

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	1827	84.85	198.34	81.82

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 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	
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