Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	470	6.21	51.71	52.43
Lunch	897	33.83	58.77	68.17
Dinner	410	4.92	38.1	46.31
Snacks/Other				
Total	**1777**	**44.97**	**148.58**	**166.91**

Monday, May 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Light & Fit Greek - Raspberry 2 x 1 container, 226 g	160	0	0	16	0	14	24	100	20	300
Dannon Light & Fit Greek - Raspberry 2 x 1 container, 226 g	160	0	0	16	0	14	24	100	20	300
Total	320	0	0	32	0	28	48	200	40	600
Lunch										
ABB Blue Thunder 1 bottle, 22 oz	290	0.5		40	0	10	30	230	10	
Dannon Light & Fit Greek - Raspberry 2 x 1 container, 226 g	160	0	0	16	0	14	24	100	20	300
Total	450	0.5	0	56	0	24	54	330	30	300
Dinner										
Dannon Light & Fit Greek - Key Lime 2 x 1 container, 10.6 oz	160	0	0	18	0	14	24	110	20	280
Skinless Chicken Breast 276 g	304	3.42	0.911	0	0	0	63.73	179	160	
Total	464	3.42	0.911	18	0	14	87.73	289	180	280
Snacks/Other										
Total	**1234**	**3.92**	**0.911**	**106**	**0**	**66**	**189.73**	**819**	**250**	**1180**

Tuesday, May 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
ABB Blue Thunder 1 bottle, 22 oz	290	0.5		40	0	10	30	230	10	
Dannon Light & Fit Greek - Raspberry 2 x 1 container, 226 g	160	0	0	16	0	14	24	100	20	300
Total	450	0.5	0	56	0	24	54	330	30	300
Lunch										
Pop Weaver Light Butter Microwave Popcorn 1 bag	220	7	1.5	34	6	0	5	490	0	
Skinless Chicken Breast 114 g	125	1.41	0.376	0	0	0	26.32	74	66	
Dannon Light & Fit Greek - Raspberry 2 x 1 container, 226 g	160	0	0	16	0	14	24	100	20	300
Total	505	8.41	1.876	50	6	14	55.32	664	86	300
Dinner										
Dannon Light & Fit Greek - Key Lime 2 x 1 container, 10.6 oz	160	0	0	18	0	14	24	110	20	280
Skinless Chicken Breast 126 g	139	1.56	0.416	0	0	0	29.09	82	73	
Total	299	1.56	0.416	18	0	14	53.09	192	93	280
Snacks/Other										
Total	**1254**	**10.47**	**2.292**	**124**	**6**	**52**	**162.41**	**1186**	**209**	**880**

Wednesday, May 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Light & Fit Greek - Raspberry	160	0	0	16	0	14	24	100	20	300
2 x 1 container, 226 g										
ABB Blue Thunder	290	0.5		40	0	10	30	230	10	
1 bottle, 22 oz										
Total	450	0.5	0	56	0	24	54	330	30	300
Lunch										
Skinless Chicken Breast	110	1.24	0.33	0	0	0	23.09	65	58	
100 g										
El Pollo Loco Chicken Avocado Burrito	955	53		74	8	5	48	2113	57	
1 serving, 17.4 oz										
Total	1065	54.24	0.33	74	8	5	71.09	2178	115	
Dinner										
Dannon Light & Fit Greek - Key Lime	160	0	0	18	0	14	24	110	20	280
2 x 1 container, 10.6 oz										
Dannon Light & Fit Greek - Key Lime	160	0	0	18	0	14	24	110	20	280
2 x 1 container, 10.6 oz										
Total	320	0	0	36	0	28	48	220	40	560
Snacks/Other										
Total	**1835**	**54.74**	**0.33**	**166**	**8**	**57**	**173.09**	**2728**	**185**	**860**

Thursday, May 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Light & Fit Greek - Raspberry 2 x 1 container, 226 g	160	0	0	16	0	14	24	100	20	300
ABB Blue Thunder 1 bottle, 22 oz	290	0.5		40	0	10	30	230	10	
Total	450	0.5	0	56	0	24	54	330	30	300
Lunch										
Skinless Chicken Breast 276 g	304	3.42	0.911	0	0	0	63.73	179	160	
Dannon Light & Fit Greek - Raspberry 2 x 1 container, 226 g	160	0	0	16	0	14	24	100	20	300
Total	464	3.42	0.911	16	0	14	87.73	279	180	300
Dinner										
ABB Blue Thunder 1 bottle, 22 oz	290	0.5		40	0	10	30	230	10	
Dannon Light & Fit Greek - Key Lime 2 x 1 container, 10.6 oz	160	0	0	18	0	14	24	110	20	280
Total	450	0.5	0	58	0	24	54	340	30	280
Snacks/Other										
Total	**1364**	**4.42**	**0.911**	**130**	**0**	**62**	**195.73**	**949**	**240**	**880**

Friday, May 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
ABB Blue Thunder 1 bottle, 22 oz	290	0.5		40	0	10	30	230	10	
Lunch										
KFC Chicken Strips 377 g	874	47.44	8.74	39.95	0	0	72.41	2971.43	174.79	
Dinner										
Chicken Fried Rice 1/4 cup	82	2.99	0.609	10.45	0.3	0.35	3.11	149	26	62
Kirin Ichiban Beer 2 1/2 x 1 bottle, 30 oz	362	0	0	30.25	0	0	2.25	0	0	
Tiger Thai Tempura Shrimp 1 piece, 28 g	210	12	2	14	1	1	9	210	50	0
Total	654	14.99	2.609	54.7	1.3	1.35	14.36	359	76	62
Snacks/Other										
Total	**1818**	**62.93**	**11.349**	**134.65**	**1.3**	**11.35**	**116.77**	**3560.43**	**260.79**	**62**

Saturday, May 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sargento Colby Jack String Cheese 2 x 1 stick, 42 g	120	9	5	0	0	0	10	270	20	0
ABB Blue Thunder 1 bottle, 22 oz	290	0.5		40	0	10	30	230	10	
Total	410	9.5	5	40	0	10	40	500	30	0
Lunch										
KFC Chicken Strips 372 g	862	46.82	8.62	39.42	0	0	71.46	2932.16	172.48	
Sargento Colby Jack String Cheese 2 x 1 stick, 42 g	120	9	5	0	0	0	10	270	20	0
Total	982	55.82	13.62	39.42	0	0	81.46	3202.16	192.48	0
Dinner										
ABB Blue Thunder 1 bottle, 22 oz	290	0.5		40	0	10	30	230	10	
Flat Out Flat Bread Italian Herb 3 x 1 bread, 159 g	270	4.5	0	42	24	0	27	750	0	
Sargento Colby Jack String Cheese 2 x 1 stick, 42 g	120	9	5	0	0	0	10	270	20	0
Total	680	14	5	82	24	10	67	1250	30	0
Snacks/Other										
Total	**2072**	**79.32**	**23.62**	**161.42**	**24**	**20**	**188.46**	**4952.16**	**252.48**	**0**

Sunday, May 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
ABB Blue Thunder 1 bottle, 22 oz	290	0.5		40	0	10	30	230	10	
Sargento Colby Jack String Cheese 2 x 1 stick, 42 g	120	9	5	0	0	0	10	270	20	0
Flat Out Flat Bread Italian Herb 1 bread, 53 g	90	1.5	0	14	8	0	9	250	0	
Flat Out Flat Bread Italian Herb 2 x 1 bread, 106 g	180	3	0	28	16	0	18	500	0	
Sargento Colby Jack String Cheese 4 x 1 stick, 84 g	240	18	10	0	0	0	20	540	40	0
Total	920	32	15	82	24	10	87	1790	70	0
Lunch										
McDonald's Double Quarter Pounder with Cheese 1 serving	750	43	19	42	3	10	48	1280	160	
McDonald's French Fries (Large) 1 serving, 5.9 oz	510	24	3.5	67	5	0	6	290	0	
Smirnoff Vodka 3 x 1 shot, 4.5 oz	291	0	0	0	0	0	0	0	0	
Dos Equis XX Lager 3 x 1 bottle, 36 oz	390	0		27	0	0	1.2	30	0	0
Total	1941	67	22.5	136	8	10	55.2	1600	160	0
Dinner										

Sunday, May 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**2861**	**99**	**37.5**	**218**	**32**	**20**	**142.2**	**3390**	**230**	**0**