Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	1020	24.87	80.35	119.45
Lunch	511	12.36	92.33	16.88
Dinner	94	3.09	6.8	10.51
Snacks/Other	232	5.49	32.15	14.45
Total	**1857**	**45.8**	**211.63**	**161.28**

Monday, December 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Chicken Breast Meat (Broilers or Fryers) 3 oz	94	1.05	0.281	0	0	0	19.64	55	49	217
Salsa 1/4 cup	17	0.1	0.019	3.88	1	1.9	0.95	372	0	184
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Chicken Breast Meat (Broilers or Fryers) 4 oz	125	1.41	0.374	0	0	0	26.18	74	66	289
Cytosport Complete Whey Protein (CytoSport) Cocoa Bean 1.6 x 1 scoop	176	3.2	2.4	4.8	0.8	3.2	32	160	104	272
Gaspari Nutrition GlycoFuse 65 g	232	0		58.02		0	0			
Spring Valley Caramel Calcium Chews with Vitamin D & K 1 piece	20	0	0	3	0	2	0	15	0	
Member's Mark Omega 3 Fish Oil (1000 mg) 3 x 1 softgel	30	3	1.5	0	0		0	0	15	

Monday, December 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Baskin Robbins baskin robbin sugar free hard candy mint chocolate chip	40	1	0.5	0	0	0	0	10	0	
4 pieces, 17 g										
Total	956	13.1	7.074	79.14	3.8	14.5	124.35	1214	254	1564
Lunch										
Pringles Light Fat Free Original Potato Crisps	35	0	0	7.5	0.5	0.5	0.5	80	0	
1/2 x 15 crisps, 0.5 oz										
Broccoli	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
1 cup chopped										
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn	91	1.83	0.46	20.11	2.74	0	2.74	201.08	0	0
32 g										
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn	80	1.6	0.4	17.6	2.4	0	2.4	176	0	0
28 g										
Skippy Natural Creamy Peanut Butter	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
5 g										
Pringles Light Fat Free Original Potato Crisps	70	0	0	15	1	1	1	160	0	
15 crisps, 1 oz										
Pringles Light Fat Free Original Potato Crisps	35	0	0	7.5	0.5	0.5	0.5	80	0	
1/2 x 15 crisps, 0.5 oz										
Wal-Mart Sugar Free Strawberry Jelly	10	0	0	5	0	0	0	0	0	10
1 tbsp, 17 g										
Bell Plantation PB2 Chocolate Powdered Peanut Butter	45	1		6	1	3	4	70	0	

Monday, December 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 12 g										
Planters Whole Cashews	29	2.33	0.45	1.61	0.18	0.36	0.9	17	0	34.01
5 g										
Total	**456**	**9.6**	**1.895**	**87.3**	**11.03**	**7.38**	**15.7**	**837.48**	**0**	**332.01**
Dinner										
McDonald's Premium Bacon Ranch Salad with Grilled Chicken	230	8	4	10	2	4	30	700	85	
1 serving, 306 g										
Snacks/Other										
Kroger Old Fashioned Oatmeal	112	1.88	0	20.25	3	0.75	4.5	0	0	
3/4 x 1/2 cup uncooked, 30 g										
Total	**1754**	**32.58**	**12.969**	**196.69**	**19.83**	**26.63**	**174.55**	**2751.48**	**339**	**1896.01**

Tuesday, December 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chicken Breast Meat (Broilers or Fryers)	165	1.86	0.496	0	0	0	34.69	98	87	383
5.3 oz										
Chicken Breast Meat (Broilers or Fryers)	94	1.05	0.281	0	0	0	19.64	55	49	217
3 oz										
Kroger Carbmaster Strawberry Pomegranate Yogurt	60	1.5	1	4	1	3	12	100	10	140
1 container, 170 g										
Chicken Breast Meat (Broilers or Fryers)	62	0.7	0.187	0	0	0	13.09	37	33	145
2 oz										
Baskin Robbins baskin robbin sugar free hard candy mint chocolate chip	40	1	0.5	0	0	0	0	10	0	
4 pieces, 17 g										
Member's Mark Omega 3 Fish Oil (1000 mg)	30	3	1.5	0	0		0	0	15	
3 x 1 softgel										
Spring Valley Caramel Calcium Chews with Vitamin D & K	20	0	0	3	0	2	0	15	0	
1 piece										
Gaspari Nutrition GlycoFuse	232	0		58.02		0	0			
65 g										
Cytosport Complete Whey Protein (CytoSport) Cocoa Bean	176	3.2	2.4	4.8	0.8	3.2	32	160	104	272
1.6 x 1 scoop										
Total	879	12.31	6.364	69.82	1.8	8.2	111.42	475	298	1157

Lunch

Tuesday, December 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Skippy Natural Creamy Peanut Butter 5 g	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
Pringles Light Fat Free Original Potato Crisps 1/2 x 15 crisps, 0.5 oz	35	0	0	7.5	0.5	0.5	0.5	80	0	
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn 16 g	45	0.9	0.22	9.9	1.35	0	1.35	99	0	0
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn 32 g	91	1.83	0.46	20.11	2.74	0	2.74	201.08	0	0
Wal-Mart Sugar Free Strawberry Jelly 1 tbsp, 17 g	10	0	0	5	0	0	0	0	0	10
Bell Plantation PB2 Chocolate Powdered Peanut Butter 2 tbsp, 12 g	45	1		6	1	3	4	70	0	
Pringles Light Fat Free Original Potato Crisps 15 crisps, 1 oz	70	0	0	15	1	1	1	160	0	
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Pringles Light Fat Free Original Potato Crisps 1/2 x 15 crisps, 0.5 oz	35	0	0	7.5	0.5	0.5	0.5	80	0	
Fuji Apples 8 oz	107	0.36	0.059	28.72	5	21.62	0.55	2	0	
Skippy Natural Creamy Peanut Butter 5 g	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	

Tuesday, December 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Bell Plantation PB2 Chocolate Powdered Peanut Butter 2 tbsp, 12 g	45	1		6	1	3	4	70	0	
Wal-Mart Sugar Free Strawberry Jelly 1 tbsp, 17 g	10	0	0	5	0	0	0	0	0	10
Total	627	15.06	3.389	112.99	13.71	30.94	23.11	878.88	212	87
Dinner										
Subway Veggie Delite Salad 1 1/2 x 1 serving, 430.5 g	90	1.5	0	15	6	6	4.5	112.5	0	0
Snacks/Other										
Kroger Old Fashioned Oatmeal 3/4 x 1/2 cup uncooked, 30 g	112	1.88	0	20.25	3	0.75	4.5	0	0	
Kroger Old Fashioned Oatmeal 3/4 x 1/2 cup uncooked, 30 g	112	1.88	0	20.25	3	0.75	4.5	0	0	
Kroger Old Fashioned Oatmeal 3/4 x 1/2 cup uncooked, 30 g	112	1.88	0	20.25	3	0.75	4.5	0	0	
Kroger Old Fashioned Oatmeal 3/4 x 1/2 cup uncooked, 30 g	112	1.88	0	20.25	3	0.75	4.5	0	0	
Total	448	7.52	0	81	12	3	18	0	0	
Total	**2044**	**36.39**	**9.753**	**278.81**	**33.51**	**48.14**	**157.03**	**1466.38**	**510**	**1244**

Wednesday, December 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Green Olives with Pimento 5 olives, 15 g	25	2.5	0.5	0	0	0	0	330	0	
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Smooth Peanut Butter (with Salt) 5 g	29	2.52	0.515	0.98	0.3	0.46	1.25	23	0	32
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1 cup, 240 ml	30	2.5	0	2	1	0	1	180	0	170
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Wrigley Extra Dessert Delights Mint Chocolate Chip Sensations Gum	5	0		2	0	0	0	0	0	0

Wednesday, December 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 Serving										
Cos or Romaine Lettuce	19	0.34	0.044	3.72	2.4	1.35	1.39	9	0	280
4 oz										
Salsa	33	0.2	0.037	7.76	2	3.79	1.91	744	0	368
1/2 cup										
Cytosport Complete Whey Protein (CytoSport) Cocoa Bean	176	3.2	2.4	4.8	0.8	3.2	32	160	104	272
1.6 x 1 scoop										
Gaspari Nutrition GlycoFuse	232	0		58.02		0	0			
65 g										
Spring Valley Caramel Calcium Chews with Vitamin D & K	20	0	0	3	0	2	0	15	0	
1 piece										
Member's Mark Omega 3 Fish Oil (1000 mg)	30	3	1.5	0	0		0	0	15	
3 x 1 softgel										
Baskin Robbins baskin robbin sugar free hard candy mint chocolate chip	40	1	0.5	0	0	0	0	10	0	
4 pieces, 17 g										
Chicken Breast Meat (Broilers or Fryers)	143	1.62	0.43	0	0	0	30.11	85	76	333
4.6 oz										
Total	**1207**	**29.52**	**12.476**	**103.38**	**11.5**	**26.88**	**144.74**	**2290**	**457**	**2383**

Lunch

Skippy Natural Creamy Peanut Butter	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
5 g										
Pringles Light Fat Free Original Potato Crisps	35	0	0	7.5	0.5	0.5	0.5	80	0	
1/2 x 15 crisps, 0.5 oz										

Wednesday, December 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn 30 g	86	1.71	0.43	18.85	2.57	0	2.57	188.54	0	0
Planters Whole Cashews 5 g	29	2.33	0.45	1.61	0.18	0.36	0.9	17	0	34.01
Pringles Light Fat Free Original Potato Crisps 15 crisps, 1 oz	70	0	0	15	1	1	1	160	0	
Skippy Natural Creamy Peanut Butter 5 g	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
Fuji Apples 3 oz	40	0.13	0.022	10.77	1.9	8.11	0.2	1	0	
Skippy Natural Creamy Peanut Butter 5 g	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
Pringles Light Fat Free Original Potato Crisps 15 crisps, 1 oz	70	0	0	15	1	1	1	160	0	
Wal-Mart Sugar Free Strawberry Jelly 1 tbsp, 17 g	10	0	0	5	0	0	0	0	0	10
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
Bell Plantation PB2 Chocolate Powdered Peanut Butter 2 tbsp, 12 g	45	1		6	1	3	4	70	0	
Pringles Light Fat Free Original Potato Crisps 15 crisps, 1 oz	70	0	0	15	1	1	1	160	0	
Total	**576**	**13.01**	**2.587**	**103.59**	**12.48**	**17.93**	**17.01**	**936.74**	**0**	**332.01**

Wednesday, December 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Snacks/Other										
Kroger Old Fashioned Oatmeal 3/4 x 1/2 cup uncooked, 30 g	112	1.88	0	20.25	3	0.75	4.5	0	0	
Kroger Old Fashioned Oatmeal 3/4 x 1/2 cup uncooked, 30 g	112	1.88	0	20.25	3	0.75	4.5	0	0	
Total	224	3.76	0	40.5	6	1.5	9	0	0	
Total	**2007**	**46.29**	**15.063**	**247.47**	**29.98**	**46.31**	**170.75**	**3226.74**	**457**	**2715.01**

Thursday, December 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Great Value Green Olives with Pimento 5 olives, 15 g	25	2.5	0.5	0	0	0	0	330	0	
Salsa 1/2 cup	33	0.2	0.037	7.76	2	3.79	1.91	744	0	368
Cos or Romaine Lettuce 4 oz	19	0.34	0.044	3.72	2.4	1.35	1.39	9	0	280
Chicken Breast Meat (Broilers or Fryers) 4 oz	125	1.41	0.374	0	0	0	26.18	74	66	289
Great Value Green Olives with Pimento 5 olives, 15 g	25	2.5	0.5	0	0	0	0	330	0	
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Smooth Peanut Butter (with Salt) 5 g	29	2.52	0.515	0.98	0.3	0.46	1.25	23	0	32
Chicken Breast Meat (Broilers or Fryers) 4 oz	125	1.41	0.374	0	0	0	26.18	74	66	289
Baskin Robbins baskin robbin sugar free hard candy mint chocolate chip 4 pieces, 17 g	40	1	0.5	0	0	0	0	10	0	
Member's Mark Omega 3 Fish Oil (1000 mg)	30	3	1.5	0	0		0	0	15	

Thursday, December 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 x 1 softgel										
Spring Valley Caramel Calcium Chews with Vitamin D & K	20	0	0	3	0	2	0	15	0	
1 piece										
Gaspari Nutrition GlycoFuse	114	0		28.58		0	0			
32 g										
Cytosport Complete Whey Protein (CytoSport) Cocoa Bean	121	2.2	1.65	3.3	0.55	2.2	22	110	71.5	187
1.1 x 1 scoop										
Wrigley Extra Dessert Delights Mint Chocolate Chip Sensations Gum	5	0		2	0	0	0	0	0	0
1 Serving										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	30	2.5	0	2	1	0	1	180	0	170
1 cup, 240 ml										
Egg White	51	0.17	0	0.72	0	0.7	10.79	164	0	161
3 large										
Smooth Peanut Butter (with Salt)	29	2.52	0.515	0.98	0.3	0.46	1.25	23	0	32
5 g										
Kroger Carbmaster Strawberry Pomegranate Yogurt	60	1.5	1	4	1	3	12	100	10	140
1 container, 170 g										
Total	**1075**	**31.74**	**11.059**	**65.42**	**9.55**	**20.34**	**134.24**	**2456**	**460.5**	**2295**

Lunch

Skippy Natural Creamy Peanut Butter	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
5 g										

Thursday, December 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Pringles Light Fat Free Original Potato Crisps 1/2 x 15 crisps, 0.5 oz	35	0	0	7.5	0.5	0.5	0.5	80	0	
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn 33 g	94	1.89	0.47	20.75	2.83	0	2.83	207.46	0	0
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn 33 g	94	1.89	0.47	20.75	2.83	0	2.83	207.46	0	0
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn 30 g	86	1.71	0.43	18.85	2.57	0	2.57	188.54	0	0
Pringles Light Fat Free Original Potato Crisps 1/2 x 15 crisps, 0.5 oz	35	0	0	7.5	0.5	0.5	0.5	80	0	
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
Skippy Natural Creamy Peanut Butter 5 g	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
Pringles Light Fat Free Original Potato Crisps 1/2 x 15 crisps, 0.5 oz	35	0	0	7.5	0.5	0.5	0.5	80	0	
Skippy Natural Creamy Peanut Butter 5 g	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
Pringles Light Fat Free Original Potato Crisps 1/2 x 15 crisps, 0.5 oz	35	0	0	7.5	0.5	0.5	0.5	80	0	
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288

Thursday, December 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Pringles Light Fat Free Original Potato Crisps 15 crisps, 1 oz	70	0	0	15	1	1	1	160	0	
Total	636	13.67	3.09	120.25	16.96	7.51	19.64	1213.66	0	576
Dinner										
Jimmy Dean Turkey Sausage Links 20 g	29	2.06	0.59	0.29	0	0.29	3.53	126.42	14.7	
Snacks/Other										
Kroger Old Fashioned Oatmeal 3/4 x 1/2 cup uncooked, 30 g	112	1.88	0	20.25	3	0.75	4.5	0	0	
Total	1852	49.35	14.739	206.21	29.51	28.89	161.91	3796.08	475.2	2871

Friday, December 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Butter 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	1	15	2
Salsa 1/2 cup	33	0.2	0.037	7.76	2	3.79	1.91	744	0	368
Guacamole with Tomatoes 1 1/2 oz	49	4.23	0.615	3.25	2.1	0.58	0.69	85	0	167
Chicken Breast Meat (Broilers or Fryers) 5 oz	156	1.76	0.468	0	0	0	32.73	92	82	361
Cos or Romaine Lettuce 4 oz	19	0.34	0.044	3.72	2.4	1.35	1.39	9	0	280
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Wrigley Extra Dessert Delights Mint Chocolate Chip Sensations Gum 1 Serving	5	0		2	0	0	0	0	0	0
Cytosport Complete Whey Protein (CytoSport) Cocoa Bean 2 x 1 scoop	220	4	3	6	1	4	40	200	130	340
Gaspari Nutrition GlycoFuse	232	0		58.02		0	0			

Friday, December 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
65 g										
Spring Valley Caramel Calcium Chews with Vitamin D & K	20	0	0	3	0	2	0	15	0	
1 piece										
Member's Mark Omega 3 Fish Oil (1000 mg)	30	3	1.5	0	0		0	0	15	
3 x 1 softgel										
Baskin Robbins baskin robbin sugar free hard candy mint chocolate chip	40	1	0.5	0	0	0	0	10	0	
4 pieces, 17 g										
Kroger Carbmaster Strawberry Pomegranate Yogurt	60	1.5	1	4	1	3	12	100	10	140
1 container, 170 g										
Total	**1160**	**29.93**	**14.361**	**96.85**	**10.5**	**21.8**	**129.86**	**1690**	**484**	**2166**
Lunch										
Broccoli	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
1 cup chopped										
Skippy Natural Creamy Peanut Butter	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
5 g										
Skippy Natural Creamy Peanut Butter	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
5 g										
Wal-Mart Sugar Free Strawberry Jelly	10	0	0	5	0	0	0	0	0	10
1 tbsp, 17 g										
Bell Plantation PB2 Chocolate Powdered Peanut Butter	45	1		6	1	3	4	70	0	
2 tbsp, 12 g										
Pringles Light Fat Free Original Potato Crisps	70	0	0	15	1	1	1	160	0	

Friday, December 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
15 crisps, 1 oz										
Pringles Light Fat Free Original Potato Crisps	70	0	0	15	1	1	1	160	0	
15 crisps, 1 oz										
Bell Plantation PB2 Chocolate Powdered Peanut Butter	45	1		6	1	3	4	70	0	
2 tbsp, 12 g										
Wal-Mart Sugar Free Strawberry Jelly	10	0	0	5	0	0	0	0	0	10
1 tbsp, 17 g										
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn	94	1.89	0.47	20.75	2.83	0	2.83	207.46	0	0
33 g										
Skippy Natural Creamy Peanut Butter	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
5 g										
Pringles Light Fat Free Original Potato Crisps	70	0	0	15	1	1	1	160	0	
15 crisps, 1 oz										
Baja Fresh Mexican Grill Tortilla Chips	32	1.35	0.15	4.35	0.45	0	0.45	8.25	0	
6 g										
Total	567	13.08	2.305	100.96	11.61	11.96	20.12	935.91	0	308
Dinner										
Snacks/Other										
Kroger Old Fashioned Oatmeal	112	1.88	0	20.25	3	0.75	4.5	0	0	
3/4 x 1/2 cup uncooked, 30 g										
Total	**1839**	**44.89**	**16.666**	**218.06**	**25.11**	**34.51**	**154.48**	**2625.91**	**484**	**2474**

Saturday, December 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Smooth Peanut Butter (with Salt) 5 g	29	2.52	0.515	0.98	0.3	0.46	1.25	23	0	32
34-Degrees Whole Grain Crispbread 2 x 9 crackers, 30 g	70	0	0	14	2	0	2	220	0	
34-Degrees Whole Grain Crispbread 9 crackers, 15 g	35	0	0	7	1	0	1	110	0	
Keebler Town House Pretzel Thins 6 crackers, 15 g	70	3.5	0.5	10	0	1	1	180	0	
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Dymatize Elite Whey Protein Isolate - Gourmet Vanilla 1 scoop, 31 g	114	1.5	1	2			24	50	15	70
Smooth Peanut Butter (with Salt) 5 g	29	2.52	0.515	0.98	0.3	0.46	1.25	23	0	32
Baskin Robbins baskin robbin sugar free hard candy mint chocolate chip 4 pieces, 17 g	40	1	0.5	0	0	0	0	10	0	
Member's Mark Omega 3 Fish Oil (1000 mg) 3 x 1 softgel	30	3	1.5	0	0		0	0	15	

Saturday, December 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Spring Valley Caramel Calcium Chews with Vitamin D & K 1 piece	20	0	0	3	0	2	0	15	0	
Gaspari Nutrition GlycoFuse 65 g	232	0		58.02		0	0			
Cytosport Complete Whey Protein (CytoSport) Cocoa Bean 0.8 x 1 scoop	88	1.6	1.2	2.4	0.4	1.6	16	80	52	136
Wrigley Extra Dessert Delights Mint Chocolate Chip Sensations Gum 1 Serving	5	0		2	0	0	0	0	0	0
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Salsa 1/2 cup	33	0.2	0.037	7.76	2	3.79	1.91	744	0	368
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Total	**1100**	**25.48**	**10.317**	**121.24**	**9**	**19.39**	**101.49**	**1989**	**324**	**1286**

Lunch

Black Olives 1 10 small serving	36	3.24	0.429	2.06	1	0	0.3	299	0	3
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn 33 g	94	1.89	0.47	20.75	2.83	0	2.83	207.46	0	0
Pringles Light Fat Free Original Potato Crisps	35	0	0	7.5	0.5	0.5	0.5	80	0	

Saturday, December 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 15 crisps, 0.5 oz										
Planters Whole Cashews	29	2.33	0.45	1.61	0.18	0.36	0.9	17	0	34.01
5 g										
Planters Whole Cashews	29	2.33	0.45	1.61	0.18	0.36	0.9	17	0	34.01
5 g										
Skippy Natural Creamy Peanut Butter	30	2.5	0.55	0.94	0.31	0.47	1.09	23.4	0	
5 g										
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn	94	1.89	0.47	20.75	2.83	0	2.83	207.46	0	0
33 g										
Pringles Light Fat Free Original Potato Crisps	35	0	0	7.5	0.5	0.5	0.5	80	0	
1/2 x 15 crisps, 0.5 oz										
Total	382	14.18	2.819	62.72	8.33	2.19	9.85	931.32	0	71.02
Dinner										
McDonald's Premium Bacon Ranch Salad with Grilled Chicken	230	8	4	10	2	4	30	700	85	
1 serving, 306 g										
Snacks/Other										
Kroger Old Fashioned Oatmeal	112	1.88	0	20.25	3	0.75	4.5	0	0	
3/4 x 1/2 cup uncooked, 30 g										
Total	**1824**	**49.54**	**17.136**	**214.21**	**22.33**	**26.33**	**145.84**	**3620.32**	**409**	**1357.02**

Sunday, December 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chicken Breast Meat (Broilers or Fryers) 1 oz	31	0.35	0.094	0	0	0	6.55	18	16	72
Mozzarella Cheese (Part Skim Milk) 50 g	127	7.96	5.057	1.38	0	0.56	12.13	310	32	42
Kroger Carbmaster Strawberry Pomegranate Yogurt 1 container, 170 g	60	1.5	1	4	1	3	12	100	10	140
Great Value Green Olives with Pimento 5 olives, 15 g	25	2.5	0.5	0	0	0	0	330	0	
Chicken Thigh Meat (Broilers or Fryers) 2 oz	67	2.22	0.567	0	0	0	11.14	49	47	131
Great Value Green Olives with Pimento 5 olives, 15 g	25	2.5	0.5	0	0	0	0	330	0	
Salsa 1/2 cup	33	0.2	0.037	7.76	2	3.79	1.91	744	0	368
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Wrigley Extra Dessert Delights Mint Chocolate Chip Sensations Gum 1 Serving	5	0		2	0	0	0	0	0	0
Cytosport Complete Whey Protein (CytoSport) Cocoa Bean	88	1.6	1.2	2.4	0.4	1.6	16	80	52	136

Sunday, December 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
0.8 x 1 scoop										
Spring Valley Caramel Calcium Chews with Vitamin D & K	20	0	0	3	0	2	0	15	0	
1 piece										
Member's Mark Omega 3 Fish Oil (1000 mg)	30	3	1.5	0	0		0	0	15	
3 x 1 softgel										
Baskin Robbins baskin robbin sugar free hard candy mint chocolate chip	40	1	0.5	0	0	0	0	10	0	
4 pieces, 17 g										
Smooth Peanut Butter (with Salt)	29	2.52	0.515	0.98	0.3	0.46	1.25	23	0	32
5 g										
Kroger Carbmaster Strawberry Pomegranate Yogurt	60	1.5	1	4	1	3	12	100	10	140
1 container, 170 g										
Total	765	31.99	14.02	26.62	4.7	15.49	90.06	2343	394	1289
Lunch										
Planters Whole Cashews	29	2.33	0.45	1.61	0.18	0.36	0.9	17	0	34.01
5 g										
Fit & Active 94% Fat Free 100 Calorie Butter Microwave Popcorn	94	1.89	0.47	20.75	2.83	0	2.83	207.46	0	0
33 g										
Pringles Light Fat Free Original Potato Crisps	35	0	0	7.5	0.5	0.5	0.5	80	0	
1/2 x 15 crisps, 0.5 oz										
Broccoli	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
1 cup chopped										
Pringles Light Fat Free Original Potato Crisps	70	0	0	15	1	1	1	160	0	

Sunday, December 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
15 crisps, 1 oz										
Planters Whole Cashews	29	2.33	0.45	1.61	0.18	0.36	0.9	17	0	34.01
5 g										
Bell Plantation PB2 Chocolate Powdered Peanut Butter	45	1		6	1	3	4	70	0	
2 tbsp, 12 g										
Total	333	7.89	1.405	58.51	8.09	6.77	12.7	581.46	0	356.02
Dinner										
Trader Joe's Fresh Vegetable Tray	50	0	0	12	6	6	2	40	0	
2 x 3 oz, 170 g										
Jimmy Dean Turkey Sausage Links	29	2.06	0.59	0.29	0	0.29	3.53	126.42	14.7	
20 g										
Total	79	2.06	0.59	12.29	6	6.29	5.53	166.42	14.7	
Snacks/Other										
Ore-Ida Sweet Potato Fries	17	0.8	0.05	2.3	0.2	0.6	0.1	16	0	28
0 oz										
Chicken Wing (Skin Not Eaten)	308	12.33	3.429	0	0	0	46.22	633	129	318
9 small (yield after cooking, bone and skin removed)										
Chicken Wing Meat and Skin (Broilers or Fryers)	64	4.63	1.299	0	0	0	5.32	21	22	45
1 wing, bone removed (yield from 1 lb ready-to-cook chicken)										
Kroger Old Fashioned Oatmeal	112	1.88	0	20.25	3	0.75	4.5	0	0	
3/4 x 1/2 cup uncooked, 30 g										
Total	501	19.64	4.778	22.55	3.2	1.35	56.14	670	151	391
Total	**1678**	**61.58**	**20.793**	**119.97**	**21.99**	**29.9**	**164.43**	**3760.88**	**559.7**	**2036.02**