

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	319	15.72	32.11	20.83
Lunch	550	31.81	53.56	18.81
Dinner	510	18.03	44.81	36.14
Snacks/Other	448	19.29	67.86	6.03
<b>Total</b>	<b>1827</b>	<b>84.85</b>	<b>198.34</b>	<b>81.82</b>

**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)
<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 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	
<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 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	
<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 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**

	<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 Publix 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</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>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	125	1.88	1.423	28.94	3.9	23.69	1.47	12	0	
220 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										
Northland Cranberry Raspberry 100% Juice	140	0		34	0	30	0	35	0	180
8 fl oz, 240 ml										
<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	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										
<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**

	<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
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>
<b>Lunch</b>										
<b>Dinner</b>										
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>
<b>Snacks/Other</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)
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>