Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	315	3.25	55.71	19.06
Lunch	271	14.14	30.37	6.05
Dinner	464	6.77	52.2	34.74
Snacks/Other				
Total	**1049**	**24.16**	**138.28**	**59.85**

Monday, May 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Poached Egg 1 large	74	4.95	1.544	0.38	0	0.38	6.26	147	211	66
Dannon Oikos Fruit on The Bottom Nonfat Greek Yogurt - Black Cherry 1 container, 5.3 oz	130	0	0	21	0	20	12	50	5	0
Herbal Tea (Other Than Chamomile, Brewed) 48 oz	14	0	0.027	2.72	0	0	0	14	0	122
Total	**308**	**5.28**	**1.684**	**47.17**	**2.6**	**32.73**	**19.36**	**212**	**216**	**550**
Lunch										
Dinner										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1 3/4 cups, seedless	193	0.45	0.151	50.68	2.5	43.34	2.02	6	0	535
Vodka 1 1/4 fl oz (no ice)	80	0	0	0	0	0	0	0	0	1
Tropicana Light Orange Juice 1 1/2 x 8 fl oz, 360 ml	75	0	0	19.5	0	15	1.5	15	0	675
Publix Frozen Brussels Sprouts 2 3/4 x 6 sprouts, 234 g	124	0	0	22	8.25	5.5	8.25	41.25	0	0
Monterey Pasta Company Whole Wheat Ravioli - Lobster & Gruyere 1 cup, 114 g	280	9	3.5	34	2	2	16	440	50	

Monday, May 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	752	9.45	3.651	126.18	12.75	65.84	27.77	502.25	50	1211

Snacks/Other

Total	**1060**	**14.73**	**5.335**	**173.35**	**15.35**	**98.57**	**47.13**	**714.25**	**266**	**1761**

Tuesday, May 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 2 small (6" to 6-7/8" long)	180	0.67	0.226	46.14	5.3	24.7	2.2	2	0	723
Dannon Light & Fit Greek - Cherry 2 x 1 container, 300 g	160	0	0	18	0	16	24	90	20	320
Dannon Oikos Fruit on The Bottom Nonfat Greek Yogurt - Black Cherry 1 container, 5.3 oz	130	0	0	21	0	20	12	50	5	0
Tropicana Light Orange Juice 1 1/4 x 8 fl oz, 300 ml	62	0	0	16.25	0	12.5	1.25	12.5	0	562.5
Total	532	0.67	0.226	101.39	5.3	73.2	39.45	154.5	25	1605.5
Lunch										
Dinner										
Publix Small Sweet Green Peas 3 x 1/2 cup, 375 g	210	1.5	0	36	9	18	12	1110	0	315
Publix Tuna Steak 1 1/2 x 3 oz , 127.5 g	180	1.5	0	0	0	0	37.5	45	75	0
Vodka 1 1/4 fl oz (no ice)	80	0	0	0	0	0	0	0	0	1
Tropicana Light Orange Juice 1 1/2 x 8 fl oz, 360 ml	75	0	0	19.5	0	15	1.5	15	0	675
Total	545	3	0	55.5	9	33	51	1170	75	991
Snacks/Other										

Tuesday, May 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1077	3.67	0.226	156.89	14.3	106.2	90.45	1324.5	100	2596.5

Wednesday, May 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Herbal Tea (Other Than Chamomile, Brewed) 48 oz	14	0	0.027	2.72	0	0	0	14	0	122
Poached Egg 1 large	74	4.95	1.544	0.38	0	0.38	6.26	147	211	66
Dannon Light & Fit Greek - Cherry 1 container, 150 g	80	0	0	9	0	8	12	45	10	160
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Total	258	5.28	1.684	35.17	2.6	20.73	19.36	207	221	710
Lunch										
Ritz Fresh Stacks 1 pack, 48 g	220	12	3	26	1	4	2	280	0	40
Publix Medium Cheddar Cheese 1 1/4 x 1 oz, 35 g	150	12.5	7.5	0	0	0	7.5	225	37.5	0
Total	370	24.5	10.5	26	1	4	9.5	505	37.5	40
Dinner										
Baked or Broiled Shrimp 8 oz of	345	11.27	2.126	2.62	0	0	54.81	1147	410	502
Tropicana Light Orange Juice 1 1/2 x 8 fl oz, 360 ml	75	0	0	19.5	0	15	1.5	15	0	675
Vodka 1 1/4 fl oz (no ice)	80	0	0	0	0	0	0	0	0	1
Sweet Cherries 1 cup, with pits, yields	74	0.23	0.044	18.73	2.5	15	1.24	0	0	260

Wednesday, May 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Publix Italian Blend Vegetables	110	0	0	19.25	5.5	5.5	5.5	165	0	
2 3/4 x 3/4 cup, 234 g										
Total	684	11.5	2.17	60.1	8	35.5	63.05	1327	410	1438

Snacks/Other

Total	1312	41.28	14.354	121.27	11.6	60.23	91.91	2039	668.5	2188

Thursday, May 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Poached Egg 1 large	74	4.95	1.544	0.38	0	0.38	6.26	147	211	66
Dannon Oikos Fruit on The Bottom Nonfat Greek Yogurt - Black Cherry 1 container, 5.3 oz	130	0	0	21	0	20	12	50	5	0
Tropicana Light Orange Juice 1 1/4 x 8 fl oz, 300 ml	62	0	0	16.25	0	12.5	1.25	12.5	0	562.5
Total	356	5.28	1.657	60.7	2.6	45.23	20.61	210.5	216	990.5
Lunch										
Dinner										
Snacks/Other										
Total	356	5.28	1.657	60.7	2.6	45.23	20.61	210.5	216	990.5

Friday, May 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Poached Egg 1 large	74	4.95	1.544	0.38	0	0.38	6.26	147	211	66
Dannon Oikos Fruit on The Bottom Nonfat Greek Yogurt - Black Cherry 1 container, 5.3 oz	130	0	0	21	0	20	12	50	5	0
Herbal Tea (Other Than Chamomile, Brewed) 48 oz	14	0	0.027	2.72	0	0	0	14	0	122
Total	**308**	**5.28**	**1.684**	**47.17**	**2.6**	**32.73**	**19.36**	**212**	**216**	**550**
Lunch										
Dinner										
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Blackberries 1 cup	62	0.71	0.02	13.84	7.6	7.03	2	1	0	233
Publix Broccoli Cuts 2 1/2 x 1 cup, 217.5 g	75	0	0	10	5	5	5	50	0	
Vodka 1 1/4 fl oz (no ice)	80	0	0	0	0	0	0	0	0	1
Baked or Broiled Shrimp 8 oz of	345	11.27	2.126	2.62	0	0	54.81	1147	410	502
Tropicana Light Orange Juice 1 1/2 x 8 fl oz, 360 ml	75	0	0	19.5	0	15	1.5	15	0	675
Total	**727**	**12.31**	**2.259**	**69.03**	**15.2**	**39.38**	**64.41**	**1214**	**410**	**1773**

Friday, May 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**1035**	**17.59**	**3.943**	**116.2**	**17.8**	**72.11**	**83.77**	**1426**	**626**	**2323**

Saturday, May 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Herbal Tea (Other Than Chamomile, Brewed) 48 oz	14	0	0.027	2.72	0	0	0	14	0	122
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Total	104	0.33	0.14	25.79	2.6	12.35	1.1	15	0	484
Lunch										
Publix Medium Cheddar Cheese 1 1/4 x 1 oz, 35 g	150	12.5	7.5	0	0	0	7.5	225	37.5	0
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1 1/4 cups, seedless	138	0.32	0.108	36.2	1.8	30.96	1.44	4	0	382
Ritz Fresh Stacks 1 pack, 48 g	220	12	3	26	1	4	2	280	0	40
Total	508	24.82	10.608	62.2	2.8	34.96	10.94	509	37.5	422
Dinner										
Green Giant Baby Brussels Sprouts & Butter Sauce 1 3/4 x 1/2 cup, 182 g	105	1.75	0.88	15.75	5.25	5.25	5.25	595	7	525
Baked or Broiled Salmon 5 1/4 oz boneless (yield after cooking)	206	9.13	1.584	0.59	0	0.13	28.94	564	75	477
Vodka 1 1/4 fl oz (no ice)	80	0	0	0	0	0	0	0	0	1
Sweet Cherries 1 cup, with pits, yields	74	0.23	0.044	18.73	2.5	15	1.24	0	0	260
Tropicana Light Orange Juice	75	0	0	19.5	0	15	1.5	15	0	675

Saturday, May 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 8 fl oz, 360 ml										
Total	540	11.11	2.508	54.57	7.75	35.38	36.93	1174	82	1938
Snacks/Other										
Total	1152	36.26	13.256	142.56	13.15	82.69	48.97	1698	119.5	2844

Sunday, May 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Oikos Fruit on The Bottom Nonfat Greek Yogurt - Black Cherry 1 container, 5.3 oz	130	0	0	21	0	20	12	50	5	0
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Herbal Tea (Other Than Chamomile, Brewed) 48 oz	14	0	0.027	2.72	0	0	0	14	0	122
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Herbal Tea (Other Than Chamomile, Brewed) 48 oz	14	0	0.027	2.72	0	0	0	14	0	122
Total	338	0.66	0.28	72.58	5.2	44.7	14.2	80	5	968
Lunch										
Publix Medium Cheddar Cheese 1 1/4 x 1 oz, 35 g	150	12.5	7.5	0	0	0	7.5	225	37.5	0
Ritz Fresh Stacks 1 pack, 48 g	220	12	3	26	1	4	2	280	0	40
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1 1/4 cups, seedless	138	0.32	0.108	36.2	1.8	30.96	1.44	4	0	382
Ritz Fresh Stacks 1 pack, 48 g	220	12	3	26	1	4	2	280	0	40
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless)	138	0.32	0.108	36.2	1.8	30.96	1.44	4	0	382

Sunday, May 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/4 cups, seedless										
Publix Medium Cheddar Cheese	150	12.5	7.5	0	0	0	7.5	225	37.5	0
1 1/4 x 1 oz, 35 g										
Total	1016	49.64	21.216	124.4	5.6	69.92	21.88	1018	75	844
Dinner										
Snacks/Other										
Total	**1354**	**50.3**	**21.496**	**196.98**	**10.8**	**114.62**	**36.08**	**1098**	**80**	**1812**