Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	425	10.48	64.05	17
Lunch	279	10.31	31.07	15.71
Dinner	397	20.25	29.92	20.07
Snacks/Other	101	2.68	13.57	1.96
Total	1202	43.73	138.6	54.74

Monday, July 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bagel	270	1.7	0.413	53.02	2.3	5.3	10.52	470	0	79
1 regular										
Bagel	270	1.7	0.413	53.02	2.3	5.3	10.52	470	0	79
1 regular										
Cream Cheese	101	10.11	6.37	0.77	0	0.06	2.19	86	32	35
2 tbsps										
Total	641	13.51	7.196	106.81	4.6	10.66	23.23	1026	32	193
Lunch										
Dinner										
Snacks/Other										
Total	641	13.51	7.196	106.81	4.6	10.66	23.23	1026	32	193

Tuesday, July 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nonfat Plain Yogurt	191	0.61	0.395	26.15	0	26.15	19.51	262	7	868
1 1/2 8 oz containers										
Wasa Multi Grain Crackers	120	0	0	22	4	0	4	150	0	
2 x 1 slice, 28 g										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
1 tbsp										
Total	405	8.67	2.042	51.28	5	27.63	27.52	485	7	972
Lunch										
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										
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										
Total	300	5.71	1.478	60.44	9.35	28.07	5.27	201.75	0	117
Dinner										
Wawa Turkey Sub	825	40.5	12.75	75	3	12	43.5	3525	120	
1 1/2 x 1 sub										
Potato Chips	306	20.98	6.138	27.85	2.5	2.31	3.67	294	0	920
2 single serving bags										
Total	1131	61.48	18.888	102.85	5.5	14.31	47.17	3819	120	920
Snacks/Other										
Total	**1836**	**75.86**	**22.408**	**214.57**	**19.85**	**70.01**	**79.96**	**4505.75**	**127**	**2009**

Thursday, July 10, 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 1 cup, 37 g	110	1.5	0	22	2	9	2	160	0	115
Wasa Multi Grain Crackers 2 x 1 slice, 28 g	120	0	0	22	4	0	4	150	0	
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Wasa Multi Grain Crackers 2 x 1 slice, 28 g	120	0	0	22	4	0	4	150	0	
Total	538	17.62	3.294	72.26	12	11.96	18.02	606	0	323
Lunch										
Submarine Hoagie Roll 1/2 medium (8" long)	131	2.04	0.513	23.24	1	2.94	4.46	225	0	44
Swiss Cheese 2 slices (1 oz)	213	15.57	9.956	3.01	0	0.74	15.08	108	52	43
Deli Turkey or Chicken Breast Meat 6 slices (1 oz)	177	2.82	0.816	7.16	0.9	5.97	29.04	1727	73	514
Total	521	20.43	11.285	33.41	1.9	9.65	48.58	2060	125	601
Dinner										
Snacks/Other										
Total	**1059**	**38.05**	**14.579**	**105.67**	**13.9**	**21.61**	**66.6**	**2666**	**125**	**924**

Friday, July 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Wasa Multi Grain Crackers 2 x 1 slice, 28 g	120	0	0	22	4	0	4	150	0	
General Mills Honey Nut Cheerios 1 cup, 37 g	110	1.5	0	22	2	9	2	160	0	115
Total	324	9.56	1.647	47.13	7	10.48	10.01	383	0	219
Lunch										
Dinner										
Red Table Wine 1/2 5 fl oz serving	62	0	0	1.92	0	0.46	0.05	3	0	93
Red Lobster Single Malt Scotches 1 serving	69	0	0	0	0	0	0	0	0	
Joey Ahi Tuna Tacos 1/2 x 4 tacos, 92.5 g	175	10		14	1		8.5	380		
Ruth's Chris Steakhouse Creamed Spinach 1 serving, 317 g	294	22	13	18	4	8	10	295	58	1074
Fried Battered Lobster 1 cup of	306	16.08	3.36	11.31	0.3	0.59	27.64	558	113	473
Total	906	48.08	16.36	45.23	5.3	9.05	46.19	1236	171	1640
Snacks/Other										
Total	**1230**	**57.64**	**18.007**	**92.36**	**12.3**	**19.53**	**56.2**	**1619**	**171**	**1859**

Saturday, July 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bagel 1 regular	270	1.7	0.413	53.02	2.3	5.3	10.52	470	0	79
Cream Cheese 1 tbsp	51	5.06	3.185	0.39	0	0.03	1.09	43	16	17
Total	321	6.76	3.598	53.41	2.3	5.33	11.61	513	16	96
Lunch										
Chocolate Chip Cookie 1 large	68	3.46	1.073	8.97	0.4	4.81	0.77	42	0	21
Potato Chips 1 single serving bag	153	10.49	3.069	13.93	1.2	1.15	1.84	147	0	460
Rye Bread 2 regular slices	135	1.72	0.326	25.12	3	2	4.42	343	0	86
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
Swiss Cheese 2 slices (1 oz)	213	15.57	9.956	3.01	0	0.74	15.08	108	52	43
Total	657	32.65	14.832	54.61	5	11.69	36.63	1503	89	867
Dinner										
Simply Enjoy Grilled Zucchini 4 oz, 112 g	20	0	0	3	1	3	2	0	0	
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
Walgreens Ice Cream Sandwich 1 sandwich, 4.1 oz	170	5	3	28	1	16	3	110	17	

Saturday, July 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	347	11.96	4.207	31.45	2	19.1	27.05	540	74	363

Snacks/Other

Total	**1325**	**51.37**	**22.637**	**139.47**	**9.3**	**36.12**	**75.29**	**2556**	**179**	**1326**

Sunday, July 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bagel 1 regular	270	1.7	0.413	53.02	2.3	5.3	10.52	470	0	79
Cream Cheese 1 tbsp	51	5.06	3.185	0.39	0	0.03	1.09	43	16	17
Total	321	6.76	3.598	53.41	2.3	5.33	11.61	513	16	96
Lunch										
Lowfat Oats, Fruit and Nuts Granola Bar 1 3/4 Nature Valley bars	195	3.09	0.358	37.94	2.6	21.32	3.77	123	0	117
Dinner										
Snacks/Other										
Pina Colada 1 cocktail	230	2.54	2.196	29.65	0.4	27.62	0.58	8	0	92
Cream Cheese 2 tbsps	101	10.11	6.37	0.77	0	0.06	2.19	86	32	35
Toasted Rye Bread 4 slices regular	273	3.46	0.66	50.98	6.1	4.06	9.02	696	0	176
Total	604	16.11	9.226	81.4	6.5	31.74	11.79	790	32	303
Total	**1120**	**25.96**	**13.182**	**172.75**	**11.4**	**58.39**	**27.17**	**1426**	**48**	**516**