Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	383	26.02	8.42	26.68
Lunch	232	16.1	6.38	14.58
Dinner				
Snacks/Other	297	18.47	8.38	18.67
Total	**912**	**60.59**	**23.18**	**59.93**

Monday, January 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Atkins Advantage French Vanilla Shake 11 fl oz, 325 ml	160	9	3	2	1	1	15	200	10	270
Schwan's Avocado Halves 2 tbsp, 30 g	60	5	1	4	2	1	1	135	0	0
Deli Turkey or Chicken Breast Meat 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Sargento Natural Blends - Colby-Pepper Jack Cheese Slices 2 x 1 slice, 38 g	140	12	7	0	0	0	8	250	40	0
Total	419	26.94	11.272	8.39	3.3	3.99	33.68	1161	74	441
Lunch										
Dinner										
Snacks/Other										
Michelob Ultra Light Beer 1 bottle, 12 oz	95	0	0	2.6	0	0	0.6	0	0	
Utz Hot & Spicy Pork Rinds 4 x 1/2 oz, 56 g	320	20	6	0	0	0	32	1000	80	
Penn Maid Ranch Sour Cream Dip 2 x 2 tbsp, 62 g	120	10	6	6	0	2	2	420	40	
Galbani String Cheese 1 string, 28 g	80	6	3	1	0	0	7	190	15	0
Red Sweet Pepper	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	126

Monday, January 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 medium (approx 2-3/4" long, 2-1/2" dia)										
Total	630	36.18	15.035	13.19	1.2	4.5	42.19	1611	135	126
Total	**1049**	**63.12**	**26.307**	**21.58**	**4.5**	**8.49**	**75.87**	**2772**	**209**	**567**

Tuesday, January 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sargento Natural Blends - Colby-Pepper Jack Cheese Slices 2 x 1 slice, 38 g	140	12	7	0	0	0	8	250	40	0
Deli Turkey or Chicken Breast Meat 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Schwan's Avocado Halves 2 tbsp, 30 g	60	5	1	4	2	1	1	135	0	0
Atkins Advantage French Vanilla Shake 11 fl oz, 325 ml	160	9	3	2	1	1	15	200	10	270
Total	419	26.94	11.272	8.39	3.3	3.99	33.68	1161	74	441
Lunch										
Atkins Crustless Chicken Pot Pie 1 tray, 255 g	330	22	10	8	3	2	22	880	95	
Dinner										
Snacks/Other										
Michelob Ultra Light Beer 1 bottle, 12 oz	95	0	0	2.6	0	0	0.6	0	0	
Penn Maid Ranch Sour Cream Dip 2 x 2 tbsp, 62 g	120	10	6	6	0	2	2	420	40	
Utz Hot & Spicy Pork Rinds 4 x 1/2 oz, 56 g	320	20	6	0	0	0	32	1000	80	
Red Sweet Pepper	8	0.09	0.018	1.79	0.6	1.25	0.29	1	0	63

Tuesday, January 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 medium (approx 2-3/4" long, 2-1/2" dia)										
Galbani String Cheese	80	6	3	1	0	0	7	190	15	0
1 string, 28 g										
Total	623	36.09	15.018	11.39	0.6	3.25	41.89	1611	135	63
Total	**1372**	**85.03**	**36.29**	**27.78**	**6.9**	**9.24**	**97.57**	**3652**	**304**	**504**

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Deli Turkey or Chicken Breast Meat 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Sargento Natural Blends - Colby-Pepper Jack Cheese Slices 2 x 1 slice, 38 g	140	12	7	0	0	0	8	250	40	0
Fitmiss Delight 1 scoop, 23.7 g	90	1.5	0.5	4	1	1	16	65		122
Total	289	14.44	7.772	6.39	1.3	2.99	33.68	891	64	293
Lunch										
Atkins Chicken & Broccoli Alfredo 1 tray, 255 g	330	20	9	9	4	1	26	1070	95	
Dinner										
Snacks/Other										
Total	619	34.44	16.772	15.39	5.3	3.99	59.68	1961	159	293

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Atkins Advantage Chocolate Chip Granola Bar 1 bar, 48 g	200	9	5	3	0	0	16	210	5	110
Lunch										
Atkins Sesame Chicken Stir-Fry 1 tray, 255 g	360	23	3	9	2	3	26	860	70	
Dinner										
Snacks/Other										
Galbani String Cheese 2 x 1 string, 56 g	160	12	6	2	0	0	14	380	30	0
Mission Carb Balance Medium/Soft Taco Flour Tortillas 3/4 x 1 tortilla, 32 g	90	2.25	1.12	14.25	9.75	0	3.75	210	0	
Total	250	14.25	7.12	16.25	9.75	0	17.75	590	30	0
Total	**810**	**46.25**	**15.12**	**28.25**	**11.75**	**3**	**59.75**	**1660**	**105**	**110**

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Omelet or Scrambled Egg with Onions, Peppers, Tomatoes and Mushrooms	345	26.51	6.589	11.69	2	7.31	16.12	609	435	534
2 large										
Smoked or Cured Bacon	81	6.27	2.061	0.21	0	0	5.56	346	16	85
3 thin slices (yield after cooking)										
Total	426	32.78	8.65	11.9	2	7.31	21.68	955	451	619
Lunch										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Ranch Salad Dressing	145	15.42		2.01	0.2	0.74	0.31	245	10	19
2 tbsps										
Total	164	15.68	0.042	5.53	2.4	1.71	1.98	277	10	339
Dinner										
Snacks/Other										
Total	590	48.46	8.692	17.43	4.4	9.02	23.66	1232	461	958

Sunday, January 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Schwan's Fully Cooked Pork Sausage Links 3/4 x 3 links, 45 g	202	19.5	6.75	0.75	0	0	5.25	345	37.5	
Egg Omelet or Scrambled Egg with Onions, Peppers, Tomatoes and Mushrooms 2 large	345	26.51	6.589	11.69	2	7.31	16.12	609	435	534
Total	547	46.01	13.339	12.44	2	7.31	21.37	954	472.5	534
Lunch										
Chicken Breast (Oven Roasted, Fat Free, Sliced) 2 oz	45	0.22	0.074	1.23	0	0.06	9.52	616	20	38
Ranch Salad Dressing 2 tbsps	145	15.42		2.01	0.2	0.74	0.31	245	10	19
Mixed Salad Greens 2 cups shredded or chopped	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
Total	209	15.9	0.116	6.76	2.4	1.77	11.5	893	30	377
Dinner										
Snacks/Other										
Almonds 40 almonds	277	24.31	1.863	9.48	5.7	2.3	10.2	0	0	349
Total	**1033**	**86.22**	**15.318**	**28.68**	**10.1**	**11.38**	**43.07**	**1847**	**502.5**	**1260**