Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	414	29.97	2.89	25.86
Lunch	191	15.13	1.71	11.93
Dinner	299	15.87	4.8	33.63
Snacks/Other	292	19.04	13.36	15.88
Total	**1197**	**80.02**	**22.76**	**87.3**

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cantaloupe Melons 1/4 cup balls	15	0.08	0.023	3.61	0.4	3.48	0.37	7	0	118
Atkins Advantage Chocolate Peanut Butter Bar 1 bar, 60 g	250	14	8	2	0	0	17	190	5	
Total	**265**	**14.08**	**8.023**	**5.61**	**0.4**	**3.48**	**17.37**	**197**	**5**	**118**
Lunch										
Hellmann's Real Mayonnaise 2 x 1 tbsp, 26 g	180	20	3	0	0	0	0	180	10	
Ranch Salad Dressing 1 tbsp	73	7.71		1	0.1	0.37	0.15	122	5	9
Healthy Ones Deli Thin Sliced Oven Roasted Chicken Breast 4 slices, 52 g	45	0.5	0	1	0	0	10	310	25	
Roast Beef (Lean Only Eaten) 3 thin slices (approx 4-1/2" x 2-1/2" x 1/8")	125	5.37	2.034	0	0	0	17.84	137	47	193
Total	**423**	**33.58**	**5.034**	**2**	**0.1**	**0.37**	**27.99**	**749**	**87**	**202**
Dinner										
Purity Vanilla Bean Ice Cream 1/2 cup, 71 g	140	8	5	17	0	14	2	40	30	2
Green String Beans 1/4 cup	9	0.03	0.007	1.96	0.9	0.38	0.5	2	0	57
Fried Veal Cutlet or Steak 3 oz boneless	194	7.81	2.603	8.38	0.3	0	23.21	386	95	316
Total	**343**	**15.84**	**7.61**	**27.34**	**1.2**	**14.38**	**25.71**	**428**	**125**	**375**

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Pepperoni	51	4.43	1.77	0.44	0.2	0.08	2.24	197	13	35
2 slices (1-3/8" dia x 1/8" thick)										
Total	**1082**	**67.93**	**22.437**	**35.39**	**1.9**	**18.31**	**73.31**	**1571**	**230**	**730**

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Boiled Egg 2 large	154	10.57	3.254	1.12	0	1.12	12.53	278	422	126
Atkins Advantage Chocolate Peanut Butter Bar 1 bar, 60 g	250	14	8	2	0	0	17	190	5	
Total	404	24.57	11.254	3.12	0	1.12	29.53	468	427	126
Lunch										
Mozzarella Fresca Fresh Mozzarella 1 oz, 28 g	60	4.5	2.5	0	0	0	6	25	15	
Jason's Deli Tomato Slice 1 portion, 20 g	4	0	0	1	0	1	0	1	0	
Pepperoni 2 slices (1-3/8" dia x 1/8" thick)	51	4.43	1.77	0.44	0.2	0.08	2.24	197	13	35
Deli Sliced Ham 1 slice (4-1/4" sq) (0.75 oz)	34	1.76	0.567	0.48	0	0	3.83	268	11	62
Total	149	10.69	4.837	1.92	0.2	1.08	12.07	491	39	97
Dinner										
Snacks/Other										
Mission Pork Rinds 1/2 oz, 14 g	80	4.5	1.5	0	0	0	8	370	15	0
Trader Joe's Tuna Salad 2 x 1/2 cup, 200 g	280	16	2	10	8	0	22	860	40	
Atkins Atkins Advantage Chocolate Peanut Butter Bar (Atkins)	24	1.2	0.6	2.2	2	0.1	1.9	22	0	19

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
6 g										
Total	384	21.7	4.1	12.2	10	0.1	31.9	1252	55	19
Total	937	56.96	20.191	17.24	10.2	2.3	73.5	2211	521	242

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Atkins Advantage Chocolate Peanut Butter Bar 1 bar, 60 g	250	14	8	2	0	0	17	190	5	
Lunch										
Atkins Atkins Advantage Chocolate Peanut Butter Bar (Atkins) 6 g	24	1.2	0.6	2.2	2	0.1	1.9	22	0	19
Dinner										
City Barbeque Pulled Pork 1 serving, 8 oz	530	28	10	1	1	0	68	1040	140	
T. Marzetti Chunky Blue Cheese Dressing 1/2 x 2 tbsp, 14.5 g	75	7.5	1.5	0.5	0	0.5	0.5	160	7.5	0
Lettuce 1 cup shredded or chopped	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
Total	613	35.58	11.51	3.13	1.7	1.47	69	1206	147.5	78
Snacks/Other										
Atkins Atkins Advantage Chocolate Peanut Butter Bar (Atkins) 6 g	24	1.2	0.6	2.2	2	0.1	1.9	22	0	19
Blue Diamond Bold Salt 'n Vinegar Almonds 1/2 x about 28 nuts, 0.5 oz	85	7.5	0.5	2.5	1.5	1	3	70	0	65
Total	109	8.7	1.1	4.7	3.5	1.1	4.9	92	0	84

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	996	59.48	21.21	12.03	7.2	2.67	92.8	1510	152.5	181

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg 2 large	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
Fresh Pork Sausage 2 servings 2 links	340	29.71	9.857	0	0	0	16.9	712	81	278
Total	525	43.8	13.807	0.81	0	0.76	29.44	900	501	413
Lunch										
Hellmann's Real Mayonnaise 2 x 1 tbsp, 26 g	180	20	3	0	0	0	0	180	10	
Hard-Boiled Egg 2 large	155	10.61	3.267	1.12	0	1.12	12.58	124	424	126
Atkins Atkins Advantage Chocolate Peanut Butter Bar (Atkins) 6 g	24	1.2	0.6	2.2	2	0.1	1.9	22	0	19
Total	359	31.81	6.867	3.32	2	1.22	14.48	326	434	145
Dinner										
City Barbeque Pulled Pork 1 serving, 8 oz	530	28	10	1	1	0	68	1040	140	
Snacks/Other										
Rice Crackers 5 crackers	58	0.84	0.12	11.15	0.2	0.02	0.99	117	0	16
Cream Cheese Shrimp Dip 1/4 cup	154	13.94	7.271	1.88	0.2	0.51	5.62	238	74	64
Mission Pork Rinds 1/2 oz, 14 g	80	4.5	1.5	0	0	0	8	370	15	0

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Blue Diamond Bold Salt 'n Vinegar Almonds	85	7.5	0.5	2.5	1.5	1	3	70	0	65
1/2 x about 28 nuts, 0.5 oz										
Total	377	26.78	9.391	15.53	1.9	1.53	17.61	795	89	145
Total	1791	130.39	40.065	20.66	4.9	3.51	129.53	3061	1164	703

Friday, April 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Van Holten's Hot & Spicy Pickle 2 x 1/5 pickle, 2 oz	0	0	0	2	0	2	0	1040	0	0
Healthy Ones Deli Thin Sliced Oven Roasted Chicken Breast 4 slices, 52 g	45	0.5	0	1	0	0	10	310	25	
Hellmann's Real Mayonnaise 2 x 1 tbsp, 26 g	180	20	3	0	0	0	0	180	10	
Gallo Salame Deli Sliced Roast Beef 1/2 x 6 slices, 28 g	35	1.25	0.75	0.5	0	0	5	250	15	
Total	260	21.75	3.75	3.5	0	2	15	1780	50	0
Lunch										
Frankfurter or Hot Dog 1 frankfurter	175	14.89	5.358	2.54	0	0.68	7.22	697	40	78
Ground Beef (80% Lean / 20% Fat, Patty, Cooked, Broiled) 1 patty	209	13.72	5.21	0	0	0	19.83	58	70	234
Total	384	28.61	10.568	2.54	0	0.68	27.05	755	110	312
Dinner										
Pork Roast (Lean Only Eaten) 3 medium slices (approx 4-1/2" x 2-1/2" x 1/4")	262	12.06	4.396	0	0	0	35.85	364	102	533
Snacks/Other										
Atkins Advantage Milk Chocolate Delight Shake 1/2 x 11 fl oz, 162.5 ml	80	4.5	1.5	2.5	1.5	0.5	7.5	115	7.5	270

Friday, April 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mission Pork Rinds	80	4.5	1.5	0	0	0	8	370	15	0
1/2 oz, 14 g										
Total	160	9	3	2.5	1.5	0.5	15.5	485	22.5	270
Total	**1066**	**71.42**	**21.714**	**8.54**	**1.5**	**3.18**	**93.4**	**3384**	**284.5**	**1115**

Saturday, April 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hellmann's Real Mayonnaise 2 x 1 tbsp, 26 g	180	20	3	0	0	0	0	180	10	
Gallo Salame Deli Sliced Roast Beef 1/2 x 6 slices, 28 g	35	1.25	0.75	0.5	0	0	5	250	15	
Healthy Ones Deli Thin Sliced Oven Roasted Chicken Breast 4 slices, 52 g	45	0.5	0	1	0	0	10	310	25	
Total	260	21.75	3.75	1.5	0	0	15	740	50	
Lunch										
Dinner										
T. Marzetti Chunky Blue Cheese Dressing 1/2 x 2 tbsp, 14.5 g	75	7.5	1.5	0.5	0	0.5	0.5	160	7.5	0
Lettuce 1 cup shredded or chopped	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
Pork Roast (Lean Only Eaten) 3 medium slices (approx 4-1/2" x 2-1/2" x 1/4")	262	12.06	4.396	0	0	0	35.85	364	102	533
Total	345	19.64	5.906	2.13	0.7	1.47	36.85	530	109.5	611
Snacks/Other										
Atkins Advantage Milk Chocolate Delight Shake 1/2 x 11 fl oz, 162.5 ml	80	4.5	1.5	2.5	1.5	0.5	7.5	115	7.5	270
Atkins Atkins Advantage Chocolate Peanut Butter Bar (Atkins) 6 g	24	1.2	0.6	2.2	2	0.1	1.9	22	0	19

Saturday, April 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sabra Roasted Red Pepper Hummus 2 tbsp, 28 g	70	5	1	4	2	0	2	130	0	
Mission Pork Rinds 1/2 oz, 14 g	80	4.5	1.5	0	0	0	8	370	15	0
Hiland Jalapeno Fiesta Dip 2 x 2 tbsp, 60 g	120	10	6	4	0	4	2	320	50	0
Total	374	25.2	10.6	12.7	5.5	4.6	21.4	957	72.5	289
Total	979	66.59	20.256	16.33	6.2	6.07	73.25	2227	232	900

Sunday, April 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fresh Pork Sausage 2 servings 2 links	340	29.71	9.857	0	0	0	16.9	712	81	278
Fried Egg 3 large	277	21.13	5.926	1.21	0	1.15	18.81	282	631	203
BelGioioso Fresh Mozzarella Cheese 1 oz, 28 g	70	5	3	0.5	0	0	5	85	20	
Atkins Advantage Chocolate Peanut Butter Bar 1 bar, 60 g	250	14	8	2	0	0	17	190	5	
Total	937	69.84	26.783	3.71	0	1.15	57.71	1269	737	481
Lunch										
Dinner										
Snacks/Other										
Chocolate Cake (with Chocolate Frosting) 1 piece (1/8 18 oz cake)	235	10.5	3.053	34.94	1.8		2.62	214	27	128
Sabra Roasted Red Pepper Hummus 2 tbsp, 28 g	70	5	1	4	2	0	2	130	0	
Mission Pork Rinds 1/2 oz, 14 g	80	4.5	1.5	0	0	0	8	370	15	0
Hiland Jalapeno Fiesta Dip 2 x 2 tbsp, 60 g	120	10	6	4	0	4	2	320	50	0
Blue Diamond Bold Salt 'n Vinegar Almonds 1/2 x about 28 nuts, 0.5 oz	85	7.5	0.5	2.5	1.5	1	3	70	0	65

Sunday, April 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	590	37.5	12.053	45.44	5.3	5	17.62	1104	92	193
Total	**1527**	**107.34**	**38.836**	**49.15**	**5.3**	**6.15**	**75.33**	**2373**	**829**	**674**