

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	731	28.32	59.67	60.75
Lunch				
Dinner				
Snacks/Other				
Total	731	28.32	59.67	60.75

Monday, October 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
MusclePharm Combat Powder - Cookies 'N' Cream 1 scoop, 35 g	140	2	1	5	1	2	25	100	45	200
Milk (Fat Free or Skim, Calcium Fortified) 8 oz	79	0.41	0.265	11	0	11	7.71	118	5	376
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
Dannon Light & Fit Greek Yogurt - Strawberry 1 container, 150 g	80	0	0	8	0	6	12	55	10	160
White Rice (Medium-Grain, Cooked) 67 g	87	0.14	0.038	19.16	0.2		1.59	0	0	19
Smart Ones Home Style Beef Pot Roast 1 package, 255 g	180	3.5	1	18	3	4	18	690	40	
Total	596	9.05	3.053	61.16	4.2	23	64.3	963	130	755

Lunch**Dinner****Snacks/Other**

Total	596	9.05	3.053	61.16	4.2	23	64.3	963	130	755
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Tuesday, October 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Polaner Sugar Free Strawberry Preserves with Fiber 1 tbsp, 17 g	10	0	0	5	3	0	0	0	0	
Kraft Singles American Cheese 1 slice, 21 g	60	4	2.5	2	0	1	3	200	15	
Jimmy Dean Turkey Sausage Patty 1 patties, 52 g	100	7	2	1	0	1	11	420	70	
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Thomas' Light Multi-Grain English Muffin 1 muffin, 57 g	100	1	0	26	8	1	5	160	0	
Alfresco Sausage alfresco sausage 1, 85 g	140	7	2	3	1	1	15	470	65	
Total	529	28.76	9.13	37.43	12	4.38	40.24	1488	390	67

Lunch**Dinner****Snacks/Other**

Total	529	28.76	9.13	37.43	12	4.38	40.24	1488	390	67
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Wednesday, October 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kraft Singles American Cheese 1 slice, 21 g	60	4	2.5	2	0	1	3	200	15	
Six Star Pro Nutrition Whey Isolate Elite Series - Decadent Chocolate 1 scoop, 38 g	140	0.5	0	3	0	0	30	70	0	0
Milk (Fat Free or Skim, Calcium Fortified) 8 oz	79	0.41	0.265	11	0	11	7.71	118	5	376
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
Banquet Spaghetti & Meatballs Meal 1 meal	360	16	5	38	5	6	16	480	30	540
Total	669	23.91	8.515	54	5	18	56.71	868	80	916

Lunch**Dinner****Snacks/Other**

Total	669	23.91	8.515	54	5	18	56.71	868	80	916
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Thursday, October 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fairlife Fat Free Milk 1 cup, 240 ml	80	0	0	6	0	6	13	120	5	0
Kraft Singles American Cheese 1 slice, 21 g	60	4	2.5	2	0	1	3	200	15	
Jimmy Dean Turkey Sausage Patty 1 patties, 52 g	100	7	2	1	0	1	11	420	70	
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
Thomas' Light Multi-Grain English Muffin 1 muffin, 57 g	100	1	0	26	8	1	5	160	0	
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Fage Total 0% Greek Yogurt (Container) 3/4 cup, 170 g	100	0	0	7	0	7	18	65	0	0
Total	559	21.76	7.13	42.43	8	16.38	56.24	1203	330	67

Lunch**Dinner****Snacks/Other**

Total	559	21.76	7.13	42.43	8	16.38	56.24	1203	330	67
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Friday, October 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Martin Purefoods Fully cooked chicken tocino loaf	200	10	3	12		12	18	1140	80	
2 x 1 slice, 4 oz										
Moondish Laing	150	13	12	6	3		3	420		
77g										
Alfresco Sausage	140	7	2	3	1	1	15	470	65	
alfresco sausage 1, 85 g										
Nature's Bounty Fish Oil	30	3	0.75	0	0	0	0	0	30	
3 x 1 softgel										
Brown Rice (Medium-Grain, Cooked)	95	0.71	0.14	19.98	1.5		1.97	1	0	67
85 g										
Fried Egg	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
1 large										
Total	704	40.47	19.77	41.41	5.5	13.38	44.21	2269	385	134
Lunch										
Dinner										
Snacks/Other										
Total	704	40.47	19.77	41.41	5.5	13.38	44.21	2269	385	134

Sunday, October 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
nissin cup noodles chicken flavor 1 container, 71 g	330	14	7	42	2	2	7	1170	5	
Wal-Mart 93/7 Lean Ground Beef 1 1/4 x 4 oz, 140 g	212	10	3.75	0	0	0	28.75	87.5	81.25	
White Rice (Medium-Grain, Cooked) 130 g	169	0.27	0.074	37.17	0.4		3.09	0	0	38
Six Star Pro Nutrition Whey Isolate Elite Series - Decadent Chocolate 1 scoop, 38 g	140	0.5	0	3	0	0	30	70	0	0
Milk (Fat Free or Skim, Calcium Fortified) 8 oz	79	0.41	0.265	11	0	11	7.71	118	5	376
Farmer John Cooked Ham 1 1/2 x 1 serving, 84 g	120	6	1.5	0	0	0	12	1020	30	
Kraft Singles American Cheese 1 slice, 21 g	60	4	2.5	2	0	1	3	200	15	
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
Thomas' Light Multi-Grain English Muffin 1 muffin, 57 g	100	1	0	26	8	1	5	160	0	
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Total	1329	45.94	17.719	121.6	10.4	15.38	102.79	3063.5	376.25	481

Lunch

Sunday, October 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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Dinner

Snacks/Other

Total	1329	45.94	17.719	121.6	10.4	15.38	102.79	3063.5	376.25	481
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