Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	369	15.13	42.1	13.14
Lunch	409	16.16	39.91	16.24
Dinner	660	33.83	48.69	29.04
Snacks/Other	178	5	11.42	2.39
Total	**1616**	**70.11**	**142.12**	**60.82**

Tuesday, April 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Kellogg's Raisin Bran 2 x 1 cup, 118 g	220	1	0	54	8	20	6	300	0	
Home Fries with Green or Red Peppers and Onions 1/2 cup	106	4.18	0.542	16.27	1.6	1.2	1.44	178	0	274
Total	448	9.99	3.609	81.69	9.6	33.55	15.49	578	20	640
Lunch										
Pizza Hut 6" Pepperoni Personal Pan Pizza 1 pizza, 249 g	610	26	10	67	3	6	26	1410	55	
Dinner										
Smart Ones Smart Creations Roast Beef, Mashed Potatoes and Gravy 1 package, 255 g	230	11	3.5	18	2	2	16	530	40	
Ore-Ida Extra Crispy Tater Tots 12 pieces, 86 g	170	9	1.5	20	2	0.9	2	460	0	240
Total	400	20	5	38	4	2.9	18	990	40	240
Snacks/Other										
Total	**1458**	**55.99**	**18.609**	**186.69**	**16.6**	**42.45**	**59.49**	**2978**	**115**	**880**

Wednesday, April 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Thomas' Original English Muffins 2 x 1 muffin, 122 g	240	2	0	50	2	2	8	400	0	0
Total	342	13.52	7.294	50.01	2	2.01	8.12	402	31	3
Lunch										
Dinner										
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Thomas' Original English Muffins 2 x 1 muffin, 122 g	240	2	0	50	2	2	8	400	0	0
Total	342	13.52	7.294	50.01	2	2.01	8.12	402	31	3
Snacks/Other										
Cadbury's Mini Eggs Milk Chocolate 2 x 9 eggs, 64 g	380	16	10	56	1.8	54	4	60	10	
Total	**1064**	**43.04**	**24.588**	**156.02**	**5.8**	**58.02**	**20.24**	**864**	**72**	**6**

Thursday, April 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Valley View Hash Brown Potato Patties 1 patty, 60 g	130	8	1	17	1	0	1	250	0	
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Bacon 2 thin slices (yield after cooking)	54	4.18	1.374	0.14	0	0	3.7	231	11	56
Flour Tortilla 1 medium (approx 8" dia)	159	3.95	0.962	26.19	1.6	0.98	4.23	324	0	79
Home Fries with Green or Red Peppers and Onions 1/2 cup	106	4.18	0.542	16.27	1.6	1.2	1.44	178	0	274
Total	765	42.61	12.943	62.73	4.2	5.17	34.61	1561	668	610
Lunch										
Dinner										
Chipotle Mexican Grill Steak Burrito 1 burrito, 20.5 oz	840	30	11	92	2	1	49	1470	95	
Snacks/Other										
Cadbury's Mini Eggs Milk Chocolate 2 x 9 eggs, 64 g	380	16	10	56	1.8	54	4	60	10	
Total	1985	88.61	33.943	210.73	8	60.17	87.61	3091	773	610

Friday, April 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Frosted Flakes (Box) 2 x 1 box, 68 g	260	0	0	60	0	28	2	412	0	
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Valley View Hash Brown Potato Patties 1 patty, 60 g	130	8	1	17	1	0	1	250	0	
Total	512	12.81	4.067	88.42	1	40.35	11.05	762	20	366
Lunch										
Hardee's 1/3 lb Cheeseburger 1 cheeseburger, 254 g	680	39	19	52	2	11	29	1450	90	
McDonald's French Fries (Small) 1 serving, 75 g	230	11	1.5	29	3	0	3	160	0	
Total	910	50	20.5	81	5	11	32	1610	90	
Dinner										
Wienerschnitzel Chili Cheese Fries 1 1/4 x 1 serving, 289 g	675	47.5	23.75	48.75	5	1.25	15	1725	68.75	
Snacks/Other										
Total	2097	110.31	48.317	218.17	11	52.6	58.05	4097	178.75	366

Saturday, April 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Thomas' Original English Muffins	240	2	0	50	2	2	8	400	0	0
2 x 1 muffin, 122 g										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Total	**342**	**13.52**	**7.294**	**50.01**	**2**	**2.01**	**8.12**	**402**	**31**	**3**
Lunch										
Dinner										
Ore-Ida Extra Crispy Tater Tots	340	18	3	40	4	1.8	4	920	0	480
2 x 12 pieces, 172 g										
Pillsbury Crescent Roll	300	12	4.5	39		9	6	660		
3 x 1 roll, 87 g										
Hebrew National Reduced Fat Beef Franks	300	24	9	6	0	0	15	1500	75	540
3 x 1 frank, 135 g										
Total	**940**	**54**	**16.5**	**85**	**4**	**10.8**	**25**	**3080**	**75**	**1020**
Snacks/Other										
Gibson	642	0	0	1.62	0	0.45	0.06	6	0	62
4 cocktails										
Cheddar Cheese	169	13.92	8.859	0.54	0	0.22	10.46	261	44	41
1 1/2 slices (1 oz)										
Gallo Salame Light Italian Dry Salame	112	6.4	2.4	1.6	0	1.6	11.2	800	48	
45 g										
Total	**923**	**20.32**	**11.259**	**3.76**	**0**	**2.27**	**21.72**	**1067**	**92**	**103**

Saturday, April 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2205	87.84	35.053	138.77	6	15.08	54.84	4549	198	1126

Sunday, April 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Chipotle Mexican Grill Steak Burrito	840	30	11	92	2	1	49	1470	95	
1 burrito, 20.5 oz										
Samuel Adams Boston Lager	340	0		36	0	0	4	0	0	540
2 x 1 bottle, 24 oz										
Total	1180	30	11	128	2	1	53	1470	95	540
Dinner										
TGI Friday's Buffalo Wings	170	12	3	3	0	0	12	510	45	
3 pieces										
TGI Friday's Cream Cheese Stuffed Jalapenos	365	24.9	9.96	29.88	1.66	4.98	6.64	780.2	41.5	
1.66 x 3 pieces, 128 g										
TGI Friday's Nacho Potato Skins	190	10	4	19	3	2	5	310	20	
3 pieces										
Gibson	160	0	0	0.4	0	0.11	0.01	1	0	16
1 cocktail										
Total	885	46.9	16.96	52.28	4.66	7.09	23.65	1601.2	106.5	16
Snacks/Other										
Total	**2065**	**76.9**	**27.96**	**180.28**	**6.66**	**8.09**	**76.65**	**3071.2**	**201.5**	**556**

Monday, April 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Thomas' Original English Muffins 2 x 1 muffin, 122 g	240	2	0	50	2	2	8	400	0	0
Total	342	13.52	7.294	50.01	2	2.01	8.12	402	31	3
Lunch										
Dinner										
Bob's Bleu Cheese Dressing & Dip 2 tbsp, 30 g	140	15	3	1	0	0	1	180	15	
California Pizza Kitchen Crispy Thin Crust Sicilian Recipe Pizza 196 g	480	22.66	9.33	45.32	2.67	4	23.99	1266.35	59.98	
Total	620	37.66	12.33	46.32	2.67	4	24.99	1446.35	74.98	
Snacks/Other										
Total	**962**	**51.18**	**19.624**	**96.33**	**4.67**	**6.01**	**33.11**	**1848.35**	**105.98**	**3**

Tuesday, April 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pancake Syrup 1 tbsp	47	0	0	12.29	0.1	6.62	0	16	0	3
Plain French Toast 1 regular slice	159	6.13	1.585	20.02	0.8	4.87	5.58	320	90	80
Total	206	6.13	1.585	32.31	0.9	11.49	5.58	336	90	83
Lunch										
Potato Salad with Egg 1 cup	262	13.61	2.393	30.8	2.9	3.17	5.35	942	89	569
TGI Friday's Anytime Sliders 2 x 1 burger	440	20	7	44	4	12	20	920	30	
Total	702	33.61	9.393	74.8	6.9	15.17	25.35	1862	119	569
Dinner										
Ice Cream Sandwich 1 sandwich (5" x 1-3/4" x 3/4")	143	5.6	3.249	21.75	0.9	13.76	2.61	37	20	122
Oranges 1 fruit (2-5/8" dia)	62	0.16	0.02	15.39	3.1	12.25	1.23	0	0	237
Total	205	5.76	3.269	37.14	4	26.01	3.84	37	20	359
Snacks/Other										
Total	**1113**	**45.5**	**14.247**	**144.25**	**11.8**	**52.67**	**34.77**	**2235**	**229**	**1011**

Wednesday, April 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Smucker's Strawberry Jelly 1 tbsp, 20 g	50	0		13	0	12	0	0	0	
Toasted Sour Dough Bread 2 medium slices	137	1.52	0.32	25.94	1.5	0.12	4.42	304	0	56
Fried Egg 2 large	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
Hashed Brown Potatoes 1/2 cup	151	9.22	4.324	16.15			1.94	290	9	267
Corned Beef Hash 1/2 cup, NFS	180	11.26	4.752	10.2	1.2	0.37	9.6	468	35	189
Total	696	35.51	13.156	66.15	2.7	13.25	28.44	1539	464	645
Lunch										
Dinner										
Snacks/Other										
Manhattan 2 cocktails	259	0	0	4.14	0	2.3	0.06	3	0	29
Great Value Vanilla Ice Cream Sandwiches 1 sandwich, 56 g	160	5	3	25	0	13	2	135	15	85
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
Total	524	5.39	3.132	56.09	3.1	29.73	3.35	139	15	536
Total	**1220**	**40.9**	**16.288**	**122.24**	**5.8**	**42.98**	**31.79**	**1678**	**479**	**1181**

Thursday, April 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tim Hortons Breakfast Sandwich - Sausage, Egg, Cheese 1 sandwich, 191 g	560	35	19	36	2	2	20	1070	215	
Lunch										
In-N-Out Animal Style French Fries 1 serving	750	42	17	54	2	0	19	1105	50	0
In-N-Out Double-Double Burger 1 burger, 330 g	590	39	17	39	3	10	37	1520	120	
Total	1340	81	34	93	5	10	56	2625	170	0
Dinner										
Snacks/Other										
Total	1900	116	53	129	7	12	76	3695	385	0

Friday, April 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Raisin Bran 2 x 1 cup, 118 g	220	1	0	54	8	20	6	300	0	
Valley View Hash Brown Potato Patties 1 patty, 60 g	130	8	1	17	1	0	1	250	0	
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Total	472	13.81	4.067	82.42	9	32.35	15.05	650	20	366
Lunch										
Dinner										
Idahoan Foods Au Gratin Potatoes 1/2 cup prepared	160	5.77	1.79	20	2	2	3	690	0	
Genuine Steak House Brand Beef Ribeye Steak 3 x 6 oz, 336 g	840	60	24	0	0	0	66	165	225	
Total	1000	65.77	25.79	20	2	2	69	855	225	
Snacks/Other										
Total	**1472**	**79.58**	**29.857**	**102.42**	**11**	**34.35**	**84.05**	**1505**	**245**	**366**

Saturday, April 12, 2014

	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										
Beer 3 cans or bottles (12 fl oz)	464	0	0	38.34	0	0	4.97	43	0	292
Dinner										
Genuine Steak House Brand Beef Ribeye Steak 3 x 6 oz, 336 g	840	60	24	0	0	0	66	165	225	
Idahoan Foods Au Gratin Potatoes 1/2 cup prepared	160	5.77	1.79	20	2	2	3	690	0	
Total	1000	65.77	25.79	20	2	2	69	855	225	
Snacks/Other										
Godiva Chocolate Truffles 2 x 2 pieces, 80 g	420	26	16	40	4	34	6	40	20	
Total	2134	102.77	42.79	123.34	7	52	83.97	1108	280	292

Sunday, April 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pillsbury Grands! Homestyle Buttermilk Biscuits 1 biscuit, 58 g	170	6	2.5	26	1	4	3	580	0	
Pork Sausage Patty or Link 1 small patty	44	3.69	1.187	0	0	0	2.53	97	11	38
Bacon 2 thin slices (yield after cooking)	54	4.18	1.374	0.14	0	0	3.7	231	11	56
Valley View Hash Brown Potato Patties 1 patty, 60 g	130	8	1	17	1	0	1	250	0	
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Total	618	36.78	10.709	44.3	2	5.16	29.1	1368	656	295
Lunch										
Dinner										
Ranch Salad Dressing 1 tbsp	73	7.71		1	0.1	0.37	0.15	122	5	9
Lettuce Salad with Tomato 1 cup	15	0.15	0.028	3.17	1.2	1.95	0.76	14	0	
Roasted Broiled or Baked Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Total	252	14.34	1.852	4.17	1.3	2.32	25.73	466	75	213
Snacks/Other										
Chocolate Chip Cookies (with Butter)	312	18.18	9.005	37.25			3.65	218	45	141

Sunday, April 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 medium (2-1/4" dia)										
Godiva Chocolate Truffles	210	13	8	20	2	17	3	20	10	
2 pieces, 40 g										
Total	522	31.18	17.005	57.25	2	17	6.65	238	55	141
Total	1392	82.3	29.566	105.72	5.3	24.48	61.48	2072	786	649

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
English Muffin	132	0.98	0.425	25.62	2	2.05	5.14	246	0	63
1 muffin										
Lunch										
Dinner										
Manhattan	259	0	0	4.14	0	2.3	0.06	3	0	29
2 cocktails										
El Torito Chicken Fajitas	530	24		17	3	9	60	1060	170	
1 serving										
Total	789	24	0	21.14	3	11.3	60.06	1063	170	29
Snacks/Other										
Ruffles Reduced Fat Potato Chips	140	7	1	18	1	0	2	180	0	310
13 chips, 1 oz										
Total	1061	31.98	1.425	64.76	6	13.35	67.2	1489	170	402

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Kellogg's Raisin Bran 2 x 1 cup, 118 g	220	1	0	54	8	20	6	300	0	
Total	342	5.81	3.067	65.42	8	32.35	14.05	400	20	366
Lunch										
Apple Dessert Crisp 1 cup	384	8.31	1.606	76.36	3.7	48.51	4.26	502	0	192
Dinner										
Stouffer's Signature Classics Meatloaf 1 package, 280 g	330	17	7	24	3	5	21	800	50	
Snacks/Other										
Total	**1056**	**31.12**	**11.673**	**165.78**	**14.7**	**85.86**	**39.31**	**1702**	**70**	**558**

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Yoshinoya Beef & Chicken Combo Bowl (Large) 1 bowl, 780 g	1070	30	12	146	7	17	53	2290	160	
Dinner										
Taco Bell Beef MexiMelt 2 x 1 melt, 256 g	540	28	14	42	6	4	28	1400	80	0
Taco Bell Bean Burrito 1 serving	370	11	4	56	9	3	13	960	5	
Total	910	39	18	98	15	7	41	2360	85	0
Snacks/Other										
Total	**1980**	**69**	**30**	**244**	**22**	**24**	**94**	**4650**	**245**	**0**

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Potatoes 1/4 cup	61	1.58	0.572	10.7	0.9	0.54	1.17	130	2	
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Flour Tortillas 1 tortilla (approx 10" dia)	218	5.42	1.32	35.94	2.2	1.34	5.8	445	0	108
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Bacon 4 thin slices (yield after cooking)	108	8.36	2.748	0.29	0	0	7.41	462	22	113
Total	846	49.79	19.429	50.02	3.1	4.23	46.94	1562	876	520
Lunch										
Dinner										
In-N-Out Chocolate Shake 1 serving, 15 oz	590	29	19	72	0	65	10	320	15	
In-N-Out French Fries 1/2 x 1 fry container, 62.5 g	198	9	2.5	27	1	0	3.5	122.5	0	
In-N-Out Double-Double Burger 1 burger, 330 g	590	39	17	39	3	10	37	1520	120	
Total	1378	77	38.5	138	4	75	50.5	1962.5	135	
Snacks/Other										

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2224	126.79	57.929	188.02	7.1	79.23	97.44	3524.5	1011	520

Friday, April 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Frosted Flakes (Box)	260	0	0	60	0	28	2	412	0	
2 x 1 box, 68 g										
2% Fat Milk	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
1 cup										
Total	382	4.81	3.067	71.42	0	40.35	10.05	512	20	366
Lunch										
Dinner										
Snacks/Other										
Total	382	4.81	3.067	71.42	0	40.35	10.05	512	20	366

Saturday, April 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hash Brown (from Fresh) 1 medium (2-1/4" to 3" dia, raw) yields	305	14.43	1.646	40.48	3.7	1.72	3.46	669	0	665
Shari's Denver Omelette 1 omelette	720	19	19	10			18	1380		
Total	1025	33.43	20.646	50.48	3.7	1.72	21.46	2049	0	665
Lunch										
Dinner										
Potato French Fries 1 order	156	8.01	1.869	20.33	1.9	0.33	1.98	171	0	300
Fresh & Easy Beef Sliders 1 1/2 x 1 slider, 78 g	225	15	3	0	0	0	15	360	22.5	
Total	381	23.01	4.869	20.33	1.9	0.33	16.98	531	22.5	300
Snacks/Other										
Gibson 4 cocktails	642	0	0	1.62	0	0.45	0.06	6	0	62
Total	**2048**	**56.44**	**25.515**	**72.43**	**5.6**	**2.5**	**38.5**	**2586**	**22.5**	**1027**

Sunday, April 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Yellow Cake (with Vanilla Frosting) 1 piece (1/8 18 oz cake)	239	9.28	1.517	37.63	0.2		2.24	220	35	34
Lunch										
Dinner										
Bloody Mary 1 cocktail	123	0.09	0.013	4.88	0.4	3.6	0.75	249	0	225
Red Robin Bleu Ribbon Burger 1 serving	1052	63		69	3	0	46	1925	0	
Total	1175	63.09	0.013	73.88	3.4	3.6	46.75	2174	0	225
Snacks/Other										
Total	**1414**	**72.37**	**1.53**	**111.51**	**3.6**	**3.6**	**48.99**	**2394**	**35**	**259**

Monday, April 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Margarita 4 cocktails	671	0.34	0.06	42.69	0.3	39.3	0.18	1180	0	62
Dinner										
On The Border Beef Burrito 1 burrito	1080	57	23	71	5		65	2210	0	
Snacks/Other										
Total	**1751**	**57.34**	**23.06**	**113.69**	**5.3**	**39.3**	**65.18**	**3390**	**0**	**62**

Tuesday, April 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
American Cheese 2 slices (1 oz)	191	14.77	8.834	3.93	0	3.65	10.74	735	46	
Pork Sausage Patty or Link 3 links (raw dimensions: 4" long x 7/8" dia), cooked	132	11.06	3.561	0	0	0	7.58	292	33	115
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Bagel 1 regular	270	1.7	0.413	53.02	2.3	5.3	10.52	470	0	79
Total	740	37.47	15.907	57.72	2.3	9.72	41.42	1637	502	328
Lunch										
Dinner										
Chef Boyardee Chili Mac 1 cup, 250 g	250	12	4.5	27	4	4	9	720	15	470
Snacks/Other										
Gibson 1 cocktail	160	0	0	0.4	0	0.11	0.01	1	0	16
White Castle Sliders 2 x 1 slider, 118 g	310	14	6	26	2	2	12	480	30	
Total	470	14	6	26.4	2	2.11	12.01	481	30	16
Total	**1460**	**63.47**	**26.407**	**111.12**	**8.3**	**15.83**	**62.43**	**2838**	**547**	**814**

Wednesday, April 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Flame Broiler Chicken & Beef Plate 1 plate	850	7	7	91	4		63	820	185	
Dinner										
Stouffer's Savory Beef & Vegetables 1 1/2 x 1 cup, 397.5 g	375	16.5	6.75	34.5	6	6	22.5	1125	22.5	
Snacks/Other										
Total	**1225**	**23.5**	**13.75**	**125.5**	**10**	**6**	**85.5**	**1945**	**207.5**	

Thursday, April 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Sausage McMuffin with Egg 2 x 1 serving	840	50	20	60	4	4	42	1660	570	
Lunch										
Subway 12" Black Forest Ham 1 sandwich, 448 g	580	9	2	92	10	16	36	1600	50	
Dinner										
Gibson 1 cocktail	160	0	0	0.4	0	0.11	0.01	1	0	16
White Castle Microwaveable Cheeseburgers 2 x 1 package (2 sandwiches), 208 g	620	34	16	52	2	6	28	1200	80	0
Total	780	34	16	52.4	2	6.11	28.01	1201	80	16
Snacks/Other										
Total	**2200**	**93**	**38**	**204.4**	**16**	**26.11**	**106.01**	**4461**	**700**	**16**

Friday, April 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Kellogg's Frosted Flakes (Box) 2 x 1 box, 68 g	260	0	0	60	0	28	2	412	0	
Fried Potatoes 1/4 cup	61	1.58	0.572	10.7	0.9	0.54	1.17	130	2	
Total	443	6.39	3.639	82.12	0.9	40.89	11.22	642	22	366
Lunch										
Dinner										
On The Border Beef Burrito 1 burrito	1080	57	23	71	5		65	2210	0	
Snacks/Other										
Total	1523	63.39	26.639	153.12	5.9	40.89	76.22	2852	22	366

Saturday, April 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Sonic Fritos Chili Pie 2 x 1 order, 550 g	1880	128	36	144	12	6	50	3080	130	
Snacks/Other										
Total	1880	128	36	144	12	6	50	3080	130	

Sunday, April 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Bacon Cheeseburger with 1/4 Lb Meat, Tomato and/or Catsup on Bun 1 (1/4 lb)	807	46.5	18.99	45.29	2	11.87	49.32	2143	149	694
Dinner										
Gibson 2 cocktails	321	0	0	0.81	0	0.23	0.03	3	0	31
Pork Spring Roll 3 spring rolls	223	10.3	2.365	20.89	1.6	1.52	11.4	617	84	
Safeway Chicken and Vegetable Potstickers 0.6 x 5 potstickers	120	3.6		17.4	1.2	3	4.8	258	15	
Total	664	13.9	2.365	39.1	2.8	4.75	16.23	878	99	31
Snacks/Other										
Total	**1471**	**60.4**	**21.355**	**84.39**	**4.8**	**16.62**	**65.55**	**3021**	**248**	**725**

Monday, April 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Sonic Fritos Chili Pie 1 order, 275 g	940	64	18	72	6	3	25	1540	65	
Dinner										
Gibson 2 cocktails	321	0	0	0.81	0	0.23	0.03	3	0	31
Rubio's Fresh Mexican Grill Two Carnitas Tacos Plate 1 plate, 429 g	780	29	8	100	8	3	31	1120	60	
Total	1101	29	8	100.81	8	3.23	31.03	1123	60	31
Snacks/Other										
Total	**2041**	**93**	**26**	**172.81**	**14**	**6.23**	**56.03**	**2663**	**125**	**31**

Tuesday, April 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sodexo Home Fried Potatoes 4 oz, 113 g	150	7	3.5	22	2	0	2	180	0	
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Kellogg's Frosted Flakes (Box) 2 x 1 box, 68 g	260	0	0	60	0	28	2	412	0	
Total	532	11.81	6.567	93.42	2	40.35	12.05	692	20	366
Lunch										
Fritos Original Corn Chips 1 oz, 28 g	160	10	1.5	16	1	0	2	160	0	
Frankfurter or Hot Dog on Bun 2 frankfurters on bun	500	29.95	11.234	37.81	1.5	4.57	18.12	1435	48	231
Total	660	39.95	12.734	53.81	2.5	4.57	20.12	1595	48	231
Dinner										
Ore-Ida Tater Tots 9 pieces, 86 g	160	8	1.5	20	2	1	2	420	0	260
Cheeseburger 1 sandwich	319	15.15	6.467	31.75			14.77	500	50	164
Total	479	23.15	7.967	51.75	2	1	16.77	920	50	424
Snacks/Other										
Gibson 1 cocktail	160	0	0	0.4	0	0.11	0.01	1	0	16
Total	**1831**	**74.91**	**27.268**	**199.38**	**6.5**	**46.03**	**48.95**	**3208**	**118**	**1037**

Wednesday, April 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
McDonald's French Fries (Large) 1 serving, 5.9 oz	500	25	3.5	63	6	0	6	350	0	
Johnny Rockets Patty Melt 1 sandwich, 203 g	590	34	25	33	4	7	33	729.6	100	0
Total	1090	59	28.5	96	10	7	39	1079.6	100	0
Dinner										
Snacks/Other										
Gibson 3 cocktails	481	0	0	1.21	0	0.34	0.04	4	0	47
White Castle Sliders 2 x 1 slider, 118 g	310	14	6	26	2	2	12	480	30	
Total	791	14	6	27.21	2	2.34	12.04	484	30	47
Total	**1881**	**73**	**34.5**	**123.21**	**12**	**9.34**	**51.04**	**1563.6**	**130**	**47**