Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	459	16.4	49.66	32.14
Lunch	373	16	38.67	19.33
Dinner	57	1.33	8	3.33
Snacks/Other	287	9.7	34.98	17.76
Total	**1176**	**43.43**	**131.31**	**72.56**

Monday, August 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Milk (Nonfat) 1 cup	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
Peanut Butter 2 oz	333	28.57	5.836	11.09	3.4	5.23	14.23	260	0	368
EAS 100% Whey Protein Powder - Vanilla 1 scoop	150	2.5	1	3	0	1	26	50	70	140
Water 2 cups (8 fl oz)	0	0	0	0	0	0	0	9	0	
Cream Substitute (Liquid) 3 fl oz	122	8.97	1.743	10.24	0	10.24	0.9	71	0	172
Total	796	40.87	8.998	63.16	6.5	43.37	50.77	518	75	1509
Lunch										
ZONE Perfect Strawberry Yogurt Nutrition Bar 1 Bar (1.76 oz)	200	6	4	25	3	15	14	200	5	50
Dinner										
Snacks/Other										
Dannon Oikos Fruit on the Bottom Nonfat Greek Yogurt - Strawberry 1 container , 150 g	120	0	0	19	0	18	12	50	5	170
Total	**1116**	**46.87**	**12.998**	**107.16**	**9.5**	**76.37**	**76.77**	**768**	**85**	**1729**

Wednesday, August 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Clif Bar Clif Bar - Chocolate Chip 1 bar, 68 g	240	5	1.5	44	4	23	10	150	0	230
Lunch										
Wendy's French Fries (Small) 1 serving	310	15	3	40	4	0	4	330	0	620
Wendy's Ultimate Chicken Grill Sandwich 1 sandwich, 234 g	370	7	1.5	43	3	9	34	880	95	580
Total	680	22	4.5	83	7	9	38	1210	95	1200
Dinner										
Olive Garden Zuppa Toscana 1 bowl, 275.8 g	170	4	2	24	2	1	10	960	45	
Snacks/Other										
Homemade-Style Spaghetti Sauce with Beef or Meat 1 cup	281	16.09	4.193	20.94	4.5	11.85	16.28	1218	42	1063
Total	**1371**	**47.09**	**12.193**	**171.94**	**17.5**	**44.85**	**74.28**	**3538**	**182**	**2493**

Thursday, August 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
EAS 100% Whey Protein Powder - Vanilla 1 scoop	150	2.5	1	3	0	1	26	50	70	140
Milk (Nonfat) 1 cup	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	341	3.33	1.419	41.83	3.1	27.9	35.64	178	75	969
Lunch										
Bar-S Foods Hot Dog Franks 2 x 1 frank, 84 g	240	20	6	8	0	4	6	760	70	
Dinner										
Snacks/Other										
Zone Perfect Classic Nutrition Bar - Chocolate Peanut Butter 1 bar, 50 g	210	7	4	24	3	15	14	270	5	130
Clif Bar Clif Bar - Crunchy Peanut Butter 1 bar, 68 g	250	6	1	41	4	21	11	240	0	240
Total	460	13	5	65	7	36	25	510	5	370
Total	**1041**	**36.33**	**12.419**	**114.83**	**10.1**	**67.9**	**66.64**	**1448**	**150**	**1339**