Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	273	11.66	37.07	9.7
Lunch	500	22.18	45.84	18.34
Dinner	466	23.7	41.93	22.49
Snacks/Other	594	26.32	83.98	7
Total	**1833**	**83.86**	**208.82**	**57.52**

Monday, January 29, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lemon Juice 1/4 lemon yields	3	0	0	1.01	0	0.28	0.04	0	0	15
Tea (Brewed) 3 cups (8 fl oz)	7	0	0.014	2.13	0	0	0	21	0	263
Nature's Promise Organic Wildflower Honey 1/2 x 1 tbsp, 10.5 g	30	0		8.5	0	8	0	0	0	
Golden Barrel Blackstrap Molasses 1/2 x 1 tbsp, 10 g	25	0	0	6.5	0	4.5	0	12.5	0	160
True Lemon Original Lemonade 1/2 x 1 packet, 1.5 g	5	0		1.5	0	0.5	0	0	0	
Cinnamon 1 tsp	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
Spectrum Organic Whole Premium Flaxseed 6 g	30	2.57	0.21	1.72	1.29	0	1.29	2.14	0	
Anthony's Organic Black Chia Seeds 1/2 x 1 tbsp, 6.5 g	30	2	0	2.5	2	0	1	0	0	
Better Oats Steel Cut Maple & Brown Sugar 1 pouch, 43 g	170	3	0	31	4	11	5	210	0	140
Kroger Walnut Halves & Pieces 1/4 x 1/4 cup, 8 g	50	5	0.5	1	0.5	0.25	1.25	0	0	32.5
Spectrum Organic Virgin Coconut Oil 5 g	43	5	4.28	0	0	0	0	0	0	
Private Selection Triple Berry Medley	60	0	0	15.75	6.75	6.75	0.75	0	0	0

Monday, January 29, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3/4 x 1 cup, 105 g										
Total	**459**	**17.64**	**5.019**	**73.45**	**15.74**	**31.33**	**9.42**	**246.64**	**0**	**622.5**
Lunch										
O'Charley's Broccoli	110	8	2.5	6	3	0	3	450	0	
1 serving, 5 oz										
O'Charley's Cedar-Planked Salmon	132	8	1.5	0.5	0.25	0.25	14.25	235	40	
1/4 x 1 serving										
O'Charley's Yeast Roll with Margarine	130	1.5		25	0	6	4	110	0	
1 roll										
Total	**372**	**17.5**	**4**	**31.5**	**3.25**	**6.25**	**21.25**	**795**	**40**	
Dinner										
Chick-fil-A Grilled Chicken Cool Wrap	350	14	5	29	15	3	37		60	
1 wrap										
Chick-fil-A Avocado Lime Ranch Dressing	78	8	1.25	0.75	0	0.5	0.25	130	6.25	
1/4 x 1 packet, 0 oz										
Total	**428**	**22**	**6.25**	**29.75**	**15**	**3.5**	**37.25**	**130**	**66.25**	
Snacks/Other										
Snickers Almond Bar	230	11	4	32	1	27	3	115	5	0
1 bar, 1.76 oz										
Lay's Classic BLT Potato Chips	160	10	1.5	15	1	1	2	150	0	320
15 chips, 1 oz										
Archway Cookies Iced Molasses Cookies	260	4	0	52	0	30	2	16	2	
2 x 3 cookies, 66 g										
Total	**650**	**25**	**5.5**	**99**	**2**	**58**	**7**	**281**	**7**	**320**

Monday, January 29, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1909	82.14	20.769	233.7	35.99	99.08	74.92	1452.64	113.25	942.5

Tuesday, January 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tea (Brewed) 3 cups (8 fl oz)	7	0	0.014	2.13	0	0	0	21	0	263
Lemon Juice 1/4 lemon yields	3	0	0	1.01	0	0.28	0.04	0	0	15
Golden Barrel Blackstrap Molasses 1/2 x 1 tbsp, 10 g	25	0	0	6.5	0	4.5	0	12.5	0	160
Nature's Promise Organic Wildflower Honey 1/2 x 1 tbsp, 10.5 g	30	0		8.5	0	8	0	0	0	
True Lemon Original Lemonade 1/2 x 1 packet, 1.5 g	5	0		1.5	0	0.5	0	0	0	
Cinnamon 1 tsp	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
Spectrum Organic Whole Premium Flaxseed 6 g	30	2.57	0.21	1.72	1.29	0	1.29	2.14	0	
Better Oats Steel Cut Maple & Brown Sugar 1 pouch, 43 g	170	3	0	31	4	11	5	210	0	140
Anthony's Organic Black Chia Seeds 1/2 x 1 tbsp, 6.5 g	30	2	0	2.5	2	0	1	0	0	
Kroger Walnut Halves & Pieces 1/4 x 1/4 cup, 8 g	50	5	0.5	1	0.5	0.25	1.25	0	0	32.5
Private Selection Triple Berry Medley 3/4 x 1 cup, 105 g	60	0	0	15.75	6.75	6.75	0.75	0	0	0
Spectrum Organic Virgin Coconut Oil	43	5	4.28	0	0	0	0	0	0	

Tuesday, January 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
5 g										
Total	**459**	**17.64**	**5.019**	**73.45**	**15.74**	**31.33**	**9.42**	**246.64**	**0**	**622.5**
Lunch										
Chick-fil-A Grilled Chicken Cool Wrap	175	7	2.5	14.5	7.5	1.5	18.5		30	
1/2 x 1 wrap										
Chick-fil-A Avocado Lime Ranch Dressing	78	8	1.25	0.75	0	0.5	0.25	130	6.25	
1/4 x 1 packet, 0 oz										
Total	**253**	**15**	**3.75**	**15.25**	**7.5**	**2**	**18.75**	**130**	**36.25**	
Dinner										
AriZona Beverage Fruit Punch	100	0	0	26	0	25	0	10	0	
8 fl oz, 240 ml										
Chick-fil-A Avocado Lime Ranch Dressing	78	8	1.25	0.75	0	0.5	0.25	130	6.25	
1/4 x 1 packet, 0 oz										
Kroger Walnut Halves & Pieces	50	5	0.5	1	0.5	0.25	1.25	0	0	32.5
1/4 x 1/4 cup, 8 g										
David Seeds Pumpkin Seeds	48	4	0.75	0.25	0.25	0	2.5	8.75	0	
1/4 x 1/4 cup, 8 g										
Kroger Sliced Almonds	48	3.75	0.25	1.5	0.75	0.25	1.75	0	0	55
1/4 x 1/4 cup, 8 g										
Newk's Express Cafe Newk's Favorite Salad - without Cheese & Croutons	218	8		25	5	17	15.5	210	0	
1/2 x 1 salad										
Kroger Dry Roasted Salted Sunflower Seeds	42	3.75	0.5	1.25	1	0.25	1.5	55	0	47.5
1/4 x 1/4 cup, 7 g										
Total	**584**	**32.5**	**3.25**	**55.75**	**7.5**	**43.25**	**22.75**	**413.75**	**6.25**	**135**

Tuesday, January 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Hostess Ding Dongs Chocolate Cakes with Creamy Filling	165	8.5	6	21.5	0.5	16.5	1	145	2.5	0
1/2 x 2 cakes, 36 g										
Nabisco Nutter Butter Bites	150	6	1.5	21	1	9	2	120	0	45
10 cookies, 30 g										
Stella D'oro Swiss Fudge Cookies	42	2.25	1.12	5.5	0.25	3	0.5	20	0	0
1/4 x 3 cookies, 8 g										
Archway Cookies Iced Molasses Cookies	260	4	0	52	0	30	2	16	2	
2 x 3 cookies, 66 g										
Total	617	20.75	8.62	100	1.75	58.5	5.5	301	4.5	45
Total	**1913**	**85.89**	**20.639**	**244.45**	**32.49**	**135.08**	**56.42**	**1091.39**	**47**	**802.5**

Wednesday, January 31, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tea (Brewed) 3 cups (8 fl oz)	7	0	0.014	2.13	0	0	0	21	0	263
Nature's Promise Organic Wildflower Honey 1/2 x 1 tbsp, 10.5 g	30	0		8.5	0	8	0	0	0	
Golden Barrel Blackstrap Molasses 1/2 x 1 tbsp, 10 g	25	0	0	6.5	0	4.5	0	12.5	0	160
True Lemon Original Lemonade 1 packet, 3 g	10	0		3	0	1	0	0	0	
Total	72	0	0.014	20.13	0	13.5	0	33.5	0	423
Lunch										
Dr. Pepper Dr. Pepper (12 oz) 1 can, 355 ml	150	0	0	40	0	40	0	55	0	
Chick-fil-A Waffle Potato Fries (Medium) 1 serving	360	18	0	43	5	0	5	280	0	0
Chick-fil-A Avocado Lime Ranch Dressing 1/4 x 1 packet, 0 oz	78	8	1.25	0.75	0	0.5	0.25	130	6.25	
Chick-fil-A Grilled Chicken Cool Wrap 1/2 x 1 wrap	175	7	2.5	14.5	7.5	1.5	18.5		30	
Total	763	33	3.75	98.25	12.5	42	23.75	465	36.25	0
Dinner										
Lay's Classic Potato Chips (28.3g)	160	10	1.5	15	1	1	2	170	0	350

Wednesday, January 31, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 package, 28.3 g										
Hershey's Milk Chocolate Bar with Almonds	210	14	6	21	2	19	4	25	10	
1 bar, 41 g										
Total	370	24	7.5	36	3	20	6	195	10	350
Snacks/Other										
Hostess Chocodiles	240	11	8	33	1	22	2	180	20	
1 cake, 56 g										
Orville Redenbacher's Gourmet Popping Corn Original	120	1.5	0	29	6	0	4	0	0	0
3 tbsp unpopped, 40 g										
Bertolli Extra Virgin Olive Oil	120	14	2	0	0	0	0	0	0	
1 tbsp, 15 ml										
Oreo Oreo Thins Mint	210	9	3	31.5	1.5	18	1.5	142.5	0	60
1 1/2 x 2 cookies, 43.5 g										
Hostess Ding Dongs Chocolate Cakes with Creamy Filling	165	8.5	6	21.5	0.5	16.5	1	145	2.5	0
1/2 x 2 cakes, 36 g										
Total	855	44	19	115	9	56.5	8.5	467.5	22.5	60
Total	**2060**	**101**	**30.264**	**269.38**	**24.5**	**132**	**38.25**	**1161**	**68.75**	**833**

Thursday, February 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pecan Nuts 1/2 oz (20 halves)	98	10.2	0.876	1.96	1.4	0.56	1.3	0	0	58
Pacific Organic Bone Broth Chicken 1 cup, 240 ml	45	0.5	0	1	0	0	9	95	5	
Chick-fil-A Grilled Chicken Cool Wrap 1/2 x 1 wrap	175	7	2.5	14.5	7.5	1.5	18.5		30	
Chick-fil-A Avocado Lime Ranch Dressing 1/4 x 1 packet, 0 oz	78	8	1.25	0.75	0	0.5	0.25	130	6.25	
Total	396	25.7	4.626	18.21	8.9	2.56	29.05	225	41.25	58
Lunch										
Starbucks Iced Mocha Macchiato with Coconut Milk (Grande) 5/8 x 1 serving, 10 oz	131	5.62	5	18.75	0	16.88	1.25	100	3.12	0
Dinner										
Birds Eye Steamfresh Sour Cream & Onion Potatoes 1 cup, 108 g	160	2.5	0.5	32	1	3	4	510	0	
Subway Banana Peppers 3 rings, 4 g	0	0	0	0	0	0	0	20	0	0
Subway Onions 1 serving, 7 g	0	0		1	0	1	0	0	0	
Subway Lettuce 1 serving, 21 g	0	0	0	0	0	0	0	0	0	0
Subway Mustard	5	0		1	0	0	0	115	0	

Thursday, February 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tsp, 10 g										
Subway Black Olives	5	0	0	0	0	0	0	25	0	
3 rings, 3 g										
Subway 6" Spicy Italian	480	24	9	46	5	8	20	1490	50	0
1 sandwich, 227 g										
Subway Spinach	2	0	0	0	0	0	0	15	0	
1 serving, 7 g										
Subway Bacon Strips	79	6.12	2.62	0	0	0	5.25	332.5	17.5	
1 3/4 x 2 strips, 16 g										
Subway Green Peppers	0	0	0	0	0	0	0	0	0	0
3 strips, 7 g										
Subway Cucumbers	3	0	0	1	0	0	0	0	0	25
3 slices, 14 g										
Total	734	32.62	12.12	81	6	12	29.25	2507.5	67.5	25
Snacks/Other										
Kroger Lightly Salted Cashews	80	6.5	1.25	4	0.25	0.5	2.5	30	0	90
1/2 x 1/4 cup, 14 g										
Biscoff Cookies	151	6		22	3	12	2	111	0	
4 cookies, 31 g										
Hostess Ding Dongs Chocolate Cakes with Creamy Filling	165	8.5	6	21.5	0.5	16.5	1	145	2.5	0
1/2 x 2 cakes, 36 g										
Oreo Oreo Thins Mint	140	6	2	21	1	12	1	95	0	40
2 cookies, 29 g										
Hostess Chocolate Cake Twinkies	130	4.5	2.25	21	0.5	14.5	1.5	180	7.5	
1/2 x 2 cakes, 38.5 g										
Total	666	31.5	11.5	89.5	5.25	55.5	8	561	10	130

Thursday, February 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1927	95.44	33.246	207.46	20.15	86.94	67.55	3393.5	121.87	213

Friday, February 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tea (Brewed) 3 cups (8 fl oz)	7	0	0.014	2.13	0	0	0	21	0	263
Golden Barrel Blackstrap Molasses 1/2 x 1 tbsp, 10 g	25	0	0	6.5	0	4.5	0	12.5	0	160
Nature's Promise Organic Wildflower Honey 1/2 x 1 tbsp, 10.5 g	30	0		8.5	0	8	0	0	0	
True Lemon Original Lemonade 1 packet, 3 g	10	0		3	0	1	0	0	0	
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Starbucks Iced Mocha Macchiato with Coconut Milk (Grande) 5/8 x 1 serving, 10 oz	131	5.62	5	18.75	0	16.88	1.25	100	3.12	0
Total	203	5.62	5.014	38.88	0	30.38	1.25	133.5	3.12	434
Lunch										
Subway Cucumbers 3 slices, 14 g	3	0	0	1	0	0	0	0	0	25
Subway Spinach 1 serving, 7 g	2	0	0	0	0	0	0	15	0	
Subway 6" Spicy Italian 1 sandwich, 227 g	480	24	9	46	5	8	20	1490	50	0
Subway Black Olives 3 rings, 3 g	5	0	0	0	0	0	0	25	0	
Subway Bacon Strips	79	6.12	2.62	0	0	0	5.25	332.5	17.5	

Friday, February 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 3/4 x 2 strips, 16 g										
Subway Mustard	5	0		1	0	0	0	115	0	
2 tsp, 10 g										
Total	**574**	**30.12**	**11.62**	**48**	**5**	**8**	**25.25**	**1977.5**	**67.5**	**25**
Dinner										
McAlister's Deli Spud Max (Half)	285	11.62	6	12.75	2.25	1.5	16.12	706.12	43.5	
3/4 x 1 serving, 7 oz										
Simply Balanced Alaskan Sockeye Salmon Fillets (5 oz)	120	6	1	0	0	0	15	32.5	45	
1/2 x 1 fillet, 2.5 oz										
Broccoli	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
1/2 cup chopped										
Fresh Express Organic Baby Spinach	20	0	0	3	2	0	2	65	0	
3 cups, 85 g										
Bertolli Extra Virgin Olive Oil	60	7	1	0	0	0	0	0	0	
1/2 x 1 tbsp, 7.5 ml										
Bragg Organic Apple Cider Vinegar	0	0	0	0	0	0	0	0	0	11
1 tbsp, 15 ml										
Total	**500**	**24.79**	**8.018**	**18.77**	**5.45**	**2.27**	**34.4**	**818.62**	**88.5**	**155**
Snacks/Other										
Off the Eaten Path Veggie Crisps	260	10	0	38	6	0	6	280	0	460
2 x 15 pieces, 2 oz										
Nabisco Nutter Butter Bites	150	6	1.5	21	1	9	2	120	0	45
10 cookies, 30 g										
Hostess Chocolate Cake Twinkies	130	4.5	2.25	21	0.5	14.5	1.5	180	7.5	

Friday, February 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 2 cakes, 38.5 g										
Biscoff Cookies	151	6		22	3	12	2	111	0	
4 cookies, 31 g										
Hostess Ding Dongs Chocolate Cakes with Creamy Filling	165	8.5	6	21.5	0.5	16.5	1	145	2.5	0
1/2 x 2 cakes, 36 g										
Total	856	35	9.75	123.5	11	52	12.5	836	10	505
Total	2133	95.53	34.402	229.15	21.45	92.65	73.4	3765.62	169.12	1119

Saturday, February 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tea (Brewed) 3 cups (8 fl oz)	7	0	0.014	2.13	0	0	0	21	0	263
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Nature's Promise Organic Wildflower Honey 1/2 x 1 tbsp, 10.5 g	30	0		8.5	0	8	0	0	0	
Golden Barrel Blackstrap Molasses 1/2 x 1 tbsp, 10 g	25	0	0	6.5	0	4.5	0	12.5	0	160
True Lemon Original Lemonade 1 packet, 3 g	10	0		3	0	1	0	0	0	
Total	72	0	0.014	20.13	0	13.5	0	33.5	0	434
Lunch										
Delish Mixed Fruit 1/4 cup, 40 g	110	0	0	27	3	14	1	20	0	
Dinner										
Chick-fil-A Grilled Chicken Cool Wrap 1/2 x 1 wrap	175	7	2.5	14.5	7.5	1.5	18.5		30	
Chick-fil-A Avocado Lime Ranch Dressing 1/4 x 1 packet, 0 oz	78	8	1.25	0.75	0	0.5	0.25	130	6.25	
Off the Eaten Path Veggie Crisps 3 x 15 pieces, 3 oz	390	15	0	57	9	0	9	420	0	690

Saturday, February 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	643	30	3.75	72.25	16.5	2	27.75	550	36.25	690
Snacks/Other										
Atlanta Cheesecake Company Petite Cheesecakes	52	3	1.5	6	0.25	5.5	1	45	16.25	
1/4 x 5 pieces, 18 g										
Hershey's Milk Chocolate Kisses (1)	67	3.99		8.34		7.68	0.99			
3 x 1 piece, 13.68 g										
Total	119	6.99	1.5	14.34	0.25	13.18	1.99	45	16.25	
Total	**944**	**36.99**	**5.264**	**133.72**	**19.75**	**42.68**	**30.74**	**648.5**	**52.5**	**1124**

Sunday, February 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chick-fil-A Grilled Chicken Cool Wrap 1/2 x 1 wrap	175	7	2.5	14.5	7.5	1.5	18.5		30	
Chick-fil-A Avocado Lime Ranch Dressing 1/4 x 1 packet, 0 oz	78	8	1.25	0.75	0	0.5	0.25	130	6.25	
Total	253	15	3.75	15.25	7.5	2	18.75	130	36.25	
Lunch										
Texas Roadhouse Loaded Baked Potato 1 potato	530	15	0	30	0	0	0	0	0	
Texas Roadhouse Green Beans 1 serving	70	4	1	6	2	3	3	700	5	
Texas Roadhouse Dinner Rolls 1 roll	170	3	1	29		5	4	160	0	
Texas Roadhouse Grilled Salmon 1 serving, 8 oz	530	32		17.1	0	0	30.1	1000	0	
Total	1300	54	2	82.1	2	8	37.1	1860	5	
Dinner										
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Snacks/Other										
Kroger Lightly Salted Cashews 1/2 x 1/4 cup, 14 g	80	6.5	1.25	4	0.25	0.5	2.5	30	0	90

Sunday, February 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hostess Ding Dongs Chocolate Cakes with Creamy Filling 1/2 x 2 cakes, 36 g	165	8.5	6	21.5	0.5	16.5	1	145	2.5	0
Nabisco Nutter Butter Bites 10 cookies, 30 g	150	6	1.5	21	1	9	2	120	0	45
Total	395	21	8.75	46.5	1.75	26	5.5	295	2.5	135
Total	**1948**	**90**	**14.5**	**143.85**	**11.25**	**36**	**61.35**	**2285**	**43.75**	**146**