Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	63	0.86	12.57	1.14
Lunch	765	30.87	91.93	28.22
Dinner	343	20.98	18.16	20.27
Snacks/Other				
Total	1171	52.71	122.66	49.63

Monday, September 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Vifon Pho Bo 2 x 1 bowl, 140 g	484	4.4	2	102	0.2	8	9.2	4774	20	
Dinner										
Hillshire Farm CheddarWurst Smoked Sausage with Wisconsin Cheese 1 link, 64 g	220	19	7	3	0	1	8	530	40	400
Hillshire Farm Beer Brats Bratwurst 1 link, 76 g	230	23	8	5	0	2	9	710	50	
Total	450	42	15	8	0	3	17	1240	90	400
Snacks/Other										
Total	934	46.4	17	110	0.2	11	26.2	6014	110	400

Tuesday, September 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Honey Nut Cheerios 1 cup, 37 g	110	1.5	0	22	2	9	2	160	0	115
Lunch										
Domino's Pizza 10" Hand Tossed Pepperoni Feast Pizza 2 x 1 slice, 202 g	512	24	9	52	4	4	22	1260	40	
Domino's Pizza Parmesan Bread Bites 4 x 4 pieces, 256 g	600	16	6	92	4	4	20	760	0	
Total	1112	40	15	144	8	8	42	2020	40	
Dinner										
Beef Shish Kabob with Vegetables 1 shishkabob	176	5.15	1.739	8.34	2	4.55	23.43	570	59	632
Snacks/Other										
Total	1398	46.65	16.739	174.34	12	21.55	67.43	2750	99	747

Wednesday, September 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Honey Nut Cheerios 1 cup, 37 g	110	1.5	0	22	2	9	2	160	0	115
Lunch										
Domino's Pizza 10" Hand Tossed Pepperoni Feast Pizza 2 x 1 slice, 202 g	512	24	9	52	4	4	22	1260	40	
Dinner										
Costco Spaghetti Noodles 1 cup, 141 g	248	1.3	0.2	43.8	2.6	0.8	8.2	1	0	0
Ragu Classic Alfredo Pasta Sauce 1/4 cup, 61 g	90	8	2.5	2	0	0.5	1	330	20	30
Tyson Foods Boneless Skinless Chicken Breasts 4 oz, 112 g	140	4	1.5	0	0	0	25	40	65	
Total	478	13.3	4.2	45.8	2.6	1.3	34.2	371	85	30
Snacks/Other										
Total	**1100**	**38.8**	**13.2**	**119.8**	**8.6**	**14.3**	**58.2**	**1791**	**125**	**145**

Thursday, September 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Honey Nut Cheerios 1 cup, 37 g	110	1.5	0	22	2	9	2	160	0	115
Lunch										
Domino's Pizza Parmesan Bread Bites 4 x 4 pieces, 256 g	600	16	6	92	4	4	20	760	0	
Dinner										
Pizza Hut Bone Out Wings - Garlic Parmesan Wings 2 x 2 pieces, 142 g	520	38	7	22	2	2	22	1420	40	
Snacks/Other										
Total	1230	55.5	13	136	8	15	44	2340	40	115

Friday, September 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Honey Nut Cheerios 1 cup, 37 g	110	1.5	0	22	2	9	2	160	0	115
Lunch										
Domino's Pizza Parmesan Bread Bites 4 x 4 pieces, 256 g	600	16	6	92	4	4	20	760	0	
Dinner										
Ground Beef (80% Lean / 20% Fat) 4 oz	284	22.4	8.593	0	0	0	19.23	75	80	302
Old El Paso Mild Taco Seasoning Mix 2 tsp dry mix, 6 g	15	0	0	3	0	0	0	390	0	
Total	299	22.4	8.593	3	0	0	19.23	465	80	302
Snacks/Other										
Total	**1009**	**39.9**	**14.593**	**117**	**6**	**13**	**41.23**	**1385**	**80**	**417**

Saturday, September 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Archer Farms Ham Steak 1/2 x 3 oz, 42 g	50	2.25	0.75	0.5	0	0.5	7.5	445	22.5	0
Oscar Mayer Traditional Bacon 2 slices, 14 g	70	6	2.5	0	0	0	4	160	10	
Great Value Pork Sausage Links 3 links, 45 g	180	16	6	1	0	0	6	300	30	110
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
French Toast with Butter 2 slices	356	18.76	7.749	36.04			10.34	513	116	177
Village Inn French Fries 1/2 x 1 serving	140	6.5	1	17	1.5	0	1.5	75	0	
Total	995	64.72	23.783	56.5	1.5	1.93	42.35	1704	578.5	425
Dinner										
Snacks/Other										
Total	**995**	**64.72**	**23.783**	**56.5**	**1.5**	**1.93**	**42.35**	**1704**	**578.5**	**425**

Sunday, September 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Safeway Five Cheese Pepperoni Pizza 3 x 1/4 pizza, 405 g	1050	51	21	105	3	12	42	2850	120	
Dinner										
Tyson Foods Beef Stew with Vegetables 2 x 1 cup	480	26	10	40	6	8	26	1080	80	
Snacks/Other										
Total	**1530**	**77**	**31**	**145**	**9**	**20**	**68**	**3930**	**200**	