

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	1852	85.9	195.6	83.03

Saturday, August 5, 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	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										
Total	187	11	4.297	17.88	11.2	0.08	14.52	594.28	19	100.82
Lunch										
California Pizza Kitchen Roasted Veggie Salad	360	26	2.5	30.5	10.5	13	7	460	0	
1/2 x 1 salad										
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	668	35.99	11.907	48.2	13	5	47.98	1306	85	695
Snacks/Other										
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
Total	240	9	3	41	4	29	3	37.5	0	240
Total	1455	81.99	21.704	137.58	38.7	47.08	72.5	2397.78	104	1035.82

Sunday, August 6, 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
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
Total	379	15.3	5.846	41.41	5.4	11.28	21.57	690.9	38.29	178.2
Lunch										
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
Total	171	7.25	4.272	19.23	0.9	1.64	7.9	294	20	38
Dinner										
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
Total	1000	62.32	17.001	36.58	5.8	3.6	71.6	1463	203	1704
Snacks/Other										
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
Total	310	9.15	3.011	60.79	5.8	46.58	3.68	181	0	339
Total	1860	94.02	30.13	158.01	17.9	63.1	104.75	2628.9	261.29	2259.2

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 56 g	30	0	0	0.92	0	0	5.51	110.16	0	85.37
American Heritage Cheddar Shredded Cheese 18 g	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
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	
Total	215	13.29	5.416	18.17	11.2	0.1	16.18	639.9	24.29	109.37
Lunch										
Boiled Egg 2 large	154	10.57	3.254	1.12	0	1.12	12.53	278	422	126
Hellmann's Mayonnaise with Extra Virgin Olive Oil 12 g	51	5.14	0.86	0.43	0	0	0	102.84	4.28	
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
Lay's Classic Potato Chips (28.3g) 1 1/2 x 1 package, 42.45 g	240	15	2.25	22.5	1.5	1.5	3	255	0	525
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 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
Total	289	14.89	7.014	26.57	1	4.07	10.84	345	233	65
Lunch										
Manhattan Bagel Egg Bacon & Cheese on Bagel 1 bagel	560	18	9	75	2	2	25	1340	165	
Dinner										
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
Total	508	16.22	9.323	75.76	3.3	7.59	15.17	674	37	116
Snacks/Other										
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
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

Monday, August 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Total	418	18.72	9.315	41.18	1.9	3.99	20.74	671.62	39.29	181.56
Lunch										
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	
Total	557	39.74	4.82	35.16	12.08	1.08	23.28	1020	59.4	
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
150 g										
Southern Home Swiss Cheese	160	12	8	2	0	0	12	100	40	0
2 x 1 slice, 42 g										
Total	668	28.22	17.323	77.76	3.3	7.59	27.17	774	77	116
Snacks/Other										
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										
Total	668	35.02	11.832	91.45	18.3	56.04	11.52	189	3	608
Total	2311	121.7	43.29	245.55	35.58	68.7	82.71	2654.62	178.69	905.56

Tuesday, August 15, 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 64 g	35	0	0	1.05	0	0	6.29	125.88	0	97.56
American Heritage Cheddar Shredded Cheese 18 g	71	5.79	3.86	0.64	0	0	4.5	115.74	19.29	
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	
Total	220	13.29	5.416	18.3	11.2	0.1	16.96	655.62	24.29	121.56
Lunch										
Cape Cod Original Kettle Cooked Potato Chips 1 bag, 1 oz	140	8	0.5	17	0	0	2	150	0	
Ole Extreme Wellness Spinach & Herbs Tortilla Wraps 1 tortilla, 45 g	50	1.5	0	16	11	0	4	330	0	
Publix Savory Tarragon Chicken Breast Salad 159 g	541	44.52	6.36	3.18	1.59	1.59	25.44	795	87.45	
Total	731	54.02	6.86	36.18	12.59	1.59	31.44	1275	87.45	
Dinner										
Chicken Breast 5 oz raw (yield after cooking, bone removed)	146	5.79	1.629	0	0	0	22.16	295	62	182
Kikkoman Teriyaki Sauce 5 x 1 tbsp, 90 g	150	0		30		30	5	2250		

Tuesday, August 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Trader Giotto's Organic Riced Cauliflower 1/3 package, 113 g	30	0		5	2	2	2	95	0	
Total	326	5.79	1.629	35	2	32	29.16	2640	62	182
Snacks/Other										
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
Total	812	31.17	15.723	129.58	9.3	77.46	9.6	561	2.5	373
Total	2089	104.27	29.628	219.06	35.09	111.15	87.16	5131.62	176.24	676.56

Wednesday, August 16, 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										
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	
Total	688	26.3	3.3	100.2	33.4	25.2	28.4	1163.2	8.4	
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	588	19.7	5.541	18	0	18	78.4	2353	212	620
Snacks/Other										
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
Total	345	6.68	4.223	71.74	5.1	60.49	2.27	47	2	180
Total	1844	66.61	18.9	208.18	49.7	103.79	125.75	4215.88	248.82	909.37

Thursday, August 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Total	516	22.4	9.327	58.27	13	4.05	30.71	1165.1	40.13	219.92
Lunch										
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
Total	1080	66.78	21.553	96.17	7.9	9.7	27.78	2207	57	2448
Dinner										
Snacks/Other										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Chocolate Chip Cookie Dough Ice Cream	195	9.77	6.1	23.2	0	20.76	3.66	67.16	30.52	
83 g										
Northland Cranberry Raspberry 100% Juice	140	0		34	0	30	0	35	0	180
8 fl oz, 240 ml										
Total	505	18.77	9.1	81.2	4	64.76	6.66	122.16	30.52	330
Total	2101	107.95	39.98	235.64	24.9	78.51	65.15	3494.26	127.65	2997.92

Friday, August 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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	
Total	200	3.13	0.775	35.35	1.5	3.54	7.01	354	0	52
Lunch										
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
Total	442	15.71	6.778	65.55	8.7	20.36	11.1	868	0	19
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 slices, medium										
Total	979	32.94	15.324	84.85	2.8	7.63	52.01	1720	133	434
Snacks/Other										
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										
Total	320	19	4.5	37	5	15	5	270	0	150
Total	1941	70.78	27.377	222.75	18	46.53	75.12	3212	133	655

Saturday, August 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Total	240	15.12	6.015	18.49	11.2	0.12	17.75	683.1	26.37	127.56
Lunch										
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
Total	354	20.1	3.633	41.69	2.89	14.66	9.69	638	12.5	52
Dinner										
Snacks/Other										
Total	594	35.22	9.648	60.18	14.09	14.78	27.44	1321.1	38.87	179.56

Sunday, August 20, 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 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
Total	416	23.44	9.34	34.97	22	0	35.95	1777.94	61.71	339.43
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
Total	1009	39.59	10.511	98.04	7.22	5.59	66.26	2005.72	137	681.16
Snacks/Other										

Sunday, August 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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	
Total	483	24.36	13.493	64.02	7	34.99	7.18	225	0	170
Total	1908	87.39	33.344	197.03	36.22	40.58	109.39	4008.66	198.71	1190.59

Monday, August 21, 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 60 g	32	0	0	0.98	0	0	5.9	118.08	0	91.51
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 3/4 x 1/4 cup, 21 g	82	6.75	4.5	0.75	0	0	5.25	135	22.5	
Pesto Sauce 15 g	80	7.51	1.945	0.76	0.2	0.12	2.71	105	6	30
Total	244	15.76	6.445	18.49	11.2	0.12	17.86	688.08	28.5	121.51
Lunch										
Pulled Pork 3 3/4 oz	177	10.01	3.377	4.02	1	0.96	17.24	452	48	
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	
Total	367	19.51	3.877	37.02	12	0.96	23.24	932	48	
Dinner										
Perdue Short Cuts Carved Grilled Chicken Breast 108 g	137	3.04	0.76	1.52	0	0	24.34	577.98	91.26	
Buitoni Pesto with Basil 97 g	438	40.69	7.82	9.39	1.56	4.7	9.39	547.75	23.48	

Monday, August 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	1050	58.2	16.456	68.92	4.01	6.3	62.12	1939.09	206.82	52
Snacks/Other										
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	
Total	480	19.8	9.3	74.55	5.7	60.55	5.8	71.25	22	150
Total	2141	113.27	36.078	198.98	32.91	67.93	109.02	3630.42	305.32	323.51

Tuesday, August 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	263	7.02	3.922	41.92	1.8	4.19	8.38	373	15	64
Lunch										
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										
Total	646	47.21	6.61	34.56	13.32	2.32	26.14	1104.94	68.75	364.14
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Italian Sausage 1 link (5" long)	234	18.57	6.484	2.9	0.1	0.58	13	821	39	207
Total	607	38.08	10.685	42.46	12.9	7.1	32.79	1739.13	78	547
Snacks/Other										
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	
Total	504	24.6	10.8	66.95	7.8	48.95	6.8	172.25	0	
Total	2020	116.91	32.017	185.89	35.82	62.56	74.11	3389.32	161.75	975.14

Wednesday, August 23, 2017

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

Wednesday, August 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	972	45.89	14.121	46.99	2.2	4.39	87.95	2681.68	190.94	1787
Snacks/Other										
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										
Total	825	42.76	19.219	104.78	6.9	71.4	12.4	295.08	46.12	239
Total	2631	146.27	46.125	203.8	33.35	77.96	143.73	4718.34	326.52	2517.92

Thursday, August 24, 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	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										
Total	150	7.29	3.86	17.51	11	0	13.71	550.02	19.29	80.82
Lunch										
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										
Total	570	27.5	9.12	55.25	2.75	8.75	24.5	1505	55	255
Dinner										
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										
Total	886	34.87	11.407	102.3	5.8	18.69	39.95	2151	111	1052

Thursday, August 24, 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
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	
Total	302	15.59	7.12	39.66	4	28.01	5.47	65.32	20.6	150
Total	1908	85.25	31.507	214.72	23.55	55.45	83.63	4271.34	205.89	1537.82

Friday, August 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	217	13.29	5.416	18.23	11.2	0.1	16.57	647.82	24.29	115.51
Lunch										
Spaghetti with Tomato Sauce and Meatballs	632	22.3	6.5	76.9	4.5	16.73	29.82	1607	95	987
413 g										
Dinner										
Snacks/Other										
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)										
Total	360	14.16	5.859	62.08	10.3	42.83	4.35	22	2	377

Friday, August 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1209	49.75	17.775	157.21	26	59.66	50.74	2276.82	121.29	1479.51

Saturday, August 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	500	11.93	6.096	65	0	35	2.56	476	15	127
Lunch										
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										
Total	622	23.3	8.145	77.32	4.13	25.17	9.17	866.42	65.4	183.99
Dinner										
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										
Total	1074	44.87	15.712	27.86	2.5	0.9	74.03	1050	207	1254

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

Sunday, August 27, 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
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	
Total	229	13.93	5.836	18.4	11.2	0.1	17.66	672.36	26.42	124.63
Lunch										
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
Total	563	23.37	4.21	76.81	4.21	19.6	13.32	806.98	0	582.38
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chicken Dark Meat (Roasting) 4 oz	128	4.09	1.055	0	0	0	21.25	108	82	257
Total	755	20.87	5.814	68.09	0.8	0.12	66.72	1527	207	598
Snacks/Other										
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	
Total	500	22.13	9.1	71.67	4.93	48.6	7.69	264.72	23.52	214.48
Total	2047	80.3	24.96	234.97	21.14	68.42	105.39	3271.06	256.94	1519.49

Monday, August 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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	
Total	237	14.8	5.805	18.48	11.2	0.12	17.7	680.58	25.29	130.63
Lunch										
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
Total	689	38.68	5.531	60.51	4.91	10.61	26.57	1277.98	50	631.38
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
375 g										
Steak	213	12.62	4.937	0	0	0	23.3	316	69	257
3 oz boneless, cooked										
Total	813	28.67	9.49	65.14	0.8	0.11	66.8	1674	189	583
Snacks/Other										
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										
Total	220	10.8	4.8	29.8	2.1	18.8	1.8	140	2	50
Total	1959	92.95	25.626	173.93	19.01	29.64	112.87	3772.56	266.29	1395.01

Tuesday, August 29, 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 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
Total	256	16.44	6.485	18.65	11.3	0.14	18.57	707.36	28.42	134.63
Lunch										
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
Total	846	34.89	7.066	102.62	8.2	20.74	30.2	2143	43	59
Dinner										
14" Pepperoni Pizza 385 g	1063	43.24	18.75	121.12	5.8	14.67	47.47	2433	104	662
Snacks/Other										
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

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

Total	2305	100.17	33.701	261.98	26.23	43.95	98.11	5395.32	175.42	897.61
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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)
Breakfast										
Lunch										
7-Eleven Smoked Turkey & Monterey Jack Cheese Sandwich 1 sandwich, 221 g	460	19	6	47	3	7	23	1320	60	
Lay's Wavy Original Potato Chips 60 g	343	21.43	3.21	32.14	2.14	2.14	4.29	300.02	0	728.62
Total	803	40.43	9.21	79.14	5.14	9.14	27.29	1620.02	60	728.62
Dinner										
Smucker's Natural Red Raspberry Fruit Spread 28 g	59	0		16.21		14.74	0	0		
Peanut Butter 17 g	100	8.57	1.75	3.33	1	1.57	4.27	78	0	110
White Bread 90 g	239	2.96	0.645	45.55	2.2	3.88	6.88	613	0	90
Lay's Wavy Original Potato Chips 11 chips, 28 g	160	10	1.5	15	1	1	2	140	0	340
Milk (2% Lowfat Without Added Vitamin A and Nonfat Solids) 6 oz	95	3.37	2.096	9.34	0		6.72	100	14	310
Total	653	24.9	5.991	89.43	4.2	21.19	19.87	931	14	850
Snacks/Other										
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

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

Total	1903	87.68	29.171	221.66	9.34	77.83	55.54	2704.69	143.85	1578.62
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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)
Breakfast										
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
Total	256	16.44	6.485	18.65	11.3	0.14	18.57	707.36	28.42	134.63
Lunch										
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	
Total	599	16.55	9.361	70.67	8.6	11.5	40.01	1292	67.5	
Dinner										
White Bread 102 g	271	3.36	0.731	51.62	2.4	4.4	7.79	695	0	102

Thursday, August 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	748	43.84	20.734	64.08	3.39	5.31	26.79	1002.04	87	397.24
Snacks/Other										
Oreo Mini Chocolate Sandwich Cookies 9 cookies, 29 g	140	6	2	21	0.9	12	1	140	0	50
Total	1743	82.83	38.58	174.4	24.19	28.95	86.37	3141.4	182.92	581.87