

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 | 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 | | | | | | | | | | |
| 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 | 80 | 7.51 | 1.945 | 0.76 | 0.2 | 0.12 | 2.71 | 105 | 6 | 30 |
| 15 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 | 75 | 6.11 | 4.07 | 0.68 | 0 | 0 | 4.75 | 122.22 | 20.37 | |
| 19 g | | | | | | | | | | |
| Egg Beaters Egg Beaters - Original | 35 | 0 | 0 | 1.05 | 0 | 0 | 6.29 | 125.88 | 0 | 97.56 |
| 64 g | | | | | | | | | | |
| Total | 240 | 15.12 | 6.015 | 18.49 | 11.2 | 0.12 | 17.75 | 683.1 | 26.37 | 127.56 |
| Lunch | | | | | | | | | | |
| Publix Italian Sub | 88 | 5.08 | | 11 | 1.25 | 2 | 6.5 | 375 | 12.5 | |
| 1/4 x 6" sub | | | | | | | | | | |
| Cheetos Crunchy Cheetos | 95 | 6.36 | 0.95 | 8.27 | 0.64 | 0.64 | 1.27 | 159 | 0 | |
| 18 g | | | | | | | | | | |
| Chocolate Chip Cookie | 171 | 8.66 | 2.683 | 22.42 | 1 | 12.02 | 1.92 | 104 | 0 | 52 |
| 35 g | | | | | | | | | | |
| 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 |