Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	436	17.63	44.38	28.72
Lunch	359	17.04	31.29	22.25
Dinner	352	12.32	32.12	27.03
Snacks/Other	547	21.43	49.92	32.58
Total	**1694**	**68.42**	**157.71**	**110.58**

Monday, June 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ghirardelli 100% Unsweetened Cocoa Powder 1 tbsp, 6 g	20	1.5	0.5	3	2	0	1			
Great Value Diced Mangos 1 bowl, 113 g	70	0	0	18	1	5	0	10		
Designer Whey Purely Unflavored Natural 100% Whey-Based Protein with Acti-Blend 1 level scoop, 28 g	100	2	1	6	3	2	19	80	60	
Simple Truth Unsweetened Almond Milk 3/8 x 1 cup, 3 oz	15	1.12	0	0.75	0.38	0.38	0.38	67.5	0	71.25
Kroger Sliced Almonds 1/4 x 1/4 cup, 8 g	48	3.75	0.25	1.5	0.75	0.25	1.75	0	0	55
Simple Truth Organic 2% Reduced Fat Milk 79 ml	39	1.64	0.99	3.95	0	3.62	2.63	39.48	6.58	128.31
Kroger Grated Sweetened Coconut 1/2 x 2 tbsp, 7.5 g	35	2	1.5	4	1.5	2.5	0.5	30		
Quaker Old Fashioned Oats 28 g	105	2.1	0.35	18.9	2.8	0.7	3.5	0	0	100.1
Total	**432**	**14.11**	**4.59**	**56.1**	**11.43**	**14.45**	**28.76**	**226.98**	**66.58**	**354.66**
Lunch										
IHOP Mashed Potatoes 3/4 x 1 serving	142	6.75	3.75	18.75	1.5	0.75	1.5	465	15	
IHOP California Scramble w/O Potato or Side 1 serving	640	50	18	12	4	3	38	1050	765	

Monday, June 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	782	56.75	21.75	30.75	5.5	3.75	39.5	1515	780	
Dinner										
Great Value No Sugar Added Mandarin Oranges 1 bowl, 113 g	45	0	0	13	1	6	0	10	0	130
Frigo Cheese Heads 100% Natural Light String Cheese 1 piece, 28 g	50	2.5	1.5	0	0	0	7	230	10	
Breakstone's Live Active 2% Cottage Cheese 4 oz, 113 g	80	2.5	1.5	8	3	3	10	370	15	
Kroger 100% Whole Wheat Tortillas 1 tortilla, 45 g	130	3.5	1	23	3	1	4	340	0	
Boar's Head Ovengold Roast Breast of Turkey - Skinless 92 g	99	1.64	0	0	0	0	21.36	591.48	32.86	230.02
Total	404	10.14	4	44	7	10	42.36	1541.48	57.86	360.02
Snacks/Other										
Diamond of California Finely Diced Walnuts 1/4 x 1/4 cup, 8 g	50	5	0.5	1	0.5	0.25	1.25	0	0	32.5
Honey 1/3 tbsp	21	0	0	5.71	0	5.69	0.02	0	0	4
Driscoll's Blackberries 75 g	22	0.26	0	5.21	2.6	2.6	0.52	0.52	0	121.39
Fage Total 2% Greek Yogurt (Container) 1 container, 150 g	150	4	3	8	0	8	20	65	10	
Total	243	9.26	3.5	19.92	3.1	16.54	21.79	65.52	10	157.89

Monday, June 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1861	90.26	33.84	150.77	27.03	44.74	132.41	3348.98	914.44	872.57

Tuesday, June 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Simple Truth Organic 2% Reduced Fat Milk 79 ml	39	1.64	0.99	3.95	0	3.62	2.63	39.48	6.58	128.31
Simple Truth Unsweetened Almond Milk 3/8 x 1 cup, 3 oz	15	1.12	0	0.75	0.38	0.38	0.38	67.5	0	71.25
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Boar's Head Black Forest Deli Ham 2 oz, 56 g	60	1	0	2	0	2	10	440	30	160
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Thomas' Original English Muffins 1 muffin, 61 g	120	1	0	25	1	1	4	200	0	0
Total	436	20.8	8.776	32.49	1.38	7.53	30.22	1158.98	275.58	453.56
Lunch										
Michael Angelo's Vegetable Lasagna Now with Kale 1 tray, 312 g	350	13	6	43	5	10	20	680	50	
Dinner										
Whole Foods Market Organic Extra Virgin Olive Oil 1/2 x 1 tbsp, 7.5 ml	60	7	1	0	0	0	0	0	0	
Kroger Wild Caught Alaskan Salmon Burgers 1 burger, 85 g	130	7	1	1	0	0	16	360	35	

Tuesday, June 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Birds Eye Protein Blends Asian Style 153 g	163	3.54	0	26.9	6.37	3.54	8.5	290.28	0	
Total	353	17.54	2	27.9	6.37	3.54	24.5	650.28	35	
Snacks/Other										
Fage Total 2% Greek Yogurt (Container) 1 container, 150 g	150	4	3	8	0	8	20	65	10	
Honey 1/3 tbsp	21	0	0	5.71	0	5.69	0.02	0	0	4
Nature Valley Biscuits with Peanut Butter 1 sandwich, 38 g	190	10	3	21	3	8	5	180	5	
Wasa Light Rye Crispbread 2 slices, 18 g	60	0	0	14	3	0	2	70	0	
Private Selection Van Gogh Gouda Cheese Sliced to Serve 2 x 1oz (28g/3 Slices)	220	16	10	0	0	0	14	500	60	
Quaker Breakfast Flats - Banana Honey Nut 1 package (3 bars), 40 g	180	7	0.05	27	3	10	3	140	0	
Total	821	37	16.05	75.71	9	31.69	44.02	955	75	4
Total	**1960**	**88.34**	**32.826**	**179.1**	**21.75**	**52.76**	**118.74**	**3444.26**	**435.58**	**457.56**

Wednesday, June 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Designer Whey Purely Unflavored Natural 100% Whey-Based Protein with Acti-Blend 1 level scoop, 28 g	100	2	1	6	3	2	19	80	60	
Simple Truth Organic Diced Yellow Cling Peaches 1 bowl, 113 g	50	0	0	12	2	10	0	40	0	
Simple Truth Unsweetened Almond Milk 3/8 x 1 cup, 3 oz	15	1.12	0	0.75	0.38	0.38	0.38	67.5	0	71.25
Kroger Sliced Almonds 1/2 x 1/4 cup, 15 g	95	7.5	0.5	3	1.5	0.5	3.5	0	0	110
Simple Truth Organic 2% Reduced Fat Milk 79 ml	39	1.64	0.99	3.95	0	3.62	2.63	39.48	6.58	128.31
Simple Truth Organic Half & Half 2 tbsp, 30 ml	40	3.5	2	1	0	1	0	10	10	0
Cream of Wheat Whole Grain Cereal 11 g	37	0.17	0	7.66	1.33	0	1.33	28.3	0	0
Quaker Old Fashioned Oats 14 g	52	1.05	0.18	9.45	1.4	0.35	1.75	0	0	50.05
Total	428	16.98	4.67	43.81	9.61	17.85	28.59	265.28	76.58	359.61
Lunch										
Devour Pulled Chicken Burrito Bowl 1 package, 340 g	450	15	8	46	8	6	32	950	90	

Wednesday, June 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Simple Truth Organic Power Greens 1/4 x 1 package, 35 g	5	0		0.75			0.5			
Breakstone's Live Active 2% Cottage Cheese 4 oz, 113 g	80	2.5	1.5	8	3	3	10	370	15	
Great Value No Sugar Added Mandarin Oranges 1 bowl, 113 g	45	0	0	13	1	6	0	10	0	130
Wholly Guacamole 100 Calorie Snack Pack 1/2 x 1 pouch, 28.5 g	50	4.5	0.75	2.5	1.5	0	0.5	100	0	165
Kroger 100% Whole Wheat Tortillas 1 tortilla, 45 g	130	3.5	1	23	3	1	4	340	0	
Boar's Head Ovengold Roast Breast of Turkey - Skinless 88 g	94	1.57	0	0	0	0	20.42	565.56	31.42	219.94
Total	**404**	**12.07**	**3.25**	**47.25**	**8.5**	**10**	**35.42**	**1385.56**	**46.42**	**514.94**
Snacks/Other										
Nature Valley Biscuits with Peanut Butter 1 sandwich, 38 g	190	10	3	21	3	8	5	180	5	
Wasa Light Rye Crispbread 2 slices, 18 g	60	0	0	14	3	0	2	70	0	
Private Selection Van Gogh Gouda Cheese Sliced to Serve 2 x 1oz (28g/3 Slices)	220	16	10	0	0	0	14	500	60	
Driscoll's Blackberries 75 g	22	0.26	0	5.21	2.6	2.6	0.52	0.52	0	121.39
Honey	21	0	0	5.71	0	5.69	0.02	0	0	4

Wednesday, June 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/3 tbsp										
Fage Total 2% Greek Yogurt (Container)	150	4	3	8	0	8	20	65	10	
1 container, 150 g										
Total	663	30.26	16	53.92	8.6	24.29	41.54	815.52	75	125.39
Total	**1945**	**74.31**	**31.92**	**190.98**	**34.71**	**58.14**	**137.55**	**3416.36**	**288**	**999.94**

Thursday, June 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Del Monte Tropical Fruit Cup 1 cup, 113 g	70	0	0	18	0.5	16	0.5	5	0	
Quaker Old Fashioned Oats 28 g	105	2.1	0.35	18.9	2.8	0.7	3.5	0	0	100.1
Simple Truth Organic 2% Reduced Fat Milk 79 ml	39	1.64	0.99	3.95	0	3.62	2.63	39.48	6.58	128.31
Kroger Sliced Almonds 1/2 x 1/4 cup, 15 g	95	7.5	0.5	3	1.5	0.5	3.5	0	0	110
Simple Truth Unsweetened Almond Milk 3/8 x 1 cup, 3 oz	15	1.12	0	0.75	0.38	0.38	0.38	67.5	0	71.25
Designer Whey Purely Unflavored Natural 100% Whey-Based Protein with Acti-Blend 1 level scoop, 28 g	100	2	1	6	3	2	19	80	60	
Total	**424**	**14.36**	**2.84**	**50.6**	**8.18**	**23.2**	**29.51**	**191.98**	**66.58**	**409.66**
Lunch										
Michael Angelo's Vegetable Lasagna Now with Kale 1 tray, 312 g	350	13	6	43	5	10	20	680	50	
Dinner										
Whole Foods Market Organic Extra Virgin Olive Oil 1/2 x 1 tbsp, 7.5 ml	60	7	1	0	0	0	0	0	0	
Great Value Sugar Snap Pea Stir-Fry 2 x 1 cup, 170 g	50	0	0	8	2	4	2	30	0	240

Thursday, June 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Pinot Noir Wine 1 5 fl oz serving	122	0		3.4			0.1			
Birds Eye Steamfresh Whole Grain Brown Rice 99 g	104	0.69	0	21.42	1.38	0	2.76	3.46	0	
Kroger Wild Caught Alaskan Salmon Burgers 1 burger, 85 g	130	7	1	1	0	0	16	360	35	
Total	466	14.69	2	33.82	3.38	4	20.86	393.46	35	240
Snacks/Other										
Life Choice Double Chocolate High Protein Bar 1 bar, 50 g	170	4	3	14	2	7	18	105	5	65
Frigo Cheese Heads 100% Natural Light String Cheese 1 piece, 28 g	50	2.5	1.5	0	0	0	7	230	10	
Nature Valley Biscuits with Peanut Butter 1 sandwich, 38 g	190	10	3	21	3	8	5	180	5	
Private Selection Van Gogh Gouda Cheese Sliced to Serve 2 x 1oz (28g/3 Slices)	220	16	10	0	0	0	14	500	60	
Wasa Light Rye Crispbread 2 slices, 18 g	60	0	0	14	3	0	2	70	0	
Total	690	32.5	17.5	49	8	15	46	1085	80	65
Total	**1930**	**74.55**	**28.34**	**176.42**	**24.56**	**52.2**	**116.37**	**2350.44**	**231.58**	**714.66**

Friday, July 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Simple Truth Organic 2% Reduced Fat Milk 8 fl oz, 240 ml	120	5	3	12	0	11	8	120	20	390
Good Food Made Simple Eggs, Cheese, & Turkey Sausage Breakfast Burrito 1 burrito, 142 g	310	14	5	32	1	2	16	650	80	
Total	430	19	8	44	1	13	24	770	100	390
Lunch										
Cuisine Adventures Chicken, Quinoa & Kale 1 meal, 285 g	220	4.5	1	25	3	2	22	580	45	
Dinner										
Simple Truth Unsweetened Almond Milk 1/2 x 1 cup, 4 oz	20	1.5	0	1	0.5	0.5	0.5	90	0	95
Vita Coco 100% Pure Coconut Water 1/2 x 8 fl oz, 120 ml	22	0	0	5.5	0	5.5	0	37.5	0	235
Wasa Light Rye Crispbread 1/2 x 2 slices, 9 g	30	0	0	7	1.5	0	1	35	0	
Private Selection Van Gogh Gouda Cheese Sliced to Serve 1oz (28g/3 Slices)	110	8	5	0	0	0	7	250	30	
Wholly Guacamole 100 Calorie Snack Pack 1/2 x 1 pouch, 28.5 g	50	4.5	0.75	2.5	1.5	0	0.5	100	0	165
Kroger 100% Whole Wheat Tortillas	130	3.5	1	23	3	1	4	340	0	

Friday, July 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tortilla, 45 g										
Boar's Head Ovengold Roast Breast of Turkey - Skinless	118	1.96	0	0	0	0	25.53	707.04	39.28	274.96
110 g										
Simple Truth Organic Power Greens	5	0		0.75			0.5			
1/4 x 1 package, 35 g										
Total	485	19.46	6.75	39.75	6.5	7	39.03	1559.54	69.28	769.96
Snacks/Other										
Life Choice Double Chocolate High Protein Bar	170	4	3	14	2	7	18	105	5	65
1 bar, 50 g										
Mojito	217	0.04	0.005	24.94	0.5	23.47	0.14	30	0	
1 cocktail										
Arby's Jalapeño Roast Beef Slider	240	11	4.5	21	1	1	14	670	30	
1 serving, 79 g										
Quaker Protein Instant Oatmeal - Cranberry Almond	240	4.5	1	41	5	13	10	190	10	190
1 packet, 62 g										
Total	867	19.54	8.505	100.94	8.5	44.47	42.14	995	45	255
Total	**2002**	**62.5**	**24.255**	**209.69**	**19**	**66.47**	**127.17**	**3904.54**	**259.28**	**1414.96**

Saturday, July 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Thomas' Original English Muffins 1 muffin, 61 g	120	1	0	25	1	1	4	200	0	0
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Boar's Head Black Forest Deli Ham 2 oz, 56 g	60	1	0	2	0	2	10	440	30	160
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Vita Coco 100% Pure Coconut Water 1/2 x 8 fl oz, 120 ml	22	0	0	5.5	0	5.5	0	37.5	0	235
Simple Truth Organic 2% Reduced Fat Milk 1/2 x 8 fl oz, 120 ml	60	2.5	1.5	6	0	5.5	4	60	10	195
Total	464	20.54	9.286	39.29	1	14.53	31.21	1149.5	279	684
Lunch										
Dinner										
Snacks/Other										
Total	**464**	**20.54**	**9.286**	**39.29**	**1**	**14.53**	**31.21**	**1149.5**	**279**	**684**