Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	519	25.05	44.82	29.32
Lunch	623	24.09	77.09	27.94
Dinner	632	26.1	76.63	22.39
Snacks/Other	470	17.2	61.74	13.56
Total	**2243**	**92.45**	**260.28**	**93.21**

Monday, July 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wholly Guacamole Classic Guacamole 2 tbsp, 30 g	60	5	1	3	2	0	1	105	0	170
Tillamook Muenster Cheese 1 slice, 28 g	100	9	5	0	0	0	7	180	25	0
Morningstar Farms Grillers Crumbles 1/2 cup, 52 g	70	2		4	3	1	9	220	0	95
Mission Flour Tortilla (Burrito Size) 1 wrap, 70 g	200	4.5	2	34	1	1	5	600	0	
Rosarita Vegetarian Refried Beans 1/2 x 1/2 cup, 64 g	60	1	0	9.5	3	0	3	270	0	
Bull's Eye Original BBQ Sauce 2 tbsp, 30 ml	50	0	0	13	0	12	0	280	0	0
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Total	669	30.25	10.727	64.18	9	14.68	36.07	1778	397	383
Lunch										
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Fresh & Easy Egg Fried Rice 2 x 1 cup, 340 g	480	18	2	70	6	4	28	1680	90	0
Total	700	32.91	6.648	71.16	6	5.16	46.87	1890	724	201
Dinner										
Veggie Mix (Grilled Peppers, Chilies and Onions)	25	0	0	5.42	1.36		0.68	74.58	0	

Monday, July 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
50 g										
Refried Beans	120	2.5	1	18	6	0	6	540	0	
1/2 cup, 128 g										
Guacamole	91	8.34	1.209	4.96	3.8	0.41	1.14	86	0	277
4 tbsps										
Spanish Rice	106	1.82	0.258	20.34	1.3	3.6	2.33	350	0	234
1/2 cup										
Flour Tortilla	356	8.84	2.15	58.54	3.5	2.19	9.45	725	0	177
1 tortilla (approx 12" dia)										
Mexican Blend Cheese	91	7.35	4.657	0.47	0	0.41	5.79	151	25	22
1/4 cup shredded										
Sour Cream	123	12.07	7.515	2.46	0	0.09	1.82	31	25	83
4 tbsps										
Total	912	40.92	16.789	110.19	15.96	6.7	27.21	1957.58	50	793
Snacks/Other										
thinkThin Creamy Peanut Butter High Protein Bar	240	9	3.5	22	1	0	20	300	0.5	
1 bar , 60 g										
Power Crunch Protein Energy Bar - French Vanilla Creme	200	13	6	8	1	5	14	100	10	160
1 bar, 40 g										
Maple Syrup	52	0.04	0.007	13.42	0	11.9	0	2	0	41
1 tbsp										
Kirkland Signature Organic Low Fat 1% Milk	100	2.5		12			8			
1 cup , 240 ml										
Total	592	24.54	9.507	55.42	2	16.9	42	402	10.5	201
Total	**2873**	**128.62**	**43.671**	**300.95**	**32.96**	**43.44**	**152.15**	**6027.58**	**1181.5**	**1578**

Tuesday, July 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Frigo Cheese Heads 100% Natural String Cheese 2 x 1 string, 56 g	160	12	7	2	0	0	12	400	30	
Lunch										
Nature's Pride Whole Wheat Hamburger Bun 1 bun	180	2.5	1	32	5	6	9	250	5	
Trader Joe's Organic 3 Grain Tempeh 3 oz, 84 g	240	11	2	16	9	0.5	20	10	0	
Trader Joe's Crumbled Feta 2 tbsp, 28 g	70	4	3	2	0	1	6	340	15	0
Garden of Eatin' Blue Corn Tortilla Chips 12 chips, 1 oz	140	7	0.5	18	2	0	2	60	0	
Mayonnaise 1 tbsp	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
Total	687	29.41	7.22	71.51	16	8.44	37.13	765	24	1
Dinner										
Baja Fresh Mexican Grill Tortilla Chips 15 chips, 43 g	210	9	1	29	3	0	3	55	0	
Veggie Mix (Grilled Peppers, Chilies and Onions) 50 g	25	0	0	5.42	1.36		0.68	74.58	0	
Refried Beans 1/2 cup, 128 g	120	2.5	1	18	6	0	6	540	0	
Guacamole	91	8.34	1.209	4.96	3.8	0.41	1.14	86	0	277

Tuesday, July 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 tbsps										
Spanish Rice	106	1.82	0.258	20.34	1.3	3.6	2.33	350	0	234
1/2 cup										
Flour Tortilla	356	8.84	2.15	58.54	3.5	2.19	9.45	725	0	177
1 tortilla (approx 12" dia)										
Mexican Blend Cheese	91	7.35	4.657	0.47	0	0.41	5.79	151	25	22
1/4 cup shredded										
Sour Cream	123	12.07	7.515	2.46	0	0.09	1.82	31	25	83
4 tbsps										
Total	1122	49.92	17.789	139.19	18.96	6.7	30.21	2012.58	50	793

Snacks/Other

Total	**1969**	**91.33**	**32.009**	**212.7**	**34.96**	**15.14**	**79.34**	**3177.58**	**104**	**794**

Wednesday, July 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Spanish Rice 2 cups	423	7.29	1.03	81.36	5.3	14.39	9.33	1400	0	938
On The Border Cheese Enchilada 3 x 1 enchilada	780	51	24	54	6	0	33	2040	0	
Total	1203	58.29	25.03	135.36	11.3	14.39	42.33	3440	0	938
Dinner										
Veggie Mix (Grilled Peppers, Chilies and Onions) 50 g	25	0	0	5.42	1.36		0.68	74.58	0	
Refried Beans 1/2 cup, 128 g	120	2.5	1	18	6	0	6	540	0	
Guacamole 4 tbsps	91	8.34	1.209	4.96	3.8	0.41	1.14	86	0	277
Spanish Rice 1/2 cup	106	1.82	0.258	20.34	1.3	3.6	2.33	350	0	234
Flour Tortilla 1 tortilla (approx 12" dia)	356	8.84	2.15	58.54	3.5	2.19	9.45	725	0	177
Mexican Blend Cheese 1/4 cup shredded	91	7.35	4.657	0.47	0	0.41	5.79	151	25	22
Sour Cream 4 tbsps	123	12.07	7.515	2.46	0	0.09	1.82	31	25	83
Total	912	40.92	16.789	110.19	15.96	6.7	27.21	1957.58	50	793
Snacks/Other										

Wednesday, July 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wal-Mart White Chocolate Macadamia Nut Cookie 2 x 1 cookie, 70 g	320	14	7	46	0	26	4	420	20	
Total	**2435**	**113.21**	**48.819**	**291.55**	**27.26**	**47.09**	**73.54**	**5817.58**	**70**	**1731**

Thursday, July 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wholly Guacamole Classic Guacamole 2 tbsp, 30 g	60	5	1	3	2	0	1	105	0	170
Morningstar Farms Grillers Crumbles 1/2 cup, 52 g	70	2		4	3	1	9	220	0	95
Mission Flour Tortilla (Burrito Size) 1 wrap, 70 g	200	4.5	2	34	1	1	5	600	0	
Finlandia Imported Swiss Natural Cheese Deli Slices 1 1/2 x 1 slice, 33 g	120	9	6	0	0	0	9	75	30	
Rosarita Vegetarian Refried Beans 1/2 x 1/2 cup, 64 g	60	1	0	9.5	3	0	3	270	0	
Bull's Eye Original BBQ Sauce 2 tbsp, 30 ml	50	0	0	13	0	12	0	280	0	0
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Total	689	30.25	11.727	64.18	9	14.68	38.07	1673	402	383
Lunch										
Dinner										
Nutella Hazelnut Spread 2 tbsp, 37 g	200	12	4	21	1	21	2	15	0	0
Jams and Preserves 3 tbsps	167	0.04	0.006	41.32	0.7	29.1	0.22	19	0	46
Appel Farms Low Fat Quark 52 g	41	1.14	0.91	1.82	0	0.91	5	34.12	2.28	

Thursday, July 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Safeway Extra Crisp English Muffins (61g)	260	2	0	50	2	2	8	500	0	
2 x 1 muffin, 122 g										
Total	668	15.18	4.916	114.14	3.7	53.01	15.22	568.12	2.28	46
Snacks/Other										
Haribo Twin Cherries Gummi Candy	348	0		78.26		50	8.7	10.87		
100 g										
Kirkland Signature Organic Low Fat 1% Milk	100	2.5		12			8			
1 cup , 240 ml										
Maple Syrup	52	0.04	0.007	13.42	0	11.9	0	2	0	41
1 tbsp										
Lay's Classic Potato Chips (40g)	230	15	1.5	23	2	0	3	270	0	
1 package, 40 g										
Total	730	17.54	1.507	126.68	2	61.9	19.7	282.87	0	41
Total	**2087**	**62.97**	**18.15**	**305**	**14.7**	**129.59**	**72.99**	**2523.99**	**404.28**	**470**

Friday, July 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cacique Soy Chorizo 98 g	193	12.28	1.75	10.52	3.51	1.75	10.52	561.28	0	
Tillamook Muenster Cheese 2 x 1 slice, 56 g	200	18	10	0	0	0	14	360	50	0
Mission Flour Tortilla (Burrito Size) 1 wrap, 70 g	200	4.5	2	34	1	1	5	600	0	
Rosarita Vegetarian Refried Beans 1/2 x 1/2 cup, 64 g	60	1	0	9.5	3	0	3	270	0	
Bull's Eye Original BBQ Sauce 2 tbsp, 30 ml	50	0	0	13	0	12	0	280	0	0
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Total	832	44.53	16.477	67.7	7.51	15.43	43.59	2194.28	422	118
Lunch										
Jam Preserves 2 tbsps	109	0.06	0.004	27.98	0.3	17.91	0.23	15	0	32
Nutella Hazelnut Spread 2 tbsp, 37 g	200	12	4	21	1	21	2	15	0	0
Franz Extra Crisp English Muffin 2 x 1 muffin , 122 g	260	2	0	50	2	2	8	500	0	0
Total	569	14.06	4.004	98.98	3.3	40.91	10.23	530	0	32
Dinner										
Egg Drop Soup 1 cup	73	3.83	1.149	1.1	0	0.9	7.52	730	102	220

Friday, July 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Magners Pear Cider 1 bottle, 330 ml	170	0		20	0	14	0	25		
Butterscotch or Caramel Topping 1 tbsp	60	0.4	0.231	15.44	0	6.11	0.04	14	1	2
Chocolate Pound Cake 1 piece (1/10 loaf)	379	19.44	5.463	48.89	1.6	30.7	5.17	464	67	117
Total	609	19.84	5.694	84.33	1.6	50.81	5.21	503	68	119
Total	**2083**	**82.26**	**27.324**	**252.11**	**12.41**	**108.05**	**66.55**	**3957.28**	**592**	**489**

Saturday, July 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cacique Soy Chorizo 88 g	174	11.05	1.58	9.47	3.16	1.58	9.47	505.28	0	
Tillamook Muenster Cheese 2 x 1 slice, 56 g	200	18	10	0	0	0	14	360	50	0
Mission Flour Tortilla (Burrito Size) 1 wrap, 70 g	200	4.5	2	34	1	1	5	600	0	
Rosarita Vegetarian Refried Beans 1/2 x 1/2 cup, 64 g	60	1	0	9.5	3	0	3	270	0	
Bull's Eye Original BBQ Sauce 2 tbsp, 30 ml	50	0	0	13	0	12	0	280	0	0
Egg 2 medium	129	8.75	2.727	0.68	0	0.68	11.07	123	372	118
Total	813	43.3	16.307	66.65	7.16	15.26	42.54	2138.28	422	118
Lunch										
Appel Farms Low Fat Quark 1/2 cup, 115 g	90	2.5	2	4	0	2	11	75	5	
Almond Butter 1 tbsp	101	9.46	0.896	3.4	0.6	0.78	2.41	72	0	121
Franz Extra Crisp English Muffin 2 x 1 muffin , 122 g	260	2	0	50	2	2	8	500	0	0
Jam Preserves 2 tbsps	109	0.06	0.004	27.98	0.3	17.91	0.23	15	0	32
Total	560	14.02	2.9	85.38	2.9	22.69	21.64	662	5	153
Dinner										

Saturday, July 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Cacique Soy Chorizo 88 g	174	11.05	1.58	9.47	3.16	1.58	9.47	505.28	0	
Oroweat Sliced Extra Crisp English Muffins 1 slice, 59 oz	140	1	0	27	1	1	5	250	0	
Total	534	26.96	6.228	37.63	4.16	3.74	33.34	965.28	634	201
Snacks/Other										
Mike's Hard Lemonade 1 bottle, 11.2 oz	220	0		33	0	32	0	90	0	
Starbucks Doubleshot Coffee & Protein 1 can, 11 oz	200	2.5	1.5	32	2	20	20	120	10	
Total	420	2.5	1.5	65	2	52	20	210	10	
Total	**2327**	**86.78**	**26.935**	**254.66**	**16.22**	**93.69**	**117.52**	**3975.56**	**1071**	**472**

Sunday, July 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bull's Eye Original BBQ Sauce 2 tbsp, 30 ml	50	0	0	13	0	12	0	280	0	0
Gardein Meatless Crispy Chicken 3 x 7 peices, 255 g	420	15	0	36	3	0	33	960	0	0
Total	**470**	**15**	**0**	**49**	**3**	**12**	**33**	**1240**	**0**	**0**
Lunch										
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Lee Kum Kee Premium Soy Sauce 1 tbsp, 15 ml	15	0		3	0	2	1	1080	0	
Hoisin Sauce 1 tbsp	35	0.54	0.091	7.05	0.4	4.36	0.53	258	0	19
Tofurky Soy Tempeh 3 oz, 85 g	160	3.5	0.5	20	7	0	13	10	0	
Thai Kitchen Stir Fry Rice Noodles 2 oz, 56 g	210	1	0	46	0	0	4	20	0	
Total	**640**	**19.95**	**5.239**	**77.21**	**7.4**	**7.52**	**37.4**	**1578**	**634**	**220**
Dinner										
Kirkland Signature Organic Low Fat 1% Milk 2 x 1 cup , 480 ml	200	5		24			16			
Snacks/Other										
Mountain Dew KickStart Limeade	80	0	0	20	0	19	0	250	0	85

Sunday, July 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 can, 16 oz										
Mountain Dew KickStart Pineapple Orange Mango	60	0	0	15	0	14	0	130		
1 can, 355 ml										
Mike's Hard Lemonade	79	0		11.78	0	11.42	0	32.13	0	
4 oz										
Mauna Loa Dry Roasted Macadamias	400	42	7	8	4	2	4	170	0	0
2 x 1/4 cup, 56 g										
Total	619	42	7	54.78	4	46.42	4	582.13	0	85
Total	1929	81.95	12.239	204.99	14.4	65.94	90.4	3400.13	634	305