Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	281	6.93	30.62	24.21
Lunch	222	2.57	24.96	25.05
Dinner	52	0.63	2.5	9.17
Snacks/Other	291	10.65	22.02	27.12
Total	**846**	**20.78**	**80.1**	**85.55**

Monday, July 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Rolled Oats - Gluten Free 1/2 cup uncooked, 40 g	150	2.5	0.5	27	4	1	6	0	0	
Egg White 5 large	86	0.28	0	1.2	0	1.17	17.98	274	0	269
Avocados 1 1/2 oz	68	6.23	0.904	3.63	2.8	0.28	0.85	3	0	206
Total	304	9.01	1.404	31.83	6.8	2.45	24.83	277	0	475
Lunch										
Fresh & Easy Kale Salad 1/2 x 3 oz, 42.5 g	20	0.25		4	1	0.5	1	20		
Sweet Potato (Without Skin, Cooked, Boiled) 5 1/2 oz	119	0.22	0.062	27.63	3.9	8.95	2.14	42	0	359
WinCo carrots frozen 3/4 cup, 86 g	25	0		6	2	3	1	25		
Walmart tilapia (new) 1 1/2 x 4 oz, 169.5 g	150	2.25	0.75	0			31.5	37.5	75	
Total	314	2.72	0.812	37.63	6.9	12.45	35.64	124.5	75	359
Dinner										
WinCo carrots frozen 1 1/4 x 3/4 cup, 108 g	31	0		7.5	2.5	3.75	1.25	31.25		
Walmart tilapia (new) 1 1/4 x 4 oz, 141 g	125	1.88	0.62	0			26.25	31.25	62.5	
Total	156	1.88	0.62	7.5	2.5	3.75	27.5	62.5	62.5	

Monday, July 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Cashew Butter 1 tbsp	94	7.91	1.562	4.41	0.3	0.8	2.81	98	0	87
quinoa quinoa 1/2 x 1/4 dry, 21.25 g	78	1.25	0.15	13.62	1.5		3	1.12		119.62
Walmart tilapia (new) 4 oz, 113 g	100	1.5	0.5	0			21	25	50	
StarKist Foods Gourmet Selects Mexican Style Tuna 1 pouch, 2.6 oz	110	5	1	2	0	0	13	400	30	220
Fresh & Easy Kale Salad 3 oz, 85 g	40	0.5		8	2	1	2	40		
WinCo carrots frozen 3/4 cup, 86 g	25	0		6	2	3	1	25		
Total	447	16.16	3.212	34.03	5.8	4.8	42.81	589.12	80	426.62
Total	**1221**	**29.77**	**6.048**	**110.99**	**22**	**23.45**	**130.78**	**1053.12**	**217.5**	**1260.62**

Tuesday, July 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 5 large	86	0.28	0	1.2	0	1.17	17.98	274	0	269
Avocados 1 1/2 oz	68	6.23	0.904	3.63	2.8	0.28	0.85	3	0	206
Trader Joe's Rolled Oats - Gluten Free 1/2 cup uncooked, 40 g	150	2.5	0.5	27	4	1	6	0	0	
Total	304	9.01	1.404	31.83	6.8	2.45	24.83	277	0	475
Lunch										
quinoa quinoa 1/4 dry, 42.5 g	156	2.5	0.3	27.25	3		6	2.25		239.25
Walmart tilapia (new) 1 1/2 x 4 oz, 169.5 g	150	2.25	0.75	0			31.5	37.5	75	
WinCo carrots frozen 3/4 cup, 86 g	25	0		6	2	3	1	25		
Fresh & Easy Kale Salad 1/2 x 3 oz, 42.5 g	20	0.25		4	1	0.5	1	20		
Total	351	5	1.05	37.25	6	3.5	39.5	84.75	75	239.25
Dinner										
Snacks/Other										
Walmart tilapia (new) 3/4 x 4 oz, 85 g	75	1.12	0.38	0			15.75	18.75	37.5	
quinoa quinoa 1/2 x 1/4 dry, 21.25 g	78	1.25	0.15	13.62	1.5		3	1.12		119.62
Cashew Butter	94	7.91	1.562	4.41	0.3	0.8	2.81	98	0	87

Tuesday, July 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tbsp										
Great Value Frozen Broccoli Florets	30	0	0	4	2	2	2	20	0	210
1 cup, 85 g										
StarKist Foods Gourmet Selects Mexican Style Tuna	110	5	1	2	0	0	13	400	30	220
1 pouch, 2.6 oz										
Fresh & Easy Kale Salad	40	0.5		8	2	1	2	40		
3 oz, 85 g										
Total	427	15.78	3.092	32.03	5.8	3.8	38.56	577.87	67.5	636.62
Total	1082	29.79	5.546	101.11	18.6	9.75	102.89	939.62	142.5	1350.87

Saturday, July 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
365 Organic Steel Cut Oats 1/4 cup dry (3/4 cup prepared), 150 g	150	2.5	0.5	27	4	1	5	0	0	20
Egg White 5 large	86	0.28	0	1.2	0	1.17	17.98	274	0	269
Total	236	2.78	0.5	28.2	4	2.17	22.98	274	0	289
Lunch										
Dinner										
Snacks/Other										
Total	236	2.78	0.5	28.2	4	2.17	22.98	274	0	289