

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	268	13.32	26.8	16.19
Lunch	550	27.66	57.15	20.97
Dinner	635	28.3	51.74	40.03
Snacks/Other	398	16.62	59.92	5.84
<b>Total</b>	<b>1852</b>	<b>85.9</b>	<b>195.6</b>	<b>83.03</b>

## Saturday, August 5, 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	29	0	0	0.87	0	0	5.21	104.28	0	80.82
53 g										
American Heritage Cheddar Shredded Cheese	55	4.5	3	0.5	0	0	3.5	90	15	
1/2 x 1/4 cup, 14 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Pesto Sauce	53	5	1.297	0.51	0.2	0.08	1.81	70	4	20
10 g										
<b>Total</b>	<b>187</b>	<b>11</b>	<b>4.297</b>	<b>17.88</b>	<b>11.2</b>	<b>0.08</b>	<b>14.52</b>	<b>594.28</b>	<b>19</b>	<b>100.82</b>
<b>Lunch</b>										
California Pizza Kitchen Roasted Veggie Salad	360	26	2.5	30.5	10.5	13	7	460	0	
1/2 x 1 salad										
<b>Dinner</b>										
Morningstar Farms Chipotle Black Bean Burger	190	7	1	22	8	2	17	540	0	390
1 burger, 120 g										
Thomas' Bagel Thins - Everything	110	1	0	24	5	3	5	190	0	
1 bagel, 46 g										
Tillamook Swiss Cheese Deli Sliced	80	6	4	1	0	0	7	45	20	
1 slice, 21 g										
Hellmann's Mayonnaise with Extra Virgin Olive Oil	60	6	1	0.5	0	0	0	120	5	
1 tbsp, 14 g										

## Saturday, August 5, 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)
Fried Pork 70 g	198	13.21	4.828	0	0	0	18.51	270	57	289
Beef or Meat Gravy (Home Recipe) 1 oz	30	2.78	1.079	0.7	0	0	0.47	141	3	16
<b>Total</b>	<b>668</b>	<b>35.99</b>	<b>11.907</b>	<b>48.2</b>	<b>13</b>	<b>5</b>	<b>47.98</b>	<b>1306</b>	<b>85</b>	<b>695</b>
<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
Northland Cranberry Raspberry 100% Juice 1/2 x 8 fl oz, 120 ml	70	0		17	0	15	0	17.5	0	90
<b>Total</b>	<b>240</b>	<b>9</b>	<b>3</b>	<b>41</b>	<b>4</b>	<b>29</b>	<b>3</b>	<b>37.5</b>	<b>0</b>	<b>240</b>
<b>Total</b>	<b>1455</b>	<b>81.99</b>	<b>21.704</b>	<b>137.58</b>	<b>38.7</b>	<b>47.08</b>	<b>72.5</b>	<b>2397.78</b>	<b>104</b>	<b>1035.82</b>

## Sunday, August 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Pesto Sauce 12 g	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
American Heritage Cheddar Shredded Cheese 18 g	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
Egg Beaters Egg Beaters - Original 88 g	48	0	0	1.44	0	0	8.66	173.16	0	134.2
Thomas' Bagel Thins - Everything 1 bagel, 46 g	110	1	0	24	5	3	5	190	0	
Cake Batter 2 tbsps	86	2.51	0.43	14.72	0.2	8.18	1.24	128	14	20
<b>Total</b>	<b>379</b>	<b>15.3</b>	<b>5.846</b>	<b>41.41</b>	<b>5.4</b>	<b>11.28</b>	<b>21.57</b>	<b>690.9</b>	<b>38.29</b>	<b>178.2</b>
<b>Lunch</b>										
Market Pantry Deli Swiss Cheese Slices 1 slice, 19 g	70	6	4	0	0	0	5	35	20	
White Bread 38 g	101	1.25	0.272	19.23	0.9	1.64	2.9	259	0	38
<b>Total</b>	<b>171</b>	<b>7.25</b>	<b>4.272</b>	<b>19.23</b>	<b>0.9</b>	<b>1.64</b>	<b>7.9</b>	<b>294</b>	<b>20</b>	<b>38</b>
<b>Dinner</b>										
Beef Steak 8 1/2 oz boneless, cooked	607	36.17	14.162	0	0	0	65.76	899	198	735
Roasted Potato (Fat Added in Cooking) 1 1/4 cups	237	11.11	1.429	31.85	4	1.43	3.68	160	0	767

## Sunday, August 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
T. Marzetti Simply Dressed Avocado Ranch 2 tbsp, 30 g	120	13	1	1	0	1	0	190	5	
Cooked Asparagus (Fat Added in Cooking) 1/2 cup	36	2.04	0.41	3.73	1.8	1.17	2.16	214	0	202
<b>Total</b>	<b>1000</b>	<b>62.32</b>	<b>17.001</b>	<b>36.58</b>	<b>5.8</b>	<b>3.6</b>	<b>71.6</b>	<b>1463</b>	<b>203</b>	<b>1704</b>
<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
Gatorade G2 Thirst Quencher - Orange 1 serving, 12 oz	80	0	0	21	0	21	0	160	0	45
Pineapple 125 g	60	0.15	0.011	15.79	1.8	11.58	0.68	1	0	144
<b>Total</b>	<b>310</b>	<b>9.15</b>	<b>3.011</b>	<b>60.79</b>	<b>5.8</b>	<b>46.58</b>	<b>3.68</b>	<b>181</b>	<b>0</b>	<b>339</b>
<b>Total</b>	<b>1860</b>	<b>94.02</b>	<b>30.13</b>	<b>158.01</b>	<b>17.9</b>	<b>63.1</b>	<b>104.75</b>	<b>2628.9</b>	<b>261.29</b>	<b>2259.2</b>

## Monday, August 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
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
<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 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
<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>	645	15.6	5.64	92.61	4	50.95	5.64	521.41	0	281.95
<b>Total</b>	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)
<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>

## Monday, August 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Butter 7 g	50	5.68	3.596	0	0	0	0.06	1	15	2
Pesto Sauce 12 g	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
American Heritage Cheddar Shredded Cheese 18 g	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
Egg Beaters Egg Beaters - Original 64 g	35	0	0	1.05	0	0	6.29	125.88	0	97.56
Bagel 77 g	198	1.25	0.303	38.88	1.7	3.89	7.72	345	0	58
<b>Total</b>	<b>418</b>	<b>18.72</b>	<b>9.315</b>	<b>41.18</b>	<b>1.9</b>	<b>3.99</b>	<b>20.74</b>	<b>671.62</b>	<b>39.29</b>	<b>181.56</b>
<b>Lunch</b>										
Publix Savory Tarragon Chicken Breast Salad 108 g	367	30.24	4.32	2.16	1.08	1.08	17.28	540	59.4	
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
Cape Cod Original Kettle Cooked Potato Chips 1 bag, 1 oz	140	8	0.5	17	0	0	2	150	0	
<b>Total</b>	<b>557</b>	<b>39.74</b>	<b>4.82</b>	<b>35.16</b>	<b>12.08</b>	<b>1.08</b>	<b>23.28</b>	<b>1020</b>	<b>59.4</b>	
<b>Dinner</b>										
Butter 17 g	122	13.79	8.733	0.01	0	0.01	0.14	2	37	4
Bagel	386	2.43	0.59	75.75	3.3	7.58	15.03	672	0	112

## Monday, August 14, 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)
150 g										
Southern Home Swiss Cheese	160	12	8	2	0	0	12	100	40	0
2 x 1 slice, 42 g										
<b>Total</b>	<b>668</b>	<b>28.22</b>	<b>17.323</b>	<b>77.76</b>	<b>3.3</b>	<b>7.59</b>	<b>27.17</b>	<b>774</b>	<b>77</b>	<b>116</b>
<b>Snacks/Other</b>										
Kind Nuts & Spices Dark Chocolate Nuts & Sea Salt	200	15	3.5	16	7	5	6	125	0	210
1 bar, 40 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Dove Dark Chocolate Miniatures	120	7.2	4.2	13.2	1.8	10.2	1.2	0	3	
0.6 x 5 pieces										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants	170	9	3	24	4	14	3	20	0	150
1 bar, 40 g										
Chocolate Chip Cookie	68	3.46	1.073	8.97	0.4	4.81	0.77	42	0	21
1 large										
<b>Total</b>	<b>668</b>	<b>35.02</b>	<b>11.832</b>	<b>91.45</b>	<b>18.3</b>	<b>56.04</b>	<b>11.52</b>	<b>189</b>	<b>3</b>	<b>608</b>
<b>Total</b>	<b>2311</b>	<b>121.7</b>	<b>43.29</b>	<b>245.55</b>	<b>35.58</b>	<b>68.7</b>	<b>82.71</b>	<b>2654.62</b>	<b>178.69</b>	<b>905.56</b>

**Tuesday, August 15, 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	35	0	0	1.05	0	0	6.29	125.88	0	97.56
64 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>220</b>	<b>13.29</b>	<b>5.416</b>	<b>18.3</b>	<b>11.2</b>	<b>0.1</b>	<b>16.96</b>	<b>655.62</b>	<b>24.29</b>	<b>121.56</b>
<b>Lunch</b>										
Cape Cod Original Kettle Cooked Potato Chips	140	8	0.5	17	0	0	2	150	0	
1 bag, 1 oz										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Publix Savory Tarragon Chicken Breast Salad	541	44.52	6.36	3.18	1.59	1.59	25.44	795	87.45	
159 g										
<b>Total</b>	<b>731</b>	<b>54.02</b>	<b>6.86</b>	<b>36.18</b>	<b>12.59</b>	<b>1.59</b>	<b>31.44</b>	<b>1275</b>	<b>87.45</b>	
<b>Dinner</b>										
Chicken Breast	146	5.79	1.629	0	0	0	22.16	295	62	182
5 oz raw (yield after cooking, bone removed)										
Kikkoman Teriyaki Sauce	150	0		30		30	5	2250		
5 x 1 tbsp, 90 g										

**Tuesday, August 15, 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)
Trader Giotto's Organic Riced Cauliflower 1/3 package, 113 g	30	0		5	2	2	2	95	0	
<b>Total</b>	<b>326</b>	<b>5.79</b>	<b>1.629</b>	<b>35</b>	<b>2</b>	<b>32</b>	<b>29.16</b>	<b>2640</b>	<b>62</b>	<b>182</b>
<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
Dove Dark Chocolate Miniatures 1/2 x 5 pieces	100	6	3.5	11	1.5	8.5	1	0	2.5	
Chocolate Chip Cookie 29 g	142	7.17	2.223	18.58	0.8	9.96	1.6	86	0	43
Skinny Cow Low Fat Ice Cream Bars - Salted Caramel Pretzel 1 bar	160	9	7	18	2	13	2	90	0	
The Snack Factory Pretzel Crisps - Original 11 chips, 28 g	100	0	0	24	1	2	2	330	0	
Northland Cranberry Raspberry 100% Juice 8 fl oz, 240 ml	140	0		34	0	30	0	35	0	180
<b>Total</b>	<b>812</b>	<b>31.17</b>	<b>15.723</b>	<b>129.58</b>	<b>9.3</b>	<b>77.46</b>	<b>9.6</b>	<b>561</b>	<b>2.5</b>	<b>373</b>
<b>Total</b>	<b>2089</b>	<b>104.27</b>	<b>29.628</b>	<b>219.06</b>	<b>35.09</b>	<b>111.15</b>	<b>87.16</b>	<b>5131.62</b>	<b>176.24</b>	<b>676.56</b>

**Wednesday, August 16, 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 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
<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>										
Publix Pubix Quinoa Cranberry Spinach Salad 280 g	498	16.8	2.8	67.2	22.4	25.2	22.4	683.2	8.4	
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
Cape Cod Original Kettle Cooked Potato Chips 1 bag, 1 oz	140	8	0.5	17	0	0	2	150	0	
<b>Total</b>	<b>688</b>	<b>26.3</b>	<b>3.3</b>	<b>100.2</b>	<b>33.4</b>	<b>25.2</b>	<b>28.4</b>	<b>1163.2</b>	<b>8.4</b>	
<b>Dinner</b>										
Chicken Breast 9 oz boneless, cooked	498	19.7	5.541	0	0	0	75.4	1003	212	620
Kikkoman Teriyaki Sauce 3 x 1 tbsp, 54 g	90	0		18		18	3	1350		

**Wednesday, August 16, 2017**

	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Sod (mg)</b>	<b>Chol (mg)</b>	<b>Potassium (mg)</b>
<b>Total</b>	<b>588</b>	<b>19.7</b>	<b>5.541</b>	<b>18</b>	<b>0</b>	<b>18</b>	<b>78.4</b>	<b>2353</b>	<b>212</b>	<b>620</b>
<b>Snacks/Other</b>										
Fruit Salad 220 g	125	1.88	1.423	28.94	3.9	23.69	1.47	12	0	
Dove Dark Chocolate Miniatures 0.4 x 5 pieces	80	4.8	2.8	8.8	1.2	6.8	0.8	0	2	
Northland Cranberry Raspberry 100% Juice 8 fl oz, 240 ml	140	0		34	0	30	0	35	0	180
<b>Total</b>	<b>345</b>	<b>6.68</b>	<b>4.223</b>	<b>71.74</b>	<b>5.1</b>	<b>60.49</b>	<b>2.27</b>	<b>47</b>	<b>2</b>	<b>180</b>
<b>Total</b>	<b>1844</b>	<b>66.61</b>	<b>18.9</b>	<b>208.18</b>	<b>49.7</b>	<b>103.79</b>	<b>125.75</b>	<b>4215.88</b>	<b>248.82</b>	<b>909.37</b>

## Thursday, August 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Bagel 77 g	198	1.25	0.303	38.88	1.7	3.89	7.72	345	0	58
Egg Beaters Egg Beaters - Original 80 g	43	0	0	1.31	0	0	7.87	157.32	0	121.92
American Heritage Cheddar Shredded Cheese 30 g	118	9.64	6.43	1.07	0	0	7.5	192.78	32.13	
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
Pesto Sauce 20 g	107	10.01	2.594	1.01	0.3	0.16	3.62	140	8	40
<b>Total</b>	<b>516</b>	<b>22.4</b>	<b>9.327</b>	<b>58.27</b>	<b>13</b>	<b>4.05</b>	<b>30.71</b>	<b>1165.1</b>	<b>40.13</b>	<b>219.92</b>
<b>Lunch</b>										
Ham and Cheese Sandwich with Lettuce and Spread 1 sandwich	369	18.07	7.305	31.51	2.2	4.34	19.25	1525	57	313
Potato Chips 130 g	711	48.71	14.248	64.66	5.7	5.36	8.53	682	0	2135
<b>Total</b>	<b>1080</b>	<b>66.78</b>	<b>21.553</b>	<b>96.17</b>	<b>7.9</b>	<b>9.7</b>	<b>27.78</b>	<b>2207</b>	<b>57</b>	<b>2448</b>
<b>Dinner</b>										
<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



**Thursday, August 17, 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)
Great Value Chocolate Chip Cookie Dough Ice Cream 83 g	195	9.77	6.1	23.2	0	20.76	3.66	67.16	30.52	
Northland Cranberry Raspberry 100% Juice 8 fl oz, 240 ml	140	0		34	0	30	0	35	0	180
<b>Total</b>	<b>505</b>	<b>18.77</b>	<b>9.1</b>	<b>81.2</b>	<b>4</b>	<b>64.76</b>	<b>6.66</b>	<b>122.16</b>	<b>30.52</b>	<b>330</b>
<b>Total</b>	<b>2101</b>	<b>107.95</b>	<b>39.98</b>	<b>235.64</b>	<b>24.9</b>	<b>78.51</b>	<b>65.15</b>	<b>3494.26</b>	<b>127.65</b>	<b>2997.92</b>

## Friday, August 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Bagel 70 g	180	1.13	0.275	35.35	1.5	3.54	7.01	314	0	52
I Can't Believe It's Not Butter! Light Vegetable Oil Spread 1/2 x 1 tbsp, 7 g	20	2	0.5	0	0	0	0	40	0	
<b>Total</b>	<b>200</b>	<b>3.13</b>	<b>0.775</b>	<b>35.35</b>	<b>1.5</b>	<b>3.54</b>	<b>7.01</b>	<b>354</b>	<b>0</b>	<b>52</b>
<b>Lunch</b>										
Quinoa (Cooked) 3/4 cup cooked	172	2.66	0.271	31.62	2.7	0	6.01	236	0	
Veggie Grill Herb Roasted Veggies 1 bowl, 8 oz	140	7	1.5	17	6	5	3	330	0	
Papouli's Greek Grill Tzatziki Sauce 2 oz, 56 g	80	6	5	4	0	3	2	300	0	
Lemonade 4 fl oz	50	0.05	0.007	12.93	0	12.36	0.09	2	0	19
<b>Total</b>	<b>442</b>	<b>15.71</b>	<b>6.778</b>	<b>65.55</b>	<b>8.7</b>	<b>20.36</b>	<b>11.1</b>	<b>868</b>	<b>0</b>	<b>19</b>
<b>Dinner</b>										
Captain Morgan Original Spiced Rum (1 oz) 2 x 1 serving, 2 oz	120	0	0	0.6	0	0	0	16	0	
Beef Steak 4 oz boneless, cooked	286	17.02	6.665	0	0	0	30.95	423	93	346
Cheese Risotto 1 cup	356	13.12	7.975	44.25	0.6	6.97	14.02	814	40	
Italian Bread	217	2.8	0.684	40	2.2	0.66	7.04	467	0	88

**Friday, August 18, 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)
4 slices, medium										
<b>Total</b>	<b>979</b>	<b>32.94</b>	<b>15.324</b>	<b>84.85</b>	<b>2.8</b>	<b>7.63</b>	<b>52.01</b>	<b>1720</b>	<b>133</b>	<b>434</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										
Cheetos Crunchy Cheetos	150	10	1.5	13	1	1	2	250	0	
21 pieces, 28.3 g										
<b>Total</b>	<b>320</b>	<b>19</b>	<b>4.5</b>	<b>37</b>	<b>5</b>	<b>15</b>	<b>5</b>	<b>270</b>	<b>0</b>	<b>150</b>
<b>Total</b>	<b>1941</b>	<b>70.78</b>	<b>27.377</b>	<b>222.75</b>	<b>18</b>	<b>46.53</b>	<b>75.12</b>	<b>3212</b>	<b>133</b>	<b>655</b>

## Saturday, August 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Pesto Sauce 15 g	80	7.51	1.945	0.76	0.2	0.12	2.71	105	6	30
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 19 g	75	6.11	4.07	0.68	0	0	4.75	122.22	20.37	
Egg Beaters Egg Beaters - Original 64 g	35	0	0	1.05	0	0	6.29	125.88	0	97.56
<b>Total</b>	<b>240</b>	<b>15.12</b>	<b>6.015</b>	<b>18.49</b>	<b>11.2</b>	<b>0.12</b>	<b>17.75</b>	<b>683.1</b>	<b>26.37</b>	<b>127.56</b>
<b>Lunch</b>										
Publix Italian Sub 1/4 x 6" sub	88	5.08		11	1.25	2	6.5	375	12.5	
Cheetos Crunchy Cheetos 18 g	95	6.36	0.95	8.27	0.64	0.64	1.27	159	0	
Chocolate Chip Cookie 35 g	171	8.66	2.683	22.42	1	12.02	1.92	104	0	52
<b>Total</b>	<b>354</b>	<b>20.1</b>	<b>3.633</b>	<b>41.69</b>	<b>2.89</b>	<b>14.66</b>	<b>9.69</b>	<b>638</b>	<b>12.5</b>	<b>52</b>
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>594</b>	<b>35.22</b>	<b>9.648</b>	<b>60.18</b>	<b>14.09</b>	<b>14.78</b>	<b>27.44</b>	<b>1321.1</b>	<b>38.87</b>	<b>179.56</b>

**Sunday, August 20, 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 100 g	54	0	0	1.64	0	0	9.83	196.68	0	152.43
American Heritage Cheddar Shredded Cheese 24 g	94	7.71	5.14	0.86	0	0	6	154.26	25.71	
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 2 x 1 tortilla, 90 g	100	3	0	32	22	0	8	660	0	
Bacon (Cured, Pan-Fried, Cooked) 4 slices cooked	168	12.73	4.2	0.47	0	0	12.12	767	36	187
<b>Total</b>	<b>416</b>	<b>23.44</b>	<b>9.34</b>	<b>34.97</b>	<b>22</b>	<b>0</b>	<b>35.95</b>	<b>1777.94</b>	<b>61.71</b>	<b>339.43</b>

**Lunch****Dinner**

Pulled Pork 1 1/4 cups cooked, diced	501	28.24	9.529	11.34	2.7	2.71	48.66	1276	136	
Dinner Rolls 2 rolls (pan, dinner, or small roll) (2" square, 2" high)	168	4.09	0.982	28.22	1.7	1.47	4.7	292	1	74
Sonny's Bar-B-Q Baked Beans 1 1/4 x 1 serving	185	2.32		31.65			10.08			
Kroger Roasted Redskin Potatoes 120 g	155	4.94	0	26.83	2.82	1.41	2.82	437.72	0	607.16
<b>Total</b>	<b>1009</b>	<b>39.59</b>	<b>10.511</b>	<b>98.04</b>	<b>7.22</b>	<b>5.59</b>	<b>66.26</b>	<b>2005.72</b>	<b>137</b>	<b>681.16</b>

**Snacks/Other**

**Sunday, August 20, 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)
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants 1 bar, 40 g	170	9	3	24	4	14	3	20	0	150
Animal Cracker 8 crackers	89	2.76	0.693	14.82	0.2	2.79	1.38	79	0	20
Skinny Cow Low Fat Ice Cream Bars - Salted Caramel Pretzel 1.4 x 1 bar	224	12.6	9.8	25.2	2.8	18.2	2.8	126	0	
<b>Total</b>	<b>483</b>	<b>24.36</b>	<b>13.493</b>	<b>64.02</b>	<b>7</b>	<b>34.99</b>	<b>7.18</b>	<b>225</b>	<b>0</b>	<b>170</b>
<b>Total</b>	<b>1908</b>	<b>87.39</b>	<b>33.344</b>	<b>197.03</b>	<b>36.22</b>	<b>40.58</b>	<b>109.39</b>	<b>4008.66</b>	<b>198.71</b>	<b>1190.59</b>

## Monday, August 21, 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	32	0	0	0.98	0	0	5.9	118.08	0	91.51
60 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	82	6.75	4.5	0.75	0	0	5.25	135	22.5	
3/4 x 1/4 cup, 21 g										
Pesto Sauce	80	7.51	1.945	0.76	0.2	0.12	2.71	105	6	30
15 g										
<b>Total</b>	<b>244</b>	<b>15.76</b>	<b>6.445</b>	<b>18.49</b>	<b>11.2</b>	<b>0.12</b>	<b>17.86</b>	<b>688.08</b>	<b>28.5</b>	<b>121.51</b>
<b>Lunch</b>										
Pulled Pork	177	10.01	3.377	4.02	1	0.96	17.24	452	48	
3 3/4 oz										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Cape Cod Original Kettle Cooked Potato Chips	140	8	0.5	17	0	0	2	150	0	
1 bag, 1 oz										
<b>Total</b>	<b>367</b>	<b>19.51</b>	<b>3.877</b>	<b>37.02</b>	<b>12</b>	<b>0.96</b>	<b>23.24</b>	<b>932</b>	<b>48</b>	
<b>Dinner</b>										
Perdue Short Cuts Carved Grilled Chicken Breast	137	3.04	0.76	1.52	0	0	24.34	577.98	91.26	
108 g										
Buitoni Pesto with Basil	438	40.69	7.82	9.39	1.56	4.7	9.39	547.75	23.48	
97 g										

**Monday, August 21, 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)
Buitoni Linguine 104 g	294	2.45	0.61	56.3	2.45	1.22	12.24	171.36	55.08	
Parmesan Cheese (Grated) 42 g	181	12.02	7.266	1.71	0	0.38	16.15	642	37	52
<b>Total</b>	<b>1050</b>	<b>58.2</b>	<b>16.456</b>	<b>68.92</b>	<b>4.01</b>	<b>6.3</b>	<b>62.12</b>	<b>1939.09</b>	<b>206.82</b>	<b>52</b>
<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
Michoacana Strawberry Popsicle 1 bar, 88 g	140	6	3.5	20	0.5	18	2	25	20	
Dove Dark Chocolate Miniatures 0.4 x 5 pieces	80	4.8	2.8	8.8	1.2	6.8	0.8	0	2	
Kirkland Signature Cranberry Raspberry Juice 3/4 x 8 fl oz, 180 ml	90	0		21.75	0	21.75	0	26.25	0	
<b>Total</b>	<b>480</b>	<b>19.8</b>	<b>9.3</b>	<b>74.55</b>	<b>5.7</b>	<b>60.55</b>	<b>5.8</b>	<b>71.25</b>	<b>22</b>	<b>150</b>
<b>Total</b>	<b>2141</b>	<b>113.27</b>	<b>36.078</b>	<b>198.98</b>	<b>32.91</b>	<b>67.93</b>	<b>109.02</b>	<b>3630.42</b>	<b>305.32</b>	<b>323.51</b>



## Tuesday, August 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Butter	50	5.68	3.596	0	0	0	0.06	1	15	2
7 g										
Bagel	213	1.34	0.326	41.92	1.8	4.19	8.32	372	0	62
83 g										
<b>Total</b>	<b>263</b>	<b>7.02</b>	<b>3.922</b>	<b>41.92</b>	<b>1.8</b>	<b>4.19</b>	<b>8.38</b>	<b>373</b>	<b>15</b>	<b>64</b>
<b>Lunch</b>										
Publix Savory Tarragon Chicken Breast Salad	425	35	5	2.5	1.25	1.25	20	625	68.75	
1 1/4 x 1/2 cup, 125 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Lay's Wavy Original Potato Chips	171	10.71	1.61	16.06	1.07	1.07	2.14	149.94	0	364.14
30 g										
<b>Total</b>	<b>646</b>	<b>47.21</b>	<b>6.61</b>	<b>34.56</b>	<b>13.32</b>	<b>2.32</b>	<b>26.14</b>	<b>1104.94</b>	<b>68.75</b>	<b>364.14</b>
<b>Dinner</b>										
Pulled Pork	142	8.01	2.701	3.21	0.8	0.77	13.79	362	39	
3 oz										
Lay's Wavy Original Potato Chips	160	10	1.5	15	1	1	2	140	0	340
11 chips, 28 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Sweet Baby Ray's Original Barbecue Sauce	21	0		5.35	0	4.75	0	86.13	0	
11 g										

**Tuesday, August 22, 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)
Italian Sausage 1 link (5" long)	234	18.57	6.484	2.9	0.1	0.58	13	821	39	207
<b>Total</b>	<b>607</b>	<b>38.08</b>	<b>10.685</b>	<b>42.46</b>	<b>12.9</b>	<b>7.1</b>	<b>32.79</b>	<b>1739.13</b>	<b>78</b>	<b>547</b>
<b>Snacks/Other</b>										
Kind Plus Blueberry Pecan + Fiber 1 bar, 40 g	190	12	1	20	5	9	4	20	0	
Kirkland Signature Cranberry Raspberry Juice 3/4 x 8 fl oz, 180 ml	90	0		21.75	0	21.75	0	26.25	0	
Skinny Cow Low Fat Ice Cream Bars - Salted Caramel Pretzel 1.4 x 1 bar	224	12.6	9.8	25.2	2.8	18.2	2.8	126	0	
<b>Total</b>	<b>504</b>	<b>24.6</b>	<b>10.8</b>	<b>66.95</b>	<b>7.8</b>	<b>48.95</b>	<b>6.8</b>	<b>172.25</b>	<b>0</b>	
<b>Total</b>	<b>2020</b>	<b>116.91</b>	<b>32.017</b>	<b>185.89</b>	<b>35.82</b>	<b>62.56</b>	<b>74.11</b>	<b>3389.32</b>	<b>161.75</b>	<b>975.14</b>

## Wednesday, August 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Pesto Sauce	80	7.51	1.945	0.76	0.2	0.12	2.71	105	6	30
15 g										
American Heritage Cheddar Shredded Cheese	94	7.71	5.14	0.86	0	0	6	154.26	25.71	
24 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Egg Beaters Egg Beaters - Original	43	0	0	1.31	0	0	7.87	157.32	0	121.92
80 g										
<b>Total</b>	<b>267</b>	<b>16.72</b>	<b>7.085</b>	<b>18.93</b>	<b>11.2</b>	<b>0.12</b>	<b>20.58</b>	<b>746.58</b>	<b>31.71</b>	<b>151.92</b>
<b>Lunch</b>										
Lay's Wavy Original Potato Chips	160	10	1.5	15	1	1	2	140	0	340
11 chips, 28 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Publix Savory Tarragon Chicken Breast Salad	357	29.4	4.2	2.1	1.05	1.05	16.8	525	57.75	
105 g										
<b>Total</b>	<b>567</b>	<b>40.9</b>	<b>5.7</b>	<b>33.1</b>	<b>13.05</b>	<b>2.05</b>	<b>22.8</b>	<b>995</b>	<b>57.75</b>	<b>340</b>
<b>Dinner</b>										
T. Marzetti Avocado Ranch Dressing	119	11.94	2.39	1.19	0	1.19	1.19	262.68	11.94	0
37 g										
Baked or Broiled Cod	380	11.2	1.968	1.28	0	0.28	65.21	1266	134	1484

**Wednesday, August 23, 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)
11 oz boneless										
Parmesan Cheese (Grated)	52	3.43	2.076	0.49	0	0.11	4.62	183	11	15
12 g										
Pizza with Meat	421	19.32	7.687	44.03	2.2	2.81	16.93	970	34	288
140 g										
<b>Total</b>	<b>972</b>	<b>45.89</b>	<b>14.121</b>	<b>46.99</b>	<b>2.2</b>	<b>4.39</b>	<b>87.95</b>	<b>2681.68</b>	<b>190.94</b>	<b>1787</b>
<b>Snacks/Other</b>										
Dove Dark Chocolate Miniatures	80	4.8	2.8	8.8	1.2	6.8	0.8	0	2	
0.4 x 5 pieces										
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants	170	9	3	24	4	14	3	20	0	150
1 bar, 40 g										
Great Value Chocolate Chip Cookie Dough Ice Cream	282	14.12	8.82	33.54	0	30	5.3	97.08	44.12	
120 g										
Chocolate Chip Cookie	293	14.84	4.599	38.44	1.7	20.6	3.3	178	0	89
60 g										
<b>Total</b>	<b>825</b>	<b>42.76</b>	<b>19.219</b>	<b>104.78</b>	<b>6.9</b>	<b>71.4</b>	<b>12.4</b>	<b>295.08</b>	<b>46.12</b>	<b>239</b>
<b>Total</b>	<b>2631</b>	<b>146.27</b>	<b>46.125</b>	<b>203.8</b>	<b>33.35</b>	<b>77.96</b>	<b>143.73</b>	<b>4718.34</b>	<b>326.52</b>	<b>2517.92</b>

## Thursday, August 24, 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	29	0	0	0.87	0	0	5.21	104.28	0	80.82
53 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	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
18 g										
<b>Total</b>	<b>150</b>	<b>7.29</b>	<b>3.86</b>	<b>17.51</b>	<b>11</b>	<b>0</b>	<b>13.71</b>	<b>550.02</b>	<b>19.29</b>	<b>80.82</b>
<b>Lunch</b>										
Subway 6" Italian BMT	450	20	8	44	2	8	23	1400	55	
1 sandwich, 243 g										
Lay's Wavy Original Potato Chips	120	7.5	1.12	11.25	0.75	0.75	1.5	105	0	255
3/4 x 11 chips, 21 g										
<b>Total</b>	<b>570</b>	<b>27.5</b>	<b>9.12</b>	<b>55.25</b>	<b>2.75</b>	<b>8.75</b>	<b>24.5</b>	<b>1505</b>	<b>55</b>	<b>255</b>
<b>Dinner</b>										
Spaghetti with Tomato Sauce and Meatballs	664	23.44	6.831	80.81	4.8	17.58	31.33	1688	100	1037
1 3/4 cups										
Parmesan Cheese (Grated)	52	3.43	2.076	0.49	0	0.11	4.62	183	11	15
12 g										
Cole's The Original Garlic Bread	170	8	2.5	21	1	1	4	280	0	
1/9 loaf, 50 g										
<b>Total</b>	<b>886</b>	<b>34.87</b>	<b>11.407</b>	<b>102.3</b>	<b>5.8</b>	<b>18.69</b>	<b>39.95</b>	<b>2151</b>	<b>111</b>	<b>1052</b>

## Thursday, August 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Great Value Chocolate Chip Cookie Dough Ice Cream 56 g	132	6.59	4.12	15.66	0	14.01	2.47	45.32	20.6	
<b>Total</b>	<b>302</b>	<b>15.59</b>	<b>7.12</b>	<b>39.66</b>	<b>4</b>	<b>28.01</b>	<b>5.47</b>	<b>65.32</b>	<b>20.6</b>	<b>150</b>
<b>Total</b>	<b>1908</b>	<b>85.25</b>	<b>31.507</b>	<b>214.72</b>	<b>23.55</b>	<b>55.45</b>	<b>83.63</b>	<b>4271.34</b>	<b>205.89</b>	<b>1537.82</b>

## Friday, August 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
American Heritage Cheddar Shredded Cheese	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
18 g										
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps	50	1.5	0	16	11	0	4	330	0	
1 tortilla, 45 g										
Egg Beaters Egg Beaters - Original	32	0	0	0.98	0	0	5.9	118.08	0	91.51
60 g										
Pesto Sauce	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
12 g										
<b>Total</b>	<b>217</b>	<b>13.29</b>	<b>5.416</b>	<b>18.23</b>	<b>11.2</b>	<b>0.1</b>	<b>16.57</b>	<b>647.82</b>	<b>24.29</b>	<b>115.51</b>
<b>Lunch</b>										
Spaghetti with Tomato Sauce and Meatballs	632	22.3	6.5	76.9	4.5	16.73	29.82	1607	95	987
413 g										
<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										
Dove Dark Chocolate Miniatures	80	4.8	2.8	8.8	1.2	6.8	0.8	0	2	
0.4 x 5 pieces										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
<b>Total</b>	<b>360</b>	<b>14.16</b>	<b>5.859</b>	<b>62.08</b>	<b>10.3</b>	<b>42.83</b>	<b>4.35</b>	<b>22</b>	<b>2</b>	<b>377</b>

**Friday, August 25, 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>1209</b>	<b>49.75</b>	<b>17.775</b>	<b>157.21</b>	<b>26</b>	<b>59.66</b>	<b>50.74</b>	<b>2276.82</b>	<b>121.29</b>	<b>1479.51</b>



## Saturday, August 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Betty Crocker Cinnamon Streusel Premium Muffin & Quick Bread Mix	450	6.25	2.5	65	0	35	2.5	475	0	125
2 1/2 x 1 serving, 90 g										
Butter	50	5.68	3.596	0	0	0	0.06	1	15	2
7 g										
<b>Total</b>	<b>500</b>	<b>11.93</b>	<b>6.096</b>	<b>65</b>	<b>0</b>	<b>35</b>	<b>2.56</b>	<b>476</b>	<b>15</b>	<b>127</b>
<b>Lunch</b>										
White Bread	80	0.99	0.215	15.18	0.7	1.29	2.29	204	0	30
30 g										
Gatorade Thirst Quencher Fruit Punch (Bottle)	65	0		17	0	17	0	135	0	37.5
1/2 x 1 bottle, 10 oz										
Lay's Barbecue Potato Chips	53	3.18	0.53	5.65	0.35	0.71	0.71	52.95	0	116.49
10 g										
Southern Tsunami Sushi Bar Crunchy Shrimp Roll	424	19.13	7.4	39.49	3.08	6.17	6.17	474.47	65.4	
182 g										
<b>Total</b>	<b>622</b>	<b>23.3</b>	<b>8.145</b>	<b>77.32</b>	<b>4.13</b>	<b>25.17</b>	<b>9.17</b>	<b>866.42</b>	<b>65.4</b>	<b>183.99</b>
<b>Dinner</b>										
Steak	640	37.87	14.812	0	0	0	69.91	949	207	771
9 oz boneless, cooked										
Michelob Ultra Light Beer	285	0	0	7.8	0	0	1.8	0	0	
3 x 1 bottle, 36 oz										
Roasted Potato (Fat Added in Cooking)	149	7	0.9	20.06	2.5	0.9	2.32	101	0	483
100 g										
<b>Total</b>	<b>1074</b>	<b>44.87</b>	<b>15.712</b>	<b>27.86</b>	<b>2.5</b>	<b>0.9</b>	<b>74.03</b>	<b>1050</b>	<b>207</b>	<b>1254</b>

**Saturday, August 26, 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	170	9	3	24	4	14	3	20	0	150
1 bar, 40 g										
<b>Total</b>	<b>2366</b>	<b>89.1</b>	<b>32.953</b>	<b>194.18</b>	<b>10.63</b>	<b>75.07</b>	<b>88.76</b>	<b>2412.42</b>	<b>287.4</b>	<b>1714.99</b>

**Sunday, August 27, 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 12 g	64	6	1.556	0.61	0.2	0.1	2.17	84	5	24
Egg Beaters Egg Beaters - Original 66 g	36	0	0	1.08	0	0	6.49	129.84	0	100.63
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	
<b>Total</b>	<b>229</b>	<b>13.93</b>	<b>5.836</b>	<b>18.4</b>	<b>11.2</b>	<b>0.1</b>	<b>17.66</b>	<b>672.36</b>	<b>26.42</b>	<b>124.63</b>
<b>Lunch</b>										
White Bread 83 g	221	2.73	0.595	42.01	2	3.58	6.34	565	0	83
Peanut Butter 19 g	112	9.57	1.955	3.72	1.1	1.75	4.77	87	0	123
Smucker's Natural Red Raspberry Fruit Spread 25 g	53	0		14.48		13.16	0	0		
Lay's Wavy Original Potato Chips 31 g	177	11.07	1.66	16.6	1.11	1.11	2.21	154.98	0	376.38
<b>Total</b>	<b>563</b>	<b>23.37</b>	<b>4.21</b>	<b>76.81</b>	<b>4.21</b>	<b>19.6</b>	<b>13.32</b>	<b>806.98</b>	<b>0</b>	<b>582.38</b>
<b>Dinner</b>										
Chicken or Turkey and Rice (Mixture) 2 cups	627	16.78	4.759	68.09	0.8	0.12	45.47	1419	125	341

**Sunday, August 27, 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)
Chicken Dark Meat (Roasting) 4 oz	128	4.09	1.055	0	0	0	21.25	108	82	257
<b>Total</b>	<b>755</b>	<b>20.87</b>	<b>5.814</b>	<b>68.09</b>	<b>0.8</b>	<b>0.12</b>	<b>66.72</b>	<b>1527</b>	<b>207</b>	<b>598</b>
<b>Snacks/Other</b>										
Nabisco Nutter Butter Bites 28 g	140	5.6	1.4	19.59	0.93	8.4	1.87	111.96	0	41.98
Kind Plus Dark Chocolate Cherry Cashew + Antioxidants 1 bar, 40 g	170	9	3	24	4	14	3	20	0	150
Gatorade Thirst Quencher Fruit Punch (Bottle) 6 oz	39	0		10.2	0	10.2	0	81	0	22.5
Great Value Chocolate Chip Cookie Dough Ice Cream 64 g	151	7.53	4.7	17.88	0	16	2.82	51.76	23.52	
<b>Total</b>	<b>500</b>	<b>22.13</b>	<b>9.1</b>	<b>71.67</b>	<b>4.93</b>	<b>48.6</b>	<b>7.69</b>	<b>264.72</b>	<b>23.52</b>	<b>214.48</b>
<b>Total</b>	<b>2047</b>	<b>80.3</b>	<b>24.96</b>	<b>234.97</b>	<b>21.14</b>	<b>68.42</b>	<b>105.39</b>	<b>3271.06</b>	<b>256.94</b>	<b>1519.49</b>

**Monday, August 28, 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 15 g	80	7.51	1.945	0.76	0.2	0.12	2.71	105	6	30
Egg Beaters Egg Beaters - Original 66 g	36	0	0	1.08	0	0	6.49	129.84	0	100.63
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 18 g	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
<b>Total</b>	<b>237</b>	<b>14.8</b>	<b>5.805</b>	<b>18.48</b>	<b>11.2</b>	<b>0.12</b>	<b>17.7</b>	<b>680.58</b>	<b>25.29</b>	<b>130.63</b>
<b>Lunch</b>										
Oriental Chicken or Turkey Garden Salad (Chicken and/or Turkey, Lettuce, Fruit, Nuts) 2 cups	203	9.52	1.399	10.19	2.2	6.17	19.49	130	49	331
Newman's Own Balsamic Vinaigrette Dressing 2 x 2 tbsp, 60 g	180	18	2	6	0	2	0	700	0	
Garlic Roll 2 medium	209	5.09	1.222	35.22	2.1	1.83	5.87	363	1	94
Lay's Wavy Original Potato Chips 17 g	97	6.07	0.91	9.1	0.61	0.61	1.21	84.98	0	206.38
<b>Total</b>	<b>689</b>	<b>38.68</b>	<b>5.531</b>	<b>60.51</b>	<b>4.91</b>	<b>10.61</b>	<b>26.57</b>	<b>1277.98</b>	<b>50</b>	<b>631.38</b>
<b>Dinner</b>										
Chicken or Turkey and Rice (Mixture)	600	16.05	4.553	65.14	0.8	0.11	43.5	1358	120	326

**Monday, August 28, 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)
375 g										
<b>Steak</b>	213	12.62	4.937	0	0	0	23.3	316	69	257
3 oz boneless, cooked										
<b>Total</b>	<b>813</b>	<b>28.67</b>	<b>9.49</b>	<b>65.14</b>	<b>0.8</b>	<b>0.11</b>	<b>66.8</b>	<b>1674</b>	<b>189</b>	<b>583</b>
<b>Snacks/Other</b>										
Oreo Mini Chocolate Sandwich Cookies	140	6	2	21	0.9	12	1	140	0	50
9 cookies, 29 g										
Dove Dark Chocolate Miniatures	80	4.8	2.8	8.8	1.2	6.8	0.8	0	2	
0.4 x 5 pieces										
<b>Total</b>	<b>220</b>	<b>10.8</b>	<b>4.8</b>	<b>29.8</b>	<b>2.1</b>	<b>18.8</b>	<b>1.8</b>	<b>140</b>	<b>2</b>	<b>50</b>
<b>Total</b>	<b>1959</b>	<b>92.95</b>	<b>25.626</b>	<b>173.93</b>	<b>19.01</b>	<b>29.64</b>	<b>112.87</b>	<b>3772.56</b>	<b>266.29</b>	<b>1395.01</b>

**Tuesday, August 29, 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 66 g	36	0	0	1.08	0	0	6.49	129.84	0	100.63
American Heritage Cheddar Shredded Cheese 20 g	79	6.43	4.28	0.71	0	0	5	128.52	21.42	
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
Pesto Sauce 17 g	91	8.51	2.205	0.86	0.3	0.14	3.08	119	7	34
<b>Total</b>	<b>256</b>	<b>16.44</b>	<b>6.485</b>	<b>18.65</b>	<b>11.3</b>	<b>0.14</b>	<b>18.57</b>	<b>707.36</b>	<b>28.42</b>	<b>134.63</b>
<b>Lunch</b>										
McAlister's Deli Deli Ham on Wheat Sandwich 1 sandwich, 10 oz	350	9	1	43	5	7	24	1854	43	
Dirty Potato Chips Sea Salted Potato Chips 1 bag, 57 g	300	16	3	34	2	0	4	170	0	
Chocolate Chip Cookie 1 very large (3-1/2" - 4" dia)	196	9.89	3.066	25.62	1.2	13.74	2.2	119	0	59
<b>Total</b>	<b>846</b>	<b>34.89</b>	<b>7.066</b>	<b>102.62</b>	<b>8.2</b>	<b>20.74</b>	<b>30.2</b>	<b>2143</b>	<b>43</b>	<b>59</b>
<b>Dinner</b>										
14" Pepperoni Pizza 385 g	1063	43.24	18.75	121.12	5.8	14.67	47.47	2433	104	662
<b>Snacks/Other</b>										
Nabisco Nutter Butter Bites	140	5.6	1.4	19.59	0.93	8.4	1.87	111.96	0	41.98

**Tuesday, August 29, 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)
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28 g

<b>Total</b>	<b>2305</b>	<b>100.17</b>	<b>33.701</b>	<b>261.98</b>	<b>26.23</b>	<b>43.95</b>	<b>98.11</b>	<b>5395.32</b>	<b>175.42</b>	<b>897.61</b>
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## Wednesday, August 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
<b>Lunch</b>										
7-Eleven Smoked Turkey & Monterey Jack Cheese Sandwich	460	19	6	47	3	7	23	1320	60	
1 sandwich, 221 g										
Lay's Wavy Original Potato Chips	343	21.43	3.21	32.14	2.14	2.14	4.29	300.02	0	728.62
60 g										
<b>Total</b>	<b>803</b>	<b>40.43</b>	<b>9.21</b>	<b>79.14</b>	<b>5.14</b>	<b>9.14</b>	<b>27.29</b>	<b>1620.02</b>	<b>60</b>	<b>728.62</b>
<b>Dinner</b>										
Smucker's Natural Red Raspberry Fruit Spread	59	0		16.21		14.74	0	0		
28 g										
Peanut Butter	100	8.57	1.75	3.33	1	1.57	4.27	78	0	110
17 g										
White Bread	239	2.96	0.645	45.55	2.2	3.88	6.88	613	0	90
90 g										
Lay's Wavy Original Potato Chips	160	10	1.5	15	1	1	2	140	0	340
11 chips, 28 g										
Milk (2% Lowfat Without Added Vitamin A and Nonfat Solids)	95	3.37	2.096	9.34	0		6.72	100	14	310
6 oz										
<b>Total</b>	<b>653</b>	<b>24.9</b>	<b>5.991</b>	<b>89.43</b>	<b>4.2</b>	<b>21.19</b>	<b>19.87</b>	<b>931</b>	<b>14</b>	<b>850</b>
<b>Snacks/Other</b>										
Great Value Chocolate Chip Cookie Dough Ice Cream	447	22.35	13.97	53.09	0	47.5	8.38	153.67	69.85	

**Wednesday, August 30, 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)
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190 g

<b>Total</b>	<b>1903</b>	<b>87.68</b>	<b>29.171</b>	<b>221.66</b>	<b>9.34</b>	<b>77.83</b>	<b>55.54</b>	<b>2704.69</b>	<b>143.85</b>	<b>1578.62</b>
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## Thursday, August 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Pesto Sauce 17 g	91	8.51	2.205	0.86	0.3	0.14	3.08	119	7	34
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 66 g	36	0	0	1.08	0	0	6.49	129.84	0	100.63
<b>Total</b>	<b>256</b>	<b>16.44</b>	<b>6.485</b>	<b>18.65</b>	<b>11.3</b>	<b>0.14</b>	<b>18.57</b>	<b>707.36</b>	<b>28.42</b>	<b>134.63</b>
<b>Lunch</b>										
Quinoa (Cooked) 1 cup cooked	229	3.55	0.361	42.17	3.6	0	8.01	314	0	
Buckhorn Grill Fire Roasted Veggies 1 side, 8 oz	85	1	0	21	5	7	2	18	0	
Perdue Grilled Chicken Breast Strips 1 1/2 x 3 oz , 126 g	165	3	1.5	1.5	0	0	27	510	67.5	
Papouli's Greek Grill Tzatziki Sauce 1 1/2 x 2 oz, 84 g	120	9	7.5	6	0	4.5	3	450	0	
<b>Total</b>	<b>599</b>	<b>16.55</b>	<b>9.361</b>	<b>70.67</b>	<b>8.6</b>	<b>11.5</b>	<b>40.01</b>	<b>1292</b>	<b>67.5</b>	
<b>Dinner</b>										
White Bread 102 g	271	3.36	0.731	51.62	2.4	4.4	7.79	695	0	102

## Thursday, August 31, 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)
Market Pantry Deli Swiss Cheese Slices 3 x 1 slice, 57 g	210	18	12	0	0	0	15	105	60	
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
Pesto Sauce 13 g	69	6.51	1.686	0.66	0.2	0.11	2.35	91	5	26
Butter 10 g	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
<b>Total</b>	<b>748</b>	<b>43.84</b>	<b>20.734</b>	<b>64.08</b>	<b>3.39</b>	<b>5.31</b>	<b>26.79</b>	<b>1002.04</b>	<b>87</b>	<b>397.24</b>
<b>Snacks/Other</b>										
Oreo Mini Chocolate Sandwich Cookies 9 cookies, 29 g	140	6	2	21	0.9	12	1	140	0	50
<b>Total</b>	<b>1743</b>	<b>82.83</b>	<b>38.58</b>	<b>174.4</b>	<b>24.19</b>	<b>28.95</b>	<b>86.37</b>	<b>3141.4</b>	<b>182.92</b>	<b>581.87</b>