Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	934	73.46	1.36	63.4
Lunch	265	15.75	1.75	27.25
Dinner	243	18.3	2.88	16.22
Snacks/Other	890	51.04	36.9	70.06
Total	2332	158.56	42.88	176.93

Saturday, April 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bulletproof Upgraded MCT Oil 2 x 1 tbsp, 30 ml	256	28.4	28.4	0			0			
Hormel Little Sizzlers Pork Sausage 3 cooked links, 53 g	200	19	7	0	0	0	8	580	40	
Advocare MNS Max E 4 pack strip	10	1	0	0	0	0	0	0	0	100
Fried Egg 3 large	277	21.13	5.926	1.21	0	1.15	18.81	282	631	203
Spectrum Organic Coconut Oil 1 tbsp, 14 g	120	14	12	0	0	0	0	0	0	
Kerrygold Pure Irish Butter 1 1/2 x 1 tbsp, 21 g	150	16.5	10.5	0	0	0	0	150	45	
Advocare OmegaPlex 1/2 x 2 gelcaps	10	1	0	0	0	0	0	0	0	
Total	**1023**	**101.03**	**63.826**	**1.21**	**0**	**1.15**	**26.81**	**1012**	**716**	**303**
Lunch										
Blue Diamond Whole Natural Almonds 1/4 x 24 nuts, 0 oz	40	3.5	0.25	1.5	0.75	0.25	1.5	0	0	52.5
Bumble Bee Albacore Tuna with Chipotle & Olive Oil 2 x 2 oz drained, 112 g	280	18	3	2	0	2	24	520	40	0
Chicken of the Sea Chunk Light Tuna in Water (Can) 1 can drained, 113 g	100	1	0	0	0	0	22	360	40	150
Kerrygold Dubliner Irish Cheese 1 oz, 28 g	110	9	6	0	0	0	7	210	25	

Saturday, April 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	530	31.5	9.25	3.5	0.75	2.25	54.5	1090	105	202.5
Dinner										
Great Value Frozen Blueberries	18	0.25	0	4.25	1	3	0.25	0	0	18.75
1/4 x 1 cup, 35 g										
Marketside Fresh Spinach (Marketside)	10	0	0	1.5	1	0	1	32.5	0	0
1/2 x 3 cups, 42.5 g										
Extra Virgin Olive Oil	119	13.5	1.864	0	0	0	0	0	0	
1 tbsp										
Ground Beef (Cooked)	339	22.85	8.846	0	0	0	31.18	492	108	353
1 cup cooked										
Total	486	36.6	10.71	5.75	2	3	32.43	524.5	108	371.75
Snacks/Other										
Advocare Rehydrate - Fruit Punch	40	0	0	9	0	6	0	100	0	100
1 scoop, 15 g										
Now Foods Dextrose Powder	70	0	0	18	0	18	0	0	0	0
2 tbsp, 20 g										
Advocare Muscle Fuel	25	0	0	6	0	0	0	140	0	230
1 pouch, 22.5 g										
Rose Acre Farms Instant Egg White Protein Powder	135	0	0	0	0	0	30	450	0	
3 x 2 tbsp, 36 g										
Carlson Omega 3 Fish Oil	40	2.6	2	0	0	0	0	0	30	
2 x 1 tsp, 10 ml										
Advocare Spark Energy Drink	45	0	0	11	0	0	0	0	0	
1 slightly rounded scoop, 15 g										
Bob's Red Mill Unsweetened Flaked Coconut	100	10	9	4	2	1	1	5	0	

Saturday, April 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup, 15 g										
Advocare Catalyst	0	0	0	0	0	0	0	0	0	0
3 capsules										
Dried Chia Seeds	255	15.99	1.652	22.8	19.6		8.12	10	0	83
52 g										
store bought Almond Breeze Unsweetened Original (Blue Diamond)	90	7.5	0	3	3	0	3	540	0	510
3 x 1 cup (240 ml)										
Rudolph's Original Pork Rinds	160	10	4	0	0	0	18	540	40	
2 x 1/2 oz, 28 g										
Spectrum Organic Virgin Coconut Oil	360	42	36	0	0	0	0	0	0	
3 x 1 tbsp, 42 g										
Now Foods MCT Oil	100	14	14	0	0	0	0	0	0	0
1 tbsp, 15 ml										
Total	1420	102.09	66.652	73.8	24.6	25	60.12	1785	70	923
Total	**3459**	**271.22**	**150.438**	**84.26**	**27.35**	**31.4**	**173.86**	**4411.5**	**999**	**1800.25**

Sunday, April 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Land O'Lakes Heavy Whipping Cream	100	10	7	0	0	0	0	10	40	
2 x 1 tbsp, 30 ml										
Tyson Foods Boneless Skinless Chicken Breasts	140	4	1.5	0	0	0	25	40	65	
4 oz, 112 g										
Now Foods Whey Protein Isolate Unflavored	330	1.5	0	1.5	0	1.5	75	135	15	405
3 x 1/3 cup, 84 g										
Advocare OmegaPlex	10	1	0	0	0	0	0	0	0	
1/2 x 2 gelcaps										
Advocare MNS Max E	10	1	0	0	0	0	0	0	0	100
4 pack strip										
Bulletproof Upgraded MCT Oil	256	28.4	28.4	0			0			
2 x 1 tbsp, 30 ml										
Total	846	45.9	36.9	1.5	0	1.5	100	185	120	505
Lunch										
Dinner										
Snacks/Other										
Rose Acre Farms Instant Egg White Protein Powder	360	0	0	0	0	0	80	1200	0	
8 x 2 tbsp, 96 g										
Total	**1206**	**45.9**	**36.9**	**1.5**	**0**	**1.5**	**180**	**1385**	**120**	**505**