Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	178	3.28	29.56	13.19
Lunch	113	1.84	20.42	4.14
Dinner				
Snacks/Other	25	0.08	0.17	5.83
Total	**316**	**5.2**	**50.14**	**23.16**

Monday, March 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Polly-O 2% String Cheese 1 stick, 28 g	60	4.5	2.5	0	0	0	7	190	15	
Yoplait Light Fat Free Yogurt - Key Lime Pie 1 container, 6 oz	90	0	0	16	0	10	5	80	5	250
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Kellogg's All-Bran Buds 1/2 cup, 45 g	80	1	0	24	13	8	3	200	0	300
Silk Vanilla Soymilk 1/2 x 1 cup, 120 ml	50	1.75	0.25	5.5	0.5	4	3	47.5	0	150
Total	282	7.3	2.755	45.59	13.5	22	18.28	522.5	20	811
Lunch										
Kidney Beans (Canned) 1/3 cup	69	0.51	0.071	12.25	3.6	1.56	4.41	250	0	200
Amy's Light & Lean Black Bean & Cheese Enchiladas 1 entree, 227 g	250	5	2	44	4	5	8	480	5	
Total	319	5.51	2.071	56.25	7.6	6.56	12.41	730	5	200
Dinner										
Snacks/Other										
Kaizen 100% Whey Isolate 1/2 x 1 scoop, 20.5 g	75	0.25	0	0.5	0	0.25	17.5	25	0	88
Total	**676**	**13.06**	**4.826**	**102.34**	**21.1**	**28.81**	**48.19**	**1277.5**	**25**	**1099**

Thursday, March 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Heinz 57 Steak Sauce 1 tbsp, 17 g	20	0	0	5	0	4	0	200	0	0
Dinner										
Snacks/Other										
Total	20	0	0	5	0	4	0	200	0	0

Sunday, March 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Silk Light Vanilla Soymilk 1 cup, 240 ml	70	1.5	0	7	1	5	6	100	0	300
Yoplait Greek 100 Yogurt - Raspberry 1 container, 150 g	100	0	0	12	0	8	12	85		
Kellogg's All-Bran Buds 1/2 cup, 45 g	80	1	0	24	13	8	3	200	0	300
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	252	2.55	0.005	43.09	14	21	21.28	390	0	711
Lunch										
Dinner										
Snacks/Other										
Total	252	2.55	0.005	43.09	14	21	21.28	390	0	711