Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	389	22.12	4.1	38.46
Lunch	205	10.25	14.25	15.25
Dinner	164	2.75	17.5	16.25
Snacks/Other	608	34	42.11	37.65
Total	**1365**	**69.12**	**77.96**	**107.61**

Wednesday, October 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
In-N-Out Double-Double Protein Style 1 burger, 362 g	520	30	17	11	3	7	35	1160	115	
Lunch										
Pizza Hut 14" Large Pepperoni Thin'N Crispy Pizza 1 slice, 109 g	280	13	6	28	1	5	13	850	35	
Dinner										
Sharky's Woodfired Mexican Grill Sharky's Power Plate (Half) 1/2 plate	334	6		25	1		41			
Snacks/Other										
Kirkland Signature Microwave Popcorn Movie Theater Butter 2 1/2 x 1 cup popped, 90 g	88	6.25	2.5	10			0	162.5		
Brandt Farms Black Plums 106 g	46	0	0	11.44	1.2	9.63	0.6	0	0	0.6
Premier Protein High Protein Shake - Strawberries & Cream 1 shake, 325 ml	160	3	1	4	2	1	30	330	20	400
In-N-Out French Fries 1/2 x 1 fry container, 62.5 g	198	9	2.5	27	1	0	3.5	122.5	0	
Dutchmark Smoked Gouda Cheese 1 1/2 x 1 oz, 42 g	150	12	7.5	1.5	0	0	10.5	343.5	22.5	
Total	642	30.25	13.5	53.94	4.2	10.63	44.6	958.5	42.5	400.6

Wednesday, October 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	**1776**	**79.25**	**36.5**	**117.94**	**9.2**	**22.63**	**133.6**	**2968.5**	**192.5**	**400.6**

Thursday, October 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Farmer John Original Sausage Links 2/3 x 3 links, 30 g	86	6.6	1.98	0.66	0	0	5.94	277.2	19.8	
Mozzarella Fresca Fresh Mozzarella 1 oz, 28 g	60	4.5	2.5	0	0	0	6	25	15	
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Total	197	11.27	4.48	1.38	0	0.7	22.73	466.2	34.8	161
Lunch										
Dinner										
Snacks/Other										
Just Born Hot Tamales Cinnamon Candy 16 pieces, 30 g	140	0	0	36	0	25	0	25	0	0
Total	**337**	**11.27**	**4.48**	**37.38**	**0**	**25.7**	**22.73**	**491.2**	**34.8**	**161**

Friday, October 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Prime Rib 9 oz boneless	678	44.19	17.382	0	0	0	66.11	554	196	
Lunch										
Dinner										
Snacks/Other										
Frigo Natural String Cheese Part Skim 1 package, 1 oz	80	6	3.5	1	0	0	6	200	15	
Giants Spicy Garlic Sunflower Seeds 1/2 x 1 2/3 cups, 25 g	140	11.5	1.25	6.5	2.5	1	4.5	225	0	0
Hormel Genoa Salami 1/2 x 12 slices, 28 g	105	9	3.5	0	0	0	5.5	470	25	
Premier Protein High Protein Shake - Strawberries & Cream 1 shake, 325 ml	160	3	1	4	2	1	30	330	20	400
Pure Protein Chocolate Deluxe High Protein Bar (Small) 1 bar, 50 g	180	4.5	3	17	2	3	21	85	10	115
Total	665	34	12.25	28.5	6.5	5	67	1310	70	515
Total	**1343**	**78.19**	**29.632**	**28.5**	**6.5**	**5**	**133.11**	**1864**	**266**	**515**

Saturday, October 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Premier Protein 4384371413 1 Shake, 11 oz	160	3	1	4	2	1	30	330	20	400
Lunch										
Foster Farms Honey BBQ Glazed Wings 2 x 3 oz, 168 g	360	22	6	12	0	1.8	28	860	110	0
pure protein Revolution Bar (Pure Protein) 1 bar (1.76 0z)	180	6	4	17	1	1	20	150	10	55
Total	540	28	10	29	1	2.8	48	1010	120	55
Dinner										
Subway 6" Roast Beef 1 sandwich, 223 g	320	5	1.5	45	5	7	24	700	40	
Snacks/Other										
Lay's Classic Potato Chips (28.3g) 2 x 1 package, 56.6 g	320	20	3	30	2	2	4	340	0	700
Hormel Calabrese Salami 3 x 6 slices, 84 g	270	21	9	0	0	0	21	1230	75	
Planters Salted Peanuts (1 oz) 1/2 x 1 package, 0.5 oz	85	7	1	2.5	1	0.5	3.5	47.5	0	100
Kirkland Signature Microwave Popcorn Movie Theater Butter 2 1/2 x 1 cup popped, 90 g	88	6.25	2.5	10			0	162.5		
Giants Spicy Garlic Sunflower Seeds 1/2 x 1 2/3 cups, 25 g	140	11.5	1.25	6.5	2.5	1	4.5	225	0	0

Saturday, October 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Frigo Natural String Cheese Part Skim	80	6	3.5	1	0	0	6	200	15	
1 package, 1 oz										
Total	983	71.75	20.25	50	5.5	3.5	39	2205	90	800
Total	**2003**	**107.75**	**32.75**	**128**	**13.5**	**14.3**	**141**	**4245**	**270**	**1255**