

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	130	3.83	9.78	13.32
Lunch	194	6.79	11.86	19.77
Dinner	159	6.98	5.31	18.05
Snacks/Other	197	7.98	12.72	17.28
Total	680	25.57	39.67	68.41

Monday, September 27, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Athenos Strawberry Nonfat Greek Yogurt	100	0	0	14	0	10	11	50	5	
1 Container										
Lunch										
Sensations Sundried Tomato & Basil Tuna Medley	200	8.5	3.5	13	0	3	17	410	25	
1 can with crackers										
Dinner										
colby jack	54	4.42	2.784	0.23	0	0.07	3.42	81	13	15
1/2 slice (1 oz)										
chili	100	3.24	1.345	8.6			9.65	395	53	271
3 1/2 oz										
Total	154	7.66	4.129	8.83	0	0.07	13.07	476	66	286
Snacks/Other										
colby jack	185	15.04	9.466	0.78	0	0.25	11.62	275	44	50
1.7 slices (1 oz)										
New Direction Protein Drink - Pineapple Apt	200	5	1	10	0	8	26	640	0	700
1 Packet, 51 g										
Total	385	20.04	10.466	10.78	0	8.25	37.62	915	44	750
Total	839	36.2	18.095	46.61	0	21.32	78.69	1851	140	1036

Tuesday, September 28, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cheese Heads String Cheese Sticks	60	2.5	1.5	0.5	0	0.5	8	230	10	
1 stick, 24 g										
egg	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
1 large										
Total	138	7.8	3.134	1.06	0	1.06	14.29	292	222	63
Lunch										
Lunch To-Go Chunk Light	240	9	3.5	20	1	8	18	650	35	220
1 kit, 116 g										
Dinner										
Lunch To-Go Chunk Light	240	9	3.5	20	1	8	18	650	35	220
1 kit, 116 g										
Snacks/Other										
colby jack	218	17.69	11.137	0.92	0	0.29	13.68	323	52	59
2 slices (1 oz)										
Total	836	43.49	21.271	41.98	2	17.35	63.97	1915	344	562

Wednesday, September 29, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oikos Organic Greek Yort, Caramel, 0% Fat	110	0	0	17	0	16	10	60	0	140
1 Container, 113 g										
Lunch										
green beans	9	0.03	0.007	2.02	1	0.4	0.52	2	0	59
1 oz										
chicken breast	138	2.97	0.841	0	0	0	25.84	333	71	213
3 oz boneless, cooked, skinless										
Total	147	3	0.848	2.02	1	0.4	26.36	335	71	272
Dinner										
colby jack	109	8.85	5.569	0.46	0	0.14	6.84	162	26	29
1 slice (1 oz)										
chili	86	2.78	1.153	7.37			8.28	338	45	232
3 oz										
Total	195	11.63	6.722	7.83	0	0.14	15.12	500	71	261
Snacks/Other										
control bar, peanut butter chocolate	150	3	1	21	5	0	11	180	0	55
1 bar, 40 g										
Total	602	17.63	8.57	47.85	6	16.54	62.48	1075	142	728

Thursday, September 30, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cheese Heads String Cheese Sticks	60	2.5	1.5	0.5	0	0.5	8	230	10	
1 stick, 24 g										
egg	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
1 large										
Total	138	7.8	3.134	1.06	0	1.06	14.29	292	222	63
Lunch										
Lunch To-Go Chunk Light	240	9	3.5	20	1	8	18	650	35	220
1 kit, 116 g										
Dinner										
Grilled Chicken (Skin Not Eaten)	141	5.51	1.517	0	0	0	21.52	306	66	
3 oz boneless (yield after skin removed)										
Snacks/Other										
Pears (Solids and Liquids, Juice Pack, Canned)	28	0.04	0.002	7.34	0.9	5.5	0.19	2	0	54
2 oz										
proje	120	0	0	5	0	3.5	20			
9.5 oz.										
Total	148	0.04	0.002	12.34	0.9	9	20.19	2	0	54
Total	667	22.35	8.153	33.4	1.9	18.06	74	1250	323	337

Friday, October 1, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oikos Organic Greek Yort, Caramel, 0% Fat	110	0	0	17	0	16	10	60	0	140
1 Container, 113 g										
Lunch										
BA Vanilla Protein Shake	160	1.5	1	7	5	1	27	290	0	200
2 scoops, 42 g										
Dinner										
Light Cheese Heads String Cheese Sticks	60	2.5	1.5	0.5	0	0.5	8	230	10	
1 stick, 24 g										
Snacks/Other										
Light Cheese Heads String Cheese Sticks	120	5	3	1	0	1	16	460	20	
2 x 1 stick, 48 g										
Total	450	9	5.5	25.5	5	18.5	61	1040	30	340

Saturday, October 2, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oikos Organic Greek Yort, Caramel, 0% Fat	110	0	0	17	0	16	10	60	0	140
1 Container, 113 g										
Lunch										
BMBLBEE SPCY THAI CHLI W/CRKR	250	11.5		20			16			
3 oz can w/6 crackers										
Dinner										
Grilled Chicken Breast	158	6	1.88	0	0	0	25.5	345	78.75	
3/4 x 1 breast, 86 g										
Snacks/Other										
egg	78	5.3	1.63	0.56	0	0.56	6.29	62	212	63
1 large										
Nesquik Chocolate 100 calorie	50	1	0.75	6.5	0.5	6	4	70	5	0
1/2 x 1, 4 oz										
Light Cheese Heads String Cheese Sticks	60	2.5	1.5	0.5	0	0.5	8	230	10	
1 stick, 24 g										
Total	188	8.8	3.88	7.56	0.5	7.06	18.29	362	227	63
Total	706	26.3	5.76	44.56	0.5	23.06	69.79	767	305.75	203

Sunday, October 3, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scrambled Egg (Whole, Cooked)	101	7.45	2.244	1.34	0	1.06	6.76	171	215	84
1 large										
Beef Steak (Lean Only Eaten)	106	3.76	1.402	0	0	0	16.9	214	39	194
2 oz boneless, cooked, lean only										
Total	207	11.21	3.646	1.34	0	1.06	23.66	385	254	278
Lunch										
Light Cheese Heads String Cheese Sticks	120	5	3	1	0	1	16	460	20	
2 x 1 stick, 48 g										
Dinner										
chicken breast	166	6.57	1.847	0	0	0	25.13	334	71	207
3 oz boneless, cooked										
Snacks/Other										
apple cider	117	0.27	0.047	28.97	0.2	27.03	0.15	7	0	295
1 cup										
Nesquik Chocolate 100 calorie	50	1	0.75	6.5	0.5	6	4	70	5	0
1/2 x 1, 4 oz										
Total	167	1.27	0.797	35.47	0.7	33.03	4.15	77	5	295
Total	660	24.05	9.29	37.81	0.7	35.09	68.94	1256	350	780