Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	292	12.31	5.8	36.89
Lunch	184	2.73	0.28	38.93
Dinner	137	1.15	25.79	5.3
Snacks/Other	1710	31.41	249.75	102.78
Total	2324	47.6	281.62	183.89

Monday, April 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Spinach 50 g	12	0.2	0.032	1.82	1.1	0.21	1.43	40	0	279
Egg White 199 g	103	0.34	0	1.45	0	1.41	21.69	330	0	324
Member's Mark Omega 3 Fish Oil (1000 mg) 4 x 1 softgel	40	4	2	0	0		0	0	20	
Total	284	13.29	4.759	3.95	1.1	2.3	34.19	493	392	721
Lunch										
Tilapia (Fish) 131 g	126	2.23	0.748	0	0	0	26.3	68	66	396
Dinner										
Snacks/Other										
Beef Tenderloin (Lean Only, Trimmed to 1/8" Fat, Select Grade) 170 g	252	10.08	3.725	0	0	0	37.5	94	104	602
Fuchs Pan Blanco Perfect Light 82 g	164	1.14	0.19	30.51	7.25	1.14	7.06	293.68	0	
Miraflores Arroz Integral 4 x 1/4 taza, 200 g	680	4.4		144.8	5.6		15.2	12		
Soprole Leche Sabor Frutilla 1 vaso , 200 ml	130	2.8	1.8	20.6			5.4	98.6	9	

Monday, April 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Optimum Nutrition Gold Standard 100% Whey - Cookies & Cream 1 rounded scoop, 33 g	130	1.5	1	4	0	3	24	200	55	
Minuto Verde Frambuesas 104 g	49	0.94		5.62		4.58	1.35	36.4	0	
Oats 120 g	467	8.28	1.46	79.52	12.7		20.27	2	0	515
Total	1872	29.14	8.175	285.05	25.55	8.72	110.78	736.68	168	1117
Total	2282	44.66	13.682	289	26.65	11.02	171.27	1297.68	626	2234

Tuesday, April 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Spinach	12	0.2	0.032	1.82	1.1	0.21	1.43	40	0	279
50 g										
Member's Mark Omega 3 Fish Oil (1000 mg)	40	4	2	0	0		0	0	20	
4 x 1 softgel										
Egg White	119	0.39	0	1.67	0	1.63	24.96	380	0	373
229 g										
Total	171	4.59	2.032	3.49	1.1	1.84	26.39	420	20	652
Lunch										
Super Pollo Pechuga Deshuesada	145	1.91	0.38	0			31.55	267.68		
191.2 g										
Avocados	37	3.37	0.489	1.96	1.5	0.15	0.46	2	0	112
23 g										
Total	182	5.28	0.869	1.96	1.5	0.15	32.01	269.68	0	112
Dinner										
Snacks/Other										
Brown Rice Cakes	26	0.19	0.038	5.5	0.3	0.06	0.55	22	0	20
3/4 cake										
Fuchs Pan Blanco Perfect Light	129	0.9	0.15	24	5.7	0.9	5.55	231	0	
1 1/2 x 2 rebanadas, 64.5 g										
Ground Beef (95% Lean / 5% Fat)	179	6.55	2.948	0	0	0	28.05	86	81	453
131 g										
Light Mayonnaise	32	3.31	0.521	0.82	0	0.43	0.09	67	4	4
10 g										

Tuesday, April 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Tortilla 1 medium	101	2.01	0.445	18.24	1.8	0.53	2.66	129	0	65
Miraflores Arroz Integral 4 x 1/4 taza, 200 g	680	4.4		144.8	5.6		15.2	12		
Optimum Nutrition Gold Standard 100% Whey - Cookies & Cream 1 rounded scoop, 33 g	130	1.5	1	4	0	3	24	200	55	
Oats 61 g	237	4.21	0.742	40.42	6.5		10.3	1	0	262
Loncoleche Leche Frutilla Semidescremada 1 vaso, 200 g	142	3.4	2.2	22		22	5.6	180	14	
Minuto Verde Frambuesas 26 g	12	0.23		1.4		1.14	0.34	9.1	0	
Bananas 37 g	33	0.12	0.041	8.45	1	4.53	0.4	0	0	132
Viola Chocolate Muesli 40 g	146	2.2	0.8	25.44	3.68	4.36	4.44	28	0	
Oats 28 g	109	1.93	0.341	18.56	3		4.73	1	0	120
Total	1956	30.95	9.226	313.63	27.58	36.95	101.91	966.1	154	1056
Total	**2309**	**40.82**	**12.127**	**319.08**	**30.18**	**38.94**	**160.31**	**1655.78**	**174**	**1820**

Wednesday, April 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Avocados	51	4.69	0.68	2.73	2.1	0.21	0.64	2	0	155
32 g										
Egg White	146	0.48	0	2.04	0	1.99	30.52	465	0	456
280 g										
Member's Mark Omega 3 Fish Oil (1000 mg)	40	4	2	0	0		0	0	20	
4 x 1 softgel										
Total	237	9.17	2.68	4.77	2.1	2.2	31.16	467	20	611
Lunch										
Tuna in Water (Canned)	111	0.79	0.225	0	0	0	24.49	324	29	228
96 g										
Super Pollo Pechuga Deshuesada	120	1.58	0.32	0			25.99	220.5		
157 1/2 g										
Super Pollo Pechuga Deshuesada	145	1.91	0.38	0			31.55	267.68		
191.2 g										
Total	376	4.28	0.925	0	0	0	82.03	812.18	29	228
Dinner										
Snacks/Other										
Optimum Nutrition Gold Standard 100% Whey - Cookies & Cream	32	0.38	0.25	1	0	0.75	6	50	13.75	
1/4 x 1 rounded scoop, 8 g										
Sweet Potato	238	0.14	0.05	55.73	8.3	11.58	4.35	152	0	933
277 g										
Sweet Potato	86	0.05	0.018	20.12	3	4.18	1.57	55	0	337

Wednesday, April 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
100 g										
Miraflores Arroz Integral	680	4.4		144.8	5.6		15.2	12		
4 x 1/4 taza, 200 g										
Fuchs Pan Blanco Perfect Light	86	0.6	0.1	16	3.8	0.6	3.7	154	0	
2 rebanadas, 43 g										
Minuto Verde Frambuesas	24	0.45		2.7		2.2	0.65	17.5	0	
50 g										
Oats	525	9.32	1.643	89.46	14.3		22.8	3	0	579
135 g										
Total	1671	15.34	2.061	329.81	35	19.31	54.27	443.5	13.75	1849
Total	2284	28.79	5.666	334.58	37.1	21.51	167.46	1722.68	62.75	2688

Thursday, April 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 280 g	146	0.48	0	2.04	0	1.99	30.52	465	0	456
Spinach 50 g	12	0.2	0.032	1.82	1.1	0.21	1.43	40	0	279
Member's Mark Omega 3 Fish Oil (1000 mg) 4 x 1 softgel	40	4	2	0	0		0	0	20	
Avocados 32 g	51	4.69	0.68	2.73	2.1	0.21	0.64	2	0	155
Total	249	9.37	2.712	6.59	3.2	2.41	32.59	507	20	890
Lunch										
Super Pollo Pechuga Deshuesada 157 1/2 g	120	1.58	0.32	0			25.99	220.5		
Dinner										
Snacks/Other										
Miraflores Arroz Integral 2 1/4 x 1/4 taza, 112 g	382	2.48		81.45	3.15		8.55	6.75		
Optimum Nutrition Gold Standard 100% Whey - Cookies & Cream 2 x 1 rounded scoop, 66 g	260	3	2	8	0	6	48	400	110	
McDonald's Papas Fritas (Grande) 1 porción, 128 g	412	21	2	49	6.6		5.8	442	0	
McDonald's Big Mac 1 porción, 194 g	478	24	9.7	40	4.4		26	853	48	

Thursday, April 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sweet Potato 120 g	103	0.06	0.022	24.14	3.6	5.02	1.88	66	0	404
Oats 135 g	525	9.32	1.643	89.46	14.3		22.8	3	0	579
Minuto Verde Frambuesas 50 g	24	0.45		2.7		2.2	0.65	17.5	0	
Optimum Nutrition Gold Standard 100% Whey - Cookies & Cream 1 rounded scoop, 33 g	130	1.5	1	4	0	3	24	200	55	
Total	2314	61.81	16.365	298.75	32.05	16.22	137.68	1988.25	213	983
Total	**2683**	**72.76**	**19.397**	**305.34**	**35.25**	**18.63**	**196.26**	**2715.75**	**233**	**1873**

Friday, April 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 233 g	121	0.4	0	1.7	0	1.65	25.4	387	0	380
Spinach 50 g	12	0.2	0.032	1.82	1.1	0.21	1.43	40	0	279
Member's Mark Omega 3 Fish Oil (1000 mg) 4 x 1 softgel	40	4	2	0	0		0	0	20	
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Total	302	13.35	4.759	4.2	1.1	2.54	37.9	550	392	777
Lunch										
Tuna in Water (Canned) 96 g	111	0.79	0.225	0	0	0	24.49	324	29	228
Dinner										
Brown Rice Cakes 3 1/4 cakes	113	0.82	0.167	23.84	1.2	0.26	2.4	95	0	85
Tortilla 1 medium	101	2.01	0.445	18.24	1.8	0.53	2.66	129	0	65
Fuchs Pan Blanco Perfect Light 160 g	320	2.23	0.37	59.54	14.14	2.23	13.77	573.03	0	
Total	534	5.06	0.982	101.62	17.14	3.02	18.83	797.03	0	150
Snacks/Other										
Cooked Rice 1 serving (105 g)	142	1.12	0.235	29.02	0.4	0.05	2.77	386	0	37
Baked or Broiled Salmon	145	6.43	1.115	0.42	0	0.09	20.37	397	53	336

Friday, April 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving (85 g)										
Minuto Verde Frambuesas	47	0.9		5.4		4.4	1.3	35	0	
100 g										
Milk (Fat Free or Skim, Calcium Fortified)	52	0.27	0.176	7.28	0	7.28	5.1	78	3	249
150 g										
Optimum Nutrition Gold Standard 100% Whey - Cookies & Cream	130	1.5	1	4	0	3	24	200	55	
1 rounded scoop, 33 g										
Sweet Potato	222	0.13	0.046	51.91	7.7	10.78	4.05	142	0	869
258 g										
Beef Tenderloin (Lean Only, Trimmed to 1/8" Fat, Select Grade)	474	18.98	7.011	0	0	0	70.59	176	195	1133
320 g										
Oats	233	4.14	0.73	39.76	6.4		10.13	1	0	257
60 g										
Total	1445	33.47	10.313	137.79	14.5	25.6	138.31	1415	306	2881
Total	**2392**	**52.67**	**16.279**	**243.61**	**32.74**	**31.16**	**219.53**	**3086.03**	**727**	**4036**

Saturday, April 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Avocados 46 g	74	6.74	0.978	3.92	3.1	0.3	0.92	3	0	223
Spinach 50 g	12	0.2	0.032	1.82	1.1	0.21	1.43	40	0	279
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Member's Mark Omega 3 Fish Oil (1000 mg) 4 x 1 softgel	40	4	2	0	0		0	0	20	
Egg White 269 g	140	0.46	0	1.96	0	1.91	29.32	447	0	438
Total	413	21.34	6.109	8.47	4.2	3.19	44.25	630	443	1074
Lunch										
Super Pollo Pechuga Deshuesada 207 1/2 g	158	2.08	0.42	0			34.24	290.5		
Dinner										
Fuchs Pan Blanco Perfect Light 83 g	166	1.16	0.19	30.88	7.33	1.16	7.14	297.22	0	
Snacks/Other										
Optimum Nutrition Gold Standard 100% Whey - Cookies & Cream 1 rounded scoop, 33 g	130	1.5	1	4	0	3	24	200	55	
Brown Rice Cakes 3 cakes	104	0.76	0.154	22	1.1	0.24	2.21	88	0	78

Saturday, April 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
White Rice (Long-Grain, Cooked)	130	0.28	0.077	28.17	0.4	0.05	2.69	1	0	35
100 g										
Tortilla	201	4.03	0.889	36.48	3.6	1.06	5.32	258	0	129
2 medium										
Sweet Potato	307	0.18	0.064	71.93	10.7	14.94	5.61	197	0	1205
2 3/4 5" long										
Beef Tenderloin (Lean Only, Trimmed to 1/8" Fat, Select Grade)	260	10.44	3.856	0	0	0	38.83	97	107	623
176 g										
Oats	506	8.97	1.582	86.15	13.8		21.96	3	0	558
130 g										
Minuto Verde Frambuesas	14	0.27		1.62		1.32	0.39	10.5	0	
30 g										
Total	1652	26.43	7.622	250.35	29.6	20.61	101.01	854.5	162	2628
Total	**2389**	**51.01**	**14.341**	**289.7**	**41.13**	**24.96**	**186.64**	**2072.22**	**605**	**3702**

Sunday, April 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Avocados 66 g	106	9.68	1.403	5.63	4.4	0.44	1.32	5	0	320
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
La Preferida Jamón Pierna 34 g	35	0.68		0.57			6.71	440.41	0	
Egg White 269 g	140	0.46	0	1.96	0	1.91	29.32	447	0	438
Member's Mark Omega 3 Fish Oil (1000 mg) 4 x 1 softgel	40	4	2	0	0		0	0	20	
Total	390	15.04	3.403	9.12	4.4	3.29	51.74	1111.41	20	973
Lunch										
Super Pollo Pechuga Deshuesada 287 1/2 g	218	2.88	0.58	0			47.44	402.5		
Dinner										
Fuchs Pan Blanco Perfect Light 2 x 2 rebanadas, 86 g	172	1.2	0.2	32	7.6	1.2	7.4	308	0	
Fuchs Pan Blanco Perfect Light 2 rebanadas, 43 g	86	0.6	0.1	16	3.8	0.6	3.7	154	0	
Total	258	1.8	0.3	48	11.4	1.8	11.1	462	0	
Snacks/Other										
Beef Tenderloin (Lean Only, Trimmed to 1/8" Fat, Select Grade)	332	13.28	4.908	0	0	0	49.41	123	137	793

Sunday, April 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
224 g										
Tortilla	101	2.01	0.445	18.24	1.8	0.53	2.66	129	0	65
1 medium										
Optimum Nutrition Gold Standard 100% Whey - Cookies & Cream	32	0.38	0.25	1	0	0.75	6	50	13.75	
1/4 x 1 rounded scoop, 8 g										
Oats	241	4.28	0.755	41.09	6.6		10.47	1	0	266
62 g										
Cooked Rice	354	2.81	0.588	72.56	1	0.13	6.93	966	0	92
2 1/2 servings (105 g per serve)										
Total	1060	22.76	6.946	132.89	9.4	1.41	75.47	1269	150.75	1216
Total	1926	42.48	11.229	190.01	25.2	6.5	185.75	3244.91	170.75	2189