Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	380	16	27	30
Lunch	587	33.24	33.19	38.7
Dinner	604	26.12	60.37	34.81
Snacks/Other	565	22.82	47.24	40.1
Total	2136	98.18	167.79	143.62

Monday, September 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
FortiFX Fit Crunch Peanut Butter (88g)	380	16	8	27	2	6	30	490	30	100
1 bar, 88 g										
Lunch										
Johnsonville Chicken Sausage - Cajun Style	420	27	7.5	9	0	3	36	1950	180	
3 x 1 link										
Kraft Extra Sharp Cheddar Cheese	120	10	6	0	0	0	6	180	30	0
1 oz, 28 g										
Honeycrisp Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	
1 large (3-1/4" dia)										
Total	650	37.36	13.559	38.28	5.1	25.03	42.55	2132	210	0
Dinner										
Cherry Tomatoes	27	0.3	0.069	5.84	1.8	3.92	1.31	7	0	
1 cup										
Kraft Cottage Cheese	220	10	6	14	0	10	20	800	50	
2 x 1/2 cup, 240 ml										
Cooked Broccoli (Fat Not Added in Cooking)	51	0.6	0.115	10.39	4.8	2.01	3.45	404	0	423
1 1/2 cups, flowerets										
Smithfield Boneless Ham Steak	120	3	1	4	0	2	20	1380	40	
2 x 2 oz, 112 g										
Total	418	13.9	7.184	34.23	6.6	17.93	44.76	2591	90	423
Snacks/Other										
Milk (2% Lowfat with Added Vitamin A)	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366

Monday, September 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
FortiFX Fit Crunch Peanut Butter (88g)	380	16	8	27	2	6	30	490	30	100
1 bar, 88 g										
Total	502	20.81	11.067	38.42	2	18.35	38.05	590	50	466
Total	1950	88.07	39.81	137.93	15.7	67.31	155.36	5803	380	989

Tuesday, September 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
FortiFX Fit Crunch Peanut Butter (88g)	380	16	8	27	2	6	30	490	30	100
1 bar, 88 g										
Lunch										
Honeycrisp Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	
1 large (3-1/4" dia)										
Kraft Extra Sharp Cheddar Cheese	180	15	9	0	0	0	9	270	45	0
1 1/2 x 1 oz, 42 g										
Johnsonville Chicken Sausage - Cajun Style	420	27	7.5	9	0	3	36	1950	180	
3 x 1 link										
Total	710	42.36	16.559	38.28	5.1	25.03	45.55	2222	225	0
Dinner										
Panera Bread French Baguette	180	1	0	36	1	0	6	440	0	
1 serving, 57 g										
Panera Bread BBQ Chopped Chicken Salad	480	21	3	44	6	19	31	550	90	
1 salad, 411 g										
Total	660	22	3	80	7	19	37	990	90	
Snacks/Other										
FortiFX Fit Crunch Peanut Butter (88g)	380	16	8	27	2	6	30	490	30	100
1 bar, 88 g										
Milk (2% Lowfat with Added Vitamin A)	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
1 cup										

Tuesday, September 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Baileys Original Irish Cream 1.3 fl oz, 37 ml	117	5.8	3.5	7.4	0	5.7	5.8	33	136	
Total	619	26.61	14.567	45.82	2	24.05	43.85	623	186	466
Total	2369	106.97	42.126	191.1	16.1	74.08	156.4	4325	531	566

Sunday, September 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
FortiFX Fit Crunch Peanut Butter (88g)	380	16	8	27	2	6	30	490	30	100
1 bar, 88 g										
Lunch										
Mountain Dew KickStart Orange Citrus	80	0	0	21	0	20	0	180	0	0
1 can, 16 oz										
Old Wisconsin Turkey Snack Bites	320	20	6	2	0	0	28	1200	100	
4 x 6 bites, 120 g										
Total	400	20	6	23	0	20	28	1380	100	0
Dinner										
Sausage Gravy	374	26.47	8.421	16.87	0.2	10.27	16.68	509	55	446
1 cup										
Great Value Jumbo Buttermilk Biscuits	360	16	4	50	2	10	6	920	0	680
2 x 1 biscuit, 114 g										
Total	734	42.47	12.421	66.87	2.2	20.27	22.68	1429	55	1126
Snacks/Other										
Milk (2% Lowfat with Added Vitamin A)	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
1 cup										
FortiFX Fit Crunch Peanut Butter (88g)	380	16	8	27	2	6	30	490	30	100
1 bar, 88 g										
Honeycrisp Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia)										

Sunday, September 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	574	21.04	11.106	57.48	5.3	32.69	38.41	591	50	466
Total	2088	99.51	37.527	174.35	9.5	78.96	119.09	3890	235	1692