Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	474	15.34	65.68	23.49
Lunch	220	6.36	29.21	12.73
Dinner	390	11	63.39	15.36
Snacks/Other	92	4.08	13.17	1.7
Total	**1176**	**36.78**	**171.46**	**53.28**

Sunday, August 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Swiss Cheese 1 slice (1 oz)	106	7.78	4.978	1.51	0	0.37	7.54	54	26	22
Chiquita Banana 1 banana, 126 g	110	0	0	30	3	19	1	0	0	450
Precious Stringsters Low Moisture Part Skim Mozzarella Cheese 1 stick	80	6	3	1	0	0	7	190	15	0
Total	296	13.78	7.978	32.51	3	19.37	15.54	244	41	472
Lunch										
Weight Watchers Garden Veggie Omelette 1 cup, 38 g	150	4	1.5	14	4	1	18	270	170	280
White Pita Bread 1 large (6-1/2" dia)	165	0.72	0.1	33.42	1.3		5.46	322	0	72
Keepos Stuffed Grape Leaves with Rice 3 rolls, 87 g	124	8	1.2	11	1.7	0.6	2	302	0	
Total	439	12.72	2.8	58.42	7	1.6	25.46	894	170	352
Dinner										
Russet Potatoes (Flesh and Skin) 1 medium (2-1/4" to 3-1/4" dia)	168	0.17	0.043	38.49	2.8	1.32	4.56	11	0	888
Veggie Patch Falafel Chickpea Balls 4 balls, 84 g	150	8	1	19	5	2	6	380	0	0
Total	318	8.17	1.043	57.49	7.8	3.32	10.56	391	0	888

Sunday, August 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Vanilla Ice Creams 1/2 cup	145	7.92	4.889	16.99	0.5	15.28	2.52	58	32	143
Total	**1198**	**42.59**	**16.71**	**165.41**	**18.3**	**39.57**	**54.08**	**1587**	**243**	**1855**

Monday, August 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peach 1 medium (2-1/2" dia) (approx 4 per lb)	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
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
Trader Joe's Middle Eastern Flatbread 1 flatbread, 56 g	160	2.5	0	30	1	2	5	280	0	0
Gatorade G2 Perform 02 - Frost Glacier Freeze (Bottle) 12 fl oz, 355 ml	80	0	0	21	0	21	0	160	0	45
Precious Stringsters Low Moisture Part Skim Mozzarella Cheese 1 stick	80	6	3	1	0	0	7	190	15	0
Falafel King Falafel Balls 2 balls, 28 g	43	1	0	7	2	0	2	170	0	2
Boiled Egg 1 large	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
Hillshire Farm Honey Ham 1 serving, 2 oz	70	1.5	0.5	3	0	2	9	690	30	
Total	653	16.91	5.278	98.86	7.6	48.21	31.44	1630	256	718
Lunch										
Dinner										
Precious Stringsters Low Moisture Part Skim Mozzarella Cheese 1 stick	80	6	3	1	0	0	7	190	15	0

Monday, August 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Gatorade G2 Perform 02 - Frost Glacier Freeze (Bottle) 12 fl oz, 355 ml	80	0	0	21	0	21	0	160	0	45
Egg Omelet or Scrambled Egg with Vegetables 1 large	106	7.34	2.169	2.38	0.3	1.86	7.22	280	216	117
Beets (Drained Solids, Canned) 1 slice	2	0.01	0.002	0.58	0.1	0.44	0.07	16	0	12
Cherry Tomatoes 1 cup	27	0.3	0.069	5.84	1.8	3.92	1.31	7	0	
Russet Potatoes (Flesh and Skin) 1 medium (2-1/4" to 3-1/4" dia)	168	0.17	0.043	38.49	2.8	1.32	4.56	11	0	888
Total	463	13.82	5.283	69.29	5	28.54	20.16	664	231	1062
Snacks/Other										
Peach 1 medium (2-1/2" dia) (approx 4 per lb)	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
Total	1154	30.97	10.58	177.5	14.1	84.97	52.49	2294	487	1966