Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	352	19.85	23.39	16.24
Lunch	670	40.46	64.64	17.14
Dinner	260	12.45	18.71	17.13
Snacks/Other				
Total	**1282**	**72.76**	**106.75**	**50.51**

Monday, August 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Half & Half 2 x 2 tbsp, 60 ml	80	6	4	2	0	2	2	60	30	0
Sweet'N Low Sweet'n Low 2 x 1 packet, 2 g	10	0	0	2	0	2	0	0	0	0
Coffee 1 coffee cup (6 fl oz)	2	0.04	0.004	0.07	0	0	0.21	4	0	83
Egg (Whole) 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Hormel Pizza Toppings Bacon 2 x 1 tbsp, 14 g	50	3	1	0			6	380	20	
Green Giant Fire Roasted Tri-Color Peppers 1 cup, 94 g	25	0	0	5	1	2	1	5	0	
Total	461	28.92	11.202	10.61	1	7.54	34.37	729	896	351
Lunch										
Nature Valley Protein Crunchy Granola Oats 'N Honey 1/2 x 1/2 cup, 25 g	105	2.25	0.25	16	1.5	6	5	67.5	0	62.5
The Greek Gods Vanilla Honey Greek Yogurt 1/2 x 2/3 cup, 85 g	145	7	4.5	16.5	0	16.5	4	67.5	25	205
Total	250	9.25	4.75	32.5	1.5	22.5	9	135	25	267.5
Dinner										
Snacks/Other										
Total	**711**	**38.17**	**15.952**	**43.11**	**2.5**	**30.04**	**43.37**	**864**	**921**	**618.5**

Tuesday, August 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Green Giant Fire Roasted Tri-Color Peppers 1 cup, 94 g	25	0	0	5	1	2	1	5	0	
Hormel Pizza Toppings Bacon 2 x 1 tbsp, 14 g	50	3	1	0			6	380	20	
Egg (Whole) 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Coffee 1 coffee cup (6 fl oz)	2	0.04	0.004	0.07	0	0	0.21	4	0	83
Sweet'N Low Sweet'n Low 2 x 1 packet, 2 g	10	0	0	2	0	2	0	0	0	0
Kroger Half & Half 2 x 2 tbsp, 60 ml	80	6	4	2	0	2	2	60	30	0
Total	461	28.92	11.202	10.61	1	7.54	34.37	729	896	351
Lunch										
Olive Garden Croutons 20 x 2 tbsp, 140 g	600	20		100	0	0	20	1600	0	
Lifesavers Wint-O-Green Mints (4) 2 x 4 pieces, 30 g	120	0		30			0			
Total	720	20		130	0	0	20	1600	0	
Dinner										
Reggano 100% Real Parmesan & Romano Grated Cheese Blend 2 tsp, 5 g	20	1.5	1	0	0	0	2	95	4	0
Deer Game Meat	136	2.74	1.077	0	0	0	26.04	58	96	361

Tuesday, August 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 oz										
Prego Traditional Spaghetti Sauce	70	1.5	0	13	3	10	2	480	0	
1/2 cup, 120 ml										
Barilla Whole Grain Thin Spaghetti Pasta	180	1.5	0	39	6	2	8	0	0	
2 oz, 56 g										
Total	406	7.24	2.077	52	9	12	38.04	633	100	361

Snacks/Other

Total	1587	56.16	13.279	192.61	10	19.54	92.41	2962	996	712

Wednesday, August 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature Valley Biscuits with Almond Butter 1 sandwich, 38 g	190	10	2.5	23	3	11	3	150	4	
Kroger Half & Half 4 x 2 tbsp, 120 ml	160	12	8	4	0	4	4	120	60	0
Sweet'N Low Sweet'n Low 4 x 1 packet, 4 g	20	0	0	4	0	4	0	0	0	0
Coffee 2 coffee cups (6 fl oz)	4	0.07	0.007	0.14	0	0	0.42	7	0	166
Total	374	22.07	10.507	31.14	3	19	7.42	277	64	166
Lunch										
Lay's Stax Cheddar Potato Crisps 12 crisps, 28 g	140	9	1.5	16	1	1	2	200	0	0
Dinner										
Snacks/Other										
Total	514	31.07	12.007	47.14	4	20	9.42	477	64	166

Thursday, August 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nabisco Belvita Cinnamon Brown Sugar Breakfast Biscuits 1 pack (4 biscuits), 50 g	230	8	0.5	35	3	10	4	220	0	90
Egg (Whole) 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Green Giant Fire Roasted Tri-Color Peppers 1 cup, 94 g	25	0	0	5	1	2	1	5	0	
Coffee 1 coffee cup (6 fl oz)	2	0.04	0.004	0.07	0	0	0.21	4	0	83
Sweet'N Low Sweet'n Low 2 x 1 packet, 2 g	10	0	0	2	0	2	0	0	0	0
Kroger Half & Half 2 x 2 tbsp, 60 ml	80	6	4	2	0	2	2	60	30	0
Total	567	28.95	9.152	45.23	4	17.16	26.08	499	664	374
Lunch										
Brookside Dark Chocolate Goji with Raspberry 2 x 1/4 cup, 80 g	340	16	10	56	2	46	2	100	0	
Snyder's of Hanover Pretzel Sticks 28 sticks, 30 g	110	1	0	23	1	1	3	300	0	
Jif Creamy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	135	0	
Total	640	33	12.5	87	5	50	12	535	0	
Dinner										
Rotel Original Diced Tomatoes and Green Chilies	25	0	0	5	1	3	0	380	0	220

Thursday, August 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup, 125 g										
Pillsbury Thin Crust Pizza Dough	225	6.25	1.25	36.25	1.25	3.75	6.25	450	0	
1 1/4 x 1/5 package										
Ground Deer Meat	178	8.09	3.811	0	0	0	24.7	85	91	374
4 oz										
Dole Shredded Lettuce	10	0	0	3	1	2	1	10	0	
1 1/2 cups, 85 g										
Daisy Sour Cream	240	20	14	4	0	4	4	60	80	
4 x 2 tbsp, 120 g										
Sargento Classic Mexican 4 Cheese	110	9	4.5	2	0	0	6	170	25	
1/4 cup, 28 g										
Total	788	43.34	23.561	50.25	3.25	12.75	41.95	1155	196	594

Snacks/Other

Total	**1995**	**105.29**	**45.213**	**182.48**	**12.25**	**79.91**	**80.03**	**2189**	**860**	**968**

Friday, August 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Half & Half 2 x 2 tbsp, 60 ml	80	6	4	2	0	2	2	60	30	0
Sweet'N Low Sweet'n Low 2 x 1 packet, 2 g	10	0	0	2	0	2	0	0	0	0
Coffee 1 coffee cup (6 fl oz)	2	0.04	0.004	0.07	0	0	0.21	4	0	83
Total	92	6.04	4.004	4.07	0	4	2.21	64	30	83
Lunch										
Godfather's Pizza All Meat Combo Thin Crust Pizza (Large) 2 x 1 slice, 208 g	600	34	12	38	2	2	32	1220	70	
Brookside Dark Chocolate Goji with Raspberry 3 x 1/4 cup, 120 g	510	24	15	84	3	69	3	150	0	
Total	1110	58	27	122	5	71	35	1370	70	
Dinner										
Sargento Classic Mexican 4 Cheese 1/2 x 1/4 cup, 14 g	55	4.5	2.25	1	0	0	3	85	12.5	
Daisy Sour Cream 2 x 2 tbsp, 60 g	120	10	7	2	0	2	2	30	40	
Dole Shredded Lettuce 1/2 x 1 1/2 cups, 42.5 g	5	0	0	1.5	0.5	1	0.5	5	0	
Ground Deer Meat 2 oz	89	4.04	1.906	0	0	0	12.35	43	45	187
Pillsbury Thin Crust Pizza Dough	135	3.75	0.75	21.75	0.75	2.25	3.75	270	0	

Friday, August 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3/4 x 1/5 package										
Rotel Original Diced Tomatoes and Green Chilies	12	0	0	2.5	0.5	1.5	0	190	0	110
1/2 x 1/2 cup, 62.5 g										
Total	416	22.29	11.906	28.75	1.75	6.75	21.6	623	97.5	297
Snacks/Other										
Total	1618	86.33	42.91	154.82	6.75	81.75	58.81	2057	197.5	380

Saturday, August 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nabisco Belvita Cinnamon Brown Sugar Breakfast Biscuits 1 pack (4 biscuits), 50 g	230	8	0.5	35	3	10	4	220	0	90
Lunch										
Red Diamond Fresh Brewed Sweet Tea 8 fl oz, 240 ml	70	0		17	0	17	0	5	0	
Lay's Stax Cheddar Potato Crisps 12 crisps, 28 g	140	9	1.5	16	1	1	2	200	0	0
Hellmann's Real Mayonnaise 2 x 1 tbsp, 26 g	180	20	3	0	0	0	0	180	10	0
Hillshire Farm CheddarWurst Smoked Sausage with Wisconsin Cheese 2 x 1 link, 128 g	440	38	14	6	0	2	16	1060	80	800
Total	830	67	18.5	39	1	20	18	1445	90	800
Dinner										
Ham (Whole, Cured, Roasted) 3 oz	207	14.25	5.083	0	0	0	18.33	1009	53	243
Snacks/Other										
Total	**1267**	**89.25**	**24.083**	**74**	**4**	**30**	**40.33**	**2674**	**143**	**1133**

Sunday, August 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature Valley Biscuits with Almond Butter 1 sandwich, 38 g	190	10	2.5	23	3	11	3	150	4	
Coffee 1 coffee cup (6 fl oz)	2	0.04	0.004	0.07	0	0	0.21	4	0	83
Sweet'N Low Sweet'n Low 2 x 1 packet, 2 g	10	0	0	2	0	2	0	0	0	0
Kroger Half & Half 2 x 2 tbsp, 60 ml	80	6	4	2	0	2	2	60	30	0
Total	282	16.04	6.504	27.07	3	15	5.21	214	34	83
Lunch										
Hellmann's Real Mayonnaise 3 x 1 tbsp, 39 g	270	30	4.5	0	0	0	0	270	15	0
Hillshire Farm CheddarWurst Smoked Sausage with Wisconsin Cheese 3 x 1 link, 192 g	660	57	21	9	0	3	24	1590	120	1200
Red Diamond Fresh Brewed Sweet Tea 8 fl oz, 240 ml	70	0		17	0	17	0	5	0	
Total	1000	87	25.5	26	0	20	24	1865	135	1200
Dinner										
Snacks/Other										
Total	**1282**	**103.04**	**32.004**	**53.07**	**3**	**35**	**29.21**	**2079**	**169**	**1283**