Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	186	4.76	25.26	11.13
Lunch	221	7.61	21.39	18.53
Dinner	376	8.78	46.17	31.99
Snacks/Other	576	27.53	70.7	10.34
Total	**1359**	**48.68**	**163.52**	**71.99**

Monday, August 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
Cream Of Wheat 1 cup cooked	110	0.45	0.07	22.69	1	0.05	3.11	331	0	35
Silk Pure Unsweetened Vanilla Almond Milk 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	90	0	30
fisher pecan pieces (chef's naturals) 1/2 x 1/4 oz (2 tsp) (1/4 oz)	25	2.5	0.19	0.5	0.38	0.12	0.38		0	
Total	184	4.31	0.26	24.17	1.88	0.64	11.18	531	0	173
Lunch										
Kirkland Signature Normandy-Style Vegetable Blend 1 1/2 x 1 cup, 147 g	60	0	0	10.5	6	4.5	4.5	60	0	
Jennie-O Original Extra Lean Turkey Ham 2 x 1 serving, 112 g	120	6	2	4	0	2	16	1020	60	
Laughing Cow Light Swiss Original Cheese Wedges 1 wedge, 21 g	35	1.5	1	1	0	1	2	210	5	
Total	215	7.5	3	15.5	6	7.5	22.5	1290	65	
Dinner										
Popsicle Fudgsicle No Sugar Added Fudge Bars 1/2 x 2 bars, 41 g	40	0.75	0.5	9.5	2	2.5	1.5	45	2.5	0
White Rice 1/4 cup cooked	51	0.11	0.03	11.02	0.2	0.02	1.05	144	0	14

Monday, August 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
great American turkey gravy 1/4 cup (60)	20	0.5		3	0	0	0	280	0	
Kraft Parmesan Cheese 2 x 2 tsp, 10 g	40	3	2	0	0	0	4	150	10	
Green Peppers 2 oz	11	0.1	0.033	2.63	1	1.36	0.49	2	0	99
Baby Carrots 1 oz	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
Pilgrim's Pride Boneless Skinless Chicken Breast 4 oz, 112 g	110	2.5	0	0	0	0	23	330	55	0
Radishes 1 medium (3/4" to 1" dia)	1	0	0.001	0.15	0.1	0.1	0.03	2	0	10
Beets (Drained Solids, Canned) 1/4 cup slices	13	0.06	0.01	3.06	0.7	2.34	0.39	82	0	63
Grape Tomatoes 4 grape	6	0.06	0.015	1.24	0.4	0.83	0.28	2	0	
Fresh Express 3-Color Deli Coleslaw 1 1/2 cups, 85 g	20	0		5	2	0	1	20	0	
Celery 1/2 stalk small (5" long)	1	0.01	0.004	0.25	0.1	0.16	0.06	7	0	22
Wish-Bone Fat Free Italian Dressing 2 x 2 tbsp, 60 ml	30	0	0	6	0	4	0	700	0	0
prince Edward Prince Edward Medley (green beans, wax beans, carrots 1 1/4 x 3/4 cup (83 grams)	38	0		6.25	2.5	2.5	1.25	25	0	
homemade Sweet Mustard Vinaigrette Dressing	16	0.1		4.5	0.03	0.31	0.04	353	0	

Monday, August 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp										
Lettuce	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
2 cups shredded or chopped										
Cucumber (Peeled)	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
2 oz										
Total	**429**	**7.47**	**2.627**	**59.43**	**11.23**	**18.19**	**34.59**	**2176**	**67.5**	**507**
Snacks/Other										
Peanuts	40	3.49	0.484	1.14	0.6	0.28	1.83	1	0	50
1/4 oz										
Arbor Mist Blackberry Merlot	40	0		5.25	0	5.25	0	2.5	0	
1/4 x 8 fl oz, 60 ml										
Snickers Snickers Bar (Miniatures)	85	4	1.5	11	0.5	9	1.5	40	2.5	
1/2 x 3 pieces, 13.5 g										
Mars Milky Way Minis	57	2.4		9		7.5	0.6			
1 1/2 x 1 piece										
mars m&m's milk chocolate candies	35	1.5		5		4.5	0			
1/2 x .5 oz										
Coffee (Brewed From Grounds)	9	0.19	0.019	0	0	0	1.14	19	0	465
4 cups (8 fl oz)										
Nestle Butterfinger Minis Candy Bars	90	4	2	14.5	0.5	9	1	45	0	
1/2 x 1 serving, 20 g										
Coffee-Mate Sugar Free Vanilla Caramel Powder Coffee Creamer	45	3.75	3	3		0	0	22.5	0	
1 1/2 x 1 serving, 3 g										
Blue Diamond Natural Oven Roasted Almonds - Dark Chocolate	80	6.5	0.5	4.5	1.5	2	2.5	17.5	0	90

Monday, August 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 24 almonds, 14 g										
Air Popped Popcorn	62	0.73	0.102	12.44	2.3	0.14	2.07	1	0	53
2 cups										
Friendly Farms Sugar Free French Vanilla Creamer	75	5	0	5	0	0	0	25	0	0
5 x 1 tbsp										
Total	618	31.56	7.605	70.83	5.4	37.67	10.64	173.5	2.5	658
Total	1446	50.84	13.492	169.93	24.51	64	78.91	4170.5	135	1338

Tuesday, August 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
Cream Of Wheat 1 cup cooked	110	0.45	0.07	22.69	1	0.05	3.11	331	0	35
Silk Pure Unsweetened Vanilla Almond Milk 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	90	0	30
fisher pecan pieces (chef's naturals) 1/2 x 1/4 oz (2 tsp) (1/4 oz)	25	2.5	0.19	0.5	0.38	0.12	0.38		0	
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
fisher pecan pieces (chef's naturals) 1/2 x 1/4 oz (2 tsp) (1/4 oz)	25	2.5	0.19	0.5	0.38	0.12	0.38		0	
Silk Pure Unsweetened Vanilla Almond Milk 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	90	0	30
Cream Of Wheat 1 cup cooked	110	0.45	0.07	22.69	1	0.05	3.11	331	0	35
Total	368	8.62	0.52	48.34	3.76	1.28	22.36	1062	0	346
Lunch										
Laughing Cow Light Swiss Original Cheese Wedges 1 wedge, 21 g	35	1.5	1	1	0	1	2	210	5	
Jennie-O Original Extra Lean Turkey Ham 2 x 1 serving, 112 g	120	6	2	4	0	2	16	1020	60	

Tuesday, August 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kirkland Signature Normandy-Style Vegetable Blend	60	0	0	10.5	6	4.5	4.5	60	0	
1 1/2 x 1 cup, 147 g										
Total	215	7.5	3	15.5	6	7.5	22.5	1290	65	
Dinner										
homemade Ranch mashed potatoes	76	1		16	1	2	2.5	238	0.5	
1/2 cup										
Green Peppers	11	0.1	0.033	2.63	1	1.36	0.49	2	0	99
2 oz										
Kraft Parmesan Cheese	40	3	2	0	0	0	4	150	10	
2 x 2 tsp, 10 g										
Baby Carrots	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
1 oz										
Wish-Bone Fat Free Italian Dressing	30	0	0	6	0	4	0	700	0	0
2 x 2 tbsp, 60 ml										
Celery	1	0.01	0.004	0.25	0.1	0.16	0.06	7	0	22
1/2 stalk small (5" long)										
Radishes	1	0	0.001	0.15	0.1	0.1	0.03	2	0	10
1 medium (3/4" to 1" dia)										
Grape Tomatoes	6	0.06	0.015	1.24	0.4	0.83	0.28	2	0	
4 grape										
Beets (Drained Solids, Canned)	13	0.06	0.01	3.06	0.7	2.34	0.39	82	0	63
1/4 cup slices										
Pilgrim's Pride Boneless Skinless Chicken Breast	110	2.5	0	0	0	0	23	330	55	0
4 oz, 112 g										
Fresh Express 3-Color Deli Coleslaw	20	0		5	2	0	1	20	0	

Tuesday, August 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 cups, 85 g										
Lettuce	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
2 cups shredded or chopped										
prince Edward Prince Edward Medley (green beans, wax beans, carrots	38	0		6.25	2.5	2.5	1.25	25	0	
1 1/4 x 3/4 cup (83 grams)										
homemade Sweet Mustard Vinaigrette Dressing	16	0.1		4.5	0.03	0.31	0.04	353	0	
2 tbsp										
Cucumber (Peeled)	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
2 oz										
great American turkey gravy	20	0.5		3	0	0	0	280	0	
1/4 cup (60)										
Total	**414**	**7.61**	**2.097**	**54.91**	**10.03**	**17.67**	**34.54**	**2225**	**65.5**	**493**
Snacks/Other										
Peanuts	40	3.49	0.484	1.14	0.6	0.28	1.83	1	0	50
1/4 oz										
Arbor Mist Blackberry Merlot	40	0		5.25	0	5.25	0	2.5	0	
1/4 x 8 fl oz, 60 ml										
mars m&m's milk chocolate candies	35	1.5		5		4.5	0			
1/2 x .5 oz										
Mars Milky Way Minis	57	2.4		9		7.5	0.6			
1 1/2 x 1 piece										
Snickers Snickers Bar (Miniatures)	85	4	1.5	11	0.5	9	1.5	40	2.5	
1/2 x 3 pieces, 13.5 g										
Coffee (Brewed From Grounds)	9	0.19	0.019	0	0	0	1.14	19	0	465
4 cups (8 fl oz)										

Tuesday, August 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nestle Butterfinger Minis Candy Bars 1/2 x 1 serving, 20 g	90	4	2	14.5	0.5	9	1	45	0	
Coffee-Mate Sugar Free Vanilla Caramel Powder Coffee Creamer 1 1/2 x 1 serving, 3 g	45	3.75	3	3		0	0	22.5	0	
Blue Diamond Natural Oven Roasted Almonds - Dark Chocolate 1/2 x 24 almonds, 14 g	80	6.5	0.5	4.5	1.5	2	2.5	17.5	0	90
Friendly Farms Sugar Free French Vanilla Creamer 5 x 1 tbsp	75	5	0	5	0	0	0	25	0	0
Air Popped Popcorn 2 cups	62	0.73	0.102	12.44	2.3	0.14	2.07	1	0	53
Total	618	31.56	7.605	70.83	5.4	37.67	10.64	173.5	2.5	658
Total	**1615**	**55.29**	**13.222**	**189.58**	**25.19**	**64.12**	**90.04**	**4750.5**	**133**	**1497**

Wednesday, August 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
fisher pecan pieces (chef's naturals) 1/2 x 1/4 oz (2 tsp) (1/4 oz)	25	2.5	0.19	0.5	0.38	0.12	0.38		0	
Silk Pure Unsweetened Vanilla Almond Milk 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	90	0	30
Cream Of Wheat 1 cup cooked	110	0.45	0.07	22.69	1	0.05	3.11	331	0	35
Total	184	4.31	0.26	24.17	1.88	0.64	11.18	531	0	173
Lunch										
Kirkland Signature Normandy-Style Vegetable Blend 1 1/2 x 1 cup, 147 g	60	0	0	10.5	6	4.5	4.5	60	0	
Jennie-O Original Extra Lean Turkey Ham 2 x 1 serving, 112 g	120	6	2	4	0	2	16	1020	60	
Laughing Cow Light Swiss Original Cheese Wedges 1 wedge, 21 g	35	1.5	1	1	0	1	2	210	5	
Total	215	7.5	3	15.5	6	7.5	22.5	1290	65	
Dinner										
Red Baron Brick Oven meat trio pizza 3/4 x 1/4 pizza (129 grams)	255	12	3.75	27	1.5	6	9.75	607.5	22.5	180
Kraft Parmesan Cheese 2 x 2 tsp, 10 g	40	3	2	0	0	0	4	150	10	

Wednesday, August 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Green Peppers 2 oz	11	0.1	0.033	2.63	1	1.36	0.49	2	0	99
Baby Carrots 1 oz	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
Fresh Express 3-Color Deli Coleslaw 1 1/2 cups, 85 g	20	0		5	2	0	1	20	0	
Radishes 1 medium (3/4" to 1" dia)	1	0	0.001	0.15	0.1	0.1	0.03	2	0	10
Beets (Drained Solids, Canned) 1/4 cup slices	13	0.06	0.01	3.06	0.7	2.34	0.39	82	0	63
Grape Tomatoes 4 grape	6	0.06	0.015	1.24	0.4	0.83	0.28	2	0	
Celery 1/2 stalk small (5" long)	1	0.01	0.004	0.25	0.1	0.16	0.06	7	0	22
Wish-Bone Fat Free Italian Dressing 2 x 2 tbsp, 60 ml	30	0	0	6	0	4	0	700	0	0
homemade Sweet Mustard Vinaigrette Dressing 2 tbsp	16	0.1		4.5	0.03	0.31	0.04	353	0	
Lettuce 2 cups shredded or chopped	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
Cucumber (Peeled) 2 oz	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
Total	425	15.61	5.847	56.66	8.03	19.17	17.54	1959.5	32.5	673

Snacks/Other

Peanuts 1/4 oz	40	3.49	0.484	1.14	0.6	0.28	1.83	1	0	50

Wednesday, August 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Arbor Mist Blackberry Merlot 1/4 x 8 fl oz, 60 ml	40	0		5.25	0	5.25	0	2.5	0	
Snickers Snickers Bar (Miniatures) 1/2 x 3 pieces, 13.5 g	85	4	1.5	11	0.5	9	1.5	40	2.5	
Mars Milky Way Minis 1 1/2 x 1 piece	57	2.4		9		7.5	0.6			
mars m&m's milk chocolate candies 1/2 x .5 oz	35	1.5		5		4.5	0			
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Nestle Butterfinger Minis Candy Bars 1/2 x 1 serving, 20 g	90	4	2	14.5	0.5	9	1	45	0	
Coffee-Mate Sugar Free Vanilla Caramel Powder Coffee Creamer 1 1/2 x 1 serving, 3 g	45	3.75	3	3		0	0	22.5	0	
Blue Diamond Natural Oven Roasted Almonds - Dark Chocolate 1/2 x 24 almonds, 14 g	80	6.5	0.5	4.5	1.5	2	2.5	17.5	0	90
Air Popped Popcorn 2 cups	62	0.73	0.102	12.44	2.3	0.14	2.07	1	0	53
Friendly Farms Sugar Free French Vanilla Creamer 5 x 1 tbsp	75	5	0	5	0	0	0	25	0	0
Total	618	31.56	7.605	70.83	5.4	37.67	10.64	173.5	2.5	658
Total	**1442**	**58.98**	**16.712**	**167.16**	**21.31**	**64.98**	**61.86**	**3954**	**100**	**1504**

Thursday, August 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
Cream Of Wheat 1 cup cooked	110	0.45	0.07	22.69	1	0.05	3.11	331	0	35
Silk Pure Unsweetened Vanilla Almond Milk 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	90	0	30
fisher pecan pieces (chef's naturals) 1/2 x 1/4 oz (2 tsp) (1/4 oz)	25	2.5	0.19	0.5	0.38	0.12	0.38		0	
Total	184	4.31	0.26	24.17	1.88	0.64	11.18	531	0	173
Lunch										
Laughing Cow Light Swiss Original Cheese Wedges 1 wedge, 21 g	35	1.5	1	1	0	1	2	210	5	
Jennie-O Original Extra Lean Turkey Ham 2 x 1 serving, 112 g	120	6	2	4	0	2	16	1020	60	
Kirkland Signature Normandy-Style Vegetable Blend 1 1/2 x 1 cup, 147 g	60	0	0	10.5	6	4.5	4.5	60	0	
Total	215	7.5	3	15.5	6	7.5	22.5	1290	65	
Dinner										
Borden Fat Free Single Cheese Slices 1 slice, 21 g	30	0	0	3	0	3	4	280	0	
La Tortilla Factory Smart & Delicious Low Carb High Fiber Original Tortillas	50	2	0	10	7	0	5	210	0	0

Thursday, August 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tortilla, 36 g										
Green Peppers	11	0.1	0.033	2.63	1	1.36	0.49	2	0	99
2 oz										
Kraft Parmesan Cheese	40	3	2	0	0	0	4	150	10	
2 x 2 tsp, 10 g										
Baby Carrots	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
1 oz										
Pilgrim's Pride Boneless Skinless Chicken Breast	110	2.5	0	0	0	0	23	330	55	0
4 oz, 112 g										
Wish-Bone Fat Free Italian Dressing	30	0	0	6	0	4	0	700	0	0
2 x 2 tbsp, 60 ml										
Radishes	1	0	0.001	0.15	0.1	0.1	0.03	2	0	10
1 medium (3/4" to 1" dia)										
Celery	1	0.01	0.004	0.25	0.1	0.16	0.06	7	0	22
1/2 stalk small (5" long)										
Beets (Drained Solids, Canned)	13	0.06	0.01	3.06	0.7	2.34	0.39	82	0	63
1/4 cup slices										
Grape Tomatoes	6	0.06	0.015	1.24	0.4	0.83	0.28	2	0	
4 grape										
Fresh Express 3-Color Deli Coleslaw	20	0		5	2	0	1	20	0	
1 1/2 cups, 85 g										
Lettuce	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
2 cups shredded or chopped										
homemade Sweet Mustard Vinaigrette Dressing	16	0.1		4.5	0.03	0.31	0.04	353	0	
2 tbsp										
Cucumber (Peeled)	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
2 oz										

Thursday, August 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
great American turkey gravy 1/4 cup (60)	20	0.5		3	0	0	0	280	0	
Total	**380**	**8.61**	**2.097**	**45.66**	**13.53**	**16.17**	**39.79**	**2452**	**65**	**493**
Snacks/Other										
Peanuts 1/4 oz	40	3.49	0.484	1.14	0.6	0.28	1.83	1	0	50
Arbor Mist Blackberry Merlot 1/4 x 8 fl oz, 60 ml	40	0		5.25	0	5.25	0	2.5	0	
mars m&m's milk chocolate candies 1/2 x .5 oz	35	1.5		5		4.5	0			
Mars Milky Way Minis 1 1/2 x 1 piece	57	2.4		9		7.5	0.6			
Snickers Snickers Bar (Miniatures) 1/2 x 3 pieces, 13.5 g	85	4	1.5	11	0.5	9	1.5	40	2.5	
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Nestle Butterfinger Minis Candy Bars 1/2 x 1 serving, 20 g	90	4	2	14.5	0.5	9	1	45	0	
Coffee-Mate Sugar Free Vanilla Caramel Powder Coffee Creamer 1 1/2 x 1 serving, 3 g	45	3.75	3	3		0	0	22.5	0	
Blue Diamond Natural Oven Roasted Almonds - Dark Chocolate 1/2 x 24 almonds, 14 g	80	6.5	0.5	4.5	1.5	2	2.5	17.5	0	90
Friendly Farms Sugar Free French Vanilla Creamer 5 x 1 tbsp	75	5	0	5	0	0	0	25	0	0

Thursday, August 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Air Popped Popcorn	62	0.73	0.102	12.44	2.3	0.14	2.07	1	0	53
2 cups										
Total	618	31.56	7.605	70.83	5.4	37.67	10.64	173.5	2.5	658
Total	**1397**	**51.98**	**12.962**	**156.16**	**26.81**	**61.98**	**84.11**	**4446.5**	**132.5**	**1324**

Friday, August 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 1 large	17	0.06	0	0.24	0	0.23	3.6	55	0	54
Silk Pure Unsweetened Vanilla Almond Milk 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	90	0	30
Wal-Mart Sugar Free Strawberry Jelly 1 tbsp, 17 g	10	0	0	5	0	0	0	0	0	10
Philadelphia Fat Free Strawberry Cream Cheese 1/2 x 2 tbsp, 16.5 g	20	0	0	3	0	2.5	1.5	95	2	
Nature's Own Light Honey Wheat Bread 1 slice, 22 g	40	0.25	0	9.5	3	1	2.5	65	0	
Total	102	1.56	0	18.24	3.5	3.73	8.1	305	2	94
Lunch										
Kirkland Signature Normandy-Style Vegetable Blend 1 1/2 x 1 cup, 147 g	60	0	0	10.5	6	4.5	4.5	60	0	
Jennie-O Original Extra Lean Turkey Ham 2 x 1 serving, 112 g	120	6	2	4	0	2	16	1020	60	
Laughing Cow Light Swiss Original Cheese Wedges 1 wedge, 21 g	35	1.5	1	1	0	1	2	210	5	
Total	215	7.5	3	15.5	6	7.5	22.5	1290	65	
Dinner										
No Name California Blend Frozen Mixed Vegetables	50	0	0	10	6	4	2	60	0	

Friday, August 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1/2 cup, 170 g										
Whole Wheat Bread	67	1.07	0.233	12.26	1.1	1.43	2.37	138	0	53
1 regular slice										
Egg White	51	0.17	0	0.72	0	0.7	10.79	164	0	161
3 large										
Turkey Meat	118	2.84	0.943	0	0	0	21.6	69	64	294
3 1/2 oz										
Tomatoes	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Total	308	4.33	1.233	27.8	8.6	9.36	37.84	437	64	800

Snacks/Other

Peanuts	40	3.49	0.484	1.14	0.6	0.28	1.83	1	0	50
1/4 oz										
Cordina Mar-Go-Rita	80	0	0	19	0	17	0	95	0	
6 oz, 170 g										
Snickers Snickers Bar (Miniatures)	85	4	1.5	11	0.5	9	1.5	40	2.5	
1/2 x 3 pieces, 13.5 g										
Mars Milky Way Minis	57	2.4		9		7.5	0.6			
1 1/2 x 1 piece										
mars m&m's milk chocolate candies	35	1.5		5		4.5	0			
1/2 x .5 oz										
Coffee (Brewed From Grounds)	9	0.19	0.019	0	0	0	1.14	19	0	465
4 cups (8 fl oz)										
Nestle Butterfinger Minis Candy Bars	90	4	2	14.5	0.5	9	1	45	0	
1/2 x 1 serving, 20 g										
Coffee-Mate Sugar Free Vanilla Caramel Powder Coffee Creamer	45	3.75	3	3		0	0	22.5	0	

Friday, August 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 1 serving, 3 g										
Blue Diamond Natural Oven Roasted Almonds - Dark Chocolate	80	6.5	0.5	4.5	1.5	2	2.5	17.5	0	90
1/2 x 24 almonds, 14 g										
Air Popped Popcorn	62	0.73	0.102	12.44	2.3	0.14	2.07	1	0	53
2 cups										
Friendly Farms Sugar Free French Vanilla Creamer	75	5	0	5	0	0	0	25	0	0
5 x 1 tbsp										
Total	658	31.56	7.605	84.58	5.4	49.42	10.64	266	2.5	658
Total	1283	44.95	11.838	146.12	23.5	70.01	79.08	2298	133.5	1552

Saturday, August 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bell Plantation PB2 Powdered Peanut Butter 1/2 x 2 tbsp, 6.5 g	22	0.75	0	2.5	1	0.5	2.5	47	0	
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Dunkin' Donuts Glazed Chocolate Cake Munchkin 1 munchkin	70	3.5	1.5	8	0	4	1	85	0	
Wal-Mart Sugar Free Strawberry Jelly 1 tbsp, 17 g	10	0	0	5	0	0	0	0	0	10
Friendly Farms Sugar Free French Vanilla Creamer 2 x 1 tbsp	30	2	0	2	0	0	0	10	0	0
Total	141	6.44	1.519	17.5	1	4.5	4.64	161	0	475
Lunch										
Mayfield Ice Cream Sandwiches - Vanilla 1 1/2 x 1 sandwich (55 grams)	225	7.5	4.5	36	0	18	3	187.5	22.5	
Dinner										
Panda Express Mushroom Chicken 1 serving, 5.7 oz	180	9	1.5	10	1	4	14	840	55	0
Panda Express Mixed Vegetables (Side) 1 serving, 8.6 oz	80	0.5	0	16	5	5	4	540	0	
Total	260	9.5	1.5	26	6	9	18	1380	55	0

Saturday, August 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Peanuts 1/4 oz	40	3.49	0.484	1.14	0.6	0.28	1.83	1	0	50
mars m&m's milk chocolate candies 1/2 x .5 oz	35	1.5		5		4.5	0			
Mars Milky Way Minis 1 1/2 x 1 piece	57	2.4		9		7.5	0.6			
Snickers Snickers Bar (Miniatures) 1/2 x 3 pieces, 13.5 g	85	4	1.5	11	0.5	9	1.5	40	2.5	
Nonfat Frozen Yogurt 1 cup	164	0.65	0.405	34.84	0	27.2	5.96	86	5	275
Friendly Farms Sugar Free French Vanilla Creamer 5 x 1 tbsp	75	5	0	5	0	0	0	25	0	0
Nestle Butterfinger Minis Candy Bars 1/2 x 1 serving, 20 g	90	4	2	14.5	0.5	9	1	45	0	
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Total	555	21.23	4.408	80.48	1.6	57.48	12.03	216	7.5	790
Total	**1181**	**44.67**	**11.927**	**159.98**	**8.6**	**88.98**	**37.67**	**1944.5**	**85**	**1265**

Sunday, August 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Friendly Farms Sugar Free French Vanilla Creamer 2 x 1 tbsp	30	2	0	2	0	0	0	10	0	0
Silk Pure Unsweetened Vanilla Almond Milk 1/2 x 1 cup, 120 ml	15	1.25	0	0.5	0.5	0	0.5	90	0	30
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Wal-Mart Sugar Free Strawberry Jelly 1 tbsp, 17 g	10	0	0	5	0	0	0	0	0	10
Egg White 1 large	17	0.06	0	0.24	0	0.23	3.6	55	0	54
Nature's Own Light Honey Wheat Bread 1 slice, 22 g	40	0.25	0	9.5	3	1	2.5	65	0	
Philadelphia Fat Free Strawberry Cream Cheese 1/2 x 2 tbsp, 16.5 g	20	0	0	3	0	2.5	1.5	95	2	
Total	141	3.75	0.019	20.24	3.5	3.73	9.24	334	2	559
Lunch										
Watermelon 1 cup diced	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
Lettuce Salad with Assorted Vegetables 3 cups	33	0.33	0.046	6.97	2.4	4	1.64	44	0	360
Cooked Summer Squash 1 cup slices	68	4.24	0.807	7.81	2.6	4.64	1.65	496	0	344

Sunday, August 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Curly's Hickory Smoked Pulled Pork in Barbeque Sauce 1/4 cup, 54 g	100	3.5	1.5	10	1	8	10	430	20	
Total	247	8.3	2.377	36.26	6.6	26.06	14.22	972	20	874
Dinner										
Carambola (Starfruit) 2 oz	18	0.19	0.011	3.82	1.6	2.26	0.59	1	0	75
Borden Fat Free Single Cheese Slices 1 slice, 21 g	30	0	0	3	0	3	4	280	0	
La Tortilla Factory Smart & Delicious Low Carb High Fiber Original Tortillas 1 tortilla, 36 g	50	2	0	10	7	0	5	210	0	0
Kraft Parmesan Cheese 2 x 2 tsp, 10 g	40	3	2	0	0	0	4	150	10	
Green Peppers 2 oz	11	0.1	0.033	2.63	1	1.36	0.49	2	0	99
Baby Carrots 1 oz	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
Pilgrim's Pride Boneless Skinless Chicken Breast 4 oz, 112 g	110	2.5	0	0	0	0	23	330	55	0
Radishes 1 medium (3/4" to 1" dia)	1	0	0.001	0.15	0.1	0.1	0.03	2	0	10
Beets (Drained Solids, Canned) 1/4 cup slices	13	0.06	0.01	3.06	0.7	2.34	0.39	82	0	63
Grape Tomatoes 4 grape	6	0.06	0.015	1.24	0.4	0.83	0.28	2	0	

Sunday, August 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fresh Express 3-Color Deli Coleslaw 1 1/2 cups, 85 g	20	0		5	2	0	1	20	0	
Celery 1/2 stalk small (5" long)	1	0.01	0.004	0.25	0.1	0.16	0.06	7	0	22
Wish-Bone Fat Free Italian Dressing 2 x 2 tbsp, 60 ml	30	0	0	6	0	4	0	700	0	0
prince Edward Prince Edward Medley (green beans, wax beans, carrots 1 1/4 x 3/4 cup (83 grams)	38	0		6.25	2.5	2.5	1.25	25	0	
homemade Sweet Mustard Vinaigrette Dressing 2 tbsp	16	0.1		4.5	0.03	0.31	0.04	353	0	
Lettuce 2 cups shredded or chopped	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
Cucumber (Peeled) 2 oz	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
Total	**416**	**8.3**	**2.108**	**52.73**	**17.63**	**20.93**	**41.63**	**2198**	**65**	**568**

Snacks/Other

McDonald's Vanilla Reduced Fat Ice Cream Cone 1 cone	170	4.5	3	27	0	20	5	70	15	
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Nestle Butterfinger Minis Candy Bars 1/2 x 1 serving, 20 g	90	4	2	14.5	0.5	9	1	45	0	
Friendly Farms Sugar Free French Vanilla Creamer 5 x 1 tbsp	75	5	0	5	0	0	0	25	0	0

Sunday, August 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	344	13.69	5.019	46.5	0.5	29	7.14	159	15	465
Total	**1148**	**34.04**	**9.523**	**155.73**	**28.23**	**79.72**	**72.23**	**3663**	**102**	**2466**