

<b>Period Summary</b>				
<b>Daily Average</b>	<b>Calories</b> (kcal)	<b>Fat</b> (g)	<b>Carbs</b> (g)	<b>Protein</b> (g)
Breakfast	480	2.98	118.13	9.16
Lunch	427	2.91	102.2	11.47
Dinner	241	1.64	57.95	6.76
Snacks/Other	498	3.28	120.54	11.94
<b>Total</b>	<b>1646</b>	<b>10.81</b>	<b>398.81</b>	<b>39.34</b>

<b>Wednesday, June 23, 2010</b>										
	<b>Calories</b> (kcal)	<b>Fat</b> (g)	<b>Sat. Fat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Protein</b> (g)	<b>Sodium</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
250 g Dried Fig	622	2.32	0.36	159.68	24.5	119.8	8.25	25	0	1700
<b>Lunch</b>										
250 g Dried Fig	622	2.32	0.36	159.68	24.5	119.8	8.25	25	0	1700
<b>Dinner</b>										
<b>Snacks/Other</b>										
5 medium (2-3/4" dia) (approx 3 per lb) Apples	359	1.17	0.193	95.29	16.6	71.69	1.79	7	0	738
<b>Total</b>	<b>1603</b>	<b>5.81</b>	<b>0.913</b>	<b>414.65</b>	<b>65.6</b>	<b>311.29</b>	<b>18.29</b>	<b>57</b>	<b>0</b>	<b>4138</b>

**Thursday, June 24, 2010**

	<b>Calories</b> (kcal)	<b>Fat</b> (g)	<b>Sat. Fat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Protein</b> (g)	<b>Sodium</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
1,000 g Red Raspberries	520	6.5	0.19	119.4	65	44.2	12	10	0	1510
<b>Lunch</b>										
800 g Apricots	384	3.12	0.216	88.96	16	73.92	11.2	8	0	2072
150 g Radishes	24	0.15	0.045	5.1	2.4	3.18	1.02	58	0	350
3 medium whole (2-3/5" dia) Tomatoes	66	0.74	0.17	14.46	4.4	9.7	3.25	18	0	875
4 medium (4-1/8" long) Young Green Onions	19	0.11	0.019	4.4	1.6	1.4	1.1	10	0	166
<b>Total Lunch</b>	<b>493</b>	<b>4.12</b>	<b>0.45</b>	<b>112.92</b>	<b>24.4</b>	<b>88.2</b>	<b>16.57</b>	<b>94</b>	<b>0</b>	<b>3463</b>
<b>Dinner</b>										
5 medium (2-1/2" dia) (approx 4 per lb) Peaches	191	1.22	0.093	46.75	7.4	41.11	4.46	0	0	931
<b>Snacks/Other</b>										
5 medium (7" to 7-7/8" long) Bananas	525	1.95	0.661	134.76	15.3	72.16	6.43	6	0	2112
<b>Total</b>	<b>1729</b>	<b>13.79</b>	<b>1.394</b>	<b>413.83</b>	<b>112.1</b>	<b>245.67</b>	<b>39.46</b>	<b>110</b>	<b>0</b>	<b>8016</b>

**Friday, June 25, 2010**

	<b>Calories</b> (kcal)	<b>Fat</b> (g)	<b>Sat. Fat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Protein</b> (g)	<b>Sodium</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
6 medium (7" to 7-7/8" long) Bananas	630	2.34	0.793	161.71	18.4	86.59	7.72	7	0	2535
<b>Lunch</b>										
700 g Apricots	336	2.73	0.189	77.84	14	64.68	9.8	7	0	1813
130 g Cucumber (with Peel)	20	0.14	0.044	4.72	0.6	2.17	0.84	3	0	191
2 fruits (2-1/2" dia) Nectarines	120	0.87	0.068	28.7	4.6	21.46	2.88	0	0	547
3 small whole (2-2/5" dia) Tomatoes	49	0.55	0.126	10.7	3.3	7.18	2.4	14	0	647
500 g Watermelon	150	0.75	0.08	37.75	2	31	3.05	5	0	560
<b>Total Lunch</b>	<b>675</b>	<b>5.04</b>	<b>0.507</b>	<b>159.71</b>	<b>24.5</b>	<b>126.49</b>	<b>18.97</b>	<b>29</b>	<b>0</b>	<b>3758</b>
<b>Dinner</b>										
4 medium (2-1/2" dia) (approx 4 per lb) Peaches	153	0.98	0.074	37.4	5.9	32.89	3.57	0	0	745
1 fruit Pineapple	227	0.57	0.042	59.61	6.6	43.71	2.55	5	0	543
<b>Total Dinner</b>	<b>380</b>	<b>1.55</b>	<b>0.116</b>	<b>97.01</b>	<b>12.5</b>	<b>76.6</b>	<b>6.12</b>	<b>5</b>	<b>0</b>	<b>1288</b>
<b>Snacks/Other</b>										
1 small (2-1/2" dia) (approx 4 per lb) Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
<b>Total</b>	<b>1740</b>	<b>9.11</b>	<b>1.446</b>	<b>433.07</b>	<b>57.9</b>	<b>300.69</b>	<b>33.09</b>	<b>42</b>	<b>0</b>	<b>7694</b>

**Saturday, June 26, 2010**

	<b>Calories</b> (kcal)	<b>Fat</b> (g)	<b>Sat. Fat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Protein</b> (g)	<b>Sodium</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
7 fruits (2-1/2" dia) Nectarines	419	3.05	0.238	100.44	16.2	75.11	10.09	0	0	1914
<b>Lunch</b>										
250 g Cucumber (with Peel)	38	0.28	0.085	9.08	1.2	4.18	1.62	5	0	368
250 g Green Peppers	50	0.42	0.145	11.6	4.2	6	2.15	8	0	438
30 g Parsley	11	0.24	0.04	1.9	1	0.26	0.89	17	0	166
300 g Tomatoes	54	0.6	0.138	11.76	3.6	7.89	2.64	15	0	711
<b>Total Lunch</b>	<b>153</b>	<b>1.54</b>	<b>0.408</b>	<b>34.34</b>	<b>10</b>	<b>18.33</b>	<b>7.3</b>	<b>45</b>	<b>0</b>	<b>1683</b>
<b>Dinner</b>										
600 g Apricots	288	2.34	0.162	66.72	12	55.44	8.4	6	0	1554
260 g Cucumber (with Peel)	39	0.29	0.088	9.44	1.3	4.34	1.69	5	0	382
130 g Green Peppers	26	0.22	0.075	6.03	2.2	3.12	1.12	4	0	228
360 g Tomatoes	65	0.72	0.166	14.11	4.3	9.47	3.17	18	0	853
<b>Total Dinner</b>	<b>418</b>	<b>3.57</b>	<b>0.491</b>	<b>96.3</b>	<b>19.8</b>	<b>72.37</b>	<b>14.38</b>	<b>33</b>	<b>0</b>	<b>3017</b>
<b>Snacks/Other</b>										
410 g Apricots	197	1.6	0.111	45.59	8.2	37.88	5.74	4	0	1062
3 fruits (2-1/2" dia) Nectarines	180	1.31	0.102	43.04	6.9	32.19	4.32	0	0	820
<b>Total Snacks/Other</b>	<b>377</b>	<b>2.91</b>	<b>0.213</b>	<b>88.63</b>	<b>15.1</b>	<b>70.07</b>	<b>10.06</b>	<b>4</b>	<b>0</b>	<b>1882</b>
<b>Total</b>	<b>1367</b>	<b>11.07</b>	<b>1.35</b>	<b>319.71</b>	<b>61.1</b>	<b>235.88</b>	<b>41.83</b>	<b>82</b>	<b>0</b>	<b>8496</b>

**Sunday, June 27, 2010**

	<b>Calories</b> (kcal)	<b>Fat</b> (g)	<b>Sat. Fat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Protein</b> (g)	<b>Sodium</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
259 g Cucumber (with Peel)	39	0.28	0.088	9.4	1.3	4.33	1.68	5	0	381
150 g Green Peppers	30	0.26	0.087	6.96	2.6	3.6	1.29	4	0	262
70 g Parsley	25	0.55	0.092	4.43	2.3	0.6	2.08	39	0	388
410 g Tomatoes	74	0.82	0.189	16.07	4.9	10.78	3.61	20	0	972
<b>Total Breakfast</b>	<b>168</b>	<b>1.91</b>	<b>0.456</b>	<b>36.86</b>	<b>11.1</b>	<b>19.31</b>	<b>8.66</b>	<b>68</b>	<b>0</b>	<b>2003</b>
<b>Lunch</b>										
830 g Peaches	324	2.08	0.158	79.18	12.4	69.64	7.55	0	0	1577
575 g Sweet Cherries	362	1.15	0.218	92.06	12.1	73.72	6.1	0	0	1276
<b>Total Lunch</b>	<b>686</b>	<b>3.23</b>	<b>0.376</b>	<b>171.24</b>	<b>24.5</b>	<b>143.36</b>	<b>13.65</b>	<b>0</b>	<b>0</b>	<b>2853</b>
<b>Dinner</b>										
340 g Cucumber (with Peel)	51	0.37	0.116	12.34	1.7	5.68	2.21	7	0	500
480 g Tomatoes	86	0.96	0.221	18.82	5.8	12.62	4.22	24	0	1138
<b>Total Dinner</b>	<b>137</b>	<b>1.33</b>	<b>0.337</b>	<b>31.16</b>	<b>7.5</b>	<b>18.3</b>	<b>6.43</b>	<b>31</b>	<b>0</b>	<b>1638</b>
<b>Snacks/Other</b>										
830 g Peaches	324	2.08	0.158	79.18	12.4	69.64	7.55	0	0	1577
800 g Tomatoes	144	1.6	0.368	31.36	9.6	21.04	7.04	40	0	1896
<b>Total Snacks/Other</b>	<b>468</b>	<b>3.68</b>	<b>0.526</b>	<b>110.54</b>	<b>22</b>	<b>90.68</b>	<b>14.59</b>	<b>40</b>	<b>0</b>	<b>3473</b>
<b>Total</b>	<b>1459</b>	<b>10.15</b>	<b>1.695</b>	<b>349.8</b>	<b>65.1</b>	<b>271.65</b>	<b>43.33</b>	<b>139</b>	<b>0</b>	<b>9967</b>

**Monday, June 28, 2010**

	<b>Calories</b> (kcal)	<b>Fat</b> (g)	<b>Sat. Fat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Protein</b> (g)	<b>Sodium</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
4 small (6" to 6-7/8" long) Bananas	360	1.33	0.452	92.27	10.5	49.41	4.4	4	0	1446
1 cup Freshly Squeezed Orange Juice	112	0.5	0.06	25.79	0.5	20.83	1.74	2	0	496
<b>Total Breakfast</b>	<b>472</b>	<b>1.83</b>	<b>0.512</b>	<b>118.06</b>	<b>11</b>	<b>70.24</b>	<b>6.14</b>	<b>6</b>	<b>0</b>	<b>1942</b>
<b>Lunch</b>										
7 apricots Apricots	118	0.96	0.066	27.24	4.9	22.64	3.43	2	0	635
<b>Dinner</b>										
330 g Cucumber (with Peel)	50	0.36	0.112	11.98	1.6	5.51	2.14	7	0	485
200 g Green Peppers	40	0.34	0.116	9.28	3.4	4.8	1.72	6	0	350
45 g Parsley	16	0.36	0.059	2.85	1.5	0.38	1.34	25	0	249
200 g Sweet Cherries	126	0.4	0.076	32.02	4.2	25.64	2.12	0	0	444
<b>Total Dinner</b>	<b>232</b>	<b>1.46</b>	<b>0.363</b>	<b>56.13</b>	<b>10.7</b>	<b>36.33</b>	<b>7.32</b>	<b>38</b>	<b>0</b>	<b>1528</b>
<b>Snacks/Other</b>										
7 apricots Apricots	118	0.96	0.066	27.24	4.9	22.64	3.43	2	0	635
2 small (6" to 6-7/8" long) Bananas	180	0.67	0.226	46.14	5.3	24.7	2.2	2	0	723
8 fruits (2-1/2" dia) Nectarines	479	3.48	0.272	114.78	18.5	85.84	11.53	0	0	2187
<b>Total Snacks/Other</b>	<b>777</b>	<b>5.11</b>	<b>0.564</b>	<b>188.16</b>	<b>28.7</b>	<b>133.18</b>	<b>17.16</b>	<b>4</b>	<b>0</b>	<b>3545</b>
<b>Total</b>	<b>1599</b>	<b>9.36</b>	<b>1.505</b>	<b>389.59</b>	<b>55.3</b>	<b>262.39</b>	<b>34.05</b>	<b>50</b>	<b>0</b>	<b>7650</b>

**Tuesday, June 29, 2010**

	<b>Calories</b> (kcal)	<b>Fat</b> (g)	<b>Sat. Fat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Protein</b> (g)	<b>Sodium</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
300 g Raspberries	156	1.95	0.057	35.82	19.5	13.26	3.6	3	0	453
750 g Sweet Cherries	472	1.5	0.285	120.08	15.8	96.15	7.95	0	0	1665
<b>Total Breakfast</b>	<b>628</b>	<b>3.45</b>	<b>0.342</b>	<b>155.9</b>	<b>35.3</b>	<b>109.41</b>	<b>11.55</b>	<b>3</b>	<b>0</b>	<b>2118</b>
<b>Lunch</b>										
550 g Apricots	264	2.14	0.148	61.16	11	50.82	7.7	6	0	1424
500 g Peaches	195	1.25	0.095	47.7	7.5	41.95	4.55	0	0	950
<b>Total Lunch</b>	<b>459</b>	<b>3.39</b>	<b>0.243</b>	<b>108.86</b>	<b>18.5</b>	<b>92.77</b>	<b>12.25</b>	<b>6</b>	<b>0</b>	<b>2374</b>
<b>Dinner</b>										
450 g Apricots	216	1.76	0.122	50.04	9	41.58	6.3	4	0	1166
<b>Snacks/Other</b>										
100 g Parsley	36	0.79	0.132	6.33	3.3	0.85	2.97	56	0	554
485 g Peaches	189	1.21	0.092	46.27	7.3	40.69	4.41	0	0	922
1,740 g Tomatoes	313	3.48	0.8	68.21	20.9	45.76	15.31	87	0	4124
<b>Total Snacks/Other</b>	<b>538</b>	<b>5.48</b>	<b>1.024</b>	<b>120.81</b>	<b>31.5</b>	<b>87.3</b>	<b>22.69</b>	<b>143</b>	<b>0</b>	<b>5600</b>
<b>Total</b>	<b>1841</b>	<b>14.08</b>	<b>1.731</b>	<b>435.61</b>	<b>94.3</b>	<b>331.06</b>	<b>52.79</b>	<b>156</b>	<b>0</b>	<b>11258</b>

**Wednesday, June 30, 2010**

	<b>Calories</b> (kcal)	<b>Fat</b> (g)	<b>Sat. Fat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Protein</b> (g)	<b>Sodium</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
975 g Peaches	380	2.44	0.185	93.02	14.6	81.8	8.87	0	0	1852
<b>Lunch</b>										
100 g Parsley	36	0.79	0.132	6.33	3.3	0.85	2.97	56	0	554
950 g Tomatoes	171	1.9	0.437	37.24	11.4	24.98	8.36	48	0	2252
<b>Total Lunch</b>	<b>207</b>	<b>2.69</b>	<b>0.569</b>	<b>43.57</b>	<b>14.7</b>	<b>25.83</b>	<b>11.33</b>	<b>104</b>	<b>0</b>	<b>2806</b>
<b>Dinner</b>										
250 g Bananas	222	0.82	0.28	57.1	6.5	30.58	2.72	2	0	895
100 g Cucumber (with Peel)	15	0.11	0.034	3.63	0.5	1.67	0.65	2	0	147
650 g Tomatoes	117	1.3	0.299	25.48	7.8	17.1	5.72	32	0	1540
<b>Total Dinner</b>	<b>354</b>	<b>2.23</b>	<b>0.613</b>	<b>86.21</b>	<b>14.8</b>	<b>49.35</b>	<b>9.09</b>	<b>36</b>	<b>0</b>	<b>2582</b>
<b>Snacks/Other</b>										
1,000 g Apricots	480	3.9	0.27	111.2	20	92.4	14	10	0	2590
640 g Cantaloupe Melons	218	1.22	0.326	52.22	5.8	50.3	5.38	102	0	1709
300 g Sweet Cherries	189	0.6	0.114	48.03	6.3	38.46	3.18	0	0	666
<b>Total Snacks/Other</b>	<b>887</b>	<b>5.72</b>	<b>0.71</b>	<b>211.45</b>	<b>32.1</b>	<b>181.16</b>	<b>22.56</b>	<b>112</b>	<b>0</b>	<b>4965</b>
<b>Total</b>	<b>1828</b>	<b>13.08</b>	<b>2.077</b>	<b>434.25</b>	<b>76.2</b>	<b>338.14</b>	<b>51.85</b>	<b>252</b>	<b>0</b>	<b>12205</b>