

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	131	6	6.21	12.36
Lunch	162	5.04	11.73	16.21
Dinner	184	8.67	11.89	13.94
Snacks/Other	212	9.01	11.79	19.8
Total	689	28.73	41.63	62.31

Monday, October 4, 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										
rice	37	0.06	0.016	8.11	0.1		0.67	0	0	8
1 oz										
chicken breast	128	2.76	0.781	0	0	0	23.99	309	66	198
3 oz boneless, cooked (yield after skin removed)										
Total	165	2.82	0.797	8.11	0.1	0	24.66	309	66	206
Dinner										
Lunch To-Go Chunk Light	240	9	3.5	20	1	8	18	650	35	220
1 kit, 116 g										
Snacks/Other										
emerald cocoa roasted	100	8	0.5	4	2	1	3	15	0	130
1 package, 18 g										
Light Cheese Heads String Cheese Sticks	60	2.5	1.5	0.5	0	0.5	8	230	10	
1 stick, 24 g										
Total	160	10.5	2	4.5	2	1.5	11	245	10	130
Total	675	22.32	6.297	49.61	3.1	25.5	63.66	1264	111	696

Tuesday, October 5, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
emerald cocoa roasted 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	130
Light Cheese Heads String Cheese Sticks 1 stick, 24 g	60	2.5	1.5	0.5	0	0.5	8	230	10	
Total	160	10.5	2	4.5	2	1.5	11	245	10	130
Lunch										
BMBLBEE SPCY THAI CHLI W/CRKR 3 oz can w/6 crackers	250	11.5		20			16			
Dinner										
Lunch To-Go Chunk Light 1 kit, 116 g	240	9	3.5	20	1	8	18	650	35	220
Snacks/Other										
emerald cocoa roasted 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	130
Light Cheese Heads String Cheese Sticks 1 stick, 24 g	60	2.5	1.5	0.5	0	0.5	8	230	10	
Total	160	10.5	2	4.5	2	1.5	11	245	10	130
Total	810	41.5	7.5	49	5	11	56	1140	55	480

Wednesday, October 6, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
HealthWise Maple Brown Sugar Oatmeal	100	1	0	7	1	0	15	250	0	100
1 Packet, 26.6 g										
Lunch										
Lunch To-Go Chunk Light	240	9	3.5	20	1	8	18	650	35	220
1 kit, 116 g										
Dinner										
BMBLBEE SPCY THAI CHLI W/CRKR	250	11.5		20			16			
3 oz can w/6 crackers										
Snacks/Other										
Light Cheese Heads String Cheese Sticks	60	2.5	1.5	0.5	0	0.5	8	230	10	
1 stick, 24 g										
cheddar cheese	171	14.09	8.969	0.54	0	0.22	10.59	264	45	42
1 1/2 oz										
Total	231	16.59	10.469	1.04	0	0.72	18.59	494	55	42
Total	821	38.09	13.969	48.04	2	8.72	67.59	1394	90	362

Thursday, October 7, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
emerald cocoa roasted 1 package, 18 g	100	8	0.5	4	2	1	3	15	0	130
Light Cheese Heads String Cheese Sticks 1 stick, 24 g	60	2.5	1.5	0.5	0	0.5	8	230	10	
Total	160	10.5	2	4.5	2	1.5	11	245	10	130
Lunch										
Lunch To-Go Chunk Light 1 kit, 116 g	240	9	3.5	20	1	8	18	650	35	220
Dinner										
Athenos Strawberry Nonfat Greek Yogurt 1 Container	100	0	0	14	0	10	11	50	5	
Snacks/Other										
Light Cheese Heads String Cheese Sticks 2 x 1 stick, 48 g	120	5	3	1	0	1	16	460	20	
Nesquik Chocolate 100 calorie 1, 8 oz	100	2	1.5	13	1	12	8	140	10	0
Total	220	7	4.5	14	1	13	24	600	30	0
Total	720	26.5	10	52.5	4	32.5	64	1545	80	350

Friday, October 8, 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										
emerald cocoa roasted	100	8	0.5	4	2	1	3	15	0	130
1 package, 18 g										
Total	160	10.5	2	4.5	2	1.5	11	245	10	130
Lunch										
Athenos Strawberry Nonfat Greek Yogurt	100	0	0	14	0	10	11	50	5	
1 Container										
Dinner										
fish	48	0.52	0.111	0	0	0	10.07	46	33	199
2 oz boneless										
egg	78	5.3	1.63	0.56	0	0.56	6.29	62	212	63
1 large										
Total	126	5.82	1.741	0.56	0	0.56	16.36	108	245	262
Snacks/Other										
Light Cheese Heads String Cheese Sticks	60	2.5	1.5	0.5	0	0.5	8	230	10	
1 stick, 24 g										
Nesquik Chocolate 100 calorie	100	2	1.5	13	1	12	8	140	10	0
1, 8 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	220	7	4.5	14	1	13	24	600	30	0

Friday, October 8, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	606	23.32	8.241	33.06	3	25.06	62.36	1003	290	392

Saturday, October 9, 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	120	5	3	1	0	1	16	460	20	
2 x 1 stick, 48 g										
Lunch										
chicken breast	138	2.97	0.841	0	0	0	25.84	333	71	213
3 oz boneless, cooked, skinless										
Dinner										
hunter	180	16	6	5	0	4	5	680	40	
1 frank, 57 g										
Snacks/Other										
Nesquik Chocolate 100 calorie	100	2	1.5	13	1	12	8	140	10	0
1, 8 oz										
Oikos Organic Greek Yort, Caramel, 0% Fat	110	0	0	17	0	16	10	60	0	140
1 Container, 113 g										
Total	210	2	1.5	30	1	28	18	200	10	140
Total	648	25.97	11.341	36	1	33	64.84	1673	141	353

Sunday, October 10, 2010

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vanilla Creme Nutritional Shake	110	4.5	0.75	5	0.25	1.5	12.5	180	5	430
1/2 x 1 container , 7 oz										
Lunch										
Dinner										
mozzarella	36	2.26	1.434	0.39	0	0.16	3.44	88	9	12
1/2 oz										
Cauliflower Pizza Crust - Low Carb	116	7.13	4.001	3.29	1.4	0.86	9.78	295	68	118
1 serving										
Total	152	9.39	5.435	3.68	1.4	1.02	13.22	383	77	130
Snacks/Other										
Light Cheese Heads String Cheese Sticks	120	5	3	1	0	1	16	460	20	
2 x 1 stick, 48 g										
Nesquik Chocolate 100 calorie	100	2	1.5	13	1	12	8	140	10	0
1, 8 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	280	9.5	6	14.5	1	13.5	32	830	40	0
Total	542	23.39	12.185	23.18	2.65	16.02	57.72	1393	122	560