Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	258	6.6	34.94	21.69
Lunch	602	15.17	66.31	26.18
Dinner	1129	34.35	116.74	59.51
Snacks/Other				
Total	**1989**	**56.12**	**217.99**	**107.37**

Monday, November 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 15 seedless	52	0.12	0.04	13.58	0.7	11.61	0.54	2	0	143
Coffee-Mate Natural Bliss Sweet Cream Coffee Creamer 1 tbsp, 15 ml	35	1.5	1	5	0	5	0	5	10	
Xagave Agave Nectar 1/2 x 1 tbsp, 9 g	30	0		7	1	6	0	0		
Young Living Pure Protein Complete 2 level scoops, 45 g	162	2.85	1.27	16.68	5	3.77	20.6	3	52	7
Total	279	4.47	2.31	42.26	6.7	26.38	21.14	10	62	150
Lunch										
Kraft 3 Cheese Mexicana Shredded Cheese 1/2 x 1/3 cup, 15 g	55	4.5	3	0.5	0	0	3.5	110	15	
Sour Cream 1 tbsp	31	3.02	1.879	0.61	0	0.02	0.46	8	6	21
Caesar Salad with Romaine 1 cup	184	15.3	2.868	7.04	1.6	1.38	5.43	280	43	218
Baked Potato (Peel Eaten) 1/2 large (3" to 4-1/4" dia, raw)	166	3.34	0.643	31.21	3.2	1.73	3.69	357	0	789
Beef Steak 3 oz boneless, cooked	214	12.77	4.998	0	0	0	23.21	317	70	259
Total	650	38.93	13.388	39.36	4.8	3.13	36.29	1072	134	1287
Dinner										
Shock Top Pumpkin Wheat	168	0		15	0	0	2.2	0	0	

Monday, November 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bottle, 12 oz										
Fritos Original Corn Chips	160	10	1.5	16	1	0	2	160	0	
1 oz, 28 g										
Souper Salad Taco Beef	380	22		4	2	0	36	1200	110	
2 x 2 oz										
Total	708	32	1.5	35	3	0	40.2	1360	110	

Snacks/Other

Total	1637	75.4	17.198	116.62	14.5	29.51	97.63	2442	306	1437

Tuesday, November 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quest S'mores Protein Bar 1 bar, 60 g	180	8	2.5	23	13	7	20	180	5	85
Coffee-Mate Natural Bliss Sweet Cream Coffee Creamer 1 tbsp, 15 ml	35	1.5	1	5	0	5	0	5	10	
Xagave Agave Nectar 1/2 x 1 tbsp, 9 g	30	0		7	1	6	0	0		
Total	245	9.5	3.5	35	14	18	20	185	15	85
Lunch										
Fritos Original Corn Chips 1/4 x 1 oz, 7 g	40	2.5	0.38	4	0.25	0	0.5	40	0	
Taco Soup 3 cups	592	15.95	5.054	60.21	14.4	9.43	55.56	1168	122	
Total	632	18.45	5.434	64.21	14.65	9.43	56.06	1208	122	
Dinner										
Red Lobster Lobster Bisque (Cup) 1 serving, 227 g	210	14	8	12	1	2	4	830	65	
Fried Plantain 4 slices	272	14.33	1.926	38.96	2.8	18.32	1.59	5	0	549
Little Salad Bar Caesar Salad 2 1/2 cups	160	14	2	6	2	1	4	310	15	
House Salad 1 cup	70	3.64	0.628	8.72	2	3.59	1.53	153	0	
Beef Steak 8 oz boneless, cooked	572	34.04	13.329	0	0	0	61.89	846	186	692

Tuesday, November 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1284	80.01	25.883	65.68	7.8	24.91	73.01	2144	266	1241

Snacks/Other

Total	**2161**	**107.96**	**34.817**	**164.89**	**36.45**	**52.34**	**149.07**	**3537**	**403**	**1326**

Wednesday, November 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee-Mate Natural Bliss Sweet Cream Coffee Creamer 1 tbsp, 15 ml	35	1.5	1	5	0	5	0	5	10	
Xagave Agave Nectar 1/2 x 1 tbsp, 9 g	30	0		7	1	6	0	0		
Young Living Pure Protein Complete 1/2 x 2 level scoops, 22.5 g	81	1.42	0.64	8.34	2.5	1.88	10.3	1.5	26	3.5
Bell Plantation PB2 Powdered Peanut Butter 2 tbsp, 13 g	45	1.5	0	5	2	1	5	94	0	
Total	191	4.42	1.64	25.34	5.5	13.88	15.3	100.5	36	3.5
Lunch										
Campbell's SpaghettiO's Original 2 x 1 cup, 504 g	340	2	1	70	6	22	12	1200	10	900
Dinner										
Arby's Corned Beef Slider 3/4 x 1 sandwich, 68 g	165	6.75	2.62	15.75	0.75	0.75	10.5	667.5		
Arby's Pumpkin Cheesecake Shake 1 shake, 512 g	650	20	13	106	0	96	15	440	65	
Arby's Beef 'n Cheddar (Regular) 1 sandwich	450	20	6	45	2	9	24	1310	60	
Total	1265	46.75	21.62	166.75	2.75	105.75	49.5	2417.5	125	
Snacks/Other										

Wednesday, November 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1796	53.17	24.26	262.09	14.25	141.63	76.8	3718	171	903.5

Thursday, November 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Organic Fat Free Milk 1/2 x 1 cup, 120 ml	40	0	0	6	0	6	4.5	62.5	2.5	205
Cocoa Powder (Unsweetened) 1 tbsp	12	0.74	0.436	2.93	1.8	0.09	1.06	1	0	82
Xagave Agave Nectar 1/2 x 1 tbsp, 9 g	30	0		7	1	6	0	0		
Bell Plantation PB2 Powdered Peanut Butter 2 tbsp, 13 g	45	1.5	0	5	2	1	5	94	0	
Coffee-Mate Natural Bliss Sweet Cream Coffee Creamer 1 tbsp, 15 ml	35	1.5	1	5	0	5	0	5	10	
Young Living Pure Protein Complete 2 level scoops, 45 g	162	2.85	1.27	16.68	5	3.77	20.6	3	52	7
Total	324	6.59	2.706	42.61	9.8	21.86	31.16	165.5	64.5	294
Lunch										
Harvestland Sliced Turkey Breast 2 slices, 68 g	60	0.5	0	2	0	1	12	500	25	
Schnucks Sliced Muenster Cheese 1 slice , 21 g	80	6	4	1	0	0	5	140	25	0
Nature's Own Whitewheat Bread 2 slices, 52 g	120	1.5	0	24	3	3	6	210	0	0
Total	260	8	4	27	3	4	23	850	50	0

Thursday, November 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Samuel Adams Harvest Pumpkin Ale	199	0	0	19	0	0	0			
1 bottle, 12 oz										
Chipotle Mexican Grill Chicken Bowl	750	25.5	8	84	22.5	11.5	54.5	2425	155	
1 bowl, 159.5 g										
Total	949	25.5	8	103	22.5	11.5	54.5	2425	155	
Snacks/Other										
Total	**1533**	**40.09**	**14.706**	**172.61**	**35.3**	**37.36**	**108.66**	**3440.5**	**269.5**	**294**

Friday, November 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Land O'Lakes Light Butter 3/4 x 1 tbsp, 10 g	38	3.75	1.5	0	0	0	0	67.5	3.75	
Nature's Own Whitewheat Bread 1/2 x 2 slices, 26 g	60	0.75	0	12	1.5	1.5	3	105	0	0
Coffee-Mate Natural Bliss Sweet Cream Coffee Creamer 1 tbsp, 15 ml	35	1.5	1	5	0	5	0	5	10	
Xagave Agave Nectar 1/2 x 1 tbsp, 9 g	30	0		7	1	6	0	0		
Young Living Pure Protein Complete 2 level scoops, 45 g	162	2.85	1.27	16.68	5	3.77	20.6	3	52	7
Total	325	8.85	3.77	40.68	7.5	16.27	23.6	180.5	65.75	7
Lunch										
Spinach 2 cups	14	0.23	0.038	2.18	1.3	0.25	1.72	47	0	335
Great Value Fat Free Ranch 2 tbsp, 30 ml	30	0	0	6	0	2	0	280	0	30
Cuties Clementines 1/2 x 2 clementines, 84 g	40	0.25	0	8.5	2	6.5	0.5	0	0	200
Athenos Natural Crumbled Feta Cheese 1/4 cup, 28 g	70	6	3.5	1	0.75	0	5	330	20	
Ocean Spray Craisins Dried Cranberries 1/4 cup, 40 g	130	0	0	33	3	26	0	0	0	0
Total	284	6.48	3.538	50.68	7.05	34.75	7.22	657	20	565

Friday, November 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Shock Top Pumpkin Wheat 2 x 1 bottle, 24 oz	336	0		30	0	0	4.4	0	0	
Sweet Smiles Sour Neon Worms 3 x 10 pieces, 117 g	390	0	0	90	0	63	6	180	0	
Carrots 1 cup chopped	52	0.31	0.047	12.26	3.6	5.81	1.19	88	0	410
Red Potatoes (Flesh and Skin) 4 small (1-3/4" to 2-1/4" dia)	490	0.95	0.177	108.12	11.6	6.8	12.85	41	0	3094
Rump Roast 1 cup cooked, diced	260	15.18	5.982	0	0	0	29.32	78	83	
Total	1528	16.44	6.206	240.38	15.2	75.61	53.76	387	83	3504
Snacks/Other										
Total	**2137**	**31.77**	**13.514**	**331.74**	**29.75**	**126.63**	**84.58**	**1224.5**	**168.75**	**4076**

Saturday, November 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee-Mate Natural Bliss Sweet Cream Coffee Creamer 1 tbsp, 15 ml	35	1.5	1	5	0	5	0	5	10	
Xagave Agave Nectar 1/2 x 1 tbsp, 9 g	30	0		7	1	6	0	0		
Young Living Pure Protein Complete 2 level scoops, 45 g	162	2.85	1.27	16.68	5	3.77	20.6	3	52	7
Total	227	4.35	2.27	28.68	6	14.77	20.6	8	62	7
Lunch										
Shock Top Pumpkin Wheat 1 bottle, 12 oz	168	0		15	0	0	2.2	0	0	
Michelob Ultra Light Beer 1 bottle, 12 oz	95	0	0	2.6	0	0	0.6	0	0	
Small Town Brewery Not Your Father's Root Beer 3 x 1 bottle, 36 oz	531	0	0	36	0	0	0	0	0	0
Frankfurter or Hot Dog on Bun 1 frankfurter on bun	250	14.98	5.617	18.9	0.8	2.29	9.06	717	24	116
Total	1044	14.98	5.617	72.5	0.8	2.29	11.86	717	24	116
Dinner										
Chili's Classic Chicken Fajitas 3 x 1 skillet	810	27	6	45	9	24	99	4680	285	
Margarita 3 cocktails	504	0.25	0.045	32.02	0.2	29.47	0.14	885	0	46
Total	1314	27.25	6.045	77.02	9.2	53.47	99.14	5565	285	46

Saturday, November 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**2585**	**46.58**	**13.932**	**178.2**	**16**	**70.53**	**131.6**	**6290**	**371**	**169**

Sunday, November 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Young Living Ningxia Nitro 1 3/4 x 1 tube, 35 ml	35	0	0	7	1.75	7	0	0	0	
Quest S'mores Protein Bar 1 bar, 60 g	180	8	2.5	23	13	7	20	180	5	85
Total	215	8	2.5	30	14.75	14	20	180	5	85
Lunch										
Cooked Green String Beans (Fat Added in Cooking) 1 cup, NS as to from fresh, frozen, or canned of	83	4.34	0.83	10.65	4.3	2.07	2.55	433	0	196
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Dockside Classics Stuffed Shrimp 5 x 1 shrimp	550	12.5	2.5	75	0	0	30	850	150	0
Margarita 1 cocktail	168	0.08	0.015	10.67	0.1	9.82	0.05	295	0	15
Total	1005	17.36	3.465	140.4	5	11.97	36.8	2155	150	266
Dinner										
Rice (Sake) Beverage 3 fl oz	117	0	0	4.36	0	0	0.44	2	0	22
Macro Vegetarian Bento Box 7 oz	320	3.5	0.5	59	6	2	15	280	0	
Southern Tsunami Sushi Bar Rainbow Roll 1 package, 344 g	420	9	1	66	3	7	31	687	58	
Total	857	12.5	1.5	129.36	9	9	46.44	969	58	22

Sunday, November 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**2077**	**37.86**	**7.465**	**299.76**	**28.75**	**34.97**	**103.24**	**3304**	**213**	**373**