Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	300	7.89	56.95	2.79
Lunch	676	34.36	56.75	35.28
Dinner				
Snacks/Other	656	25.65	91.48	20.3
Total	**1632**	**67.9**	**205.18**	**58.38**

Thursday, July 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hy-Vee Sugar Free French Vanilla Creamer 3 x 1 tbsp, 15 g	45	3	0	3	0	0	0	15	0	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Clover Valley Chocolate Chip Chewy Granola Bar 2 x 1 bar, 48 g	200	6	3	36	2	14	2	100	0	110
Total	350	9.39	3.132	65.95	5.1	28.43	3.29	116	0	532
Lunch										
Lou Malnati's Deep Dish Sausage Pizza 1/2 x 1 slice, 93 g	240	13.5	4.5	18	0	0.5	11.5	295	25	
Fresh & Easy Tomato & Garlic Bruschetta 6 x 2 tbsp, 180 g	150	12	0	12	0	12	0	600	0	
The Melting Pot Spinach Mushroom Salad 1 salad	75	4	1	6	2	4	5	0	0	
Roasted Broiled or Baked Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Total	629	35.98	7.324	36	2	16.5	41.32	1225	95	204
Dinner										
Snacks/Other										
Chocolate Chip Cookie 1 1/2 medium (approx 2" dia)	73	3.71	1.15	9.61	0.4	5.15	0.82	45	0	22

Thursday, July 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
General Mills Chex Mix Traditional	480	16	4	80	4	8	8	840	0	
4 x 1/2 cup, 116 g										
Total	553	19.71	5.15	89.61	4.4	13.15	8.82	885	0	22
Total	**1532**	**65.08**	**15.606**	**191.56**	**11.5**	**58.08**	**53.43**	**2226**	**95**	**758**

Friday, July 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Clover Valley Chocolate Chip Chewy Granola Bar 1 bar, 24 g	100	3	1.5	18	1	7	1	50	0	55
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Hy-Vee Sugar Free French Vanilla Creamer 3 x 1 tbsp, 15 g	45	3	0	3	0	0	0	15	0	
Total	250	6.39	1.632	47.95	4.1	21.43	2.29	66	0	477
Lunch										
Sonic Minute Maid Light Lemonade (Large) 32 oz, 652 g	15	0	0	3	0	3	0	15	0	
Wendy's French Fries (Value) 1 serving, 142 g	220	11	2.5	28	3	0	3	240	0	
Wendy's Pretzel Pub Chicken 3/4 x 1 sandwich, 22 g	488	21.75	7.5	46.5			26.25	1087.5		
Total	723	32.75	10	77.5	3	3	29.25	1342.5	0	
Dinner										
Snacks/Other										
I Can't Believe It's Not Butter! Original Soft Spread 1 tbsp, 14 g	70	8	2	0	0	0	0	90	0	
Master English Muffin Toasting Bread 2 x 1 slice, 60 g	140	2	0	28	2	2	6	320	0	0

Friday, July 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Skim or Nonfat Milk (0.5% or Less Butterfat) 1 cup	83	0.2	0.287	12.15	0	12.47	8.26	103	5	382
General Mills Cinnamon Chex Cereal 1 cup, 40 g	120	2	0	25	1	8	1	180	0	40
General Mills Chex Mix Traditional 1/2 cup, 29 g	120	4	1	20	1	2	2	210	0	
Venison/Deer Jerky 3 strips or sticks (4" long)	166	9.39	4.034	6.21	0	6.2	13.52	1243	54	164
Dunkin' Donuts Coffee with Cream 1 serving, 10 oz	60	6	4	2	0	0	1	20	20	
Total	759	31.59	11.321	93.36	4	30.67	31.78	2166	79	586
Total	**1732**	**70.73**	**22.953**	**218.81**	**11.1**	**55.1**	**63.32**	**3574.5**	**79**	**1063**