Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	257	8.87	28.91	16.75
Lunch	475	17.7	43.31	36.14
Dinner	615	23.29	56.79	43.81
Snacks/Other	343	12.12	34.1	25.46
Total	1690	61.98	163.11	122.16

Monday, August 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Light & Fit Greek - Vanilla	80	0	0	9	0	7	12	50	10	140
1 container, 150 g										
Starbucks Reduced-Fat Turkey Bacon with Egg Whites on English Muffin	230	6	2.5	28	2	3	13	560	20	
1 sandwich, 137 g										
Total	310	6	2.5	37	2	10	25	610	30	140
Lunch										
Qdoba Grilled Chicken	190	10	2.5	1	0	0	25	340	130	
1 serving, 3.5 g										
Naked Chicken Taco Salad (No Dressing)	280	10	3	14	5	2	29	670	130	
1 bowl, 11 oz										
Total	470	20	5.5	15	5	2	54	1010	260	
Dinner										
Frankfurter or Hot Dog on Bun	250	14.98	5.617	18.9	0.8	2.29	9.06	717	24	116
1 frankfurter on bun										
McDonald's Premium McWrap Sweet Chili Chicken (Grilled)	360	9	2.5	44	2	10	27	1030	65	
1 wrap, 10.3 oz										
Total	610	23.98	8.117	62.9	2.8	12.29	36.06	1747	89	116
Snacks/Other										
Milk (Nonfat)	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
1 cup										
GNC Amplified Wheybolic Extreme 60 - Chocolate	92	0.66	0.33	1.97	0.33	0.66	19.74	98.7	4.94	197.4

Monday, August 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
27 g										
Healthy Life Whole Wheat Bread	35	0		8	2.5	1	2.5	75		
1/2 x 2 slices										
Skippy Natural Super Chunk Peanut Butter	95	8.5	1.75	3	1	1.5	3.5	62.5	0	
1/2 x 2 tbsp, 16 g										
Total	308	9.6	2.367	24.85	3.83	15.63	34.09	363.2	9.94	604.4
Total	1698	59.58	18.484	139.75	13.63	39.92	149.15	3730.2	388.94	860.4

Tuesday, August 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kashi GOLEAN Crisp! Toasted Berry Crumble 3/4 cup, 53 g	190	4	0	34	8	11	9	125	0	250
Lunch										
Subway 6" Oven Roasted Chicken Breast 2 x 1 sandwich, 466 g	640	9	3	94	10	16	46	1220	90	
Dinner										
Pizza Hut 12" Medium Cheese Pan Pizza 1 slice, 104 g	240	10	4.5	27	1	2	11	530	25	
Pizza Hut Cheese Breadstick 2 x 1 breadstick, 124 g	340	14	7	40	2	4	16	740	30	
Pizza Hut Cinnamon Sticks 2 x 2 sticks	320	9	1	52	2	16	8	420	0	
Hormel Real Bacon Bits 1 tbsp , 7 g	25	1.5	1	0	0	0	3	240	5	
Kraft SC Sundried Tomato 2 tbsp, 32 g	60	5	0.5	4	0	3	0	350	0	
Oscar Mayer Deli Fresh Oven Roasted Turkey Breast 2 x 2 oz, 112 g	100	2	0	2			18	1020	50	
Total	**1085**	**41.5**	**14**	**125**	**5**	**25**	**56**	**3300**	**110**	
Snacks/Other										
Milk (Nonfat) 1 cup	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407

Tuesday, August 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
GNC Amplified Wheybolic Extreme 60 - Chocolate	92	0.66	0.33	1.97	0.33	0.66	19.74	98.7	4.94	197.4
27 g										
Milk (Nonfat)	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
1 cup										
Total	264	1.54	0.904	25.73	0.33	25.6	36.44	352.7	14.94	1011.4
Total	2179	56.04	17.904	278.73	23.33	77.6	147.44	4997.7	214.94	1261.4

Wednesday, August 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Jumbo Cinnamon Sweet Roll without Vanilla Icing	280	13	5	36	1	11	4	600	0	
1 roll without icing, 79 g										
Dannon Light & Fit Greek - Vanilla	80	0	0	9	0	7	12	50	10	140
1 container, 150 g										
Total	360	13	5	45	1	18	16	650	10	140
Lunch										
McDonald's Newman's Own Creamy Southwest Dressing	100	6	1	11	0	3	1	340	20	
1 pouch, 44 ml										
McDonald's Premium Southwest Salad with Grilled Chicken	290	8	2.5	28	7	11	27	650	70	
1 salad, 335 g										
Total	390	14	3.5	39	7	14	28	990	90	
Dinner										
TGI Friday's Mozzarella Sticks with Marinara Sauce (11 oz)	300	18	6	24	3	3	12	840	30	
3 x 1 serving, 96 g										
TGI Friday's Onion Rings	140	7	1	16	1.5	1	2	310	0	
3 rings, 28 g										
Market Day ChicNSteakes	220	2	0	0	0	0	46	700	110	
2 x 1 breast, 8 oz										
Total	660	27	7	40	4.5	4	60	1850	140	
Snacks/Other										

Wednesday, August 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Skippy Natural Super Chunk Peanut Butter 1/2 x 2 tbsp, 16 g	95	8.5	1.75	3	1	1.5	3.5	62.5	0	
Healthy Life Whole Wheat Bread 1/2 x 2 slices	35	0		8	2.5	1	2.5	75		
GNC Amplified Wheybolic Extreme 60 - Chocolate 27 g	92	0.66	0.33	1.97	0.33	0.66	19.74	98.7	4.94	197.4
Milk (Nonfat) 1 cup	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
Total	308	9.6	2.367	24.85	3.83	15.63	34.09	363.2	9.94	604.4
Total	**1718**	**63.6**	**17.867**	**148.85**	**16.33**	**51.63**	**138.09**	**3853.2**	**249.94**	**744.4**

Thursday, August 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Old Fashioned Oatmeal 1/2 cup uncooked, 40 g	150	2.5	0	27	4	1	6	0	0	
Lunch										
Steak n Shake Apple Walnut Grilled Chicken Salad 1 salad	410	17	4	45	7	37	26	800	60	
Dinner										
McDonald's French Fries (Kids) 1/2 x 1 package, 19 g	50	2.5	0.25	6.5	0.5	0	0.5	35	0	
McDonald's Chicken McNuggets (4 Pieces) 1/4 x 4 nuggets	48	3	0.5	3	0.25	0	2.25	90	7.5	
Kroger 93% Lean Ground Beef 1/2 x 4 oz, 56 g	85	4	2	0	0	0	11.5	40	40	60
Ragu Old World Style Traditional Pasta Sauce 1/2 cup, 125 g	80	2	0	12	2	7	2	480	0	360
Barilla Thin Spaghetti 2 oz, 56 g	200	1	0	42	2	2	7	0	0	0
Total	463	12.5	2.75	63.5	4.75	9	23.25	645	47.5	420
Snacks/Other										
Planters NUT-rition Heart Healthy Mix 1 pack, 30.6 g	170	15	1.5	5	3	1	6	50	0	200
Total	**1193**	**47**	**8.25**	**140.5**	**18.75**	**48**	**61.25**	**1495**	**107.5**	**620**

Friday, August 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Market Day Sweet Corn Casserole	240	13	8	29	2	9	4	390	50	0
1/2 cup, 115 g										
New York The Original Texas Garlic Toast	160	9	2	17	1	0	3	270	0	
1 slice, 40 g										
Food Lion Cut Green Beans	40	0	0	8	4	4	2	740	0	
2 x 1/2 cup, 240 g										
Beef Brisket (Whole, Lean Only)	220	10.45	3.671	0	0		29.37	112	88	468
5 oz										
Total	660	32.45	13.671	54	7	13	38.37	1512	138	468
Dinner										
Kraft Macaroni & Cheese as Packaged	195	2.62	1.12	35.25	0.75	4.5	7.5	435	11.25	
3/4 x 1 cup, 52 g										
Market Day ChicNSteakes	220	2	0	0	0	0	46	700	110	
2 x 1 breast, 8 oz										
Green String Beans	35	0.14	0.029	8.09	3.9	1.59	2.06	7	0	237
4 oz										
Total	450	4.76	1.149	43.34	4.65	6.09	55.56	1142	121.25	237
Snacks/Other										
Hershey's Chocolate Assortment Miniatures	84	5.2	2.8	10	0.8	8.8	1.2	22	2	
17 g										
Merex Fresh Blueberries	60	1	0	12	6	11	1	0	0	

Friday, August 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup, 144 g										
Dole Bananas	55	0.15	0	14.5	2	10.5	0.5	0.5	0	190
1/2 x 1 medium, 64.5 g										
Dole Pineapple Chunks in 100% Pineapple Juice	70	0	0	16	1	15	0	0	0	150
1/2 cup, 122 g										
GNC Pro Performance 100% Whey Protein - Chocolate	130	2	2	6	1	2	24	70	65	330
1 scoop, 31 g										
Healthy Life Whole Wheat Bread	35	0		8	2.5	1	2.5	75		
1/2 x 2 slices										
Skippy Natural Super Chunk Peanut Butter	95	8.5	1.75	3	1	1.5	3.5	62.5	0	
1/2 x 2 tbsp, 16 g										
Total	529	16.85	6.55	69.5	14.3	49.8	32.7	230	67	670
Total	**1639**	**54.06**	**21.37**	**166.84**	**25.95**	**68.89**	**126.63**	**2884**	**326.25**	**1375**

Sunday, August 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Light & Fit Greek - Vanilla	80	0	0	9	0	7	12	50	10	140
1 container, 150 g										
Meijer Light Multi-grain Bread	40	0.5	0.1	9.5	2.5	1	2	90	0	15
1/2 x 2 slices										
Southern Home Shredded Mild Cheddar Natural Cheese	55	4.5	2.5	0.5	0	0	3.5	90	15	
1/2 x 1/4 cup										
Oscar Mayer Center Cut Bacon Original	120	7	3	0	0	0	12	420	30	
2 x 2 slices, 26 g										
Scrambled Egg	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
2 eggs										
Meijer Light Multi-grain Bread	40	0.5	0.1	9.5	2.5	1	2	90	0	15
1/2 x 2 slices										
Total	534	27.71	11.484	30.46	5	10.43	44.51	951	455	308
Lunch										
Potato Salad Side Dish	108	5.73	0.978	12.85			1.45	312	57	256
0.333 cup										
Wal-Mart 93/7 Lean Ground Beef	170	8	3	0	0	0	23	70	65	
4 oz, 112 g										
Total	278	13.73	3.978	12.85	0	0	24.45	382	122	256
Dinner										
Essensia Chicken Breast Salad	420	30	7	6	0	2	32	1240	210	
2 x 1/2 cup										

Sunday, August 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Skippy Natural Super Chunk Peanut Butter	95	8.5	1.75	3	1	1.5	3.5	62.5	0	
1/2 x 2 tbsp, 16 g										
Healthy Life Whole Wheat Bread	35	0		8	2.5	1	2.5	75		
1/2 x 2 slices										
Hershey's Chocolate Assortment Miniatures	42	2.6	1.4	5	0.4	4.4	0.6	11	1	
9 g										
Newcastle Brown Ale	140	0	0	13			1	0	0	
1 bottle, 12.2 oz										
Hubert's Lemonade Diet Strawberry Lemonade	10	0		7		2	0	0		
1 cup (8 fl oz)										
Chocolate Chip Cookies (with Margarine)	156	9.06	2.584	18.69	0.9		1.82	116	10	72
2 medium (2-1/4" dia)										
Total	478	20.16	5.734	54.69	4.8	8.9	9.42	264.5	11	72
Total	**1710**	**91.6**	**28.196**	**104**	**9.8**	**21.33**	**110.38**	**2837.5**	**798**	**636**