Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	168	4.89	20.48	10.37
Lunch	211	7.88	15.98	19.52
Dinner	424	11.54	57.08	27.27
Snacks/Other	639	33.2	71.14	12.24
Total	**1442**	**57.51**	**164.68**	**69.39**

Monday, January 19, 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
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
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 3/8 x 1 cup, 135 g	55	0	0	9.62	5.5	4.12	4.12	55	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	210	7.5	3	14.62	5.5	7.12	22.12	1285	65	
Dinner										
piggly wiggly fudge Sandwich creme cookies 1 cookie	57	2		9	0.25	4.3	0.68			
Radishes 1 medium (3/4" to 1" dia)	1	0	0.001	0.15	0.1	0.1	0.03	2	0	10

Monday, January 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wish-Bone Fat Free Italian Dressing 2 tbsp, 30 ml	15	0	0	3	0	2	0	350	0	0
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
Cucumber (Peeled) 2 oz	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
prince Edward Prince Edward Medley (green beans, wax beans, carrots 3/4 cup (83 grams)	30	0		5	2	2	1	20	0	
Pilgrim's Pride Boneless Skinless Chicken Breast 4 oz, 112 g	110	2.5	0	0	0	0	23	330	55	0
Kraft Parmesan Cheese 2 x 2 tsp, 10 g	40	3	2	0	0	0	4	150	10	
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
Green Peppers 1 oz	6	0.05	0.016	1.32	0.5	0.68	0.24	1	0	50
Baby Carrots	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67

Monday, January 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 oz										
Total	347	8.06	2.08	39.35	8.28	16.79	32.22	1351	65	444
Snacks/Other										
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										
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										
Peanuts	80	6.98	0.969	2.29	1.2	0.56	3.66	3	0	100
1/2 oz										
Mars Milky Way Minis	57	2.4		9		7.5	0.6			
1 1/2 x 1 piece										
Blue Diamond Natural Oven Roasted Almonds - Dark Chocolate	80	6.5	0.5	4.5	1.5	2	3	17.5	0	90
1/2 x 24 almonds, 14 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										
Air Popped Popcorn	62	0.73	0.102	12.44	2.3	0.14	2.07	1	0	53
2 cups										
Nestle Butterfinger Minis Candy Bars	90	4	2	14.5	0.5	9	1	45	0	
1/2 x 1 serving, 20 g										
Friendly Farms Sugar Free French Vanilla Creamer	75	5	0	5	0	0	0	25	0	0
5 x 1 tbsp										
Coffee (Brewed From Grounds)	9	0.19	0.019	0	0	0	1.14	19	0	465

Monday, January 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 cups (8 fl oz)										
Total	658	35.05	8.09	71.98	6	37.95	12.97	175.5	2.5	708
Total	**1399**	**54.92**	**13.43**	**150.12**	**21.66**	**62.5**	**78.49**	**3342.5**	**132.5**	**1325**

Tuesday, January 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
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
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										
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 3/8 x 1 cup, 135 g	55	0	0	9.62	5.5	4.12	4.12	55	0	
Laughing Cow Light Swiss Original Cheese Wedges 1 wedge, 21 g	35	1.5	1	1	0	1	2	210	5	
Total	210	7.5	3	14.62	5.5	7.12	22.12	1285	65	
Dinner										
Schwan's Chocolate Fudge Sundae Ice Cream Cup 1 sundae cup, 3.15 oz	120	5	3.5	16	0	10	2	45	20	
Beets (Drained Solids, Canned)	13	0.06	0.01	3.06	0.7	2.34	0.39	82	0	63

Tuesday, January 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup slices										
Instant White Rice	48	0.21	0.007	10.26	0.2	0	0.89	146	0	4
1/4 cup cooked										
Celery	1	0.01	0.004	0.25	0.1	0.16	0.06	7	0	22
1/2 stalk small (5" long)										
Wish-Bone Fat Free Italian Dressing	15	0	0	3	0	2	0	350	0	0
2 tbsp, 30 ml										
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										
Fresh Express 3-Color Deli Coleslaw	20	0		5	2	0	1	20	0	
1 1/2 cups, 85 g										
Cucumber (Peeled)	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
2 oz										
prince Edward Prince Edward Medley (green beans, wax beans, carrots	30	0		5	2	2	1	20	0	
3/4 cup (83 grams)										
Kraft Parmesan Cheese	40	3	2	0	0	0	4	150	10	
2 x 2 tsp, 10 g										
Pilgrim's Pride Boneless Skinless Chicken Breast	110	2.5	0	0	0	0	23	330	55	0
4 oz, 112 g										
Lettuce	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
2 cups shredded or chopped										

Tuesday, January 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
homemade Sweet Mustard Vinaigrette Dressing 2 tbsp	16	0.1		4.5	0.03	0.31	0.04	353	0	
Green Peppers 1 oz	6	0.05	0.016	1.32	0.5	0.68	0.24	1	0	50
Baby Carrots 1 oz	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
Total	**471**	**11.33**	**5.597**	**59.67**	**8.93**	**24.83**	**34.82**	**1624**	**85**	**511**

Snacks/Other

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	
mars m&m's milk chocolate candies 1/2 x .5 oz	35	1.5		5		4.5	0			
Arbor Mist Blackberry Merlot 1/4 x 8 fl oz, 60 ml	40	0		5.25	0	5.25	0	2.5	0	
Peanuts 1/2 oz	80	6.98	0.969	2.29	1.2	0.56	3.66	3	0	100
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	3	17.5	0	90
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	
Air Popped Popcorn 2 cups	62	0.73	0.102	12.44	2.3	0.14	2.07	1	0	53

Tuesday, January 20, 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	
Friendly Farms Sugar Free French Vanilla Creamer 5 x 1 tbsp	75	5	0	5	0	0	0	25	0	0
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Total	658	35.05	8.09	71.98	6	37.95	12.97	175.5	2.5	708
Total	1523	58.19	16.947	170.44	22.31	70.54	81.09	3615.5	152.5	1392

Wednesday, January 21, 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
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
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 3/8 x 1 cup, 135 g	55	0	0	9.62	5.5	4.12	4.12	55	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	210	7.5	3	14.62	5.5	7.12	22.12	1285	65	
Dinner										
Country Kitchen Light Wheat Bread 1 slice, 24 g	35	0	0	8	2	0.5	2	100	0	0
Borden Fat Free Single Cheese Slices	30	0	0	3	0	3	4	280	0	

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice, 21 g										
Great Value Green Olives with Pimento	6	0.62	0.12	0	0	0	0	82.5	0	
1/4 x 5 olives, 4 g										
homemade Turkey Cabbage Casserole	170	5.41	1.29	20.81	4.88	3.68	13.1	417.75	6.12	
1 1/4 x 1 cup										
Radishes	1	0	0.001	0.15	0.1	0.1	0.03	2	0	10
1 medium (3/4" to 1" dia)										
Wish-Bone Fat Free Italian Dressing	15	0	0	3	0	2	0	350	0	0
2 tbsp, 30 ml										
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										
Celery	1	0.01	0.004	0.25	0.1	0.16	0.06	7	0	22
1/2 stalk small (5" long)										
Cucumber (Peeled)	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
2 oz										
Kraft Parmesan Cheese	40	3	2	0	0	0	4	150	10	
2 x 2 tsp, 10 g										
homemade Sweet Mustard Vinaigrette Dressing	16	0.1		4.5	0.03	0.31	0.04	353	0	
2 tbsp										
Lettuce	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
2 cups shredded or chopped										
Green Peppers	6	0.05	0.016	1.32	0.5	0.68	0.24	1	0	50

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 oz										
Baby Carrots	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
1 oz										
Total	**391**	**9.59**	**3.49**	**57.16**	**12.91**	**17.67**	**26.64**	**1881.25**	**16.12**	**444**
Snacks/Other										
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										
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										
Peanuts	80	6.98	0.969	2.29	1.2	0.56	3.66	3	0	100
1/2 oz										
Mars Milky Way Minis	57	2.4		9		7.5	0.6			
1 1/2 x 1 piece										
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	3	17.5	0	90
1/2 x 24 almonds, 14 g										
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										
Air Popped Popcorn	62	0.73	0.102	12.44	2.3	0.14	2.07	1	0	53

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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	35.05	8.09	71.98	6	37.95	12.97	175.5	2.5	708
Total	1443	56.45	14.84	167.93	26.29	63.38	72.91	3872.75	83.62	1325

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
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
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										
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 3/8 x 1 cup, 135 g	55	0	0	9.62	5.5	4.12	4.12	55	0	
Laughing Cow Light Swiss Original Cheese Wedges 1 wedge, 21 g	35	1.5	1	1	0	1	2	210	5	
Total	210	7.5	3	14.62	5.5	7.12	22.12	1285	65	
Dinner										
Skinny Cow Low Fat Ice Cream Bars - Chocolate Truffle 1 bar, 63 g	100	2.5	1.5	19	3	12	3	50	5	
Celery 1/2 stalk small (5" long)	1	0.01	0.004	0.25	0.1	0.16	0.06	7	0	22

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wish-Bone Fat Free Italian Dressing 2 tbsp, 30 ml	15	0	0	3	0	2	0	350	0	0
Radishes 1 medium (3/4" to 1" dia)	1	0	0.001	0.15	0.1	0.1	0.03	2	0	10
Grape Tomatoes 4 grape	6	0.06	0.015	1.24	0.4	0.83	0.28	2	0	
Beets (Drained Solids, Canned) 1/4 cup slices	13	0.06	0.01	3.06	0.7	2.34	0.39	82	0	63
Fresh Express 3-Color Deli Coleslaw 1 1/2 cups, 85 g	20	0		5	2	0	1	20	0	
homemade Turkey Cabbage Casserole 1 1/4 x 1 cup	170	5.41	1.29	20.81	4.88	3.68	13.1	417.75	6.12	
Great Value Green Olives with Pimento 1/4 x 5 olives, 4 g	6	0.62	0.12	0	0	0	0	82.5	0	
Cucumber (Peeled) 2 oz	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
prince Edward Prince Edward Medley (green beans, wax beans, carrots 3/4 cup (83 grams)	30	0		5	2	2	1	20	0	
Kraft Parmesan Cheese 2 x 2 tsp, 10 g	40	3	2	0	0	0	4	150	10	
Lettuce 2 cups shredded or chopped	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
homemade Sweet Mustard Vinaigrette Dressing 2 tbsp	16	0.1		4.5	0.03	0.31	0.04	353	0	
Green Peppers	6	0.05	0.016	1.32	0.5	0.68	0.24	1	0	50

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 oz										
Baby Carrots	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
1 oz										
Total	**456**	**12.09**	**4.99**	**70.16**	**15.91**	**28.17**	**24.64**	**1571.25**	**21.12**	**444**
Snacks/Other										
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 m&m's milk chocolate candies	35	1.5		5		4.5	0			
1/2 x .5 oz										
Arbor Mist Blackberry Merlot	40	0		5.25	0	5.25	0	2.5	0	
1/4 x 8 fl oz, 60 ml										
Peanuts	80	6.98	0.969	2.29	1.2	0.56	3.66	3	0	100
1/2 oz										
Mars Milky Way Minis	57	2.4		9		7.5	0.6			
1 1/2 x 1 piece										
Blue Diamond Natural Oven Roasted Almonds - Dark Chocolate	80	6.5	0.5	4.5	1.5	2	3	17.5	0	90
1/2 x 24 almonds, 14 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										
Friendly Farms Sugar Free French Vanilla Creamer	75	5	0	5	0	0	0	25	0	0
5 x 1 tbsp										
Nestle Butterfinger Minis Candy Bars	90	4	2	14.5	0.5	9	1	45	0	
1/2 x 1 serving, 20 g										
Air Popped Popcorn	62	0.73	0.102	12.44	2.3	0.14	2.07	1	0	53

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cups										
Coffee (Brewed From Grounds)	9	0.19	0.019	0	0	0	1.14	19	0	465
4 cups (8 fl oz)										
Total	658	35.05	8.09	71.98	6	37.95	12.97	175.5	2.5	708
Total	1508	58.95	16.34	180.93	29.29	73.88	70.91	3562.75	88.62	1325

Friday, January 23, 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
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
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 3/8 x 1 cup, 135 g	55	0	0	9.62	5.5	4.12	4.12	55	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	210	7.5	3	14.62	5.5	7.12	22.12	1285	65	
Dinner										
Little Caesars Hot-N-Ready Pepperoni Pizza 1 slice, 99 g	280	11	5	32	2	3	14	560	25	
Radishes 1 medium (3/4" to 1" dia)	1	0	0.001	0.15	0.1	0.1	0.03	2	0	10

Friday, January 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wish-Bone Fat Free Italian Dressing 2 tbsp, 30 ml	15	0	0	3	0	2	0	350	0	0
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
Cucumber (Peeled) 2 oz	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
Kraft Parmesan Cheese 2 x 2 tsp, 10 g	40	3	2	0	0	0	4	150	10	
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
Green Peppers 1 oz	6	0.05	0.016	1.32	0.5	0.68	0.24	1	0	50
Baby Carrots 1 oz	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
Total	430	14.56	7.08	57.35	8.03	13.49	21.54	1561	35	444

Snacks/Other

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	

Friday, January 23, 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	
mars m&m's milk chocolate candies 1/2 x .5 oz	35	1.5		5		4.5	0			
Peanuts 1/2 oz	80	6.98	0.969	2.29	1.2	0.56	3.66	3	0	100
Mars Milky Way Minis 1 1/2 x 1 piece	57	2.4		9		7.5	0.6			
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	3	17.5	0	90
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	
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	658	35.05	8.09	71.98	6	37.95	12.97	175.5	2.5	708
Total	**1482**	**61.42**	**18.43**	**168.12**	**21.41**	**59.2**	**67.81**	**3552.5**	**102.5**	**1325**

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Cream (Half & Half) 1 3/4 fl oz	69	6.08	3.783	2.27	0	0.08	1.56	22	20	69
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	103	8.77	3.992	2.77	0.38	0.2	3.08	41	20	534
Lunch										
Mustard 1 tsp	3	0.16	0.008	0.39	0.2	0.14	0.2	56	0	8
McDonald's Grilled Chicken Snack Wrap (No Sauce) 1 wrap	190	8		10	1	5	18	560	45	
Total	193	8.16	0.008	10.39	1.2	5.14	18.2	616	45	8
Dinner										
Kraft Cool Whip 2 tbsp, 9 g	25	1.5	1.5	2	0	1	0	0	0	
Great Value Graham Cracker Pie Crust 1/8 pie, 21 g	100	5	1	14	1	6	1	115	0	25
Jell-O Sugar Free Black Cherry 1 snack, 89 g	10	0	0	0		0	1	45		
Little Caesars Soft Pretzel Crust Pepperoni Pizza 1/2 x 1 slice (1/8 pizza), 55 g	135	5.5	2.25	15.5	0.5	1	5.5	285	10	
Wish-Bone Fat Free Italian Dressing	30	0	0	6	0	4	0	700	0	0

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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)										
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										
Fresh Express 3-Color Deli Coleslaw	20	0		5	2	0	1	20	0	
1 1/2 cups, 85 g										
Cucumber (Peeled)	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
2 oz										
prince Edward Prince Edward Medley (green beans, wax beans, carrots	30	0		5	2	2	1	20	0	
3/4 cup (83 grams)										
Kraft Parmesan Cheese	40	3	2	0	0	0	4	150	10	
2 x 2 tsp, 10 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										
Green Peppers	6	0.05	0.016	1.32	0.5	0.68	0.24	1	0	50
1 oz										
Baby Carrots	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
1 oz										
Total	464	15.56	6.829	64.7	9.43	22.39	16.01	1814	20	459

Snacks/Other

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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	
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 m&m's milk chocolate candies 1/2 x .5 oz	35	1.5		5		4.5	0			
Arbor Mist Blackberry Merlot 1/4 x 8 fl oz, 60 ml	40	0		5.25	0	5.25	0	2.5	0	
Peanuts 1/2 oz	80	6.98	0.969	2.29	1.2	0.56	3.66	3	0	100
Mars Milky Way Minis 1 1/2 x 1 piece	57	2.4		9		7.5	0.6			
Coffee (Brewed From Grounds) 4 cups (8 fl oz)	9	0.19	0.019	0	0	0	1.14	19	0	465
Total	471	24.07	4.488	52.04	2.2	35.81	7.9	134.5	2.5	565
Total	**1231**	**56.56**	**15.317**	**129.9**	**13.21**	**63.54**	**45.19**	**2605.5**	**87.5**	**1566**

Sunday, January 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Own Light Honey Wheat Bread 1 slice, 22 g	40	0.25	0	9.5	3	1	2.5	65	0	
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
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 1/4 x 1 cup, 60 ml	8	0.62	0	0.25	0.25	0	0.25	45	0	15
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
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	
Total	153	3.92	0.019	19.73	4.25	1.97	13.58	296	0	598
Lunch										
Saltine Crackers 3 crackers	39	1.02	0.149	6.38	0.3	0.03	0.83	96	0	14
Kikkoman Instant Tofu Miso Soup (Soybean Paste with Tofu) 1 packet, 10 g	35	1	0	3	0	0	3	740	0	
Edward & Sons Miso-cup Reduced Sodium Soup 1 envelope (7.2g)	25	1		3	1	1	2	270	0	

Sunday, January 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Graham Cracker Pie Crust 1/8 pie, 21 g	100	5	1	14	1	6	1	115	0	25
Jell-O Sugar Free Black Cherry 1 snack, 89 g	10	0	0	0		0	1	45		
Kraft Cool Whip 2 tbsp, 9 g	25	1.5	1.5	2	0	1	0	0	0	
Total	234	9.52	2.649	28.38	2.3	8.03	7.83	1266	0	39

Dinner

Jell-O Sugar Free Black Cherry 1 snack, 89 g	10	0	0	0		0	1	45		
Trader Joe's Guacamole 1/2 x 2 tbsp	25	2	0.25	1	1	0	0.5	37.5	0	95
Borden Fat Free Single Cheese Slices 1 slice, 21 g	30	0	0	3	0	3	4	280	0	
Oscar Mayer 98% Fat Free Turkey Lunch Meat 2 x 6 slices	100	2	0	4	0	0	16	1000	40	
La Tortilla Factory Smart & Delicious Low Carb High Fiber Original Tortillas 1 tortilla, 36 g	50	2	0	10	7	0	5	210	0	20
Wish-Bone Fat Free Italian Dressing 2 x 2 tbsp, 60 ml	30	0	0	6	0	4	0	700	0	0
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, January 25, 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
Cucumber (Peeled) 2 oz	7	0.09	0.007	1.22	0.4	0.78	0.33	1	0	77
prince Edward Prince Edward Medley (green beans, wax beans, carrots 3/4 cup (83 grams)	30	0		5	2	2	1	20	0	
Kraft Parmesan Cheese 2 x 2 tsp, 10 g	40	3	2	0	0	0	4	150	10	
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
Green Peppers 1 oz	6	0.05	0.016	1.32	0.5	0.68	0.24	1	0	50
Baby Carrots 1 oz	10	0.04	0.007	2.34	0.5	1.35	0.18	22	0	67
Total	409	9.56	2.329	51.2	15.93	17.39	35.01	2941.5	50	549

Snacks/Other

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	
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	35	1.5		5		4.5	0			

Sunday, January 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x .5 oz										
Peanuts	80	6.98	0.969	2.29	1.2	0.56	3.66	3	0	100
1/2 oz										
Mars Milky Way Minis	57	2.4		9		7.5	0.6			
1 1/2 x 1 piece										
Dairy Queen Ice Cream Cake	240	9	5	34	0	24	5	135	15	
1 slice, 120 g										
Nestle Butterfinger Minis Candy Bars	90	4	2	14.5	0.5	9	1	45	0	
1/2 x 1 serving, 20 g										
Coffee (Brewed From Grounds)	9	0.19	0.019	0	0	0	1.14	19	0	465
4 cups (8 fl oz)										
Friendly Farms Sugar Free French Vanilla Creamer	75	5	0	5	0	0	0	25	0	0
5 x 1 tbsp										
Total	711	33.07	9.488	86.04	2.2	59.81	12.9	269.5	17.5	565
Total	**1507**	**56.07**	**14.485**	**185.35**	**24.68**	**87.2**	**69.32**	**4773**	**67.5**	**1751**