz, 28 g	140	10	2.5	13	1	1	1	270	0	
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
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Rye Bread 1 regular slice	67	0.86	0.163	12.56	1.5	1	2.21	172	0	43
Total	481	34.87	10.706	34.49	9.2	2.81	12.19	623	29	557
Dinner										
Asparagus 1 cup	27	0.16	0.062	5.2	2.8	2.52	2.95	3	0	271
Rice-A-Roni Country Cheddar 1/2 x 1 cup	185	3	1.25	23.5	1	1.5	3	430	2.5	
Scallops 5 scallops (2" x 1-1/4" x 3/4")	174	8.77	1.773	8.39	0.4	0.66	14.51	390	43	270
Total	386	11.93	3.085	37.09	4.2	4.68	20.46	823	45.5	541
Snacks/Other										
Mrs. Smith's Dutch Apple Crumb Pie 1/8 pie, 131 g	360	16	3	52	2	24	3	360	0	

Sunday, November 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1477	73.8	17.791	148.58	16.4	47.49	39.65	1976	109.5	1098

Monday, November 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Avocados 1 avocado, NS as to Florida or California	322	29.47	4.273	17.15	13.5	1.33	4.02	14	0	975
Dinner										
Lamb Chop 1 small (4 oz, with bone, raw) (yield after cooking, bone removed)	226	17.55	7.669	0	0	0	15.86	281	68	184
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Pita Bread 1 medium (5-1/4" dia)	124	0.54	0.075	25.06	1	0.58	4.1	241	0	54
Total	620	19.35	8.043	81.79	2.2	1.74	26.07	1269	68	318
Snacks/Other										
Mrs. Smith's Dutch Apple Crumb Pie 1/8 pie, 131 g	360	16	3	52	2	24	3	360	0	
Total	**1302**	**64.82**	**15.316**	**150.94**	**17.7**	**27.07**	**33.09**	**1643**	**68**	**1293**

Tuesday, November 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Pita Bread 1 medium (5-1/4" dia)	124	0.54	0.075	25.06	1	0.58	4.1	241	0	54
Hummus 1/2 cup	218	10.57	1.381	24.75	4.9	0.57	5.98	298	0	213
Total	342	11.11	1.456	49.81	5.9	1.15	10.08	539	0	267
Dinner										
Pizza Ranch Pepperoni Pizza 1 slice	180	8	3.5	21	1	1	8	230	20	
Pizza Ranch Bronco Pizza 2 x 1 slice	520	24	10	48	2	4	24	800	60	
Total	700	32	13.5	69	3	5	32	1030	80	
Snacks/Other										
Chocolate Chip Cookie 4 medium (approx 2" dia)	196	9.89	3.066	25.62	1.2	13.74	2.2	119	0	59
Total	1238	53	18.022	144.43	10.1	19.89	44.28	1688	80	326

Wednesday, November 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Lunch										
White Rice 1/4 cup cooked	51	0.11	0.03	11.02	0.2	0.02	1.05	144	0	14
Pita Bread 1 medium (5-1/4" dia)	124	0.54	0.075	25.06	1	0.58	4.1	241	0	54
Hummus 1/4 cup	109	5.28	0.691	12.37	2.5	0.28	2.99	149	0	106
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Carando Genoa Salami 4 slices, 28 g	100	8	3	1	0	0	6	460	25	
Total	497	23.21	9.702	49.81	3.7	1.03	21.11	1168	54	201
Dinner										
Soft Taco with Beef, Cheese, Lettuce, Tomato and Salsa 2 tacos	428	19.96	8.642	38.43	3	3.15	22.71	1239	59	438
Snacks/Other										
Truly Spiked & Sparkling 1 can, 12 oz	100	0		2	1	1	0	25		
Mike's Hard Lemonade 2 x 1 bottle, 22.4 oz	440	0		66	0	64	0	180	0	
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15

Wednesday, November 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	589	2.47	0.766	74.41	1.3	68.43	0.55	235	0	15
Total	**1563**	**48.11**	**19.876**	**169.06**	**8.3**	**76.04**	**44.92**	**2672**	**113**	**669**

Friday, November 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Plain Pancakes 2 pancakes (4" dia)	173	7.37	1.613	21.51			4.86	334	45	100
Bacon 3 thin slices (yield after cooking)	81	6.27	2.061	0.21	0	0	5.56	346	16	85
Chocolate Chip Cookie 2 medium (approx 2" dia)	98	4.95	1.533	12.81	0.6	6.87	1.1	59	0	30
Total	352	18.59	5.207	34.53	0.6	6.87	11.52	739	61	215
Lunch										
Marie's Roasted French Onion Dip 2 tbsp, 29 g	100	10	3	2	0	1	1	220	15	
Dakota Style Jalapeno Kettle Chips 2 x 1 oz, 56 g	280	20	5	26	2	2	2	540	0	
Total	380	30	8	28	2	3	3	760	15	
Dinner										
Snacks/Other										
Total	732	48.59	13.207	62.53	2.6	9.87	14.52	1499	76	215

Saturday, November 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon 2 thin slices (yield after cooking)	54	4.18	1.374	0.14	0	0	3.7	231	11	56
Lunch										
Cheesecake 1/2 piece (1/6 17 oz cake)	128	9	3.968	10.2	0.2		2.2	83	22	36
Alexia Sweet Potato Julienne Fries 12 pieces, 85 g	140	5	0	24	3	6	1	140	0	190
Kroger Breaded Chicken Strips 2 pieces, 116 g	220	9	2	14	1		19	670	45	
Total	488	23	5.968	48.2	4.2	6	22.2	893	67	226
Dinner										
World Table Ultimate Sicilian Pizza 1/4 pizza, 139 g	320	17	7	28	2	5	16	940	40	
Snacks/Other										
Total	862	44.18	14.342	76.34	6.2	11	41.9	2064	118	282

Sunday, November 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Reuben Sandwich with Spread (Corned Beef Sandwich with Sauerkraut and Cheese) 1 sandwich	463	28.69	9.666	29.97	3.6	6.99	21.01	1377	81	250
Dinner										
World Table Ultimate Sicilian Pizza 2 x 1/4 pizza, 278 g	640	34	14	56	4	10	32	1880	80	
Snacks/Other										
Total	**1103**	**62.69**	**23.666**	**85.97**	**7.6**	**16.99**	**53.01**	**3257**	**161**	**250**

Monday, November 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Ground Beef (80% Lean / 20% Fat) 1 oz	71	5.6	2.148	0	0	0	4.81	19	20	76
Doritos Nacho Cheese Tortilla Chips (28g) 1/2 x 12 chips, 14 g	70	4	0.5	8	0.5	0	1	105	0	
Total	141	9.6	2.648	8	0.5	0	5.81	124	20	76
Dinner										
Arby's Jalapeno Bites (Regular) 1/2 x 5 bites, 55 g	140	8	3	15.5	1	1.5	2.5	300	12.5	
McDonald's Cheeseburger 1 serving, 119 g	300	12	5	33	2	7	15	680	40	
McDonald's French Fries (Large) 1 serving, 5.9 oz	510	24	3.5	66	6	0	7		0	
Total	950	44	11.5	114.5	9	8.5	24.5	980	52.5	
Snacks/Other										
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Total	**1140**	**56.07**	**14.914**	**128.91**	**9.8**	**11.93**	**30.86**	**1134**	**72.5**	**91**

Tuesday, November 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dakota Style Jalapeno Kettle Chips 1 oz, 28 g	140	10	2.5	13	1	1	1	270	0	
Progresso Chicken & Herb Dumplings Soup 1 cup, 234 g	100	2.5	0.5	13	1	1	5	650	25	300
Total	240	12.5	3	26	2	2	6	920	25	300
Dinner										
Tomatoes 1 medium whole (2-3/5" dia)	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Cream Cheese 1 tbsp	51	5.06	3.185	0.39	0	0.03	1.09	43	16	17
Nabisco Good Thins Veggie Blend 26 pieces, 30 g	120	1.5	0	25	3	3	2	105	0	125
Gouda Cheese 1 oz	101	7.78	4.994	0.63	0	0.63	7.07	232	32	34
Total	458	21.07	10.06	30.84	4.5	6.89	36.06	716	118	672
Snacks/Other										
Total	**698**	**33.57**	**13.06**	**56.84**	**6.5**	**8.89**	**42.06**	**1636**	**143**	**972**

Wednesday, November 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Great Value Chicken Gravy 1/4 cup, 60 g	35	1.5	0.5	4	0	1	0	270	0	20
Cooked Vegetables (from Fresh, Fat Not Added in Cooking) 2 medium globes	120	0.38	0.089	26.69	13	2.35	8.3	756	0	845
Total	155	1.88	0.589	30.69	13	3.35	8.3	1026	0	865
Dinner										
Dakota Style Jalapeno Kettle Chips 1 oz, 28 g	140	10	2.5	13	1	1	1	270	0	
Hamburger on Bun 1 hamburger	270	10.97	3.964	26.81	1.1	3.39	14.61	369	34	157
Total	410	20.97	6.464	39.81	2.1	4.39	15.61	639	34	157
Snacks/Other										
Total	**565**	**22.85**	**7.053**	**70.5**	**15.1**	**7.74**	**23.91**	**1665**	**34**	**1022**

Thursday, November 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Great Value Chicken Gravy 1/4 cup, 60 g	35	1.5	0.5	4	0	1	0	270	0	20
Cooked Vegetables (from Fresh, Fat Not Added in Cooking) 2 medium globes	120	0.38	0.089	26.69	13	2.35	8.3	756	0	845
Total	155	1.88	0.589	30.69	13	3.35	8.3	1026	0	865
Dinner										
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
Taco or Tostada with Beef, Cheese and Lettuce 3 tacos or tostadas	662	37.96	11.772	48.6	6.3	1.4	32.64	1385	94	536
Total	808	44.97	12.509	68.2	7.9	1.7	34.98	1511	94	600
Snacks/Other										
Hershey's Kit Kat (Large Size) 1/4 x 1 package, 14 g	70	3.75	2.5	9.25	0.25	7.25	1	10	1.25	
Total	**1033**	**50.6**	**15.598**	**108.14**	**21.15**	**12.3**	**44.28**	**2547**	**95.25**	**1465**