Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast				
Lunch	455	31.56	10.34	36.24
Dinner	386	24.26	6.22	34.74
Snacks/Other	178	11.67	3.24	12.94
Total	1020	67.49	19.8	83.93

Wednesday, September 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Boston Market Caesar Side Salad without Dressing	40	2	1.5	3	1	2	3	75	5	
2.5 oz, 71 g										
Boston Market Parmesan Caesar Salad Dressing	140	15	2.5	1	0	1	1	330	10	
1 oz, 28 g										
Boston Market Green Beans (4.2 oz)	90	6	2	9	4	2	2	200	0	
1 serving, 4.2 oz										
Boston Market 3 Piece Dark Individual Meal	390	22	6	1	0	1	51	1270	290	
1 serving, 7.3 oz										
Total	660	45	12	14	5	6	57	1875	305	
Dinner										
Trader Joe's English Cucumber	18	0.2	0	4	1	0	0.8	2	0	20
2 x 1/2 cup, 140 g										
Beef Top Sirloin (Trimmed to 1/8" Fat)	285	18.02	7.268	0	0	0	28.78	74	67	447
5 oz										
Total	303	18.22	7.268	4	1	0	29.58	76	67	467
Snacks/Other										
Nestle Pure Life Purified Water (Bottle)	0	0		0			0	120	0	
4 x 1 bottle, 67.6 oz										
Coffee	3	0.06	0.006	0.12	0	0	0.36	6	0	139
10 fl oz										

Wednesday, September 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Coffee-Mate Original Powder Creamer	20	1	1	2	0	0	0	0	0	0
2 x 1 tsp, 4 g										
Hard-Boiled Egg	155	10.61	3.267	1.12	0	1.12	12.58	124	424	126
2 large										
Total	178	11.67	4.273	3.24	0	1.12	12.94	250	424	265
Total	1141	74.89	23.541	21.24	6	7.12	99.52	2201	796	732

Thursday, September 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Meat Pizza Topping 3 Toppings from pieces (1/8 12" pizza)	250	18.12	8.397	6.67	1.1	2.81	15.49	872	45	303
Dinner										
Meat Pizza Topping 2 Toppings from pieces (1/8 12" pizza)	167	12.08	5.598	4.45	0.7	1.88	10.33	581	30	202
Trader Joe's English Cucumber 2 x 1/2 cup, 140 g	18	0.2	0	4	1	0	0.8	2	0	20
Beef Top Sirloin (Trimmed to 1/8" Fat) 5 oz	285	18.02	7.268	0	0	0	28.78	74	67	447
Total	470	30.3	12.866	8.45	1.7	1.88	39.91	657	97	669
Snacks/Other										
Nestle Pure Life Purified Water (Bottle) 4 x 1 bottle, 67.6 oz	0	0		0			0	120	0	
Coffee 10 fl oz	3	0.06	0.006	0.12	0	0	0.36	6	0	139
Coffee-Mate Original Powder Creamer 2 x 1 tsp, 4 g	20	1	1	2	0	0	0	0	0	0
Hard-Boiled Egg 2 large	155	10.61	3.267	1.12	0	1.12	12.58	124	424	126
Total	178	11.67	4.273	3.24	0	1.12	12.94	250	424	265
Total	**898**	**60.09**	**25.536**	**18.36**	**2.8**	**5.81**	**68.34**	**1779**	**566**	**1237**