Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	295	20.13	4.83	21.23
Lunch	290	13.43	16.44	12.93
Dinner	797	19.56	54.85	30.65
Snacks/Other				
Total	**1382**	**53.12**	**76.12**	**64.81**

Tuesday, January 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Coffee-Mate Original Liquid Coffee Creamer 1 tbsp, 15 ml	20	1	0	2	0	0	0	0	0	
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	265	18.38	7.521	4.83	0	2.6	18.23	513	446	245
Lunch										
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Fresh Express Sweet Butter Tender Lettuce Mix 2 1/2 cups, 85 g	10	0	0	2	1	1	1	10	0	
Parmesan Cheese (Shredded) 2 tbsps	42	2.73	1.737	0.34	0		3.79	170	7	10
Young Green Onions 1 small (3" long)	2	0.01	0.002	0.37	0.1	0.12	0.09	1	0	14
Bell Peppers 2 slices or rings (3" dia, 1/4" thick)	5	0.06	0.012	1.21	0.4	0.84	0.2	0	0	
Cucumber (with Peel) 0.1 cup slices	2	0.01	0.004	0.38	0.1	0.17	0.07	0	0	15
Publix Carrot Sticks 1/2 x 3 oz, 42.5 g	18	0	0	4	1	2.5	0.5	32.5	0	
Grape Tomatoes	4	0.05	0.011	0.93	0.3	0.62	0.21	1	0	

Tuesday, January 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 grape										
Total	213	14.86	3.766	15.23	7.9	5.25	6.86	219.5	7	419
Dinner										
Cooked Salmon	197	6.11	1.497	0	0	0	33.3	82	78	616
1 medium salmon steak (5/8" thick)										
Barefoot Pinot Grigio	364	0	0	12.4	0	0	0	0	0	0
4 x 1 serving, 16 oz										
Total	561	6.11	1.497	12.4	0	0	33.3	82	78	616
Snacks/Other										
Total	**1039**	**39.35**	**12.784**	**32.46**	**7.9**	**7.85**	**58.39**	**814.5**	**531**	**1280**

Sunday, January 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oscar Mayer Center Cut Bacon Original 2 slices, 13 g	60	3.5	1.5	0	0	0	6	210	15	
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Coffee-Mate Original Liquid Coffee Creamer 1 tbsp, 15 ml	20	1	0	2	0	0	0	0	0	
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Total	325	21.88	9.021	4.83	0	2.6	24.23	723	461	245
Lunch										
Barefoot Pinot Grigio 1 1/2 x 1 serving, 6 oz	136	0	0	4.65	0	0	0	0	0	0
P.F. Chang's Mu Shu Chicken 1 serving, 8 oz	232	12	2	13			19	870		
Total	368	12	2	17.65	0	0	19	870	0	0
Dinner										
Barefoot Pinot Grigio 3 x 1 serving, 12 oz	273	0	0	9.3	0	0	0	0	0	0
Hillshire Farm Polska Kielbasa (2 oz) 2 x 2 oz, 112 g	380	32	12	6	2	2	14	960	70	0
Mahatma Red Beans & Long Grain Rice	380	1		82	6	4	14	1780	0	

Sunday, January 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 2 oz dry, 114 g										
Total	1033	33	12	97.3	8	6	28	2740	70	0
Snacks/Other										
Total	1726	66.88	23.021	119.78	8	8.6	71.23	4333	531	245