## Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|---|---|---|---|---|
| Breakfast | 181 | 9 | 21.89 | 6.5 |
| Lunch | 223 | 8.5 | 23.1 | 15.37 |
| Dinner | 384 | 12.74 | 47.09 | 18.16 |
| Snacks/Other | 73 | 1.76 | 13.12 | 1.9 |
| Total | 861 | 32 | 105.19 | 41.93 |

## Sunday, December 7, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar<br>1, 6 oz | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| Jif Extra Crunchy Peanut Butter<br>1 tbsp, 16 g | 95 | 8 | 1.5 | 3.5 | 1 | 1.5 | 3.5 | 65 | 0 | |
| Master English Muffin Toasting Bread<br>1 slice, 30 g | 70 | 1 | 0 | 14 | 1 | 1 | 3 | 160 | 0 | 0 |
| Total | 181 | 9 | 1.5 | 21.7 | 2 | 6.7 | 6.5 | 225 | 0 | 0 |
| **Lunch** | | | | | | | | | | |
| Turkey Breast Meat<br>3 oz | 88 | 1.41 | 0.408 | 3.58 | 0.4 | 2.99 | 14.52 | 863 | 37 | 257 |
| Green Peppers<br>1/4 cup chopped | 7 | 0.06 | 0.022 | 1.73 | 0.6 | 0.89 | 0.32 | 1 | 0 | 65 |
| Lettuce<br>1/2 cup shredded or chopped | 4 | 0.04 | 0.005 | 0.82 | 0.3 | 0.48 | 0.25 | 3 | 0 | 39 |
| Land O'Lakes Sliced White American Cheese<br>1/2 x 1 slice, 10.5 g | 35 | 2.5 | 1.75 | 1 | 0 | 0.5 | 1.5 | 150 | 7.5 | |
| Hellmann's Real Mayonnaise<br>1/3 x 1 tbsp, 4 g | 30 | 3.3 | 0.5 | 0 | 0 | 0 | 0 | 29.7 | 1.65 | |
| Brownberry Light Italian Bread<br>2 slices | 80 | 0.5 | 0 | 18 | 5 | 2 | 5 | 210 | 0 | 0 |
| Total | 244 | 7.81 | 2.685 | 25.13 | 6.3 | 6.86 | 21.59 | 1256.7 | 46.15 | 361 |
| **Dinner** | | | | | | | | | | |
| Poultry Gravy | 23 | 1.63 | 0.403 | 1.55 | 0.1 | 0.22 | 0.55 | 165 | 1 | 31 |

## Sunday, December 7, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 0.12 cup | | | | | | | | | | |
| Green Giant Fresh Baby Cut Carrots | 70 | 0 | 0 | 16 | 4 | 10 | 2 | 130 | 0 | 540 |
| 2 x 10 carrots, 170 g | | | | | | | | | | |
| Smart Chicken Boneless Skinless Chicken Breast Fillets | 120 | 1 | 0 | 0 | 0 | 0 | 26 | 50 | 65 | 240 |
| 4 oz, 112 g | | | | | | | | | | |
| White Rice (Long-Grain, Cooked) | 103 | 0.22 | 0.061 | 22.25 | 0.3 | 0.04 | 2.13 | 1 | 0 | 28 |
| 1/2 cup | | | | | | | | | | |
| Water | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 19 | 0 | |
| 4 cups (8 fl oz) | | | | | | | | | | |
| Total | 316 | 2.85 | 0.464 | 39.8 | 4.4 | 10.26 | 30.68 | 365 | 66 | 839 |
| **Snacks/Other** | | | | | | | | | | |
| Tootsie Roll Tootsie Pop | 60 | 0 | | 15 | 0 | 10 | 0 | 0 | 0 | |
| 1 pop, 17 g | | | | | | | | | | |
| Total | 801 | 19.66 | 4.649 | 101.63 | 12.7 | 33.82 | 58.77 | 1846.7 | 112.15 | 1200 |

## Monday, December 8, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Master English Muffin Toasting Bread | 70 | 1 | 0 | 14 | 1 | 1 | 3 | 160 | 0 | 0 |
| 1 slice, 30 g | | | | | | | | | | |
| Jif Extra Crunchy Peanut Butter | 95 | 8 | 1.5 | 3.5 | 1 | 1.5 | 3.5 | 65 | 0 | |
| 1 tbsp, 16 g | | | | | | | | | | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| 1, 6 oz | | | | | | | | | | |
| Total | 181 | 9 | 1.5 | 21.7 | 2 | 6.7 | 6.5 | 225 | 0 | 0 |
| **Lunch** | | | | | | | | | | |
| Kraft Miracle Whip Light Dressing | 20 | 1.5 | 0 | 2 | 0 | 0.9 | 0 | 125 | 0 | |
| 1 tbsp, 15 g | | | | | | | | | | |
| Brownberry Light Italian Bread | 80 | 0.5 | 0 | 18 | 5 | 2 | 5 | 210 | 0 | 0 |
| 2 slices | | | | | | | | | | |
| Lettuce | 4 | 0.04 | 0.005 | 0.82 | 0.3 | 0.48 | 0.25 | 3 | 0 | 39 |
| 1/2 cup shredded or chopped | | | | | | | | | | |
| Green Peppers | 7 | 0.06 | 0.022 | 1.73 | 0.6 | 0.89 | 0.32 | 1 | 0 | 65 |
| 1/4 cup chopped | | | | | | | | | | |
| Turkey Breast Meat | 88 | 1.41 | 0.408 | 3.58 | 0.4 | 2.99 | 14.52 | 863 | 37 | 257 |
| 3 oz | | | | | | | | | | |
| Total | 199 | 3.51 | 0.435 | 26.13 | 6.3 | 7.26 | 20.09 | 1202 | 37 | 361 |
| **Dinner** | | | | | | | | | | |
| Water | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | |
| 2 cups (8 fl oz) | | | | | | | | | | |
| Progresso Light New England Clam Chowder | 200 | 4 | 1 | 36 | 8 | 4 | 6 | 1380 | 10 | 1100 |

## Monday, December 8, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 2 x 1 cup, 502 g | | | | | | | | | | |
| Total | 200 | 4 | 1 | 36 | 8 | 4 | 6 | 1389 | 10 | 1100 |
| **Snacks/Other** | | | | | | | | | | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| 1, 6 oz | | | | | | | | | | |
| Red Delicious Apples | 72 | 0.23 | 0.038 | 19.06 | 3.3 | 14.33 | 0.36 | 1 | 0 | |
| 1 medium (2-3/4" dia) | | | | | | | | | | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| 1, 6 oz | | | | | | | | | | |
| Total | 104 | 0.23 | 0.038 | 27.46 | 3.3 | 22.73 | 0.36 | 1 | 0 | 0 |
| **Total** | **684** | **16.74** | **2.973** | **111.29** | **19.6** | **40.69** | **32.95** | **2817** | **47** | **1461** |

## Tuesday, December 9, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar<br>1, 6 oz | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| Jif Extra Crunchy Peanut Butter<br>1 tbsp, 16 g | 95 | 8 | 1.5 | 3.5 | 1 | 1.5 | 3.5 | 65 | 0 | |
| Master English Muffin Toasting Bread<br>1 slice, 30 g | 70 | 1 | 0 | 14 | 1 | 1 | 3 | 160 | 0 | 0 |
| Total | 181 | 9 | 1.5 | 21.7 | 2 | 6.7 | 6.5 | 225 | 0 | 0 |
| **Lunch** | | | | | | | | | | |
| Turkey Breast Meat<br>3 oz | 88 | 1.41 | 0.408 | 3.58 | 0.4 | 2.99 | 14.52 | 863 | 37 | 257 |
| Green Peppers<br>1/4 cup chopped | 7 | 0.06 | 0.022 | 1.73 | 0.6 | 0.89 | 0.32 | 1 | 0 | 65 |
| Lettuce<br>1/2 cup shredded or chopped | 4 | 0.04 | 0.005 | 0.82 | 0.3 | 0.48 | 0.25 | 3 | 0 | 39 |
| Brownberry Light Italian Bread<br>2 slices | 80 | 0.5 | 0 | 18 | 5 | 2 | 5 | 210 | 0 | 0 |
| Kraft Miracle Whip Light Dressing<br>1 tbsp, 15 g | 20 | 1.5 | 0 | 2 | 0 | 0.9 | 0 | 125 | 0 | |
| Total | 199 | 3.51 | 0.435 | 26.13 | 6.3 | 7.26 | 20.09 | 1202 | 37 | 361 |
| **Dinner** | | | | | | | | | | |
| Kraft Light Cucumber Ranch Reduced Fat Dressing<br>2 tbsp, 31 g | 50 | 4.5 | 1 | 3 | 0 | 2 | 0 | 520 | 5 | |

## Tuesday, December 9, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Rothbury Farms Fat Free Seasoned Croutons | 25 | 0 | 0 | 5 | 1 | 0 | 1 | 105 | 0 | |
| 2 tbsp, 7 g | | | | | | | | | | |
| Albertsons Hard Boiled Egg Whites | 8 | 0.03 | 0 | 0 | 0 | 0 | 1.8 | 27.5 | 0 | 27 |
| 1/2 x 1 large | | | | | | | | | | |
| Lettuce | 15 | 0.15 | 0.02 | 3.27 | 1.3 | 1.94 | 0.99 | 11 | 0 | 155 |
| 2 cups shredded or chopped | | | | | | | | | | |
| Water | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | |
| 2 cups (8 fl oz) | | | | | | | | | | |
| Michelina's Authentico Penne with White Chicken | 300 | 9 | 4 | 42 | 2 | 3 | 13 | 580 | 30 | 0 |
| 1 package, 227 g | | | | | | | | | | |
| Total | 398 | 13.68 | 5.02 | 53.27 | 4.3 | 6.94 | 16.79 | 1252.5 | 35 | 182 |
| **Snacks/Other** | | | | | | | | | | |
| Red Delicious Apples | 72 | 0.23 | 0.038 | 19.06 | 3.3 | 14.33 | 0.36 | 1 | 0 | |
| 1 medium (2-3/4" dia) | | | | | | | | | | |
| Total | 850 | 26.42 | 6.993 | 120.16 | 15.9 | 35.23 | 43.74 | 2680.5 | 72 | 543 |

## Wednesday, December 10, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Master English Muffin Toasting Bread | 70 | 1 | 0 | 14 | 1 | 1 | 3 | 160 | 0 | 0 |
| 1 slice, 30 g | | | | | | | | | | |
| Jif Extra Crunchy Peanut Butter | 95 | 8 | 1.5 | 3.5 | 1 | 1.5 | 3.5 | 65 | 0 | |
| 1 tbsp, 16 g | | | | | | | | | | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| 1, 6 oz | | | | | | | | | | |
| Total | 181 | 9 | 1.5 | 21.7 | 2 | 6.7 | 6.5 | 225 | 0 | 0 |
| **Lunch** | | | | | | | | | | |
| EAS tyson day starts checket brt biscuit | 350 | 16 | | 35 | 2 | 4 | 17 | 910 | 30 | |
| 1 biscuit | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Ketchup | 7 | 0.03 | 0.004 | 1.88 | 0 | 1.71 | 0.13 | 84 | 0 | 29 |
| 1/2 tbsp | | | | | | | | | | |
| Mustard | 3 | 0.16 | 0.008 | 0.39 | 0.2 | 0.14 | 0.2 | 56 | 0 | 8 |
| 1 tsp | | | | | | | | | | |
| Sweet Onions | 2 | 0.01 | | 0.54 | 0.1 | 0.36 | 0.06 | 1 | 0 | 8 |
| 1/4 oz | | | | | | | | | | |
| America's Choice EZ Steam Whole Green Beans | 60 | 0 | 0 | 10 | 4 | 2 | 4 | 0 | 0 | 0 |
| 2 x 2/3 cup, 162 g | | | | | | | | | | |
| Fried Potatoes | 121 | 3.15 | 1.144 | 21.39 | 1.8 | 1.08 | 2.34 | 261 | 4 | |
| 1/2 cup | | | | | | | | | | |
| Lean or Extra Lean Ground Beef or Patty | 180 | 11.7 | 4.475 | 0 | 0 | 0 | 17.36 | 271 | 61 | 205 |

## Wednesday, December 10, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 small patty (3.33 oz, raw, 5 patties per lb) (yield after cooking) | | | | | | | | | | |
| Thomas' Original English Muffins | 120 | 1 | 0 | 25 | 1 | 1 | 4 | 200 | 0 | 0 |
| 1 muffin, 61 g | | | | | | | | | | |
| Water | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | |
| 2 cups (8 fl oz) | | | | | | | | | | |
| Total | 493 | 16.05 | 5.631 | 59.2 | 7.1 | 6.29 | 28.09 | 882 | 65 | 250 |
| **Snacks/Other** | | | | | | | | | | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| 1, 6 oz | | | | | | | | | | |
| Total | 1040 | 41.05 | 7.131 | 120.1 | 11.1 | 21.19 | 51.59 | 2017 | 95 | 250 |

## Thursday, December 11, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar<br>1, 6 oz | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| Jif Extra Crunchy Peanut Butter<br>1 tbsp, 16 g | 95 | 8 | 1.5 | 3.5 | 1 | 1.5 | 3.5 | 65 | 0 | |
| Master English Muffin Toasting Bread<br>1 slice, 30 g | 70 | 1 | 0 | 14 | 1 | 1 | 3 | 160 | 0 | 0 |
| Total | 181 | 9 | 1.5 | 21.7 | 2 | 6.7 | 6.5 | 225 | 0 | 0 |
| **Lunch** | | | | | | | | | | |
| Taco Bell Cheesy Gordita Crunch<br>1 serving | 500 | 29 | 10 | 39 | 5 | 6 | 20 | 830 | 5 | |
| **Dinner** | | | | | | | | | | |
| Trader Joe's Shrimp Cocktail Sauce<br>2 tbsp, 30 g | 30 | 0 | 0 | 7 | 0 | 4 | 0 | 310 | 0 | |
| Water<br>2 cups (8 fl oz) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | |
| Baked or Broiled Shrimp<br>1 oz of | 43 | 1.41 | 0.266 | 0.33 | 0 | 0 | 6.85 | 143 | 51 | 63 |
| Tyson Foods Lightly Breaded Chicken Breast Strips<br>1/2 x 3 oz, 42 g | 75 | 3.5 | 0.75 | 3 | 0 | 0.5 | 8 | 185 | 20 | |
| Kraft Cucumber Ranch Salad Dressing & Dip<br>2 tbsp, 30 g | 120 | 12 | 2 | 3 | 0 | 2 | 0 | 220 | 0 | |

## Thursday, December 11, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Dinner Salad<br>2 cups | 50 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | |
| Chef's Cupboard Homestyle Buttery Mashed Potatoes<br>1/4 cup, 28 g | 120 | 4.5 | | 18 | 1 | 0 | 2 | 0 | 0 | |
| Total | 438 | 21.41 | 3.016 | 31.33 | 1 | 6.5 | 16.85 | 867 | 71 | 63 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1119 | 59.41 | 14.516 | 92.03 | 8 | 19.2 | 43.35 | 1922 | 76 | 63 |

## Friday, December 12, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Master English Muffin Toasting Bread<br>1 slice, 30 g | 70 | 1 | 0 | 14 | 1 | 1 | 3 | 160 | 0 | 0 |
| Jif Extra Crunchy Peanut Butter<br>1 tbsp, 16 g | 95 | 8 | 1.5 | 4 | 1 | 1.5 | 3.5 | 53 | 0 | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar<br>1, 6 oz | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| Total | 181 | 9 | 1.5 | 22.2 | 2 | 6.7 | 6.5 | 213 | 0 | 0 |
| **Lunch** | | | | | | | | | | |
| Mustard<br>1 tsp | 3 | 0.16 | 0.008 | 0.39 | 0.2 | 0.14 | 0.2 | 56 | 0 | 8 |
| Krakus Polish Deli Ham<br>2 oz, 56 g | 60 | 1.5 | 0.5 | 0 | 0 | 0 | 9 | 700 | 25 | |
| Brownberry Light Italian Bread<br>2 slices | 80 | 0.5 | 0 | 18 | 5 | 2 | 5 | 210 | 0 | 0 |
| Total | 143 | 2.16 | 0.508 | 18.39 | 5.2 | 2.14 | 14.2 | 966 | 25 | 8 |
| **Dinner** | | | | | | | | | | |
| Daisy Fat Free Sour Cream<br>2 tbsp, 30 g | 20 | 0 | 0 | 1 | 0 | 1 | 2 | 15 | 0 | |
| Water<br>2 cups (8 fl oz) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 9 | 0 | |
| Cream Style Corn<br>1 cup | 184 | 1.08 | 0.166 | 46.41 | 3.1 | 8.27 | 4.45 | 730 | 0 | 343 |
| Baked Potato (Peel Eaten)<br>1 medium (2-1/4" to 3" dia, raw) | 194 | 3.92 | 0.753 | 36.54 | 3.7 | 2.03 | 4.32 | 418 | 0 | 924 |

## Friday, December 12, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Fried Breaded or Floured Pork Chop<br>1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed) | 165 | 9.91 | 2.941 | 7.15 | 0.5 | 0.65 | 11.08 | 313 | 47 | 170 |
| Total | 563 | 14.91 | 3.86 | 91.1 | 7.3 | 11.95 | 21.85 | 1485 | 47 | 1437 |
| **Snacks/Other** | | | | | | | | | | |
| Sargento Light Mozzarella String Cheese<br>2 x 1 stick, 42 g | 100 | 5 | 3 | 2 | 0 | 0 | 12 | 320 | 20 | |
| Total | 987 | 31.07 | 8.868 | 133.69 | 14.5 | 20.79 | 54.55 | 2984 | 92 | 1445 |

## Saturday, December 13, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Master English Muffin Toasting Bread | 70 | 1 | 0 | 14 | 1 | 1 | 3 | 160 | 0 | 0 |
| 1 slice, 30 g | | | | | | | | | | |
| Jif Extra Crunchy Peanut Butter | 95 | 8 | 1.5 | 4 | 1 | 1.5 | 3.5 | 53 | 0 | |
| 1 tbsp, 16 g | | | | | | | | | | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| 1, 6 oz | | | | | | | | | | |
| Total | 181 | 9 | 1.5 | 22.2 | 2 | 6.7 | 6.5 | 213 | 0 | 0 |
| **Lunch** | | | | | | | | | | |
| Dinty Moore Microwave Ready Beef Stew | 150 | 6 | 3 | 15 | 2 | 2 | 10 | 890 | 25 | 0 |
| 1 cup, 213 g | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Sensible Portions Garden Veggie Straws - Sea Salt | 130 | 7 | 1 | 11 | 1 | 1 | 1 | 250 | 0 | |
| 1 bag (38 straws), 21 g | | | | | | | | | | |
| Subway 6" Meatball Marinara | 530 | 22 | 9 | 55 | 4 | 11 | 24 | 960 | 45 | 0 |
| 1 sandwich, 299 g | | | | | | | | | | |
| Total | 660 | 29 | 10 | 66 | 5 | 12 | 25 | 1210 | 45 | 0 |
| **Snacks/Other** | | | | | | | | | | |
| Chocolate Fudge with Nuts | 101 | 4.16 | 1.327 | 14.95 | 0.6 | 14.06 | 0.96 | 9 | 3 | 40 |
| 1 piece 1 cubic inch | | | | | | | | | | |
| Trader Joe's Wreath Cookies with Cranberries & Pistachios | 42 | 2 | | 5.25 | | | 0.5 | | | |
| 1/4 x 4 cookies | | | | | | | | | | |

## Saturday, December 13, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Valu Time Molasses Soft Cookies<br>1 cookie | 90 | 2.5 | 1 | 17 | 0 | 9 | 1 | 130 | 5 | |
| Total | 233 | 8.66 | 2.327 | 37.2 | 0.6 | 23.06 | 2.46 | 139 | 8 | 40 |
| **Total** | **1224** | **52.66** | **16.827** | **140.4** | **9.6** | **43.76** | **43.96** | **2452** | **78** | **40** |

## Sunday, December 14, 2014

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Master English Muffin Toasting Bread<br>1 slice, 30 g | 70 | 1 | 0 | 14 | 1 | 1 | 3 | 160 | 0 | 0 |
| Jif Extra Crunchy Peanut Butter<br>1 tbsp, 16 g | 95 | 8 | 1.5 | 4 | 1 | 1.5 | 3.5 | 53 | 0 | |
| Fortnum & Mason Black Tea with a splash of milk and a tsp of sugar<br>1, 6 oz | 16 | 0 | 0 | 4.2 | 0 | 4.2 | 0 | 0 | 0 | 0 |
| Total | 181 | 9 | 1.5 | 22.2 | 2 | 6.7 | 6.5 | 213 | 0 | 0 |
| **Lunch** | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **181** | **9** | **1.5** | **22.2** | **2** | **6.7** | **6.5** | **213** | **0** | **0** |