Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	568	25.08	79.23	6.56
Lunch	166	6.73	18.92	7.25
Dinner	1248	47.17	139.23	69.09
Snacks/Other	453	23.35	58.17	8.14
Total	**2435**	**102.34**	**295.56**	**91.03**

Tuesday, April 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Southern Home Strawberry Cheese Danish 2 x 1 Danish (85)	660	30	14	88	2	44	8	660	10	
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	665	30.12	14.053	88.38	2	44.4	8.54	668	10	127
Lunch										
Dinner										
McDonald's Grilled Chicken Snack Wrap with Honey Mustard 2 x 1 snack wrap, 8.2 oz	500	16	7	54	2	8	32	1300	90	
McDonald's Premium McWrap Chicken Sweet Chili (Grilled) 9.1 oz (257)	360	9	2.5	44	2	10	27	1030	65	
McDonald's Sweet Tea (Large) 1 serving, 30 oz	280	0	0	54	0	54	1	10	0	0
McDonald's Bacon Ranch Salad with Grilled Chicken (with Ranch Dressing) 1 salad package	410	23	6	15	4	8	31	1230	105	
Total	1550	48	15.5	167	8	80	91	3570	260	0
Snacks/Other										
PET Butter Pecan Sandwiches 1 sandwich, 56 g	170	7	3	24	1	12	3	125	15	

Tuesday, April 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2385	85.12	32.553	279.38	11	136.4	102.54	4363	285	127

Wednesday, April 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Southern Home Strawberry Cheese Danish 2 x 1 Danish (85)	660	30	14	88	2	44	8	660	10	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Total	665	30.12	14.053	88.38	2	44.4	8.54	668	10	127
Lunch										
Dinner										
Marzetti BBQ Ranch Dressing 2 x 1.1 oz (31)	200	14	2	16	0	12	2	520	10	
Wendy's Chicken BLT Cobb Salad 1 salad (385)	380	18	9	11	3	4	44	1190	260	1000
Wendy's Asiago Ranch Grilled Chicken Club 1 sandwich, 271 g	530	27	7	43	2	8	42	1270	130	670
Wendy's Sweet Tea (Medium) 1 serving, 798 g	140	0	0	37	0	36	0	15	0	
Total	1250	59	18	107	5	60	88	2995	400	1670
Snacks/Other										
PET Butter Pecan Sandwiches 1 sandwich, 56 g	170	7	3	24	1	12	3	125	15	
Total	**2085**	**96.12**	**35.053**	**219.38**	**8**	**116.4**	**99.54**	**3788**	**425**	**1797**

Thursday, April 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Little Debbie Strawberry Shortcake Rolls 2 x 1 roll, 122 g	480	18	6	80	0	54	2	300	30	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	485	18.12	6.053	80.38	0	54.4	2.54	308	30	127
Lunch										
Dinner										
Classico Classico Classico Spicy Tomato & Basil Pasta Sauce 1/2 cup, 125 g	50	1.5	0	11	2	6	2	450	0	
Turkey Meatballs 6 medium	250	6.98	2.297	11.65	0.8	2.44	32.97	726	125	
Spaghetti 2 1/2 cups cooked	550	3.22	0.612	107.38	6.3	1.96	20.16	812	0	158
Total	850	11.7	2.909	130.03	9.1	10.4	55.13	1988	125	158
Snacks/Other										
PET Butter Pecan Sandwiches 3 x 1 sandwich, 168 g	510	21	9	72	3	36	9	375	45	
Total	1845	50.82	17.962	282.41	12.1	100.8	66.67	2671	200	285

Friday, April 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Little Debbie Strawberry Shortcake Rolls 2 x 1 roll, 122 g	480	18	6	80	0	54	2	300	30	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	485	18.12	6.053	80.38	0	54.4	2.54	308	30	127
Lunch										
Dinner										
Classico Spicy Tomato & Basil Pasta Sauce 1/2 x 1/2 cup, 62.5 g	25	0.75	0	5.5	1	3	1	225	0	
Spaghetti 1 1/2 cups cooked	330	1.93	0.367	64.43	3.8	1.18	12.1	487	0	94
Turkey Meatballs 3 medium	125	3.49	1.149	5.83	0.4	1.22	16.49	363	62	
Total	480	6.17	1.516	75.76	5.2	5.4	29.59	1075	62	94
Snacks/Other										
Little Debbie Strawberry Shortcake Rolls 2 x 1 roll, 122 g	480	18	6	80	0	54	2	300	30	
PET Butter Pecan Sandwiches 2 x 1 sandwich, 112 g	340	14	6	48	2	24	6	250	30	
Total	820	32	12	128	2	78	8	550	60	

Friday, April 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1785	56.29	19.569	284.14	7.2	137.8	40.13	1933	152	221

Saturday, April 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Southern Home Strawberry Cheese Danish 2 x 1 Danish (85)	660	30	14	88	2	44	8	660	10	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	665	30.12	14.053	88.38	2	44.4	8.54	668	10	127
Lunch										
Dinner										
Taco Bell Bean Burrito 1 serving	370	11	4	56	9	3	13	960	5	
Taco Bell Lipton Raspberry Iced Tea 20 oz	200	0	0	53	0	53	0	65	0	
Taco Bell Buffalo Chicken Griller 1 griller, 149 g	350	15	4.5	40	3	4	15	810	40	
Taco Bell Burrito Supreme - Beef 2 x 1 serving	840	32	12	106	18	10	34	2200	70	
Taco Bell Cantina Bowl - Steak 1 serving, 438 g	550	23	4.5	59	9	4	27	1470	60	
Taco Bell Soft Taco - Beef 1 serving	200	9	4	19	3	1	10	510	25	
Total	2510	90	29	333	42	75	99	6015	200	

Saturday, April 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Great Value Fudge Brownie 1 brownie, 50 g	210	8	4.5	33	1	17	2	125	5	70
Jack Link's BBQ Pork Jerky 2 1/2 x 1 oz (28)	200	2.5	0	15	0	12.5	30	1725	87.5	
Total	410	10.5	4.5	48	1	29.5	32	1850	92.5	70
Total	**3585**	**130.62**	**47.553**	**469.38**	**45**	**148.9**	**139.54**	**8533**	**302.5**	**197**

Sunday, April 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Berry Turnover or Dumpling 2 turnovers	554	27.86	5.546	71.42	3	25.35	5.94	495	0	101
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	559	27.98	5.599	71.8	3	25.75	6.48	503	0	228
Lunch										
Dinner										
Stouffer's Lasagna Italiano (Family Size) 4 x 1 cup, 860 g	960	36	16	120	12	32	52	2880	120	0
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones 3 x 1 cone, 201 g	600	27	18	78	3	45	12	225	15	
Great Value Fudge Brownie 2 x 1 brownie, 100 g	420	16	9	66	2	34	4	250	10	140
Total	1020	43	27	144	5	79	16	475	25	140
Total	**2539**	**106.98**	**48.599**	**335.8**	**20**	**136.75**	**74.48**	**3858**	**145**	**368**

Monday, April 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Berry Turnover or Dumpling 2 turnovers	554	27.86	5.546	71.42	3	25.35	5.94	495	0	101
Total	559	27.98	5.599	71.8	3	25.75	6.48	503	0	228
Lunch										
Dinner										
Cooked Green String Beans (from Fresh) 1/2 cup fresh	38	2.01	0.386	4.95	2	0.96	1.18	201	0	91
Fried Potatoes 1 cup	243	6.3	2.289	42.79	3.6	2.16	4.68	521	8	
Steak 10 oz boneless, cooked	712	42.07	16.458	0	0	0	77.68	1055	230	856
Total	993	50.38	19.133	47.74	5.6	3.12	83.54	1777	238	947
Snacks/Other										
Southern Home Strawberry Cheese Danish 1 Danish (85)	330	15	7	44	1	22	4	330	5	
PET Dairy Nutty Buddy Sundae Cones 2 1/4 x 1 cone, 151 g	450	20.25	13.5	58.5	2.25	33.75	9	168.75	11.25	
Great Value Fudge Brownie 2 x 1 brownie, 100 g	420	16	9	66	2	34	4	250	10	140

Monday, April 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1200	51.25	29.5	168.5	5.25	89.75	17	748.75	26.25	140
Total	**2752**	**129.61**	**54.232**	**288.04**	**13.85**	**118.62**	**107.02**	**3028.75**	**264.25**	**1315**

Tuesday, April 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Grilled Snack Wrap with Chipotle BBQ 1 wrap, 125 g	250	8	3.5	27	1	5	16	670	40	0
Southern Home Strawberry Cheese Danish 1 Danish (85)	330	15	7	44	1	22	4	330	5	
Little Debbie Banana Pudding Rolls 1 roll, 62 g	270	12	4.5	40	0	27	1	140	15	0
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	855	35.12	15.053	111.38	2	54.4	21.54	1148	60	127
Lunch										
McDonald's Apple Dippers 1 package, 68 g	15	0	0	4	0	3	0	0	0	
McDonald's Buffalo Ranch McChicken 1 sandwich, 148 g	350	15	3	40	2	5	14	980	35	
McDonald's Sweet Tea (Large) 1 serving, 30 oz	280	0	0	54	0	54	1	10	0	0
Total	645	15	3	98	2	62	15	990	35	0
Dinner										
Wendy's Asian Cashew Chicken Salad 1 salad	380	13	2	33	6	18	36	970	90	1130

Tuesday, April 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wendy's Asiago Ranch Grilled Chicken Club 1 sandwich, 271 g	530	27	7	43	2	8	42	1270	130	670
Wendy's Pomegranate Vinaigrette Dressing 2 x 1 packet	140	6	0	20	0	18	0	300	0	
Wendy's Sweet Tea (Medium) 3/4 x 1 serving, 598 g	105	0	0	27.75	0	27	0	11.25	0	
Total	1155	46	9	123.75	8	71	78	2551.25	220	1800
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones 1 cone, 67 g	200	9	6	26	1	15	4	75	5	
Total	2855	105.12	33.053	359.13	13	202.4	118.54	4764.25	320	1927

Wednesday, April 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Little Debbie Banana Pudding Rolls 2 x 1 roll, 124 g	540	24	9	80	0	54	2	280	30	0
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Total	545	24.12	9.053	80.38	0	54.4	2.54	288	30	127
Lunch										
Arby's Sweet Tea (16 oz) 1 serving, 16 oz	120	0	0	32	0	31	0	15	0	
Arby's Light Italian Dressing 1 packet, 1.5 oz	20	1	0	3	0	2	0	790	0	0
Arby's Chopped Farmhouse Salad roast one salad (307)	250	13	7	11	3	6	23	680	60	
Arby's Steakhouse Onion Rings 5 pieces, 132 g	410	20	3	51	3	6	6	1690	0	
Arby's Beef 'n Cheddar (Regular) 1 sandwich	440	18	5	47	2	9	23	1290	45	
Total	1240	52	15	144	8	54	52	4465	105	0
Dinner										
Instant White Rice 1 cup cooked	191	0.83	0.028	41.04	1	0	3.56	582	0	15
Cooked Green Peas (Canned)	75	2.15	0.401	10.75	3.5	3.54	3.77	230	0	148

Wednesday, April 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup										
Broiled or Baked Pork Chop	432	24.84	9.336	0	0	0	48.76	691	142	756
2 medium (5.5 oz, with bone, raw) (yield after cooking, bone removed)										
Total	698	27.82	9.765	51.79	4.5	3.54	56.09	1503	142	919
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones	200	9	6	26	1	15	4	75	5	
1 cone, 67 g										
Total	2683	112.94	39.818	302.17	13.5	126.94	114.63	6331	282	1046

Thursday, April 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Little Debbie Banana Pudding Rolls 2 x 1 roll, 124 g	540	24	9	80	0	54	2	280	30	0
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	545	24.12	9.053	80.38	0	54.4	2.54	288	30	127
Lunch										
Dinner										
Marzetti BBQ Ranch Dressing 2 x 1.1 oz (31)	200	14	2	16	0	12	2	520	10	
Wendy's Chocolate Frosty (Medium) 1 serving, 298 g	410	10	7	67	4	56	11	190	45	770
Wendy's BBQ Ranch Chicken Salad 1 salad	580	29	9	43	5	25	41	1460	140	1070
Wendy's Pomegranate Vinaigrette Dressing 2 x 1 packet	140	6	0	20	0	18	0	300	0	
Wendy's Sweet Tea (Medium) 1 serving, 798 g	140	0	0	37	0	36	0	15	0	
Wendy's Asian Cashew Chicken Salad 1 salad	380	13	2	33	6	18	36	970	90	1130
Total	1850	72	20	216	15	165	90	3455	285	2970

Thursday, April 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones 1 cone, 67 g	200	9	6	26	1	15	4	75	5	
Total	**2595**	**105.12**	**35.053**	**322.38**	**16**	**234.4**	**96.54**	**3818**	**320**	**3097**

Friday, April 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sensible Foods Crunch Dried Fruit - Orchard Blend 1 bag, 21 g	70	0	0	18	1	15	0	80	0	
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Apple Turnover or Dumpling 2 turnovers	571	29.57	5.901	71.5	2.1	25.96	5.97	530	0	102
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	646	29.69	5.954	89.88	3.1	41.36	6.51	618	0	229
Lunch										
Dinner										
Taco Bell Crunchy Taco Supreme 1 serving	200	12	5	15	3	2	9	350	35	
Taco Bell Chalupa Supreme - Beef 1 serving	370	21	5	31	4	4	13	600	35	
Taco Bell Lipton Raspberry Iced Tea 20 oz	200	0	0	53	0	53	0	65	0	
Taco Bell Cantina Bowl - Steak 1 serving, 438 g	550	23	4.5	59	9	4	27	1470	60	
Total	1320	56	14.5	158	16	63	49	2485	130	
Snacks/Other										
Bumblebar Amazing Almond	100	7	1	6	2	3	3	35	0	

Friday, April 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar (18)										
Sahala Almonds with Cranberries	112	8	1	6	1	4	4	112	0	0
1 serving, 21 g										
Meli Gevulde Honingwafel	133	4.92	3.12	20.9		12.9	1.26	180		
1 stuk, 30 g										
Crave Canyon Aged White Cheddar & Hatch Green Chile Popcorn	130	7	1	16	3	2	3	380	5	
1 bag (28)										
PET Dairy Nutty Buddy Sundae Cones	400	18	12	52	2	30	8	150	10	
2 x 1 cone, 134 g										
Total	875	44.92	18.12	100.9	8	51.9	19.26	857	15	0
Total	2841	130.61	38.574	348.78	27.1	156.26	74.77	3960	145	229

Saturday, April 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mrs Freshley's Bear Claw 1 Danish (113)	450	19	9	62	1	33	7	420	10	
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Apple Turnover or Dumpling 1 turnover	285	14.78	2.95	35.75	1.1	12.98	2.98	265	0	51
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	740	33.9	12.003	98.13	2.1	46.38	10.52	693	10	178
Lunch										
Dinner										
Kroger Creamy Coleslaw 1/2 cup, 100 g	170	12	1.5	15	2	13	1	450	5	
Tyson Foods Honey BBQ Flavored Wings 4 x 2 pieces, 12 oz	760	48	12	32	0	24	52	1560	340	
Kraft whole grain velveeta rotini & cheese 2 x 1 cup, 196 g	620	24	7	78	6	8	22	1800	40	
Total	1550	84	20.5	125	8	45	75	3810	385	
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones 2 x 1 cone, 134 g	400	18	12	52	2	30	8	150	10	
Lay's Barbecue Potato Chips 3 x 1 oz, 84.9 g	480	30	4.5	45	3	3	6	570	0	1140

Saturday, April 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	880	48	16.5	97	5	33	14	720	10	1140
Total	**3170**	**165.9**	**49.003**	**320.13**	**15.1**	**124.38**	**99.52**	**5223**	**405**	**1318**

Sunday, April 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Little Debbie Boston Creme Rolls 1 roll, 62 g	270	12	4.5	40	0	25	1	140	15	
Mrs Freshley's Bear Claw 1 Danish (113)	450	19	9	62	1	33	7	420	10	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Total	725	31.12	13.553	102.38	1	58.4	8.54	568	25	127
Lunch										
Kroger Creamy Coleslaw 1/2 x 1/2 cup, 50 g	85	6	0.75	7.5	1	6.5	0.5	225	2.5	
Dinner										
Kroger Self-Rising Crust Supreme Pizza 1 1/4 x 1/6 pizza, 375 g	450	17.5	6.25	53.75	2.5	6.25	18.75	1225	112.5	
Bertolli Ricotta & Lobster Ravioli 2 x 1/2 package (340)	860	40	18	98	8	12	28	1620	190	
Total	1310	57.5	24.25	151.75	10.5	18.25	46.75	2845	302.5	
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones 2 x 1 cone, 134 g	400	18	12	52	2	30	8	150	10	

Sunday, April 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2520	112.62	50.553	313.63	14.5	113.15	63.79	3788	340	127

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										
Mrs Freshley's Bear Claw 1 Danish (113)	450	19	9	62	1	33	7	420	10	
Little Debbie Boston Creme Rolls 1 roll, 62 g	270	12	4.5	40	0	25	1	140	15	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Total	725	31.12	13.553	102.38	1	58.4	8.54	568	25	127
Lunch										
Dinner										
Iced Tea 2 cups (8 fl oz)	180	0	0.008	46.88	0	45.66	0.04	13	0	
Egg Roll with Shrimp 2 egg rolls	206	11.19	2.332	19.46	1.4	1.41	6.89	636	86	191
Shrimp Chow Mein or Chop Suey 30 oz	553	19.73	2.892	38.61	7.7	24.84	57.75	4082	519	1259
Total	939	30.92	5.232	104.95	9.1	71.91	64.68	4731	605	1450
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones 1 cone, 67 g	200	9	6	26	1	15	4	75	5	
Total	**1864**	**71.04**	**24.785**	**233.33**	**11.1**	**145.31**	**77.22**	**5374**	**635**	**1577**

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										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Little Debbie Boston Creme Rolls 2 x 1 roll, 124 g	540	24	9	80	0	50	2	280	30	
Total	545	24.12	9.053	80.38	0	50.4	2.54	288	30	127
Lunch										
Dinner										
Russet Potatoes (Flesh and Skin, Baked) 2 medium (2-1/4" to 3-1/4" dia)	336	0.45	0.086	74.18	8	3.74	9.1	28	0	1903
Smithfield Country-style Boneless Pork Ribs in Barbecue Sauce 2 x 5 oz, 280 g	320	5	1	24	0	20	44	1780	100	
Green Giant Southwestern Style Corn 1/2 cup, 94 g	60	0.5	0	12	3	4	2	240	0	
Total	716	5.95	1.086	110.18	11	27.74	55.1	2048	100	1903
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones 2 x 1 cone, 134 g	400	18	12	52	2	30	8	150	10	
Total	**1661**	**48.07**	**22.139**	**242.56**	**13**	**108.14**	**65.64**	**2486**	**140**	**2030**

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										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Southern Home Strawberry Cheese Danish 2 x 1 Danish (85)	660	30	14	88	2	44	8	660	10	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	665	30.12	14.053	88.38	2	44.4	8.54	668	10	127
Lunch										
Dinner										
Marzetti BBQ Ranch Dressing 2 x 1.1 oz (31)	200	14	2	16	0	12	2	520	10	
Wendy's Light Honey French 2 x 1 packet, 2.2 oz	80	0	0	18	0	16	0	190	0	
Wendy's Premium Cod Fillet Sandwich 1 sandwich, 191 g	510	26	6	51	4	7	18	970	50	
Wendy's BBQ Ranch Chicken Salad 1 salad	580	29	9	43	5	25	41	1460	140	1070
Wendy's Asian Cashew Chicken Salad 1 salad	380	13	2	33	6	18	36	970	90	1130
Wendy's Sweet Tea (Medium) 3/4 x 1 serving, 598 g	105	0	0	27.75	0	27	0	11.25	0	
Total	1855	82	19	188.75	15	105	97	4121.25	290	2200

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones 1 cone, 67 g	200	9	6	26	1	15	4	75	5	
Total	**2720**	**121.12**	**39.053**	**303.13**	**18**	**164.4**	**109.54**	**4864.25**	**305**	**2327**

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										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Southern Home Strawberry Cheese Danish 2 x 1 Danish (85)	660	30	14	88	2	44	8	660	10	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	665	30.12	14.053	88.38	2	44.4	8.54	668	10	127
Lunch										
Dinner										
Taco Bell Cantina Bowl - Chicken 1 bowl, 438 g	530	21	3.5	59	9	4	26	1450	60	
Taco Bell Grilled Steak Soft Taco (112g) 1 taco	200	9	3	17	2	2	13	490	30	
Taco Bell Lipton Raspberry Iced Tea 20 oz	200	0	0	53	0	53	0	65	0	
Taco Bell Soft Taco - Beef 1 serving	200	9	4	19	3	1	10	510	25	
Taco Bell Burrito Supreme - Beef 1 serving	420	16	6	53	9	5	17	1100	35	
Taco Bell Spicy Buffalo Chicken Griller 1 griller, 149 g	350	15	4.5	40	3	4	15	810	40	
Total	1900	70	21	241	26	69	81	4425	190	

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones 1 cone, 67 g	200	9	6	26	1	15	4	75	5	
Total	**2765**	**109.12**	**41.053**	**355.38**	**29**	**128.4**	**93.54**	**5168**	**205**	**127**

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										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Cherry Turnover or Dumpling 2 turnovers	476	23.49	4.688	62.43	2	25.69	5.1	432	0	117
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	481	23.61	4.741	62.81	2	26.09	5.64	440	0	244
Lunch										
Roasted Broiled or Baked Chicken Leg (Skin Eaten) 1 small (yield after cooking, bone removed)	216	12.55	3.468	0	0	0	24.2	384	86	210
Roasted Broiled or Baked Chicken Thigh 1 small (yield after cooking, bone removed)	135	8.45	2.362	0	0	0	13.67	223	51	121
Holiday Pantry Ham and Swiss 1 sandwich	310	14	6	34			15			
Total	661	35	11.83	34	0	0	52.87	607	137	331
Dinner										
Peas and Carrots (No Salt Added, Solids and Liquids, Canned) 3/4 cup	73	0.52	0.094	16.22	6.3	5.41	4.15	8	0	191
Bush Brothers Original Baked Beans 1 cup, 235 g	140	1	0	29	5	12	6	550	0	
Roasted Broiled or Baked Chicken Thigh	135	8.45	2.362	0	0	0	13.67	223	51	121

Friday, April 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 small (yield after cooking, bone removed)										
Roasted Broiled or Baked Chicken Drumstick (Skin Eaten)	86	4.42	1.21	0	0	0	10.72	165	36	91
1 small (yield after cooking, bone removed)										
Roasted Broiled or Baked Chicken Wing	86	5.79	1.621	0	0	0	7.99	121	25	55
1 small (yield after cooking, bone removed)										
Kroger Baked Chicken Breast	340	14	8	26	1	4	24	1100	90	0
1 breast, 8 oz										
Total	860	34.18	13.287	71.22	12.3	21.41	66.53	2167	202	458
Snacks/Other										
Atlanta cheesecake company supreme sampler cheesecake	520	26	10	70	2	52	8	440	100	0
2 x 1 (1 slice)										
PET Dairy Nutty Buddy Sundae Cones	200	9	6	26	1	15	4	75	5	
1 cone, 67 g										
Total	720	35	16	96	3	67	12	515	105	0
Total	**2722**	**127.79**	**45.858**	**264.03**	**17.3**	**114.5**	**137.04**	**3729**	**444**	**1033**

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										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Cherry Turnover or Dumpling 2 turnovers	476	23.49	4.688	62.43	2	25.69	5.1	432	0	117
Total	481	23.61	4.741	62.81	2	26.09	5.64	440	0	244
Lunch										
Dinner										
Wendy's Low Fat Honey Mustard Dressing 1 packet, 57 g	100	2.5		19	0	14	0	270	0	15
Wendy's Grilled Chicken Go Wrap 1 wrap, 127 g	260	10	3.5	25	1	3	19	630	55	
Wendy's Asiago Ranch Grilled Chicken Club 1 sandwich, 271 g	530	27	7	43	2	8	42	1270	130	670
Wendy's Crispy Chicken Caesar Wrap 1 wrap, 157 g	430	25	7	35	2	1	17	950	45	
Wendy's Sweet Tea (Medium) 3/4 x 1 serving, 598 g	105	0	0	27.75	0	27	0	11.25	0	
Wendy's Asian Cashew Chicken Salad 1 salad	380	13	2	33	6	18	36	970	90	1130
Total	1805	77.5	19.5	182.75	11	71	114	4101.25	320	1815

Saturday, April 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
PET Dairy Nutty Buddy Sundae Cones	200	9	6	26	1	15	4	75	5	
1 cone, 67 g										
PET Dairy Nutty Buddy Sundae Cones	200	9	6	26	1	15	4	75	5	
1 cone, 67 g										
Total	400	18	12	52	2	30	8	150	10	
Total	**2686**	**119.11**	**36.241**	**297.56**	**15**	**127.09**	**127.64**	**4691.25**	**330**	**2059**

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										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Tastykake Butterscotch Krimpets (2) 2 x 2 cakes, 114 g	480	14	5	80	0	52	6	460	120	0
Total	485	14.12	5.053	80.38	0	52.4	6.54	468	120	127
Lunch										
Dinner										
Mashed Potato (from Fresh) 1 cup	256	14.62	3.349	27.76	2.1	4.7	4.43	823	6	504
Kraft Stove Top Stuffing Mix For Turkey 1/6 box, 28 g	110	1	0	21	1	2	3	440	0	
Corn 2 oz	49	0.67	0.103	10.78	1.5	1.83	1.83	9	0	153
Turkey Meat 6 oz	202	4.86	1.616	0	0	0	37.03	119	111	503
Total	617	21.15	5.068	59.54	4.6	8.53	46.29	1391	117	1160
Snacks/Other										
Carrot Cake with Icing 6 oz	694	35.52	6.551	90.08	1.9	66.54	6.57	313	102	170
PET Dairy Nutty Buddy Sundae Cones 3 x 1 cone, 201 g	600	27	18	78	3	45	12	225	15	

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	1294	62.52	24.551	168.08	4.9	111.54	18.57	538	117	170
Total	**2396**	**97.79**	**34.672**	**308**	**9.5**	**172.47**	**71.4**	**2397**	**354**	**1457**

Monday, April 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Tastykake Butterscotch Krimpets (2) 2 x 2 cakes, 114 g	480	14	5	80	0	52	6	460	120	0
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	485	14.12	5.053	80.38	0	52.4	6.54	468	120	127
Lunch										
Dinner										
Iced Tea 1 cup (8 fl oz)	90	0	0.004	23.44	0	22.83	0.02	6	0	
Southern Tsunami Sushi Bar Spicy Tuna Roll 1 roll (8 pieces), 347 g	290	11		26	3.5		24			
Steamed or Boiled Squid 1 oz boneless	30	0.45	0.116	1	0	0	5.06	119	76	64
Cheese and Spinach Filled Cannelloni 2 cannelloni	235	10	4.323	25.63	1.8	1.18	10.54	887	68	255
Earls Prawn Dynamite Roll 1 roll, 283.5 g	445	19.9		51.2	4.4		14.2	533.6		
Miyo's? Dragon Roll 10.2oz	520	18	4	71	4	18	17	1002	90	
Pickled Seaweed 1 cup	232	0.3	0.088	55.98	0.5	50.7	1.96	219	0	280
Scallions or Spring Onions	32	0.19	0.032	7.34	2.6	2.33	1.83	16	0	276

Monday, April 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup chopped										
Tuna Sashimi	184	1.62	0.4	0	0	0	39.77	63	77	
6 pieces										
Total	2058	61.46	8.963	261.59	16.8	95.04	114.38	2845.6	311	875
Snacks/Other										
Pringles Original Potato Crisps	38	2.25	0.62	3.75	0.25	0.25	0.25	37.5	0	
1/4 x 15 chips, 7 g										
Southern Home Sundae Cone	210	18	7	24	1	15	3	70	15	
1 cone (66)										
Total	248	20.25	7.62	27.75	1.25	15.25	3.25	107.5	15	
Total	**2791**	**95.83**	**21.636**	**369.72**	**18.05**	**162.69**	**124.17**	**3421.1**	**446**	**1002**

Tuesday, April 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Tastykake Butterscotch Krimpets (2) 2 x 2 cakes, 114 g	480	14	5	80	0	52	6	460	120	0
Total	485	14.12	5.053	80.38	0	52.4	6.54	468	120	127
Lunch										
Wendy's Sweet Tea (Medium) 1 serving, 798 g	140	0	0	37	0	36	0	15	0	
Wendy's Chocolate Fudge Frosty Shake (Large) 1 shake	530	13	8	94	1	78	11	310	45	
Marzetti BBQ Ranch Dressing 2 x 1.1 oz (31)	200	14	2	16	0	12	2	520	10	
Wendy's BBQ Ranch Chicken Salad 1 salad	580	29	9	43	5	25	41	1460	140	1070
Total	1450	56	19	190	6	151	54	2305	195	1070
Dinner										
Bertolli Complete Skillet Meal - Shrimp Scampi & Linguini 2 x 1/2 package	1020	40	18	112	6	10	38	1760	300	
Snacks/Other										
Southern Home Sundae Cone	210	18	7	24	1	15	3	70	15	

Tuesday, April 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cone (66)										
Total	**3165**	**128.12**	**49.053**	**406.38**	**13**	**228.4**	**101.54**	**4603**	**630**	**1197**

Wednesday, April 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Sara Lee Glazed Honey Buns 2 x 1 bun (71)	560	26	9	76	2	38	8	360	0	
Total	565	26.12	9.053	76.38	2	38.4	8.54	368	0	127
Lunch										
Dinner										
Del Monte Whole Green Beans (Canned) 1/2 cup, 121 g	20	0	0	3	1	1	1	290	0	95
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Tyson Foods Boneless Skinless Chicken Breasts 2 1/2 x 4 oz, 280 g	350	10	3.75	0	0	0	62.5	100	162.5	
Total	574	10.44	3.87	47.08	1.6	1.08	67.7	967	162.5	150
Snacks/Other										
Southern Home Sundae Cone 2 x 1 cone (66)	420	36	14	48	2	30	6	140	30	
Total	**1559**	**72.56**	**26.923**	**171.46**	**5.6**	**69.48**	**82.24**	**1475**	**192.5**	**277**

Thursday, April 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Sara Lee Glazed Honey Buns 2 x 1 bun (71)	560	26	9	76	2	38	8	360	0	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	565	26.12	9.053	76.38	2	38.4	8.54	368	0	127
Lunch										
Holiday Pantry Ham and Swiss 1 sandwich	310	14	6	34			15			
Dinner										
Arby's Brewed Iced Tea 32 fl oz (.946)	10	0	0	4			0	0	0	
Arby's Steakhouse Onion Rings 5 pieces, 132 g	410	20	3	51	3	6	6	1690	0	
Arby's Turkey 'N Cheddar Classic 1 sandwich, 220 g	450	12	2	59	2	12	27	1480	45	
Arby's Ultimate Angus Philly Sandwich 1 sandwich, 289 g	590	29	9	48	3	4	34	1760	85	
Arby's Roast Chopped Farmhouse Salad 1 salad, 307 g	230	13	7	8	3	4	23	780	60	
Arby's Balsamic Vinaigrette Dressing 2 x 1 serving, 86 g	240	24	4	8	0	8	0	940	0	0

Thursday, April 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1930	98	25	178	11	34	90	6650	190	0
Snacks/Other										
Southern Home Sundae Cone 2 x 1 cone (66)	420	36	14	48	2	30	6	140	30	
Total	**3225**	**174.12**	**54.053**	**336.38**	**15**	**102.4**	**119.54**	**7158**	**220**	**127**

Friday, April 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts Strawberry Cheese Danish 2 x 1 danish	640	40	18	62	2	18	8	520	60	
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	645	40.12	18.053	62.38	2	18.4	8.54	528	60	127
Lunch										
Dinner										
Kroger Red Wine Vinegar 3 x 1 tbsp, 45 ml	0	0	0	0	0	0	0	0	0	0
Del Monte Peas & Carrots 1/2 cup, 128 g	60	0	0	13	4	4	3	300	0	0
Pasta Roni Shells & White Cheddar (Less Fat) 2 x 1 cup prepared, 468 g	430	12	5	76	4	6	14	1320	12	
Tomatoes 4 medium whole (2-3/5" dia)	89	0.98	0.226	19.29	5.9	12.94	4.33	25	0	1166
Gorton's Skillet Crisp Tilapia 4 x 1 fillet, 396 g	760	36	8	64	4	8	44	1480	100	880
Total	1339	48.98	13.226	172.29	17.9	30.94	65.33	3125	112	2046
Snacks/Other										
Southern Home Sundae Cone 3 x 1 cone (66)	630	54	21	72	3	45	9	210	45	

Friday, April 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2614	143.1	52.279	306.67	22.9	94.34	82.87	3863	217	2173

Saturday, April 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Dunkin' Donuts Strawberry Cheese Danish 2 x 1 danish	640	40	18	62	2	18	8	520	60	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	645	40.12	18.053	62.38	2	18.4	8.54	528	60	127
Lunch										
Dinner										
Vermicelli 1 1/2 cups cooked	330	1.94	0.367	64.42	3.8	1.17	12.11	488	0	
Iced Tea 2 cups (8 fl oz)	180	0	0.008	46.88	0	45.66	0.04	13	0	
Chinese Broccoli (Cooked) 1/2 cup	10	0.32	0.048	1.68	1.1	0.37	0.5	3	0	115
White Mushrooms (Stir-Fried) 2 oz	15	0.19	0.023	2.29	1	0	2.03	7	0	225
Cooked Carrots 3 oz	46	2.11	0.398	6.8	2.5	2.83	0.63	260	0	193
Shrimp Fried Rice 2 cups	642	23.21	3.913	83.75	2.8	3.01	21.9	1849	253	329
Steamed or Boiled Shrimp 8 oz, without shell, raw (yield after cooking)	199	3.25	0.617	1.71	0	0	38.16	848	285	243
Steamed or Boiled Scallops 4 oz of	120	3.5	0.589	2.64	0	0	18.35	479	36	318

Saturday, April 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
White Sauce 4 oz	164	11.87	3.118	10.43	0.2	5.5	4.22	378	8	167
Total	1706	46.39	9.081	220.6	11.4	58.54	97.94	4325	582	1590
Snacks/Other										
Blue Bunny Blue Bunny Strawberry Shortcake 1 bar, 79 g	210	11	3.5	26	0	18	2	70	15	60
Hershey's Cookies 'N Creme Bunny 1 bunny, 34 g	170	9	6	21	0	16	3	75	5	
Total	380	20	9.5	47	0	34	5	145	20	60
Total	**2731**	**106.51**	**36.634**	**329.98**	**13.4**	**110.94**	**111.48**	**4998**	**662**	**1777**

Sunday, April 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Snacks/Other										
Atlanta cheesecake company supreme sampler cheesecake 2 x 1 (1 slice)	520	26	10	70	2	52	8	440	100	0
Total	**520**	**26**	**10**	**70**	**2**	**52**	**8**	**440**	**100**	**0**

Monday, April 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Little Debbie Strawberry Shortcake Rolls 2 x 1 roll, 122 g	480	18	6	80	0	54	2	300	30	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	485	18.12	6.053	80.38	0	54.4	2.54	308	30	127
Lunch										
Dinner										
Luzianne Sweetened Iced Tea 3 x 8 oz glass, 711 g	153	0.05	0.02	39.92		37.76	0	21.33	0	
Subway 6" Spicy Italian 2 x 1 sandwich, 454 g	960	48	18	92	10	16	40	2980	100	0
Subway Double Chicken Chopped Salad 1 salad, 433 g	240	5	1.5	13	6	5	37	500	100	
Total	1353	53.05	19.52	144.92	16	58.76	77	3501.33	200	0
Snacks/Other										
Total	**1838**	**71.17**	**25.573**	**225.3**	**16**	**113.16**	**79.54**	**3809.33**	**230**	**127**

Tuesday, April 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Little Debbie Strawberry Shortcake Rolls 2 x 1 roll, 122 g	480	18	6	80	0	54	2	300	30	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	485	18.12	6.053	80.38	0	54.4	2.54	308	30	127
Lunch										
Tombstone Original Supreme Pizza 2 x 1/5 pizza, 250 g	580	24	10	60	4	6	28	1080	60	0
Dinner										
McDonald's Grilled Chicken Club 1 sandwich, 250 g	510	20	7	44	3	12	40	1410	95	
McDonald's McFlurry with Oreo Cookies 1 serving	510	17	9	79	3	64	12	300	45	
McDonald's Sprite (Large) 1 serving, 30 oz	310	0	0	83		83	0	80	0	
Total	1330	37	16	206	6	159	52	1790	140	
Snacks/Other										
Kroger Arctic Blasters Ice Cream Bars 1 bar	150	10	8	13	0	10	2	35	15	

Tuesday, April 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2545	89.12	40.053	359.38	10	229.4	84.54	3213	245	127

Wednesday, April 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 8 fl oz	2	0.05	0.005	0	0	0	0.28	5	0	116
Little Debbie Strawberry Shortcake Rolls 2 x 1 roll, 122 g	480	18	6	80	0	54	2	300	30	
1% Fat Milk 1/4 fl oz	3	0.07	0.048	0.38	0	0.4	0.26	3	0	11
Total	485	18.12	6.053	80.38	0	54.4	2.54	308	30	127
Lunch										
Dinner										
Cooked Green Peas (Canned) 1/2 cup	75	2.15	0.401	10.75	3.5	3.54	3.77	230	0	148
Red Potatoes (Flesh and Skin, Baked) 1 large (3" to 4-1/4" dia)	266	0.45	0.078	58.57	5.4	4.34	6.88	24	0	1630
Hillshire Farm Hot & Spicy Italian Style Smoked Sausage 3 x 1 link, 228 g	630	51	21	0	0	0	42	2310	75	
Total	971	53.6	21.479	69.32	8.9	7.88	52.65	2564	75	1778
Snacks/Other										
Kroger Arctic Blasters Ice Cream Bars 1 bar	150	10	8	13	0	10	2	35	15	
Total	**1606**	**81.72**	**35.532**	**162.7**	**8.9**	**72.28**	**57.19**	**2907**	**120**	**1905**