Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	428	12.67	60.82	17.21
Lunch	266	9.53	35.68	10.26
Dinner	581	22.34	51.6	21.19
Snacks/Other	102	3.61	14.02	1.09
Total	**1377**	**48.15**	**162.13**	**49.75**

Monday, June 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Rye Bread 4 thin slices	207	2.64	0.501	38.64	4.6	3.08	6.8	528	0	133
Cream Cheese 2 tbsps	101	10.11	6.37	0.77	0	0.06	2.19	86	32	35
Total	308	12.75	6.871	39.41	4.6	3.14	8.99	614	32	168
Lunch										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Rye Bread 4 regular slices	269	3.43	0.651	50.23	6	4	8.84	686	0	173
Total	457	19.55	3.944	56.49	7.9	6.95	16.87	833	0	381
Dinner										
Snacks/Other										
Stacy's Pita Chip Company Simply Naked Pita Chips 9 chips, 28 g	130	5	0.5	19	1	1	3	270	0	0
Trader Joe's Strawberry Licorice 5 pieces, 40 g	140	1	0.5	30	0	16	1	20	0	
Total	270	6	1	49	1	17	4	290	0	0
Total	**1035**	**38.3**	**11.815**	**144.9**	**13.5**	**27.09**	**29.86**	**1737**	**32**	**549**

Tuesday, July 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
1 tbsp										
Wasa Multi Grain Crackers	120	0	0	22	4	0	4	150	0	
2 x 1 slice, 28 g										
Nonfat Plain Yogurt	191	0.61	0.395	26.15	0	26.15	19.51	262	7	868
1 1/2 8 oz containers										
Total	405	8.67	2.042	51.28	5	27.63	27.52	485	7	972
Lunch										
Fiber One Chewy Bars - Oats & Caramel	105	2.62	1.12	22.5	6.75	6.75	1.5	78.75	0	
3/4 x 1 bar, 30 g										
Lowfat Oats, Fruit and Nuts Granola Bar	195	3.09	0.358	37.94	2.6	21.32	3.77	123	0	117
1 3/4 Nature Valley bars										
Total	300	5.71	1.478	60.44	9.35	28.07	5.27	201.75	0	117
Dinner										
Potato Chips	306	20.98	6.138	27.85	2.5	2.31	3.67	294	0	920
2 single serving bags										
Wawa Turkey Sub	550	27	8.5	50	2	8	29	2350	80	
1 sub										
Total	856	47.98	14.638	77.85	4.5	10.31	32.67	2644	80	920
Snacks/Other										
Total	**1561**	**62.36**	**18.158**	**189.57**	**18.85**	**66.01**	**65.46**	**3330.75**	**87**	**2009**

Wednesday, July 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
wawa wawa Bacon egg cheese bagel 3/4 x 1	278	11.25	4.5	31.5	1.5	3	13.5	787.5	131.25	
wawa wawa Bacon egg cheese bagel 3/4 x 1	278	11.25	4.5	31.5	1.5	3	13.5	787.5	131.25	
Total	556	22.5	9	63	3	6	27	1575	262.5	
Lunch										
Cheese Pizza 2 pieces (1/8 12" dia)	475	20.19	8.609	52.17	3.3	6.12	21.21	924	41	277
Dinner										
Trader Joe's Creme Brulee 1 creme brulee, 99 g	340	27	17	22	0	15	3	30	235	
Arnold Flatbread 4 x 1 slice, 172 g	400	4		88	20	0	16	920	0	
Red Lobster Single Malt Scotches 2 x 1 serving	138	0	0	0	0	0	0	0	0	
Total	878	31	17	110	20	15	19	950	235	
Snacks/Other										
Total	**1909**	**73.69**	**34.609**	**225.17**	**26.3**	**27.12**	**67.21**	**3449**	**538.5**	**277**

Thursday, July 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wasa Multi Grain Crackers 3 x 1 slice, 42 g	180	0	0	33	6	0	6	225	0	
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Total	274	8.06	1.647	36.13	7	1.48	10.01	298	0	104
Lunch										
Cream Cheese 1 tbsp	51	5.06	3.185	0.39	0	0.03	1.09	43	16	17
Rye Bread 3 regular slices	202	2.57	0.488	37.67	4.5	3	6.63	515	0	129
Total	253	7.63	3.673	38.06	4.5	3.03	7.72	558	16	146
Dinner										
Heineken Heineken Beer 1 bottle, 12 oz	150	0	0	11.5	0	0	1.5	7.5	0	
Guinness Draught 1 bottle, 12 oz	125	0	0	9.8	1	1	1	1	0	
Greek Salad 1 cup	106	7.28	3.468	3.38	0.9	1.98	6.99	410	119	179
Cooked Swordfish 1 oz boneless (yield after cooking)	41	1.89	0.451	0.11	0	0.03	5.47	114	11	81
Brown Rice 1/2 cup cooked	107	0.87	0.175	22.21	1.8	0.34	2.5	293	0	42
Total	529	10.04	4.094	47	3.7	3.35	17.46	825.5	130	302
Snacks/Other										
Klondike Heath Ice Cream Bar	230	15	11	25	0.5	20	2	80	10	

Thursday, July 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 73 g										
Total	**1286**	**40.73**	**20.414**	**146.19**	**15.7**	**27.86**	**37.19**	**1761.5**	**156**	**552**

Friday, July 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bagel 2 regular	540	3.4	0.825	106.05	4.6	10.6	21.04	941	0	158
Cream Cheese 2 tbsps	101	10.11	6.37	0.77	0	0.06	2.19	86	32	35
Total	641	13.51	7.195	106.82	4.6	10.66	23.23	1027	32	193
Lunch										
Potato Chips 1 single serving bag	153	10.49	3.069	13.93	1.2	1.15	1.84	147	0	460
Deli Turkey or Chicken Breast Meat 3 slices (1 oz)	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
Rye Bread 2 regular slices	135	1.72	0.326	25.12	3	2	4.42	343	0	86
Total	376	13.62	3.803	42.63	4.6	6.14	20.78	1353	37	803
Dinner										
Red Lobster Single Malt Scotches 1 serving	69	0	0	0	0	0	0	0	0	
Red Table Wine 2 5 fl oz servings	250	0	0	7.67	0	1.82	0.21	12	0	373
Chocolate Cake (Without Frosting) 1 piece (1/12 9" dia)	340	14.34	5.158	50.73	1.5		5.04	299	55	133
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Total	823	20.82	6.982	58.4	1.5	1.82	30.07	641	125	710

Friday, July 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Trader Joe's Strawberry Licorice 1/2 x 5 pieces, 20 g	70	0.5	0.25	15	0	8	0.5	10	0	
Total	**1910**	**48.45**	**18.23**	**222.85**	**10.7**	**26.62**	**74.58**	**3031**	**194**	**1706**

Saturday, July 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Honey Nut Cheerios 2 x 1 cup, 74 g	220	3	0	44	4	18	4	320	0	230
Lunch										
Dinner										
Snacks/Other										
Total	**220**	**3**	**0**	**44**	**4**	**18**	**4**	**320**	**0**	**230**

Sunday, July 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Margarine 1 tbsp	75	8.46	1.436	0	0	0	0.09	112	0	4
Rye Bread 3 thin slices	155	1.98	0.376	28.98	3.5	2.31	5.1	396	0	100
Bagel 1 regular	270	1.7	0.413	53.02	2.3	5.3	10.52	470	0	79
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Total	594	20.2	3.872	85.13	6.8	9.09	19.72	1051	0	287
Lunch										
Dinner										
Brown Rice 1/2 cup cooked	107	0.87	0.175	22.21	1.8	0.34	2.5	293	0	42
Klondike Heath Ice Cream Bar 1 bar, 73 g	230	15	11	25	0.5	20	2	80	10	
Baked or Broiled Salmon 4 oz boneless (yield after cooking)	157	6.96	1.207	0.45	0	0.1	22.05	430	57	363
Pistachio Nuts 1 oz (49 kernels)	158	12.6	1.542	7.93	2.9	2.17	5.84	0	0	291
Fried or Battered Breaded Floured Shrimp 6 medium (shelled)	162	8.09	1.709	7.77	0.3	0.36	13.66	321	121	130
TGI Friday's Buffalo Wings 1/4 x 3 pieces	42	3	0.75	0.75	0	0	3	127.5	11.25	
Cabernet Sauvignon Wine 1 5 fl oz serving	123	0		3.82			0.1			

Sunday, July 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	979	46.52	16.383	67.93	5.5	22.97	49.15	1251.5	199.25	826
Snacks/Other										
Snack Cracker	75	3.8	0.566	9.15	0.2	0.27	1.11	127	0	20
5 round crackers										
Red Lobster Single Malt Scotches	69	0	0	0	0	0	0	0	0	
1 serving										
Total	144	3.8	0.566	9.15	0.2	0.27	1.11	127	0	20
Total	**1717**	**70.52**	**20.821**	**162.21**	**12.5**	**32.33**	**69.98**	**2429.5**	**199.25**	**1133**