Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	760	29.76	91.45	34.14
Lunch	268	3.36	51.3	10.83
Dinner	570	19.17	69.83	27.67
Snacks/Other	299	14.32	34.61	7.6
Total	1897	66.6	247.19	80.23

Tuesday, February 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pepperidge Farm Goldfish Original Crackers	140	5	1	20	0.9	0	3	250	10	
55 pieces, 30 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Olive Garden Light Italian Dressing	30	2	0	2	0	2	0	440	5	
2 tbsp, 32 g										
Fresh & Easy Shredded Iceberg Lettuce	13	0.13	0	2.7	1.1	1.8	0.83	9.21	0	
3 oz, 85 g										
Armour Premium Hickory Smoked Bacon	100	9	3	0	0	0	4	300	10	
2 fried slices, 17 g										
Hard-Boiled Egg	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
1 large										
Boiled Egg	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
1 large										
Total	543	27.1	7.393	52.77	5.1	19.35	21.67	1201.21	448	548
Lunch										
Skim or Nonfat Milk (Calcium Fortified)	173	0.89	0.578	23.96	0	23.96	16.8	257	10	820
2 cups										
Kellogg's Froot Loops	220	2	1	52	6	24	2	270	0	70
2 x 1 cup , 58 g										
Total	393	2.89	1.578	75.96	6	47.96	18.8	527	10	890
Dinner										

Tuesday, February 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Chicken Breast Chunk Fritters	200	11	1.5	12	0	0	12	700	25	105
1 serving, 80 g										
Weight Watchers Three Cheese Ziti Marinara	280	8	3.5	41	7	5	12	570	15	0
1 package, 255 g										
Total	480	19	5	53	7	5	24	1270	40	105
Snacks/Other										
M&M's Peanut M&M's	220	11	4.5	26	1	22	4	20	5	0
1/4 cup, 42 g										
Hershey's Kit Kat (Snack Size)	210	11	7	27	1	21	3	30	5	
4 peice bars, 42 g										
Total	430	22	11.5	53	2	43	7	50	10	0
Total	1846	70.99	25.471	234.73	20.1	115.31	71.47	3048.21	508	1543

Wednesday, March 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Good's Original Potato Chips 1 1/2 x 13 chips, 1.5 oz	240	16.5	7.5	24	3		3	270	15	0
Maier's Premium Italian Bread 2 x 1 slice, 43 g	160	2	0	32	2	2	4	460	0	0
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Oscar Mayer 98% Fat Free Turkey Breast & White Turkey 2 x 1 slice, 56 g	50	2	0	2	0	0	8	440	20	0
Total	546	27.89	11.917	59.97	5	3.83	20.37	1538	58	0
Lunch										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1 cup, seedless	110	0.26	0.086	28.96	1.4	24.77	1.15	3	0	306
Skim or Nonfat Milk (Calcium Fortified) 1 1/2 cups	130	0.67	0.433	17.97	0	17.97	12.6	193	7	615
Cheerios 2 cups	221	3.54	0.72	44.4	7.1	2.36	7.1	427	0	418
Total	461	4.47	1.239	91.33	8.5	45.1	20.85	623	7	1339
Dinner										
Mrs. T's Potato & Cheddar Mini Pierogies 3 x 7 pierogies, 273 g	510	15	1.5	81	3	3	12	1170	15	
Snacks/Other										

Wednesday, March 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Jack Link's Original Beef Steak (1 oz)	60	1	0.5	2	0	1	12	770	30	
1 oz, 28 g										
M&M's Peanut M&M's	220	11	4.5	26	1	22	4	20	5	0
1/4 cup, 42 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Total	385	12.39	5.132	54.95	4.1	37.43	17.29	791	35	422
Total	1902	59.75	19.788	287.25	20.6	89.36	70.51	4122	115	1761

Thursday, March 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vlasic Farmer's Garden Dill Chips 3 x 3 chips, 84 g	0	0	0	0	0	0	0	810	0	
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
Pepperidge Farm Goldfish Original Crackers 55 pieces, 30 g	140	5	1	20	0.9	0	3	250	10	
Oscar Mayer 98% Fat Free Turkey Breast & White Turkey 2 x 1 slice, 56 g	50	2	0	2	0	0	8	440	20	0
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Maier's Premium Italian Bread 2 x 1 slice, 43 g	160	2	0	32	2	2	4	460	0	0
Total	551	16.78	5.549	82.92	6	18.26	21.66	2329	53	422
Lunch										
Smart Ones Three Cheese Ziti Marinara with Meatballs 1 package, 255 g	320	10	4.5	43	6	3	14	690	25	
Dinner										
Papa John's 16" Original Crust Pizza - Cheese 2 x 1 slice, 272 g	580	20	9	74	4	8	22	1440	50	
Snacks/Other										
Jack Link's Original Beef Steak (1 oz)	60	1	0.5	2	0	1	12	770	30	

Thursday, March 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 oz, 28 g										
Sensible Portions Garden Veggie Straws - Sea Salt	130	7	1	11	1	1	1	250	0	
1 bag (38 straws), 21 g										
Total	190	8	1.5	13	1	2	13	1020	30	
Total	1641	54.78	20.549	212.92	17	31.26	70.66	5479	158	422

Friday, March 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Apples	144	0.47	0.077	38.12	6.6	28.68	0.72	3	0	295
2 medium (2-3/4" dia) (approx 3 per lb)										
Papa John's 16" Original Crust Pizza - Cheese	580	20	9	74	4	8	22	1440	50	
2 x 1 slice, 272 g										
Total	724	20.47	9.077	112.12	10.6	36.68	22.72	1443	50	295
Lunch										
Skim or Nonfat Milk (Calcium Fortified)	86	0.44	0.289	11.98	0	11.98	8.4	128	5	410
1 cup										
Kellogg's Froot Loops	220	2	1	52	6	24	2	270	0	70
2 x 1 cup , 58 g										
Total	306	2.44	1.289	63.98	6	35.98	10.4	398	5	480
Dinner										
Mrs. T's Potato & Cheddar Mini Pierogies	510	15	1.5	81	3	3	12	1170	15	
3 x 7 pierogies, 273 g										
Snacks/Other										
Hershey's Kit Kat Miniatures	210	11	7	28	1	21	3	30	5	
4 pieces, 34 g										
Sensible Portions Garden Veggie Straws - Sea Salt	130	7	1	11	1	1	1	250	0	
1 bag (38 straws), 21 g										
Total	340	18	8	39	2	22	4	280	5	
Total	**1880**	**55.91**	**19.866**	**296.1**	**21.6**	**97.66**	**49.12**	**3291**	**75**	**775**

Saturday, March 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Domino's Pizza 16" Hand Tossed Philly Cheese Steak Pizza	1516	60	30	168	4	12	76	3360	160	
4 x 1 slice, 664 g										
Lunch										
Dinner										
Great Value Chicken Strips Crispy Chicken Breast Tenderloin Fritters	360	14	2	26	0	0	30	1460	70	
2 x 3 oz, 168 g										
Lean Cuisine Culinary Collection Chicken Parmesan	310	9	2.5	39	2	10	18	660	30	790
1 package, 268 g										
Total	670	23	4.5	65	2	10	48	2120	100	790
Snacks/Other										
Total	2186	83	34.5	233	6	22	124	5480	260	790

Sunday, March 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oscar Mayer 98% Fat Free Turkey Breast & White Turkey	50	2	0	2	0	0	8	440	20	0
2 x 1 slice, 56 g										
American Cheese	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
1 slice (1 oz)										
Maier's Premium Italian Bread	160	2	0	32	2	2	4	460	0	0
2 x 1 slice, 43 g										
Deli Sliced Ham	34	1.76	0.567	0.48	0	0	3.83	268	11	62
1 slice (4-1/4" sq) (0.75 oz)										
Deli Sliced Ham	34	1.76	0.567	0.48	0	0	3.83	268	11	62
1 slice (4-1/4" sq) (0.75 oz)										
Maier's Premium Italian Bread	160	2	0	32	2	2	4	460	0	0
2 x 1 slice, 43 g										
American Cheese	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
1 slice (1 oz)										
Oscar Mayer 98% Fat Free Turkey Breast & White Turkey	50	2	0	2	0	0	8	440	20	0
2 x 1 slice, 56 g										
Total	680	26.3	9.968	72.9	4	7.66	42.4	3072	108	124
Lunch										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless)	55	0.13	0.043	14.48	0.7	12.38	0.58	2	0	153
1/2 cup, seedless										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Total	127	0.36	0.082	33.54	4	26.72	0.94	3	0	301

Sunday, March 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Lean Cuisine Culinary Collection Chicken Parmesan	310	9	2.5	39	2	10	18	660	30	790
1 package, 268 g										
Great Value Chicken Strips Crispy Chicken Breast Tenderloin Fritters	360	14	2	26	0	0	30	1460	70	
2 x 3 oz, 168 g										
Total	670	23	4.5	65	2	10	48	2120	100	790
Snacks/Other										
Chickie's and Pete's Crab Fries	210	12		23.7	1.8	0	1.8	705	0	
0.3 x 1 basket										
Hershey's Milk Chocolate Bars (Individually Wrapped)	110	6.5	4	13	0.5	12.5	1.5	17.5	5	
1/2 x 1 bar, 22 g										
Sensible Portions Garden Veggie Straws - Sea Salt	130	7	1	11	1	1	1	250	0	
1 bag (38 straws), 21 g										
Total	450	25.5	5	47.7	3.3	13.5	4.3	972.5	5	
Total	**1927**	**75.16**	**19.55**	**219.14**	**13.3**	**57.88**	**95.64**	**6167.5**	**213**	**1215**