

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
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
<b>Total</b>	<b>1635</b>	<b>69.84</b>	<b>196.64</b>	<b>66.77</b>

**Monday, August 7, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>293</b>	<b>14.43</b>	<b>3.964</b>	<b>25.12</b>	<b>5</b>	<b>4.12</b>	<b>17.53</b>	<b>525.12</b>	<b>422</b>	<b>126</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>427</b>	<b>13.7</b>	<b>7.136</b>	<b>55.32</b>	<b>5.25</b>	<b>27.86</b>	<b>24.72</b>	<b>1443</b>	<b>57</b>	
<b>Dinner</b>										
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										
<b>Total</b>	<b>631</b>	<b>31.72</b>	<b>7.595</b>	<b>66.63</b>	<b>3.86</b>	<b>4.57</b>	<b>21.77</b>	<b>579</b>	<b>28</b>	<b>19</b>
<b>Snacks/Other</b>										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148

**Monday, August 7, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (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										
<b>Total</b>	<b>381</b>	<b>14.27</b>	<b>5.219</b>	<b>65.57</b>	<b>9.84</b>	<b>36.16</b>	<b>7.5</b>	<b>298.93</b>	<b>18.41</b>	<b>298</b>
<b>Total</b>	<b>1732</b>	<b>74.12</b>	<b>23.914</b>	<b>212.64</b>	<b>23.95</b>	<b>72.71</b>	<b>71.52</b>	<b>2846.05</b>	<b>525.41</b>	<b>443</b>

**Tuesday, August 8, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>215</b>	<b>13.29</b>	<b>5.416</b>	<b>18.17</b>	<b>11.2</b>	<b>0.1</b>	<b>16.18</b>	<b>639.9</b>	<b>24.29</b>	<b>109.37</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>495</b>	<b>32.21</b>	<b>6.364</b>	<b>40.05</b>	<b>12.5</b>	<b>2.62</b>	<b>19.53</b>	<b>965.84</b>	<b>426.28</b>	<b>651</b>
<b>Dinner</b>										
Tillamook Swiss Cheese Deli Sliced	80	6	4	1	0	0	7	45	20	

**Tuesday, August 8, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (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										
<b>Total</b>	<b>649</b>	<b>36.29</b>	<b>7.39</b>	<b>61.94</b>	<b>13.93</b>	<b>6.93</b>	<b>30.86</b>	<b>1095.06</b>	<b>25</b>	<b>705.86</b>
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>562</b>	<b>19.38</b>	<b>5.25</b>	<b>95.69</b>	<b>5.77</b>	<b>50.54</b>	<b>7.27</b>	<b>511.71</b>	<b>7.5</b>	<b>264.8</b>
<b>Total</b>	<b>1921</b>	<b>101.17</b>	<b>24.42</b>	<b>215.85</b>	<b>43.4</b>	<b>60.19</b>	<b>73.84</b>	<b>3212.51</b>	<b>483.07</b>	<b>1731.03</b>

**Wednesday, August 9, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>309</b>	<b>5.86</b>	<b>1.21</b>	<b>52</b>	<b>2</b>	<b>7</b>	<b>9</b>	<b>467.12</b>	<b>0</b>	
<b>Lunch</b>										
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										
<b>Total</b>	<b>480</b>	<b>18.78</b>	<b>3.451</b>	<b>67.06</b>	<b>3.89</b>	<b>13.39</b>	<b>12.23</b>	<b>775.04</b>	<b>0</b>	<b>458.24</b>
<b>Dinner</b>										
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										
<b>Total</b>	<b>870</b>	<b>43.5</b>	<b>13</b>	<b>46</b>	<b>5</b>	<b>7</b>	<b>76</b>	<b>2300</b>	<b>235</b>	

**Wednesday, August 9, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Snacks/Other</b>										
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	
<b>Total</b>	<b>240</b>	<b>11</b>	<b>4</b>	<b>39</b>	<b>9</b>	<b>19</b>	<b>9</b>	<b>135</b>	<b>41</b>	<b>150</b>
<b>Total</b>	<b>1899</b>	<b>79.14</b>	<b>21.661</b>	<b>204.06</b>	<b>19.89</b>	<b>46.39</b>	<b>106.23</b>	<b>3677.16</b>	<b>276</b>	<b>608.24</b>

**Thursday, August 10, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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										
American Heritage Cheddar Shredded Cheese	79	6.43	4.28	0.71	0	0	5	128.52	21.42	
20 g										
Egg Beaters Egg Beaters - Original	30	0	0	0.92	0	0	5.51	110.16	0	85.37
56 g										
<b>Total</b>	<b>223</b>	<b>13.93</b>	<b>5.836</b>	<b>18.24</b>	<b>11.2</b>	<b>0.1</b>	<b>16.68</b>	<b>652.68</b>	<b>26.42</b>	<b>109.37</b>
<b>Lunch</b>										
White Bread	173	2.14	0.466	32.9	1.6	2.8	4.97	443	0	65
65 g										
Peanut Butter	65	5.54	1.132	2.15	0.7	1.01	2.76	50	0	71
11 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										
<b>Total</b>	<b>393</b>	<b>15.54</b>	<b>2.778</b>	<b>54.95</b>	<b>3.09</b>	<b>11.97</b>	<b>9.3</b>	<b>603.04</b>	<b>0</b>	<b>403.24</b>

**Dinner****Snacks/Other**



**Thursday, August 10, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (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										
<b>Total</b>	<b>200</b>	<b>5.1</b>	<b>2.822</b>	<b>40.38</b>	<b>4.7</b>	<b>29.95</b>	<b>2.15</b>	<b>2</b>	<b>2</b>	<b>288</b>
<b>Total</b>	<b>816</b>	<b>34.57</b>	<b>11.436</b>	<b>113.57</b>	<b>18.99</b>	<b>42.02</b>	<b>28.13</b>	<b>1257.72</b>	<b>28.42</b>	<b>800.61</b>

## Friday, August 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>223</b>	<b>13.93</b>	<b>5.836</b>	<b>18.24</b>	<b>11.2</b>	<b>0.1</b>	<b>16.68</b>	<b>652.68</b>	<b>26.42</b>	<b>109.37</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>663</b>	<b>30.49</b>	<b>3.069</b>	<b>64.93</b>	<b>4.2</b>	<b>2.15</b>	<b>34.84</b>	<b>1497</b>	<b>60</b>	<b>460</b>
<b>Dinner</b>										
<b>Snacks/Other</b>										
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**

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

**Sunday, August 13, 2017**

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

**Sunday, August 13, 2017**

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