

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	823	28.94	71.96	71.03
Lunch				
Dinner				
Snacks/Other				
<b>Total</b>	<b>823</b>	<b>28.94</b>	<b>71.96</b>	<b>71.03</b>

## Friday, October 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Habit Burger Double Charburger on Seeded Bun 1 burger, 320 g	640	33	10	43	3	8	39	1500	120	
Habit Burger Sweet Potato Fries 1 serving, 227 g	374	11	0	50	8	19	3	347	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	
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
<b>Total</b>	<b>1263</b>	<b>47.91</b>	<b>11.015</b>	<b>107</b>	<b>11</b>	<b>38</b>	<b>79.71</b>	<b>2035</b>	<b>155</b>	<b>376</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>1263</b>	<b>47.91</b>	<b>11.015</b>	<b>107</b>	<b>11</b>	<b>38</b>	<b>79.71</b>	<b>2035</b>	<b>155</b>	<b>376</b>

**Saturday, October 3, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Fried Egg	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
1 large										
White Rice (Medium-Grain, Cooked)	260	0.42	0.114	57.18	0.6		4.76	0	0	58
200 g										
Costco Beef Loin Flap Meat	160	8		0			22			
4 oz, 113 g										
<b>Total</b>	<b>509</b>	<b>15.18</b>	<b>1.994</b>	<b>57.61</b>	<b>0.6</b>	<b>0.38</b>	<b>33</b>	<b>238</b>	<b>210</b>	<b>125</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>509</b>	<b>15.18</b>	<b>1.994</b>	<b>57.61</b>	<b>0.6</b>	<b>0.38</b>	<b>33</b>	<b>238</b>	<b>210</b>	<b>125</b>

**Sunday, October 4, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
KFC Cole Slaw	170	10	1.5	20	2	17	1	150	5	0
1 portion, 4.6 oz										
KFC Original Recipe Chicken Wing	140	8	1.5	4	0	0	12	390	50	
1 piece										
KFC Original Recipe Chicken Breast	320	14	3	13	2	0	36	1030	145	
1 serving, 172 g										
Shrimp Egg Roll	210	2	0	36	4		11			
1 egg roll										
Nature's Bounty Fish Oil	30	3	0.75	0	0	0	0	0	30	
3 x 1 softgel										
Quest Cinnamon Roll Protein Bar	170	6	0	25	17	1	20	280	5	95
1 bar, 60 g										
Great Value Greek Nonfat Yogurt - Plain	120	0	0	9	0	9	23	115	10	
1 cup, 227 g										
<b>Total</b>	<b>1160</b>	<b>43</b>	<b>6.75</b>	<b>107</b>	<b>25</b>	<b>27</b>	<b>103</b>	<b>1965</b>	<b>245</b>	<b>95</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>1160</b>	<b>43</b>	<b>6.75</b>	<b>107</b>	<b>25</b>	<b>27</b>	<b>103</b>	<b>1965</b>	<b>245</b>	<b>95</b>

**Monday, October 5, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Bananas 134 g	119	0.44	0.15	30.61	3.5	16.39	1.46	1	0	480
White Rice (Medium-Grain, Cooked) 130 g	169	0.27	0.074	37.17	0.4		3.09	0	0	38
El Pollo Loco Flame Grilled Chicken Leg 1 leg, 1.6 oz	80	4	1	0	0	0	12	170	70	
El Pollo Loco Flame Grilled Chicken Wing 1 wing, 1.3 oz	91	5	1	0	0	0	11	294	59	
El Pollo Loco Flame Grilled Chicken Thigh 1 thigh, 3.1 oz	210	15	4.5	0	0	0	21	320	180	
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
Jimmy Dean Turkey Sausage Patty 1 patties, 52 g	100	7	2	1	0	1	11	420	70	
Thomas' Light Multi-Grain English Muffin 1 muffin, 57 g	100	1	0	26	8	1	5	160	0	
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Fairlife Fat Free Milk 1 cup, 240 ml	80	0	0	6	0	6	13	120	5	0

**Monday, October 5, 2015**

	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Sod (mg)</b>	<b>Chol (mg)</b>	<b>Potassium (mg)</b>
Nature's Bounty Fish Oil	30	3	0.75	0	0	0	0	0	30	
3 x 1 softgel										
<b>Total</b>	<b>1272</b>	<b>41.59</b>	<b>11.289</b>	<b>115.16</b>	<b>11.9</b>	<b>35.77</b>	<b>121.55</b>	<b>1743</b>	<b>631</b>	<b>961</b>

Lunch

Dinner

Snacks/Other

<b>Total</b>	<b>1272</b>	<b>41.59</b>	<b>11.289</b>	<b>115.16</b>	<b>11.9</b>	<b>35.77</b>	<b>121.55</b>	<b>1743</b>	<b>631</b>	<b>961</b>
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## Tuesday, October 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Albertsons Canned Black Beans 1/2 x 1/2 cup, 62.5 g	55	0	0	10	4	1	3.5	215	0	0
Brown Rice (Medium-Grain, Cooked) 90 g	101	0.75	0.148	21.16	1.6		2.09	1	0	71
Wal-Mart 93/7 Lean Ground Beef 4 oz, 112 g	170	8	3	0	0	0	23	70	65	
Plums 140 g	64	0.39	0.024	15.99	2	13.89	0.98	0	0	220
Kroger Tomato Paste 1 1/2 x 2 tbsp, 49.5 g	45	0	0	9	1.5	4.5	3	30	0	
sara lee 100% Whole Wheat 1 pocket, 33 g	80	0		17	2	1	3	170	0	
Olive Oil 1/4 tsp	10	1.12	0.155	0	0	0	0	0	0	0
Wal-Mart 93/7 Lean Ground Beef 4 oz, 112 g	170	8	3	0	0	0	23	70	65	
El Pollo Loco Flame Grilled Chicken Breast, Skinless 1 serving, 4 oz	180	3.5	1	0	0	0	35	560	110	
El Pollo Loco Flame Grilled Chicken Wing 1 wing, 1.3 oz	91	5	1	0	0	0	11	294	59	
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
Bananas 131 g	117	0.43	0.147	29.92	3.4	16.02	1.43	1	0	469

**Tuesday, October 6, 2015**

	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Sod (mg)</b>	<b>Chol (mg)</b>	<b>Potassium (mg)</b>
Total	1113	30.19	9.224	103.07	14.5	36.41	106	1411	329	760

Lunch

Dinner

Snacks/Other

<b>Total</b>	<b>1113</b>	<b>30.19</b>	<b>9.224</b>	<b>103.07</b>	<b>14.5</b>	<b>36.41</b>	<b>106</b>	<b>1411</b>	<b>329</b>	<b>760</b>
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**Wednesday, October 7, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Jack in the Box Egg Rolls (3) 3 rolls, 170 g	400	19	6	44	6	4	14	920	15	430
Dunkin' Donuts French Cruller 1 donut	220	15	7	18	0	10	2	100	35	
Milk (Fat Free or Skim, Calcium Fortified) 8 oz	79	0.41	0.265	11	0	11	7.71	118	5	376
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
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
Olive Oil 1/4 tsp	10	1.12	0.155	0	0	0	0	0	0	0
Wal-Mart 93/7 Lean Ground Beef 4 oz, 112 g	170	8	3	0	0	0	23	70	65	
sara lee 100% Whole Wheat 1 pocket, 33 g	80	0		17	2	1	3	170	0	
Kroger Tomato Paste 1 1/2 x 2 tbsp, 49.5 g	45	0	0	9	1.5	4.5	3	30	0	
<b>Total</b>	<b>1174</b>	<b>47.03</b>	<b>17.17</b>	<b>102</b>	<b>9.5</b>	<b>30.5</b>	<b>82.71</b>	<b>1478</b>	<b>150</b>	<b>806</b>

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

**Wednesday, October 7, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Total</b>	<b>1174</b>	<b>47.03</b>	<b>17.17</b>	<b>102</b>	<b>9.5</b>	<b>30.5</b>	<b>82.71</b>	<b>1478</b>	<b>150</b>	<b>806</b>

**Thursday, October 8, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
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**Breakfast**

Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
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
<b>Total</b>	<b>369</b>	<b>3.91</b>	<b>1.015</b>	<b>23</b>	<b>0</b>	<b>20</b>	<b>60.71</b>	<b>303</b>	<b>45</b>	<b>376</b>

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

<b>Total</b>	<b>369</b>	<b>3.91</b>	<b>1.015</b>	<b>23</b>	<b>0</b>	<b>20</b>	<b>60.71</b>	<b>303</b>	<b>45</b>	<b>376</b>
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**Friday, October 9, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Chuck E. Cheese's Cheese Pizza (Large)	340	12	6	46	2	0	14	808	20	
2 x 1 slice										
MusclePharm Combat Powder - Cookies 'N' Cream	140	2	1	5	1	2	25	100	45	200
1 scoop, 35 g										
Milk (Fat Free or Skim, Calcium Fortified)	79	0.41	0.265	11	0	11	7.71	118	5	376
8 oz										
Nature's Bounty Fish Oil	30	3	0.75	0	0	0	0	0	30	
3 x 1 softgel										
<b>Total</b>	<b>589</b>	<b>17.41</b>	<b>8.015</b>	<b>62</b>	<b>3</b>	<b>13</b>	<b>46.71</b>	<b>1026</b>	<b>100</b>	<b>576</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>589</b>	<b>17.41</b>	<b>8.015</b>	<b>62</b>	<b>3</b>	<b>13</b>	<b>46.71</b>	<b>1026</b>	<b>100</b>	<b>576</b>

## Saturday, October 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Wendy's Chili (Small) 1 serving	170	5	2	16	4	6	15	780	35	400
Wendy's Spicy Chicken Fillet (No Bun) 1 fillet, 170 g	260	12	2.5	17	1	0	21	760	60	310
Fairlife Fat Free Milk 1 cup, 240 ml	80	0	0	6	0	6	13	120	5	0
Thomas' Light Multi-Grain English Muffin 1 muffin, 57 g	100	1	0	26	8	1	5	160	0	
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
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	
<b>Total</b>	<b>814</b>	<b>32.97</b>	<b>8.8</b>	<b>66.38</b>	<b>13</b>	<b>14.38</b>	<b>71.29</b>	<b>2310</b>	<b>412</b>	<b>777</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>814</b>	<b>32.97</b>	<b>8.8</b>	<b>66.38</b>	<b>13</b>	<b>14.38</b>	<b>71.29</b>	<b>2310</b>	<b>412</b>	<b>777</b>

**Sunday, October 11, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
KFC Cole Slaw	170	10	1.5	20	2	17	1	150	5	0
1 portion, 4.6 oz										
KFC Original Recipe Chicken Breast	320	14	3	13	2	0	36	1030	145	
1 serving, 172 g										
Asian Pears	42	0.23	0.012	10.76	3.6	7.12	0.5	0	0	122
101 g										
Brown Rice (Medium-Grain, Cooked)	123	0.91	0.182	25.86	2		2.55	1	0	87
110 g										
Steamed or Boiled Shrimp	66	1.08	0.206	0.57	0	0	12.72	283	95	81
3 oz, with shell raw (yield after cooking, shell removed)										
Hormel Spam Lite	110	8	3	1	0	0	9	580	40	
2 oz, 56 g										
Pork Chops (Center Rib, Bone-In, Cooked, Pan-Fried)	150	9.62	3.593	0	0	0	14.89	28	41	244
2 oz										
Asian Pears	66	0.36	0.019	16.61	5.6	11	0.78	0	0	189
156 g										
Fairlife Fat Free Milk	80	0	0	6	0	6	13	120	5	0
1 cup, 240 ml										
Nature's Bounty Fish Oil	30	3	0.75	0	0	0	0	0	30	
3 x 1 softgel										
Alpina Nonfat greek yogurt	120	0		18			12			220
1 cup										
<b>Total</b>	<b>1277</b>	<b>47.2</b>	<b>12.262</b>	<b>111.8</b>	<b>15.2</b>	<b>41.12</b>	<b>102.44</b>	<b>2192</b>	<b>361</b>	<b>943</b>

**Lunch**

**Sunday, October 11, 2015**

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

Snacks/Other

<b>Total</b>	<b>1277</b>	<b>47.2</b>	<b>12.262</b>	<b>111.8</b>	<b>15.2</b>	<b>41.12</b>	<b>102.44</b>	<b>2192</b>	<b>361</b>	<b>943</b>
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## Monday, October 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Menchies Vanilla Snow Frozen Yogurt 2 x 1/2 cup	200	0	0	44	0	36	6	160	0	
Farmer John Cooked Ham 1 serving, 56 g	80	4	1	0	0	0	8	680	20	
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
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	
Milk (Fat Free or Skim, Calcium Fortified) 8 oz	79	0.41	0.265	11	0	11	7.71	118	5	376
Thomas' Light Multi-Grain English Muffin 1 muffin, 57 g	100	1	0	26	8	1	5	160	0	
<b>Total</b>	<b>729</b>	<b>15.91</b>	<b>4.015</b>	<b>85</b>	<b>8</b>	<b>49</b>	<b>67.71</b>	<b>1608</b>	<b>125</b>	<b>376</b>

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

<b>Total</b>	<b>729</b>	<b>15.91</b>	<b>4.015</b>	<b>85</b>	<b>8</b>	<b>49</b>	<b>67.71</b>	<b>1608</b>	<b>125</b>	<b>376</b>
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**Tuesday, October 13, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Soy Sauce	17	0.01	0.002	2.44	0.3	0.54	2.01	1804	0	69
2 tbsps										
Salted Black Beans	29	1		1	1		3	2043		
2 tbsp, 33 g										
Great Value Cornstarch	41	0	0	9.62	0	0	0	0	0	0
1 3/8 x 1 tbsp, 14 g										
Peanut Oil	10	1.12	0.19	0	0	0	0	0	0	
1/4 tsp										
Peanut Oil	60	6.75	1.141	0	0	0	0	0	0	
1/2 tbsp										
Beef Top Round (Trimmed to 1/8" Fat)	376	17.99	7.083	0	0	0	50.03	136	91	792
8 oz										
Cooked Bitter Melon	37	2.58	0.469	3.58	1.6	1.59	0.69	203	0	260
3 oz										
<b>Total</b>	<b>570</b>	<b>29.45</b>	<b>8.885</b>	<b>16.64</b>	<b>2.9</b>	<b>2.13</b>	<b>55.73</b>	<b>4186</b>	<b>91</b>	<b>1121</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>570</b>	<b>29.45</b>	<b>8.885</b>	<b>16.64</b>	<b>2.9</b>	<b>2.13</b>	<b>55.73</b>	<b>4186</b>	<b>91</b>	<b>1121</b>



**Wednesday, October 14, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Fairlife Fat Free Milk	80	0	0	6	0	6	13	120	5	0
1 cup, 240 ml										
Milk (Fat Free or Skim, Calcium Fortified)	79	0.41	0.265	11	0	11	7.71	118	5	376
8 oz										
Six Star Pro Nutrition Whey Isolate Elite Series - Decadent Chocolate	140	0.5	0	3	0	0	30	70	0	0
1 scoop, 38 g										
Nature's Bounty Fish Oil	30	3	0.75	0	0	0	0	0	30	
3 x 1 softgel										
Quest Cinnamon Roll Protein Bar	170	6	0	25	17	1	20	280	5	95
1 bar, 60 g										
<b>Total</b>	<b>499</b>	<b>9.91</b>	<b>1.015</b>	<b>45</b>	<b>17</b>	<b>18</b>	<b>70.71</b>	<b>588</b>	<b>45</b>	<b>471</b>

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

<b>Total</b>	<b>499</b>	<b>9.91</b>	<b>1.015</b>	<b>45</b>	<b>17</b>	<b>18</b>	<b>70.71</b>	<b>588</b>	<b>45</b>	<b>471</b>
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**Thursday, October 15, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Martin Purefoods Fully cooked chicken tocino loaf 2 x 1 slice, 4 oz	200	10	3	12		12	18	1140	80	
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Brown Rice (Medium-Grain, Cooked) 80 g	90	0.66	0.132	18.81	1.4		1.86	1	0	63
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
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
<b>Total</b>	<b>628</b>	<b>21.33</b>	<b>6.027</b>	<b>45.24</b>	<b>1.4</b>	<b>23.38</b>	<b>63.81</b>	<b>1567</b>	<b>325</b>	<b>506</b>

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

<b>Total</b>	<b>628</b>	<b>21.33</b>	<b>6.027</b>	<b>45.24</b>	<b>1.4</b>	<b>23.38</b>	<b>63.81</b>	<b>1567</b>	<b>325</b>	<b>506</b>
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**Friday, October 16, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Thomas' Light Multi-Grain English Muffin	100	1	0	26	8	1	5	160	0	
1 muffin, 57 g										
Jimmy Dean Turkey Sausage Patty	100	7	2	1	0	1	11	420	70	
1 patties, 52 g										
Nature's Bounty Fish Oil	30	3	0.75	0	0	0	0	0	30	
3 x 1 softgel										
<b>Total</b>	<b>230</b>	<b>11</b>	<b>2.75</b>	<b>27</b>	<b>8</b>	<b>2</b>	<b>16</b>	<b>580</b>	<b>100</b>	
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>230</b>	<b>11</b>	<b>2.75</b>	<b>27</b>	<b>8</b>	<b>2</b>	<b>16</b>	<b>580</b>	<b>100</b>	

**Sunday, October 18, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Pork Chops (Center Rib, Bone-In, Cooked, Pan-Fried) 2 oz	150	9.62	3.593	0	0	0	14.89	28	41	244
Brown Rice (Medium-Grain, Cooked) 95 g	106	0.79	0.157	22.33	1.7		2.2	1	0	75
Steamed or Boiled Shrimp 4 oz, without shell of	155	2.53	0.48	1.33	0	0	29.68	660	222	189
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
Jimmy Dean Turkey Sausage Patty 1 patties, 52 g	100	7	2	1	0	1	11	420	70	
<b>Total</b>	<b>790</b>	<b>34.7</b>	<b>11.36</b>	<b>53.09</b>	<b>9.7</b>	<b>3.38</b>	<b>72.01</b>	<b>1707</b>	<b>588</b>	<b>575</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>790</b>	<b>34.7</b>	<b>11.36</b>	<b>53.09</b>	<b>9.7</b>	<b>3.38</b>	<b>72.01</b>	<b>1707</b>	<b>588</b>	<b>575</b>

**Monday, October 19, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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	
<b>Total</b>	<b>596</b>	<b>9.05</b>	<b>3.053</b>	<b>61.16</b>	<b>4.2</b>	<b>23</b>	<b>64.3</b>	<b>963</b>	<b>130</b>	<b>755</b>

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

<b>Total</b>	<b>596</b>	<b>9.05</b>	<b>3.053</b>	<b>61.16</b>	<b>4.2</b>	<b>23</b>	<b>64.3</b>	<b>963</b>	<b>130</b>	<b>755</b>
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**Tuesday, October 20, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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	
<b>Total</b>	<b>529</b>	<b>28.76</b>	<b>9.13</b>	<b>37.43</b>	<b>12</b>	<b>4.38</b>	<b>40.24</b>	<b>1488</b>	<b>390</b>	<b>67</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>529</b>	<b>28.76</b>	<b>9.13</b>	<b>37.43</b>	<b>12</b>	<b>4.38</b>	<b>40.24</b>	<b>1488</b>	<b>390</b>	<b>67</b>

**Wednesday, October 21, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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
<b>Total</b>	<b>669</b>	<b>23.91</b>	<b>8.515</b>	<b>54</b>	<b>5</b>	<b>18</b>	<b>56.71</b>	<b>868</b>	<b>80</b>	<b>916</b>

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

<b>Total</b>	<b>669</b>	<b>23.91</b>	<b>8.515</b>	<b>54</b>	<b>5</b>	<b>18</b>	<b>56.71</b>	<b>868</b>	<b>80</b>	<b>916</b>
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**Thursday, October 22, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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
<b>Total</b>	<b>559</b>	<b>21.76</b>	<b>7.13</b>	<b>42.43</b>	<b>8</b>	<b>16.38</b>	<b>56.24</b>	<b>1203</b>	<b>330</b>	<b>67</b>

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

<b>Total</b>	<b>559</b>	<b>21.76</b>	<b>7.13</b>	<b>42.43</b>	<b>8</b>	<b>16.38</b>	<b>56.24</b>	<b>1203</b>	<b>330</b>	<b>67</b>
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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)
<b>Breakfast</b>										
Martin Purefoods Fully cooked chicken tocino loaf 2 x 1 slice, 4 oz	200	10	3	12		12	18	1140	80	
Moondish Laing 77g	150	13	12	6	3		3	420		
Alfresco Sausage alfresco sausage 1, 85 g	140	7	2	3	1	1	15	470	65	
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
Brown Rice (Medium-Grain, Cooked) 85 g	95	0.71	0.14	19.98	1.5		1.97	1	0	67
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
<b>Total</b>	<b>704</b>	<b>40.47</b>	<b>19.77</b>	<b>41.41</b>	<b>5.5</b>	<b>13.38</b>	<b>44.21</b>	<b>2269</b>	<b>385</b>	<b>134</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>704</b>	<b>40.47</b>	<b>19.77</b>	<b>41.41</b>	<b>5.5</b>	<b>13.38</b>	<b>44.21</b>	<b>2269</b>	<b>385</b>	<b>134</b>

**Sunday, October 25, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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
<b>Total</b>	<b>1329</b>	<b>45.94</b>	<b>17.719</b>	<b>121.6</b>	<b>10.4</b>	<b>15.38</b>	<b>102.79</b>	<b>3063.5</b>	<b>376.25</b>	<b>481</b>

**Lunch**

**Sunday, October 25, 2015**

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

Snacks/Other

<b>Total</b>	<b>1329</b>	<b>45.94</b>	<b>17.719</b>	<b>121.6</b>	<b>10.4</b>	<b>15.38</b>	<b>102.79</b>	<b>3063.5</b>	<b>376.25</b>	<b>481</b>
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**Monday, October 26, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
White Rice (Medium-Grain, Cooked) 110 g	143	0.23	0.063	31.45	0.3		2.62	0	0	32
Moondish Laing 77g	150	13	12	6	3		3	420		
Hormel Spam Classic 2 oz, 56 g	180	16	6	1	0	0	7	790	40	
Fairlife Fat Free Milk 1 cup, 240 ml	80	0	0	6	0	6	13	120	5	0
Milk (Fat Free or Skim, Calcium Fortified) 8 oz	79	0.41	0.265	11	0	11	7.71	118	5	376
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
Plums 104 g	48	0.29	0.018	11.88	1.5	10.32	0.73	0	0	163
Dannon Light & Fit Greek Yogurt - Strawberry 1 container, 150 g	80	0	0	8	0	6	12	55	10	160
Smart Ones Salisbury Steak 1 Package (269)	250	7	2.5	25	4	4	21	850	35	
Premier Protein Fiber Crispy Snack Bar-Chocolate Mint 1 bar, 52 g	190	6	4.5	27	7	7	15	230		
<b>Total</b>	<b>1340</b>	<b>43.43</b>	<b>25.346</b>	<b>130.33</b>	<b>15.8</b>	<b>44.32</b>	<b>112.06</b>	<b>2653</b>	<b>95</b>	<b>731</b>

**Lunch**

**Monday, October 26, 2015**

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

Snacks/Other

<b>Total</b>	<b>1340</b>	<b>43.43</b>	<b>25.346</b>	<b>130.33</b>	<b>15.8</b>	<b>44.32</b>	<b>112.06</b>	<b>2653</b>	<b>95</b>	<b>731</b>
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**Tuesday, October 27, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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
Tomi Tomi Sardines 2 x 1/2 can (100grams)	200	10	4	4			24	1200	50	
White Rice (Medium-Grain, Cooked) 180 g	234	0.38	0.103	51.46	0.5		4.28	0	0	52
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
Polaner Sugar Free Strawberry Preserves with Fiber 1 tbsp, 17 g	10	0	0	5	3	0	0	0	0	
Jimmy Dean Turkey Sausage Patty 1 patties, 52 g	100	7	2	1	0	1	11	420	70	
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	
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	
Keebler Chips Deluxe Mini Cookies Rainbow	140	7	3	19	1	10	1	85	0	

**Tuesday, October 27, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1 pouch, 28 g										
<b>Total</b>	<b>1287</b>	<b>40.44</b>	<b>14.63</b>	<b>149.84</b>	<b>15.6</b>	<b>38.81</b>	<b>93.52</b>	<b>2492</b>	<b>380</b>	<b>917</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>1287</b>	<b>40.44</b>	<b>14.63</b>	<b>149.84</b>	<b>15.6</b>	<b>38.81</b>	<b>93.52</b>	<b>2492</b>	<b>380</b>	<b>917</b>

**Wednesday, October 28, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Panda Express Steamed Brown Rice	210	2	0.5	43	2	0.5	4.5	7.5	0	0
<small>1/2 x 1 serving, 5.2 oz</small>										
Panda Express Grilled Teriyaki Chicken	300	13	4	8	0	8	36	530	185	
<small>1 serving, 6 oz</small>										
Panda Express Mixed Vegetables	35	0.25	0	6.5	2.5	2	2	265	0	
<small>1/2 x 1 serving, 4.3 oz</small>										
Panda Express String Bean Chicken Breast	160	6	1	12	2	6	15	770	35	
<small>1 serving, 5.6 oz</small>										
<b>Total</b>	<b>705</b>	<b>21.25</b>	<b>5.5</b>	<b>69.5</b>	<b>6.5</b>	<b>16.5</b>	<b>57.5</b>	<b>1572.5</b>	<b>220</b>	<b>0</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>705</b>	<b>21.25</b>	<b>5.5</b>	<b>69.5</b>	<b>6.5</b>	<b>16.5</b>	<b>57.5</b>	<b>1572.5</b>	<b>220</b>	<b>0</b>



## Saturday, October 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Chicken Thigh (Skin Not Eaten) 3 oz boneless, cooked (yield after skin removed)	155	8.09	2.254	0	0	0	19.29	307	71	177
Brown Rice (Medium-Grain, Cooked) 90 g	101	0.75	0.148	21.16	1.6		2.09	1	0	71
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
Nature's Bounty Fish Oil 3 x 1 softgel	30	3	0.75	0	0	0	0	0	30	
Hormel Spam Classic 2 oz, 56 g	180	16	6	1	0	0	7	790	40	
Milk (Fat Free or Skim, Calcium Fortified) 8 oz	79	0.41	0.265	11	0	11	7.71	118	5	376
<b>Total</b>	<b>685</b>	<b>28.75</b>	<b>9.417</b>	<b>36.16</b>	<b>1.6</b>	<b>11</b>	<b>66.09</b>	<b>1286</b>	<b>146</b>	<b>624</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>685</b>	<b>28.75</b>	<b>9.417</b>	<b>36.16</b>	<b>1.6</b>	<b>11</b>	<b>66.09</b>	<b>1286</b>	<b>146</b>	<b>624</b>