Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	292	10.87	38.56	11.53
Lunch	449	19.77	51.77	19.03
Dinner	349	12.48	31.86	27.17
Snacks/Other	275	13.78	32.6	5.65
Total	1366	56.9	154.79	63.38

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										
Cuties Clementines 2 clementines, 168 g	80	0.5	0	17	4	13	1	0	0	400
Hormel Black Label Fully Cooked Bacon 4 slices, 15 g	70	6	2	0.1	0	0	5	290	20	
Dairy Maid Dairy 2% Reduced Fat Milk 1/2 x 8 fl. oz., 120 ml	60	2.5	1.5	5.5	0	5.5	4	60	10	
Quaker Quisp - Crunchy Corn Cereal 32 g	130	1.78	1.18	27.26	1.18	14.22	1.18	237	0	59.25
Total	340	10.78	4.68	49.86	5.18	32.72	11.18	587	30	459.25
Lunch										
Bai - Antioxidant Infusion Malawi Mango 8 fl oz, 237 ml	5	0	0	9	0	1	0	5	0	
Signature Cafe Chicken Caesar Salad 1 container, 177 g	280	18	5	13	2	3	19	1010	55	
Total	285	18	5	22	2	4	19	1015	55	
Dinner										
Private Selection Broccoli Florets 142 g	32	0	0	5.08	3.81	0	3.81	31.78	0	0
Genuine Steak House Brand Beef Ribeye Steak 2/3 x 6 oz, 75 g	188	13.4	5.36	0	0	0	14.74	36.85	50.25	
Total	220	13.4	5.36	5.08	3.81	0	18.55	68.63	50.25	0

Monday, March 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kettle Brand Maple Bacon Popcorn 1/2 x 3 cups, 14 g	80	5.5	0.5	7	1	1	1	120	0	
Olive Garden Chocolate Mousse with Dark Chocolate Cookie Crust 1/4 x 1 serving	72	5.25	2.5	5.75	0.5	0.5	0.75	30	0	
Total	152	10.75	3	12.75	1.5	1.5	1.75	150	0	
Total	**997**	**52.93**	**18.04**	**89.69**	**12.49**	**38.22**	**50.48**	**1820.63**	**135.25**	**459.25**

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										
Hormel Black Label Fully Cooked Bacon	70	6	2	0.1	0	0	5	290	20	
4 slices, 15 g										
Dairy Maid Dairy 2% Reduced Fat Milk	60	2.5	1.5	5.5	0	5.5	4	60	10	
1/2 x 8 fl. oz., 120 ml										
General Mills Chocolate Lucky Charms Cereal	130	1.18	0	25.94	1.18	16.51	1.18	200.43	0	58.95
33 g										
Total	260	9.68	3.5	31.54	1.18	22.01	10.18	550.43	30	58.95
Lunch										
Popeyes Chicken & Biscuits Biscuits	130	7.5	3.5	13	1	0.5	2	225	0	
1/2 x 1 serving										
Campbell's Condensed Chicken & Stars Soup	88	2.5	0.62	13.75	1.25	1.25	3.75	600	18.75	800
1 1/4 x 1/2 cup, 150 ml										
Total	218	10	4.12	26.75	2.25	1.75	5.75	825	18.75	800
Dinner										
Wegmans Whole Red Potatoes	80	0		18.98	1.46	0.73	2.19			452.6
108 g										
Baby Carrots	18	0.06	0.012	4.12	0.9	2.38	0.32	39	0	118
5 medium										
Stewed Chicken Breast	291	11.78	3.3	0	0	0	43.46	614	118	283
160 g										
Total	389	11.84	3.312	23.1	2.36	3.11	45.97	653	118	853.6

Snacks/Other

Tuesday, March 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Betty Crocker Butter Pecan Super Moist Cake Mix 1/4 x 1/12 package, 11 g	40	0.38	0.25	8.75	0	4.75	0.25	70	0	5
Royal Dansk Danish Butter Cookies 1/4 x 4 cookies, 8 g	45	2.25	1.5	5.75	0	2.5	0.5	11.25	6.25	
Mimis Cafe Petite Chocolate Mousse 1 serving, 91 g	131	8	5	13	1	10	1	11	51	
Olive Garden Chocolate Mousse with Dark Chocolate Cookie Crust 3/4 x 1 serving	218	15.75	7.5	17.25	1.5	1.5	2.25	90	0	
Dairy Maid Dairy 2% Reduced Fat Milk 8 fl. oz., 240 ml	120	5	3	11	0	11	8	120	20	
Total	554	31.38	17.25	55.75	2.5	29.75	12	302.25	77.25	5
Total	**1421**	**62.9**	**28.182**	**137.14**	**8.29**	**56.62**	**73.9**	**2330.68**	**244**	**1717.55**

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										
Hormel Black Label Fully Cooked Bacon	70	6	2	0.1	0	0	5	290	20	
4 slices, 15 g										
Dairy Maid Dairy 2% Reduced Fat Milk	60	2.5	1.5	5.5	0	5.5	4	60	10	
1/2 x 8 fl. oz., 120 ml										
General Mills Girl Scouts Thin Mints Cereal	146	3.64	1.21	26.71	1.21	10.93	1.21	109.26	0	84.98
34 g										
Total	276	12.14	4.71	32.31	1.21	16.43	10.21	459.26	30	84.98
Lunch										
Red Lobster Irish Coffee	90	2	1	4			14	25		
1 serving										
Au Bon Pain Chicken Tortellini Soup	110	3	1	15	1	3	6	690	25	0
1 cup, 8 oz										
Pepperidge Farm Entertaining Quartet Distinctive Crackers	35	1.25	0.25	5	0.5	0.5	0.5	50	2.5	
1/2 x 4 crackers, 7.5 g										
Pepperidge Farm Harvest Wheat Distinctive Crackers	50	2.19	0.31	6.88	0.31	1.25	0.62	78.12	0	
5/8 x 3 crackers, 10 g										
Dirty Potato Chips Cracked Pepper & Sea Salt Potato Chips	150	8	1.5	17	1	1	2	230	0	
1/2 x 1 bag, 1 oz										
Vlasic Dill Pickle Spears	2	0	0	0.5	0	0.5	0	105	0	
1/2 x 1 spear										
Tomatoes	7	0.08	0.018	1.57	0.5	1.05	0.35	2	0	95
2 medium slices (1/4" thick)										

Wednesday, March 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Steak n Shake Grilled Cheese 'n Bacon Sandwich	520	33	12	38	1	5	17	1330	50	
1 sandwich										
Total	964	49.52	16.078	87.95	4.31	12.3	40.47	2510.12	77.5	95
Dinner										
Snacks/Other										
Starbucks Iced Cinnamon Almondmilk Macchiato (Grande)	190	6	1.5	32	1	28	2	140	5	
1 serving, 16 oz										
Publix Sugar Cookie with Sprinkles	140	6	2	20	0	8	2	60	0	0
2 x 1 cookie, 38 g										
Dunkin' Donuts Caramel Mocha Iced Coffee (Medium)	180	0	0	41	1	36	3	35	0	0
1 serving, 24 oz										
Laduree Parisian Macaron	104	5		12			2			
1 macaron										
Total	614	17	3.5	105	2	72	9	235	5	0
Total	**1854**	**78.66**	**24.288**	**225.26**	**7.52**	**100.73**	**59.68**	**3204.38**	**112.5**	**179.98**

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										
Hormel Black Label Fully Cooked Bacon	70	6	2	0.1	0	0	5	290	20	
4 slices, 15 g										
Cuties Clementines	80	0.5	0	17	4	13	1	0	0	400
2 clementines, 168 g										
Dairy Maid Dairy 2% Reduced Fat Milk	60	2.5	1.5	5.5	0	5.5	4	60	10	
1/2 x 8 fl. oz., 120 ml										
Kellogg's Two Scoops Raisin Bran Crunch Cereal	142	0.74	0	33.52	2.98	14.9	2.24	156.45	0	156.45
41 g										
Total	352	9.74	3.5	56.12	6.98	33.4	12.24	506.45	30	556.45
Lunch										
Denny's Pancake Puppies	195	6	1	33.5	1	11	3	465	0	
1/2 x 6 puppies, 3 oz										
Denny's Fit Fare Veggie Skillet	330	9	1.5	44	9	9	20	1450	0	
1 serving, 19 oz										
Total	525	15	2.5	77.5	10	20	23	1915	0	
Dinner										
Marie Callender's Roasted Turkey Breast & Stuffing	435	10.5	3.75	55.5	7.5	6	30	1515	52.5	
1 1/2 x 1 meal, 504 g										
Snacks/Other										
Total	1312	35.24	9.75	189.12	24.48	59.4	65.24	3936.45	82.5	556.45

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										
Hormel Black Label Fully Cooked Bacon 3/4 x 4 slices, 11 g	52	4.5	1.5	0.08	0	0	3.75	217.5	15	
Quaker Instant Oatmeal - Blueberries & Cream 1 packet, 30 g	130	2	0.5	26	2	11	3	170	0	95
Total	182	6.5	2	26.08	2	11	6.75	387.5	15	95
Lunch										
Ritz Crackers - Fresh Stack 22 g	112	6.33	1.41	14.06	0	1.41	1.41	147.63	0	21.09
Progresso Traditional Chicken & Herb Dumplings 1 cup, 234 g	70	1		11	1	1	4	630	20	280
Total	182	7.33	1.41	25.06	1	2.41	5.41	777.63	20	301.09
Dinner										
Green Giant Cut Green Beans 3/4 x 1/2 cup (120)	15	0	0	3	0.75	1.5	0.75	300	0	
Green Giant Whole Kernel Sweet Corn 108 g	52	0.43	0	9.48	1.72	4.31	1.72	224.12	0	
Baked or Fried Batter Dipped Onion Rings 1/2 10 medium rings serving (2" - 3" dia)	99	5.82	1.09	9.59	0.4	1.47	2.03	141	11	62
Jerry's Subs and Pizza Original Cheesesteak (Regular) 152 g	287	9.36	4.27	29.26	2.34	2.44	20.31	636.67	44.77	
Total	453	15.61	5.36	51.33	5.21	9.72	24.81	1301.79	55.77	62

Friday, March 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Lette Chocolate Macaron 1 macaron, 21 g	80	4	1.5	10	1	9	1	5	5	
Dairy Maid Dairy 2% Reduced Fat Milk 1/2 x 8 fl. oz., 120 ml	60	2.5	1.5	5.5	0	5.5	4	60	10	
Total	140	6.5	3	15.5	1	14.5	5	65	15	
Total	**957**	**35.94**	**11.77**	**117.97**	**9.21**	**37.63**	**41.97**	**2531.92**	**105.77**	**458.09**

Saturday, April 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hormel Black Label Fully Cooked Bacon	52	4.5	1.5	0.08	0	0	3.75	217.5	15	
3/4 x 4 slices, 11 g										
Cary's Sugar Free Low Calorie Syrup	15	0	0	6	0	0	0	110		
2 tbsp, 30 ml										
Land O'Lakes Omega-3 All Natural Eggs	140	9	3	2	0	0	12	130	430	
2 x 1 egg, 100 g										
Dole Bananas	38	0.1	0	10.12	1.4	7.33	0.35	0.35	0	132.62
45 g										
Bread (Home Recipe or Bakery)	157	3.15	0.613	27.25	1	2.23	4.31	196	2	79
1 thick slice (3-3/4" x 5" x 5/8")										
Total	402	16.75	5.113	45.45	2.4	9.56	20.41	653.85	447	211.62
Lunch										
Wish-Bone Italian Salad Dressing	80	7	1	4	0	4	0	340	0	
2 tbsp, 30 ml										
Paradise Bakery Greek Salad (Small)	181	13.76	3.62	10.14	4.34	2.9	5.07	687.8	18.1	
213 g										
Total	261	20.76	4.62	14.14	4.34	6.9	5.07	1027.8	18.1	
Dinner										
Bertolli Chicken Florentine & Farfalle	480	18	8	53	8	2	25	980	120	420
1/2 package or 12 oz, 340 g										

Saturday, April 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kellogg's Krave Double Chocolate Cereal	60	1.75	0.5	11.5	1.5	5	1	47.5	0	40
1/2 x 3/4 cup, 15 g										
Nabisco Premium Saltine Crackers Original	28	0.6	0	4.8	0	0	0.4	60	0	6
6 g										
Wegmans Broccoli with White Cheddar Cheese Soup	270	21.75	14.25	9.75	1.5	0.75	9	802.5	67.5	
3/4 x 1 serving, 9 oz										
Total	358	24.1	14.75	26.05	3	5.75	10.4	910	67.5	46
Total	1501	79.61	32.483	138.64	17.74	24.21	60.88	3571.65	652.6	677.62

Sunday, April 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hormel Black Label Fully Cooked Bacon	52	4.5	1.5	0.08	0	0	3.75	217.5	15	
3/4 x 4 slices, 11 g										
Dairy Maid Dairy 2% Reduced Fat Milk	60	2.5	1.5	5.5	0	5.5	4	60	10	
1/2 x 8 fl. oz., 120 ml										
Kellogg's Krave Double Chocolate Cereal	120	3.5	1	23	3	10	2	95	0	80
3/4 cup, 30 g										
Total	232	10.5	4	28.58	3	15.5	9.75	372.5	25	80
Lunch										
Dannon Oikos Triple Zero - Mixed Berry	120	0	0	14	6	6	15	65	5	210
1 container, 150 g										
7-Eleven Skinny French Vanilla Cappuccino	210	6.75	6	45	3	0	1.5	225	0	
1 1/2 x 1 serving, 12 oz										
Lay's Kettle Cooked Garden Tomato & Asiago Potato Chips	150	8	1.5	16	1	1	2	140	0	
1 oz or about 18 chips, 28 g										
Harris Teeter Kaiser Roll	170	2	0	31	1	1	7	320	0	
1 roll										
Smithfield Deli Thin Sliced Turkey	60	1	0	3	0	1	9	510	20	
2 oz , 56 g										
Total	710	17.75	7.5	109	11	9	34.5	1260	25	210
Dinner										
Muscle Milk Banana Creme Protein Shake (14 oz)	160	5	1	8	5	3	25	250	15	770

Sunday, April 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 container, 414 ml										
Libby's Green Beans	35	0		7	3.5	3.5	0.88	507.5	0	131.25
1 3/4 x 1/2 cup, 210 g										
Barber Foods Créme Brie & Apple Stuffed Chicken Breasts	270	13	4.5	20	1	6	20	770	55	
1 piece, 140 g										
Total	465	18	5.5	35	9.5	12.5	45.88	1527.5	70	901.25
Snacks/Other										
Hershey's Cookies 'n' Creme Eggs	25	1.38	0.75	3	0	2.38	0.25	7.5	0	
1/8 x 8 pieces, 5 g										
Hershey's Extra Creamy Milk Chocolate Eggs	30	1.87	1.15	3.31	0	3.17	0.43	5.76	1.44	
6 g										
Hershey's Special Dark Chocolate Eggs	26	1.76	1.18	3.38	0.44	2.79	0.29	2.2	0.74	
6 g										
Hershey's Milk Chocolate Eggs	29	1.73	1.01	3.46	0.14	3.17	0.43	7.2	1.44	0
4 g										
Total	110	6.74	4.09	13.15	0.58	11.51	1.4	22.66	3.62	0
Total	**1517**	**52.99**	**21.09**	**185.73**	**24.08**	**48.51**	**91.53**	**3182.66**	**123.62**	**1191.25**