Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	444	22.23	42.2	19.08
Lunch	653	31.74	60.68	30.75
Dinner	580	27.24	57.33	25.4
Snacks/Other	301	13.64	38.25	7.04
Total	**1979**	**94.85**	**198.46**	**82.27**

Monday, March 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (2% Lowfat with Added Vitamin A) 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Quaker Life Cereal - Original 1 cup, 42 g	120	1.5	0	25	2	6	3	160	0	90
Total	242	6.31	3.067	36.42	2	18.35	11.05	260	20	456
Lunch										
Nuovo Goat Cheese & Roasted Tomato Ravioli 1 serving, 4.5 oz	370	12	6	51	5	2	17	230	65	
Stouffer's Signature Classics Spaghetti with Meat Sauce 1 package, 340 g	320	10	3.5	41	3	8	16	660	30	
Total	690	22	9.5	92	8	10	33	890	95	
Dinner										
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Great Value Deli Sliced Smoked Honey Ham 6 slices, 56 g	60	2	0.5	1	0	1	10	700	30	
Best Foods Real Mayonnaise 2 x 1 tbsp, 28 g	200	22	3	0	0	0	0	200	10	
White Bread 2 slices	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
Total	506	34.92	9.764	26.66	1.2	3.31	20.79	1414	69	77
Snacks/Other										

Monday, March 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kettle Brand Organic Salt & Fresh Ground Pepper Potato Chips 13 chips, 1 oz	150	9	1	16	2	0	2	200	0	410
Total	**1588**	**72.23**	**23.331**	**171.08**	**13.2**	**31.66**	**66.84**	**2764**	**184**	**943**

Tuesday, March 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Goose's Classic Polish Kielbasa Natural Hickory Smoked Sausage 2 oz, 57 g	190	17	6	1	0	1	8	540	40	
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
O'Brien Potatoes 1 cup	157	2.48	1.546	30.01			4.56	421	8	516
Total	546	34.69	13.33	32.97	0	2.43	25.57	1172	448	654
Lunch										
Wendy's French Fries (Value) 1 serving, 142 g	220	11	2.5	28	3	0	3	240	0	
Wendy's 4 Piece Chicken Nuggets (Kids' Meal) 2 x 1 serving	360	26	5	20	2	0	20	780	60	270
Total	580	37	7.5	48	5	0	23	1020	60	270
Dinner										
Wendy's Jr. Bacon Cheeseburger 2 x 1 serving	760	44	16	42	2	10	38	1700	130	620
Snacks/Other										
Trader Joe's Peanut Butter Filled Pretzels 10 pieces, 31 g	140	8	2	14	2	2	5	80	0	
Kettle Brand Organic Salt & Fresh Ground Pepper Potato Chips	150	9	1	16	2	0	2	200	0	410

Tuesday, March 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
13 chips, 1 oz										
Total	290	17	3	30	4	2	7	280	0	410
Total	**2176**	**132.69**	**39.83**	**152.97**	**11**	**14.43**	**93.57**	**4172**	**638**	**1954**

Wednesday, March 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coca-Cola Coca-Cola Classic 8 fl oz, 240 ml	100	0		27	0	27	0	30	0	
Subway 6" Spicy Italian 1 sandwich, 227 g	480	24	9	46	5	8	20	1490	50	0
Total	580	24	9	73	5	35	20	1520	50	0
Lunch										
Trader Joe's Ridge Cut Potato Chips Salt & Pepper 2 x 1 oz, 56 g	300	18	2	32	2	0	4	320	0	820
Subway 6" Spicy Italian 1 sandwich, 227 g	480	24	9	46	5	8	20	1490	50	0
Total	780	42	11	78	7	8	24	1810	50	820
Dinner										
Snickers Snickers Bar (1.86 oz) 1 bar, 1.86 oz	250	12	4.5	33	1	27	4	120	5	
Snacks/Other										
Luna Luna Protein Bar - Chocolate Peanut Butter 1 bar, 45 g	190	8	3.5	19	3	13	12	250	0	140
Total	**1800**	**86**	**28**	**203**	**16**	**83**	**60**	**3700**	**105**	**960**

Thursday, March 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hormel Roast Beef Hash 1 cup, 236 g	380	24		22			19			
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
O'Brien Potatoes 1/2 cup	79	1.24	0.773	15.01			2.28	210	4	258
Total	658	40.45	6.557	38.97	0	1.43	34.29	421	404	396
Lunch										
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Safeway Deli Style Thin Sliced Ham 2 x 2 oz, 116 g	120	3	1	2	0	2	20	1280	50	
Bologna 1 medium slice (4-1/2" dia x 1/8" thick) (1 oz)	87	6.97	2.637	1.56	0	1.25	4.31	209	17	89
Mayonnaise 1 tbsp	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
White Bread 2 slices	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
Total	510	25.8	10.621	32.73	1.2	6.5	35.23	2108	100	167
Dinner										
Coca-Cola Coca-Cola Classic 8 fl oz, 240 ml	100	0		27	0	27	0	30	0	
Wendy's French Fries (Medium) 1 serving	410	20	3.5	52	5	0	5	440	0	820

Thursday, March 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wendy's Dave's Double	810	51	20	39	3	9	49	1510	175	710
1 serving										
Total	1320	71	23.5	118	8	36	54	1980	175	1530

Snacks/Other

Total	2488	137.25	40.678	189.7	9.2	43.93	123.52	4509	679	2093

Friday, March 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
O'Brien Potatoes 3/4 cup	118	1.86	1.16	22.51			3.42	316	6	387
Total	317	17.07	6.944	24.47	0	1.43	16.43	527	406	525
Lunch										
Trader Joe's Ridge Cut Potato Chips Salt & Pepper 1 oz, 28 g	150	9	1	16	1	0	2	160	0	410
White Bread 2 slices	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
Mayonnaise 1 tbsp	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
Bologna 1 medium slice (4-1/2" dia x 1/8" thick) (1 oz)	87	6.97	2.637	1.56	0	1.25	4.31	209	17	89
Safeway Deli Style Thin Sliced Ham 2 x 2 oz, 116 g	120	3	1	2	0	2	20	1280	50	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	660	34.8	11.621	48.73	2.2	6.5	37.23	2268	100	577
Dinner										
Snacks/Other										
Bar-S Foods Classic Bologna 1 slice, 32 g	90	7	2	2	0	0	4	360	20	

Friday, March 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Total	156	7.82	2.179	14.65	0.6	1.08	5.91	530	20	25
Total	1133	59.69	20.744	87.85	2.8	9.01	59.57	3325	526	1127

Saturday, March 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Baja Fresh Mexican Grill Baja Burrito - Carnitas 1 burrito, 440 g	830	45	18	67	8		45	2280	115	
Dinner										
Snacks/Other										
Total	830	45	18	67	8		45	2280	115	

Wednesday, March 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Hormel Roast Beef Hash 1 cup, 236 g	380	24		22			19			
Cooked Egg 2 large	168	12.21	3.615	1.27	0	1.14	12.29	358	408	134
Total	752	36.65	3.735	67.35	0.6	1.22	35.49	935	408	189
Lunch										
Potato Chips 1 single serving bag	153	10.49	3.069	13.93	1.2	1.15	1.84	147	0	460
Cheeseburger with 1/4 Lb Meat on Bun 1 (1/4 lb) cheeseburger	552	29.9	12.86	35.46	1.5	6.11	33.17	994	101	383
Total	705	40.39	15.929	49.39	2.7	7.26	35.01	1141	101	843
Dinner										
Jack in the Box Regular Beef Taco 4 x 1 taco, 324 g	688	36	12	64	8	4	24	1448	52	724
Snacks/Other										
Pork Adobo 100 g	165	9.4	3.291	3.43	0.4	1.18	14.93	527	52	
Total	2310	122.44	34.955	184.17	11.7	13.66	109.43	4051	613	1756

Friday, March 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pork Adobo 1 cup	403	22.93	8.03	8.36	0.9	2.89	36.42	1285	127	
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Total	607	23.37	8.15	52.44	1.5	2.97	40.62	1862	127	55
Lunch										
Gallo Salame Italian Dry Salame 2 x 5 slices, 56 g	260	22	8	2	0	0	14	1340	60	0
Bologna 1 medium slice (4-1/2" dia x 1/8" thick) (1 oz)	87	6.97	2.637	1.56	0	1.25	4.31	209	17	89
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
White Bread 2 slices	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
Doritos Nacho Cheese Tortilla Chips (28g) 12 chips, 28 g	140	8	1	16	1	0	2	210	0	
Total	735	48.43	13.436	51.89	2.2	5.29	24.39	2308	85	142
Dinner										
McDonald's McDouble 1 serving	390	18	8	34	2	7	22	850	70	
McDonald's McChicken 1 serving, 131 g	370	17	3.5	40	2	5	14	650	40	
Total	760	35	11.5	74	4	12	36	1500	110	

Friday, March 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Coca-Cola Coca-Cola Classic (7.5 oz) 1 can, 7.5 oz	90	0	0	25		25	0	30		
Total	**2192**	**106.8**	**33.086**	**203.33**	**7.7**	**45.26**	**101.01**	**5700**	**322**	**197**

Saturday, March 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
O'Brien Potatoes 1 1/2 cups	236	3.72	2.319	45.02			6.84	631	12	774
Total	435	18.93	8.103	46.98	0	1.43	19.85	842	412	912
Lunch										
Ground Turkey 1 cup cooked	296	16.56	4.269	0	0	0	34.46	545	128	340
Bertolli Marinara Sauce 1/2 cup, 126 g	80	2	0	13	1	12	2	530	0	
Spaghetti 2 cups cooked	440	2.58	0.49	85.9	5	1.57	16.13	650	0	126
Total	816	21.14	4.759	98.9	6	13.57	52.59	1725	128	466
Dinner										
Ground Turkey 1/2 cup cooked	148	8.28	2.135	0	0	0	17.23	272	64	170
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
White Bread 2 slices	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
Total	396	19.74	3.934	32.33	1.2	4.04	21.31	821	72	223
Snacks/Other										
Little Debbie Swiss Rolls 1/2 x 2 cakes, 47.5 g	210	9.5	4	30	0.5	20	1	115	10	
Little Debbie Nutty Bars (57g)	310	18	7	33	1	21	4	115	0	

Saturday, March 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cookies, 57 g										
Total	520	27.5	11	63	1.5	41	5	230	10	
Total	**2167**	**87.31**	**27.796**	**241.21**	**8.7**	**60.04**	**98.75**	**3618**	**622**	**1601**

Sunday, March 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lean Pockets Chicken, Cheddar & Broccoli 1 pocket	250	7	3	40	4	10	10	420	20	
Lunch										
Hillshire Farm Polska Kielbasa 1 link, 66 g	220	19	7	4	0	2	7	520	40	420
Hebrew National 97% Fat Free Beef Franks 1 frank, 45 g	45	1	0	2	0	0	6	490	15	140
Great Value Hot Dog Buns 2 x 1 bun, 78 g	180	3	0	32	0	4	6	300	0	60
Total	445	23	7	38	0	6	19	1310	55	620
Dinner										
Ground Turkey 1 cup cooked	296	16.56	4.269	0	0	0	34.46	545	128	340
Bertolli Marinara Sauce 1/2 cup, 126 g	80	2	0	13	1	12	2	530	0	
Spaghetti 1 cup cooked	220	1.29	0.245	42.95	2.5	0.78	8.06	325	0	63
Total	596	19.85	4.514	55.95	3.5	12.78	44.52	1400	128	403
Snacks/Other										
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 1/4 cup, 28 g	100	8	6	1	0	0	7	170	25	
Mission Restaurant Style Tortilla Chips	210	10.5	3	25.5	1.5	0	3	225	0	

Sunday, March 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 12 chips, 1.5 oz										
Michelina's Lean Gourmet Meatloaf	180	6	2.5	20	2	3	10	800	30	
1 package, 227 g										
Little Debbie Swiss Rolls	210	9.5	4	30	0.5	20	1	115	10	
1/2 x 2 cakes, 47.5 g										
Total	700	34	15.5	76.5	4	23	21	1310	65	
Total	1991	83.85	30.014	210.45	11.5	51.78	94.52	4440	268	1023

Monday, March 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jack in the Box Hash Browns 1 serving, 64 g	190	13	1	17	2	0	2	350	0	230
Jack in the Box Sausage Breakfast Jack 1 serving, 152 g	450	28	10	29	1	4	20	840	245	250
Total	**640**	**41**	**11**	**46**	**3**	**4**	**22**	**1190**	**245**	**480**
Lunch										
Little Debbie Nutty Bars (57g) 2 cookies, 57 g	310	18	7	33	1	21	4	115	0	
Cream Cheese 2 tbsps	101	10.11	6.37	0.77	0	0.06	2.19	86	32	35
Thomas' Plain Bagel 1/2 x 1 bagel, 47.5 g	130	0.5	0	26.5	1	3	4.5	230	0	
Total	**541**	**28.61**	**13.37**	**60.27**	**2**	**24.06**	**10.69**	**431**	**32**	**35**
Dinner										
Kraft American Cheese Slice 1 slice, 19 g	60	4	2.5	2	0	1	3	200	15	
Bar-S Foods Classic Bologna 2 x 1 slice, 64 g	180	14	4	4	0	0	8	720	40	
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
White Bread 2 slices	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
Total	**488**	**29.46**	**8.299**	**38.33**	**1.2**	**5.04**	**15.08**	**1469**	**63**	**53**
Snacks/Other										

Monday, March 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lean Pockets Meatballs And Mozzarella Sandwich 1 pocket	290	9	4.5	41	2	5	10	510	25	
Fig Newtons Fig Newton 2 cookies, 28 g	110	2	0	22	1	12	1	130	0	75
Lay's Original Potato Chips 1 package, 28 g	160	10	1.5	15	1	1	2	170	0	350
Total	560	21	6	78	4	18	13	810	25	425
Total	**2229**	**120.07**	**38.669**	**222.6**	**10.2**	**51.1**	**60.77**	**3900**	**365**	**993**

Tuesday, March 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lean Pockets Chicken, Cheddar & Broccoli 1 pocket	250	7	3	40	4	10	10	420	20	
Lunch										
Jack in the Box Jr Jack 1 burger	325	15	5	32	1	5	13	716	30	266
Jack in the Box Regular Beef Taco 2 x 1 taco, 162 g	344	18	6	32	4	2	12	724	26	362
Total	669	33	11	64	5	7	25	1440	56	628
Dinner										
Bacon 1 thick slice (yield after cooking)	65	5.01	1.649	0.17	0	0	4.44	277	13	68
Great Lakes Cheese Shredded Mild Cheddar Cheese 1/4 cup, 28 g	110	9	5	0			7	180	30	
Scrambled Egg (Whole, Cooked) 2 large	203	14.9	4.488	2.68	0	2.11	13.53	342	429	168
Mission Foods Mission Burrito 10" Flour Tortilla 1 tortilla, 70 g	210	5	2	35	4	3	6	580	0	
Total	588	33.91	13.137	37.85	4	5.11	30.97	1379	472	236
Snacks/Other										
Hillshire Farm Polska Kielbasa 1 link, 66 g	220	19	7	4	0	2	7	520	40	420

Tuesday, March 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hebrew National 97% Fat Free Beef Franks 1 frank, 45 g	45	1	0	2	0	0	6	490	15	140
Great Value Hot Dog Buns 2 x 1 bun, 78 g	180	3	0	32	0	4	6	300	0	60
Total	445	23	7	38	0	6	19	1310	55	620
Total	**1952**	**96.91**	**34.137**	**179.85**	**13**	**28.11**	**84.97**	**4549**	**603**	**1484**

Wednesday, March 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lean Pockets Italian Style Meatballs & Mozzarella 1 piece, 127 g	280	9	4	41	1	5	10	490	25	
Lunch										
California Tortilla Carnitas Verde Burrito (Small) 1 burrito, 17.2 oz	702	32.2	16.8	71.6	5.1	3.4	34.4	2004	88	
Dinner										
Meijer Mini Bagel Pizza Snacks 1 1/2 x 6 pieces, 198 g	405	9	6	58.5	4.5	6	22.5	945	30	
Michelina's Lean Gourmet Meatloaf 1 package, 227 g	180	6	2.5	20	2	3	10	800	30	
Total	585	15	8.5	78.5	6.5	9	32.5	1745	60	
Snacks/Other										
Coca-Cola Coca-Cola Classic (20 oz) 1/2 x 1 bottle, 10 oz	120	0	0	32.5	0	32.5	0	37.5	0	
Lay's Classic Potato Chips (28.3g) 1 package, 28.3 g	160	10	1.5	15	1	1	2	170	0	350
Total	280	10	1.5	47.5	1	33.5	2	207.5	0	350
Total	**1847**	**66.2**	**30.8**	**238.6**	**13.6**	**50.9**	**78.9**	**4446.5**	**173**	**350**

Thursday, March 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Hash Brown 1 hash brown, 2 oz	150	9	1.5	15	2	0	1	310	0	
McDonald's Egg McMuffin 1 serving	290	12	6	29	2	3	17	710	245	
Total	440	21	7.5	44	4	3	18	1020	245	
Lunch										
Great Lakes Cheese American Cheese Singles 2 x 1 slice, 42 g	140	12	7	0	0	0	8	480	30	0
Bologna 1 medium slice (4-1/2" dia x 1/8" thick) (1 oz)	87	6.97	2.637	1.56	0	1.25	4.31	209	17	89
Foster Farms Thin Sliced Chicken Breast 1 1/2 x 4 oz, 168 g	165	1.5	0	0	0	0	33	420	82.5	0
Mayonnaise 4 tbsps	229	19.64	2.881	14.05	0	3.76	0.53	418	15	5
White Bread 4 slices	266	3.29	0.717	50.61	2.4	4.31	7.64	681	0	100
Total	887	43.4	13.235	66.22	2.4	9.32	53.48	2208	144.5	194
Dinner										
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Orientex Vegetable Lumpia with Chicken 3 x 4 egg rolls, 426 g	480	6	0	93	15	9	21	1860	30	
Total	684	6.44	0.12	137.08	15.6	9.08	25.2	2437	30	55

Thursday, March 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Lay's Classic Potato Chips (28.3g)	480	30	4.5	45	3	3	6	510	0	1050
3 x 1 package, 84.9 g										
Total	**2491**	**100.84**	**25.355**	**292.3**	**25**	**24.4**	**102.68**	**6175**	**419.5**	**1299**

Sunday, March 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg 3 large	277	21.13	5.926	1.21	0	1.15	18.81	282	631	203
Hashed Brown Potatoes 1 cup	302	18.43	8.647	32.3			3.89	580	19	534
Total	579	39.56	14.573	33.51	0	1.15	22.7	862	650	737
Lunch										
Totino's Combination Crisp Crust Party Pizza 2 x 1/2 pizza, 290 g	740	40	12	72	4	8	24	1520	30	
Dinner										
Snacks/Other										
Michelina's Authentico Fettuccine Alfredo 1 package, 241 g	300	10	6	43	2	3	11	630	30	
Total	**1619**	**89.56**	**32.573**	**148.51**	**6**	**12.15**	**57.7**	**3012**	**710**	**737**

Monday, March 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream Cheese 2 tbsps	101	10.11	6.37	0.77	0	0.06	2.19	86	32	35
Thomas' New York Style Plain Bagel 1 bagel	280	2	0	56	2	0	10	530	0	
Total	381	12.11	6.37	56.77	2	0.06	12.19	616	32	35
Lunch										
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Hillshire Farm Polska Kielbasa 1 link, 66 g	220	19	7	4	0	2	7	520	40	420
Hebrew National 97% Fat Free Beef Franks 1 frank, 45 g	45	1	0	2	0	0	6	490	15	140
Total	469	20.44	7.12	50.08	0.6	2.08	17.2	1587	55	615
Dinner										
Subway 12" Sweet Onion Chicken Teriyaki 1 sandwich, 562 g	740	9	2	114	10	32	50	1540	100	
Snacks/Other										
Lay's Classic BLT Potato Chips 2 x 15 chips, 2 oz	320	20	3	30	2	2	4	300	0	640
Total	1910	61.55	18.49	250.85	14.6	36.14	83.39	4043	187	1290

Tuesday, March 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mayonnaise 1 tbsp	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
Hillshire Farm Honey Ham 4 slices, 53 g	60	1.5	0	4	0	2	9	650	25	0
Whole Wheat Bread 2 regular slices	135	2.14	0.465	24.51	2.3	2.85	4.75	276	0	106
O'Brien Potatoes 1 1/2 cups	236	3.72	2.319	45.02			6.84	631	12	774
Total	488	12.27	3.504	77.04	2.3	5.79	20.72	1662	41	881
Lunch										
Kraft American Cheese Slice 2 x 1 slice, 38 g	120	8	5	4	0	2	6	400	30	
Fred Meyer Sesame Hamburger Bun 2 x 1 bun, 98 g	320	4	1	60	2	8	10	560	0	
Ground Beef (90% Lean / 10% Fat, Patty, Cooked, Broiled) 2 servings (3 oz)	369	19.94	7.869	0	0	0	44.39	116	144	566
Total	809	31.94	13.869	64	2	10	60.39	1076	174	566
Dinner										
McDonald's French Fries (Small) 1 serving, 75 g	230	11	1.5	29	3	0	3	160	0	
McDonald's McChicken 1 serving, 131 g	370	17	3.5	40	2	5	14	650	40	
McDonald's Big Mac Jr. 1 sandwich	460	27	9	36	3	7	21	830	70	0

Tuesday, March 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1060	55	14	105	8	12	38	1640	110	0
Snacks/Other										
Snyder's of Hanover Mini Pretzels 19 pretzels, 28 g	110	0	0	25	0	1	3	250	0	
Total	**2467**	**99.21**	**31.373**	**271.04**	**12.3**	**28.79**	**122.11**	**4628**	**325**	**1447**

Wednesday, March 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Denny's Hash Browns 1 serving, 5 oz	210	16	3	15	1	1	1	410	0	0
Fried Egg 2 large	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
Total	395	30.09	6.95	15.81	1	1.76	13.54	598	420	135
Lunch										
Mayonnaise 4 tbsps	229	19.64	2.881	14.05	0	3.76	0.53	418	15	5
Kraft Singles American Cheese 2 x 1 slice, 42 g	120	8	5	4	0	2	6	400	30	
Hillshire Farm Honey Ham 1 1/4 x 4 slices, 66 g	75	1.88	0	5	0	2.5	11.25	812.5	31.25	0
White Bread 4 slices	266	3.29	0.717	50.61	2.4	4.31	7.64	681	0	100
Total	690	32.81	8.598	73.66	2.4	12.57	25.42	2311.5	76.25	105
Dinner										
Potato Salad 1 cup	358	20.5	3.572	27.92	3.2		6.7	1322	170	635
Snacks/Other										
Coca-Cola Coco-Cola Classic (12 oz) 1 can, 12 oz	140	0	0	39	0	39	0	45	0	
Doritos Nacho Cheese Tortilla Chips (35.4g) 1 bag, 35.4 g	220	12	2	25	2	1	3	310	0	

Wednesday, March 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	360	12	2	64	2	40	3	355	0	
Total	**1803**	**95.4**	**21.12**	**181.39**	**8.6**	**54.33**	**48.66**	**4586.5**	**666.25**	**875**

Thursday, March 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jack in the Box Hash Browns 1 serving, 64 g	190	13	1	17	2	0	2	350	0	230
Jack in the Box Sausage Breakfast Jack 1 serving, 152 g	450	28	10	29	1	4	20	840	245	250
Total	**640**	**41**	**11**	**46**	**3**	**4**	**22**	**1190**	**245**	**480**
Lunch										
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
Hard Rolls (Includes Kaiser) 1 roll (3-1/2" dia)	167	2.45	0.345	30.04	1.3	1.01	5.64	310	0	62
Bar-S Foods Classic Bologna 2 x 1 slice, 64 g	180	14	4	4	0	0	8	720	40	
Hillshire Farm Honey Ham 4 slices, 53 g	60	1.5	0	4	0	2	9	650	25	0
Total	**522**	**27.77**	**5.786**	**45.07**	**1.3**	**4.89**	**22.9**	**1889**	**73**	**65**
Dinner										
Devour Deep Dish Three Meat Pizza 1 package , 226 g	660	35	16	63	4	6	23	1140	40	
Snacks/Other										
El Mexicano Drinkable Yogurt - Strawberry 1 bottle, 7 oz	240	8	5	36		35	7	100	30	
Doritos Nacho Cheese Tortilla Chips (28g)	140	8	1	16	1	0	2	210	0	

Thursday, March 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
12 chips, 28 g										
Total	380	16	6	52	1	35	9	310	30	
Total	**2202**	**119.77**	**38.786**	**206.07**	**9.3**	**49.89**	**76.9**	**4529**	**388**	**545**

Friday, March 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tuna Fish Salad 1/4 cup	96	4.75	0.791	4.82	0		8.22	206	7	91
Egg Salad 1/4 cup	176	16.79	3.201	1.07	0	0.52	5.11	201	172	55
White Bread 2 slices	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
Total	405	23.18	4.35	31.19	1.2	2.68	17.15	747	179	196
Lunch										
Michelina's Lean Gourmet Five Cheese Lasagna 1 package, 227 g	280	5	2.5	42	4	6	13	560	10	
Dinner										
Burger King Original Chicken Sandwich 1 serving	660	40	7	48	2	5	28	1170	75	
Burger King Big Fish Sandwich 1 sandwich, 198 g	510	28	4.5	51	2	7	16	1180	30	
Total	1170	68	11.5	99	4	12	44	2350	105	
Snacks/Other										
Coca-Cola Coca-Cola Classic (20 oz) 1 bottle, 20 oz	240	0	0	65	0	65	0	75	0	
Lay's Honey Barbecue Potato Chips (53.1g) 1 package, 53.1 g	290	18	2.5	30	2	4	3	190	0	610
Total	530	18	2.5	95	2	69	3	265	0	610

Friday, March 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2385	114.18	20.85	267.19	11.2	89.68	77.15	3922	294	806