

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	259	12.72	26.39	14.48
Lunch	503	21.45	59.55	20.94
Dinner	443	21.29	41.72	23.97
Snacks/Other	430	14.37	68.98	7.38
Total	1635	69.84	196.64	66.77

Monday, August 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Boiled Egg	154	10.57	3.254	1.12	0	1.12	12.53	278	422	126
2 large										
Thomas' Bagel Thins - Everything	110	1	0	24	5	3	5	190	0	
1 bagel, 46 g										
I Can't Believe It's Not Butter! Light Vegetable Oil Spread	29	2.86	0.71	0	0	0	0	57.12	0	
10 g										
Total	293	14.43	3.964	25.12	5	4.12	17.53	525.12	422	126
Lunch										
Starbucks Smoked Turkey & Swiss Sandwich	278	9	4.5	33	3.75	11.25	18.75	705	45	
3/4 x 1 serving, 204 g										
Tomato Bisque	149	4.7	2.636	22.32	1.5	16.61	5.97	738	12	
1 cup										
Total	427	13.7	7.136	55.32	5.25	27.86	24.72	1443	57	
Dinner										
Barilla Angel Hair Pasta	286	1.43	0	60.02	2.86	1.43	10	0	0	0
80 g										
Buitoni Pesto with Basil	280	26	5	6	1	3	6	350	15	
1/4 cup, 62 g										
Parmesan Cheese (Grated)	65	4.29	2.595	0.61	0	0.14	5.77	229	13	19
15 g										
Total	631	31.72	7.595	66.63	3.86	4.57	21.77	579	28	19
Snacks/Other										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148

Monday, August 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (2-3/4" dia) (approx 3 per lb)										
The Snack Factory Pretzel Crisps - Garlic Parmesan	55	0.75	0	11	0.5	1	1.5	205	0	
1/2 x 10 crisps, 14 g										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants	170	9	3	24	4	14	3	20	0	150
1 bar, 40 g										
Dove Dark Chocolate Miniatures	50	3	1.75	5.5	0.75	4.25	0.5	0	1.25	
1/4 x 5 pieces										
Halo Top Creamery Peanut Butter Cup Ice Cream	34	1.29	0.43	6.01	1.29	2.57	2.14	72.93	17.16	0
30 g										
Total	381	14.27	5.219	65.57	9.84	36.16	7.5	298.93	18.41	298
Total	1732	74.12	23.914	212.64	23.95	72.71	71.52	2846.05	525.41	443

Tuesday, August 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Beaters Egg Beaters - Original	30	0	0	0.92	0	0	5.51	110.16	0	85.37
56 g										
American Heritage Cheddar Shredded Cheese	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
18 g										
Pesto Sauce	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
12 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Total	215	13.29	5.416	18.17	11.2	0.1	16.18	639.9	24.29	109.37
Lunch										
Boiled Egg	154	10.57	3.254	1.12	0	1.12	12.53	278	422	126
2 large										
Hellmann's Mayonnaise with Extra Virgin Olive Oil	51	5.14	0.86	0.43	0	0	0	102.84	4.28	
12 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Lay's Classic Potato Chips (28.3g)	240	15	2.25	22.5	1.5	1.5	3	255	0	525
1 1/2 x 1 package, 42.45 g										
Total	495	32.21	6.364	40.05	12.5	2.62	19.53	965.84	426.28	651
Dinner										
Tillamook Swiss Cheese Deli Sliced	80	6	4	1	0	0	7	45	20	

Tuesday, August 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice, 21 g										
Thomas' Bagel Thins - Everything	110	1	0	24	5	3	5	190	0	
1 bagel, 46 g										
Morningstar Farms Chipotle Black Bean Burger	190	7	1	22	8	2	17	540	0	390
1 burger, 120 g										
T. Marzetti Simply Dressed Avocado Ranch	120	13	1	1	0	1	0	190	5	
2 tbsp, 30 g										
Lay's Wavy Original Potato Chips	149	9.29	1.39	13.94	0.93	0.93	1.86	130.06	0	315.86
26 g										
Total	649	36.29	7.39	61.94	13.93	6.93	30.86	1095.06	25	705.86
Snacks/Other										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants	170	9	3	24	4	14	3	20	0	150
1 bar, 40 g										
The Snack Factory Pretzel Crisps - Garlic Parmesan	55	0.75	0	11	0.5	1	1.5	205	0	
1/2 x 10 crisps, 14 g										
Betty Crocker Fudge Brownie Mix	127	0.63	0	29.19	1.27	19.04	1.27	114.21	0	69.8
33 g										
Nabisco Nilla Wafers	210	9	2.25	31.5	0	16.5	1.5	172.5	7.5	45
1 1/2 x 8 wafers, 45 g										
Total	562	19.38	5.25	95.69	5.77	50.54	7.27	511.71	7.5	264.8
Total	1921	101.17	24.42	215.85	43.4	60.19	73.84	3212.51	483.07	1731.03

Wednesday, August 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Thomas' Everything Bagel	280	3	0.5	52	2	7	9	410	0	
1 bagel, 95 g										
I Can't Believe It's Not Butter! Light Vegetable Oil Spread	29	2.86	0.71	0	0	0	0	57.12	0	
10 g										
Total	309	5.86	1.21	52	2	7	9	467.12	0	
Lunch										
White Bread	231	2.86	0.624	44.03	2.1	3.75	6.65	592	0	87
87 g										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
16 g										
Smucker's Natural Red Raspberry Fruit Spread	29	0		8.11		7.37	0	0		
14 g										
Lay's Wavy Original Potato Chips	126	7.86	1.18	11.79	0.79	0.79	1.57	110.04	0	267.24
22 g										
Total	480	18.78	3.451	67.06	3.89	13.39	12.23	775.04	0	458.24
Dinner										
Olive Garden Breadsticks	140	2.5	0.5	25	0	0	4	460	0	
1 breadstick										
Olive Garden Chicken Margherita	590	32	11	9	3	4	69	1100	230	
1 serving										
Olive Garden Garden-fresh Salad with Dressing	140	9	1.5	12	2	3	3	740	5	
1 serving										
Total	870	43.5	13	46	5	7	76	2300	235	

Wednesday, August 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants 1 bar, 40 g	170	9	3	24	4	14	3	20	0	150
Halo Top Creamery Birthday Cake Ice Cream 1/2 cup, 74 g	70	2	1	15	5	5	6	115	41	
Total	240	11	4	39	9	19	9	135	41	150
Total	1899	79.14	21.661	204.06	19.89	46.39	106.23	3677.16	276	608.24

Thursday, August 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pesto Sauce 12 g	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
American Heritage Cheddar Shredded Cheese 20 g	79	6.43	4.28	0.71	0	0	5	128.52	21.42	
Egg Beaters Egg Beaters - Original 56 g	30	0	0	0.92	0	0	5.51	110.16	0	85.37
Total	223	13.93	5.836	18.24	11.2	0.1	16.68	652.68	26.42	109.37
Lunch										
White Bread 65 g	173	2.14	0.466	32.9	1.6	2.8	4.97	443	0	65
Peanut Butter 11 g	65	5.54	1.132	2.15	0.7	1.01	2.76	50	0	71
Smucker's Natural Red Raspberry Fruit Spread 14 g	29	0		8.11		7.37	0	0		
Lay's Wavy Original Potato Chips 22 g	126	7.86	1.18	11.79	0.79	0.79	1.57	110.04	0	267.24
Total	393	15.54	2.778	54.95	3.09	11.97	9.3	603.04	0	403.24

Dinner**Snacks/Other**

Thursday, August 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dove Dark Chocolate Miniatures	80	4.8	2.8	8.8	1.2	6.8	0.8	0	2	
0.4 x 5 pieces										
Pineapple	120	0.3	0.022	31.58	3.5	23.15	1.35	2	0	288
250 g										
Total	200	5.1	2.822	40.38	4.7	29.95	2.15	2	2	288
Total	816	34.57	11.436	113.57	18.99	42.02	28.13	1257.72	28.42	800.61

Friday, August 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Beaters Egg Beaters - Original	30	0	0	0.92	0	0	5.51	110.16	0	85.37
56 g										
American Heritage Cheddar Shredded Cheese	79	6.43	4.28	0.71	0	0	5	128.52	21.42	
20 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Pesto Sauce	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
12 g										
Total	223	13.93	5.836	18.24	11.2	0.1	16.68	652.68	26.42	109.37
Lunch										
Cafe Zupas Pesto Chicken Panini	510	20		51	3	1	33	1350	60	
1 sandwich										
Potato Chips	153	10.49	3.069	13.93	1.2	1.15	1.84	147	0	460
1 single serving bag										
Total	663	30.49	3.069	64.93	4.2	2.15	34.84	1497	60	460
Dinner										
Snacks/Other										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants	170	9	3	24	4	14	3	20	0	150
1 bar, 40 g										
Betty Crocker Cinnamon Streusel Premium Muffin & Quick Bread Mix	475	6.6	2.64	68.61	0	36.95	2.64	501.41	0	131.95

Friday, August 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
95 g										
Total	645	15.6	5.64	92.61	4	50.95	5.64	521.41	0	281.95
Total	1531	60.02	14.545	175.78	19.4	53.2	57.16	2671.09	86.42	851.32

Sunday, August 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Thomas' Everything Bagel	140	1.5	0.25	26	1	3.5	4.5	205	0	
1/2 x 1 bagel, 47.5 g										
Butter	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
10 g										
Boiled Egg	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
1 large										
Total	289	14.89	7.014	26.57	1	4.07	10.84	345	233	65
Lunch										
Manhattan Bagel Egg Bacon & Cheese on Bagel	560	18	9	75	2	2	25	1340	165	
1 bagel										
Dinner										
Bagel	386	2.43	0.59	75.75	3.3	7.58	15.03	672	0	112
150 g										
Butter	122	13.79	8.733	0.01	0	0.01	0.14	2	37	4
17 g										
Total	508	16.22	9.323	75.76	3.3	7.59	15.17	674	37	116
Snacks/Other										
Hershey's Krackel Miniatures	90	5	3	12	0.6	10	1.4	30	2	
2 x 1 piece, 0.6 g										
Vanilla Frozen Yogurts (Soft Serve)	462	15.88	9.696	68.61	0	68.04	11.34	247	6	598
10 oz										
Total	552	20.88	12.696	80.61	0.6	78.04	12.74	277	8	598

Sunday, August 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1909	69.99	38.033	257.94	6.9	91.7	63.75	2636	443	779