Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	352	14.54	53.94	3.94
Lunch	361	11.15	43.08	15.32
Dinner	628	14.29	63.3	26.2
Snacks/Other	234	11.21	20.44	4.47
Total	**1575**	**51.19**	**180.76**	**49.93**

Tuesday, December 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Butter with Canola Oil 1 tbsp, 14 g	50	5	2	0	0	0	0	90	5	
Original English Muffins 1 muffin, 61 g	120	1	0	25	1	1	4	200	0	0
Sugar Free French Vanilla Coffee Creamer 2 x 1 tbsp, 30 ml	40	4	2	2	0	0	0	0	0	
Orange Juice 4 1/4 fl oz	59	0.26	0.032	13.7	0.3	11.07	0.92	1	0	264
Total	269	10.26	4.032	40.7	1.3	12.07	4.92	291	5	264
Lunch										
Tuna Sushi 1 piece	46	0.12	0.03	9.16	0.2	1.9	1.94	181	2	
Salmon Sushi 1 piece	48	0.36	0.081	9	0.2	1.92	1.85	184	2	
Sushi with Vegetables 5 pieces	189	0.36	0.088	41.18	1.7	8.49	4	308	0	130
Sushi with Vegetables and Seafood 4 pieces	145	0.43	0.103	28.6	1.1	5.88	5.58	225	7	137
Total	428	1.27	0.302	87.94	3.2	18.19	13.37	898	11	267
Dinner										
Rose Wine 2 1/2 glasses (3.5 fl oz)	183	0	0	10.61	0	2.78	0.62	636	0	
Ground Beef (Cooked) 3 oz cooked	232	15.61	6.041	0	0	0	21.29	336	74	241

Tuesday, December 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Spaghetti/Marinara Pasta Sauce	185	5.95	0.812	28.18	1	22.2	4.88	1202	0	940
1 cup										
Spaghetti	220	1.29	0.245	42.95	2.5	0.78	8.06	325	0	63
1 cup cooked										
Total	820	22.85	7.098	81.74	3.5	25.76	34.85	2499	74	1244

Snacks/Other

Total	1517	34.38	11.432	210.38	8	56.02	53.14	3688	90	1775

Wednesday, December 31, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Butter with Canola Oil 1 tbsp, 14 g	50	5	2	0	0	0	0	90	5	
Original English Muffins 1 muffin, 61 g	120	1	0	25	1	1	4	200	0	0
Sugar Free French Vanilla Coffee Creamer 2 x 1 tbsp, 30 ml	40	4	2	2	0	0	0	0	0	
Orange Juice 4 1/4 fl oz	59	0.26	0.032	13.7	0.3	11.07	0.92	1	0	264
Total	269	10.26	4.032	40.7	1.3	12.07	4.92	291	5	264
Lunch										
Utz Potato Chips 1 bag, 0.75 oz	120	7	2	11	0.5	0	2	70	0	280
Light Lemonade 1 can	5	0		2	0	0	0	50	0	
Beef Franks 97% Fat Free 1 frank, 45 g	40	1	0	3	0	0	6	520	10	140
Hamburger or Hotdog Rolls 1 roll	120	1.86	0.47	21.26	0.9	2.69	4.08	206	0	40
Total	285	9.86	2.47	37.26	1.4	2.69	12.08	846	10	460
Dinner										
Rose Wine 2 1/2 glasses (3.5 fl oz)	183	0	0	10.61	0	2.78	0.62	636	0	
Cracker Barrel Old Country Store Chicken Pot Pie 1 serving	390	10		45	0	0	12	0	0	

Wednesday, December 31, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	573	10	0	55.61	0	2.78	12.62	636	0	
Snacks/Other										
Utz Potato Chips 1 bag, 0.75 oz	120	7	2	11	0.5	0	2	70	0	280
Rose Wine 2 1/2 glasses (3.5 fl oz)	183	0	0	10.61	0	2.78	0.62	636	0	
Cheddar Cheese 2 cubic inches	137	11.27	7.171	0.44	0	0.18	8.47	211	36	33
Total	440	18.27	9.171	22.05	0.5	2.96	11.09	917	36	313
Total	**1567**	**48.39**	**15.673**	**155.62**	**3.2**	**20.5**	**40.71**	**2690**	**51**	**1037**

Thursday, January 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sugar Free French Vanilla Coffee Creamer 2 x 1 tbsp, 30 ml	40	4	2	2	0	0	0	0	0	
Orange Juice 4 1/4 fl oz	59	0.26	0.032	13.7	0.3	11.07	0.92	1	0	264
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	101	4.31	2.037	15.79	0.3	11.07	1.2	6	0	375
Lunch										
Land O'Lakes Light Butter 1 tbsp, 14 g	50	5	2	0	0	0	0	90	5	
Vodka 1 fl oz (no ice)	64	0	0	0	0	0	0	0	0	1
Mr & Mrs T Original Bloody Mary Mix 5 fl oz, 150 ml	30	0		7	1	4	1	650	0	
English Muffin 1 muffin	132	0.98	0.425	25.62	2	2.05	5.14	246	0	63
Fried Egg without Fat 2 large	146	9.87	3.075	0.76	0	0.76	12.48	446	420	133
Bacon 4 thin slices (yield after cooking)	108	8.36	2.748	0.29	0	0	7.41	462	22	113
Total	530	24.21	8.248	33.67	3	6.81	26.03	1894	447	310
Dinner										
Rose Wine 2 1/2 glasses (3.5 fl oz)	183	0	0	10.61	0	2.78	0.62	636	0	

Thursday, January 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Mashed Potato 1 cup	210	7.43	1.661	33.01	2.7	2.9	3.78	485	2	546
HoneyBaked Honey Baked Ham 3 oz, 84 g	125	5	2	2	0	2	18	1020	55	
Total	552	12.56	3.69	53.46	6.4	9.22	24.4	2148	57	776

Snacks/Other

Total	**1183**	**41.08**	**13.975**	**102.92**	**9.7**	**27.1**	**51.63**	**4048**	**504**	**1461**

Friday, January 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
International Delight Sugar Free French Vanilla Coffee Creamer 2 x 1 tbsp, 30 ml	40	4	2	2	0	0	0	0	0	
Orange Juice 4 1/4 fl oz	59	0.26	0.032	13.7	0.3	11.07	0.92	1	0	264
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Cherry Pie 1 piece (1/8 9" dia)	390	16.5	3.843	59.7	1.2	21.44	3	369	0	
Total	491	20.81	5.88	75.49	1.5	32.51	4.2	375	0	375
Lunch										
Utz Potato Chips 1 bag, 0.75 oz	120	7	2	11	0.5	0	2	70	0	280
Light Lemonade 1 can	5	0		2	0	0	0	50	0	
Beef Franks 97% Fat Free 1 frank, 45 g	40	1	0	3	0	0	6	520	10	140
Hamburger or Hotdog Rolls 1 roll	120	1.86	0.47	21.26	0.9	2.69	4.08	206	0	40
Total	285	9.86	2.47	37.26	1.4	2.69	12.08	846	10	460
Dinner										
Shepherd's Pie with Beef 1 cup	272	8.21	2.27	34.46	3.4	3.26	15.55	583	34	773
Rose Wine 4 1/2 glasses (3.5 fl oz)	329	0	0	19.1	0	5.01	1.11	1145	0	

Friday, January 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	601	8.21	2.27	53.56	3.4	8.27	16.66	1728	34	773
Snacks/Other										
Jason's Deli Plain Cheese Cake 1 slice, 151 g	520	31	17	54	1	37	9	440	130	
Strawberries 1 cup halves	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
Total	569	31.46	17.023	65.67	4	44.08	10.02	442	130	233
Total	**1946**	**70.34**	**27.643**	**231.98**	**10.3**	**87.55**	**42.96**	**3391**	**174**	**1841**

Saturday, January 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Orange Juice 4 1/4 fl oz	59	0.26	0.032	13.7	0.3	11.07	0.92	1	0	264
International Delight Sugar Free French Vanilla Coffee Creamer 2 x 1 tbsp, 30 ml	40	4	2	2	0	0	0	0	0	
Cherry Pie 1 piece (1/8 9" dia)	390	16.5	3.843	59.7	1.2	21.44	3	369	0	
Total	491	20.81	5.88	75.49	1.5	32.51	4.2	375	0	375
Lunch										
Light Lemonade 1 can	5	0		2	0	0	0	50	0	
Beef Franks 97% Fat Free 1 frank, 45 g	40	1	0	3	0	0	6	520	10	140
Hamburger or Hotdog Rolls 1 roll	120	1.86	0.47	21.26	0.9	2.69	4.08	206	0	40
Total	165	2.86	0.47	26.26	0.9	2.69	10.08	776	10	180
Dinner										
Scalloped Potato with Ham 2 cups	478	13.87	4.236	65.33	7	9.79	24.04	1898	37	1652
Rose Wine 2 1/2 glasses (3.5 fl oz)	183	0	0	10.61	0	2.78	0.62	636	0	
Total	661	13.87	4.236	75.94	7	12.57	24.66	2534	37	1652

Saturday, January 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Light Beer	103	0	0	5.81	0	0.32	0.85	14	0	74
1 can or bottle (12 fl oz)										
Tortilla Corn Chips	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
1 10 chip serving										
Total	249	7.01	0.737	25.41	1.6	0.62	3.19	140	0	138
Total	**1566**	**44.55**	**11.323**	**203.1**	**11**	**48.39**	**42.13**	**3825**	**47**	**2345**

Sunday, January 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Orange Juice 4 1/4 fl oz	59	0.26	0.032	13.7	0.3	11.07	0.92	1	0	264
International Delight Sugar Free French Vanilla Coffee Creamer 2 x 1 tbsp, 30 ml	40	4	2	2	0	0	0	0	0	
Cherry Pie 1 piece (1/8 9" dia)	390	16.5	3.843	59.7	1.2	21.44	3	369	0	
Total	491	20.81	5.88	75.49	1.5	32.51	4.2	375	0	375
Lunch										
Smirnoff Vodka 1 shot, 1.5 oz	97	0	0	0	0	0	0	0	0	
Mr & Mrs T Rich & Spicy Bloody Mary Mix 2 x 4 fl oz, 240 ml	70	0	0	14	0	10	2	920	0	
Nature's Own Honey Wheat Enriched Bread 2 slices, 45 g	80	0.5	0	19	6	2	5	130	0	
Soft Boiled Egg 2 medium	136	9.3	2.864	0.98	0	0.98	11.03	245	372	
Light Butter with Canola Oil 1 tbsp, 14 g	50	5	2	0	0	0	0	90	5	
Sugar Free French Vanilla Coffee Creamer 2 x 1 tbsp, 30 ml	40	4	2	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

Sunday, January 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	475	18.85	6.869	36.07	6	12.98	18.31	1390	377	111
Dinner										
Strawberries 1 1/4 cups halves	61	0.57	0.028	14.59	3.8	8.85	1.27	2	0	291
Brussels Sprouts 1 cup	38	0.26	0.055	7.88	3.3	1.94	2.97	22	0	342
HoneyBaked Honey Baked Ham 2 x 3 oz, 168 g	250	10	4	4	0	4	36	2040	110	
Mashed Potato 1 cup	210	7.43	1.661	33.01	2.7	2.9	3.78	485	2	546
Total	559	18.26	5.744	59.48	9.8	17.69	44.02	2549	112	1179
Snacks/Other										
Hidden Valley Light Ranch Salad Dressing 3 x 2 tbsp, 90 ml	120	10.5	1.5	4.5	0	3	1.5	435	7.5	
Taylor Farms Celery Sticks 6 sticks	25	0	0	5	2	1	1	125	0	
Total	145	10.5	1.5	9.5	2	4	2.5	560	7.5	
Total	**1670**	**68.42**	**19.993**	**180.54**	**19.3**	**67.18**	**69.03**	**4874**	**496.5**	**1665**