Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	486	22.63	55.4	17.23
Lunch	722	34.97	67.26	31.72
Dinner	1145	43.46	100.31	38.44
Snacks/Other	307	9.59	38.58	4.14
Total	**2660**	**110.65**	**261.55**	**91.53**

Sunday, May 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Life Cereal - Cinnamon 2 1/4 x 1 cup, 94 g	270	3.38	0	56.25	4.5	18	6.75	337.5	0	191.25
Milk (2% Lowfat with Added Vitamin A) 3/4 cup	92	3.61	2.3	8.56	0	9.26	6.04	75	15	274
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	402	8.79	3.382	69.65	4.5	31.48	13.73	426.5	21	688.25
Lunch										
Lay's Lightly Salted Potato Chips 1 1/4 x 15 chips, 1 oz	200	12.5	1.25	20	1.25	0	2.5	106.25	0	437.5
Nabisco Chips Ahoy! Chocolate Chip Cookies 1 1/4 x 3 cookies, 41 g	200	10	3.12	27.5		13.75	2.5	137.5	0	56.25
Progresso Vegetable Classics Tuscan Style White Bean 1 3/4 x 1 cup, 438 g	228	2.62	0.88	40.25	19.25	3.5	12.25	1207.5	0	
Total	628	25.12	5.25	87.75	20.5	17.25	17.25	1451.25	0	493.75
Dinner										
Cabernet Sauvignon Wine 1 5 fl oz serving	123	0		3.82			0.1			
Shortcake Sponge with Whipped Cream and Fruit	317	7.59	3.541	59.56	1.9	53.61	5.84	168	163	175

Sunday, May 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 cakes (3" dia) with fruit and whipped cream										
Arnold 100% Whole Grain Sandwich Thins	100	1	0	21	5	2	5	170	0	
1 roll, 43 g										
Chicken of the Sea Solid White Albacore Tuna in Water (2 oz)	120	2	0	0	0	0	26	280	20	150
2 x 2 oz, 112 g										
Hellmann's Real Mayonnaise	225	24.75	3.38	0	0	0	0	213.75	11.25	
2 1/4 x 1 tbsp, 29 g										
Total	885	35.34	6.921	84.38	6.9	55.61	36.94	831.75	194.25	325
Snacks/Other										
Sugar	16	0	0	4.2	0	4.2	0	0	0	0
1 tsp										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	38	1.77	1.079	4.84	0	4.22	0.72	11	6	136
Total	**1953**	**71.02**	**16.632**	**246.62**	**31.9**	**108.56**	**68.64**	**2720.5**	**221.25**	**1643**

Monday, May 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oatmeal with Fruit 1 1/2 cups cooked	284	3.44	0.604	56.72	6.3	16.71	9.27	390	0	379
Milk (2% Lowfat with Added Vitamin A) 3/4 cup	92	3.61	2.3	8.56	0	9.26	6.04	75	15	274
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	416	8.85	3.986	70.12	6.3	30.19	16.25	479	21	876
Lunch										
Thomas' Original English Muffins 1 muffin, 61 g	120	1	0	25	1	1	4	200	0	0
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Fried Egg 2 large	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
Butter (Salted) 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Kale 1 cup chopped	34	0.47	0.061	6.71	1.3		2.21	29	0	299
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422

Monday, May 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (7" to 7-7/8" long)										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Total	**714**	**34.63**	**15.722**	**81.65**	**9.4**	**32.5**	**26.69**	**1182**	**474**	**1005**
Dinner										
Nabisco Chips Ahoy! Chocolate Chip Cookies	200	10	3.12	27.5		13.75	2.5	137.5	0	56.25
1 1/4 x 3 cookies, 41 g										
Houlihan's Pasta Bolognese	386	16	5	42	3	0	15	565	0	
1 serving										
Mozzarella Fresca Fresh Mozzarella	420	31.5	17.5	0	0	0	42	175	105	
7 x 1 oz, 196 g										
Kirkland Signature Balsamic Vinegar of Modena	10	0	0	2	0	2	0	0	0	
1 tbsp, 15 ml										
Balsamic Vinegar	13	0	0	2.55	0	2.33	0	1	0	
1 tbsp										
Extra Virgin Olive Oil	119	13.5	1.864	0	0	0	0	0	0	
1 tbsp										
Italian Bread	203	2.62	0.641	37.5	2	0.62	6.6	438	0	82
2 1/2 slices large (4-1/2" x 3-1/4" x 3/4")										
Red Table Wine	187	0	0	5.76	0	1.37	0.15	9	0	280
1 1/2 5 fl oz servings										
Total	**1538**	**73.62**	**28.125**	**117.31**	**5**	**20.07**	**66.25**	**1325.5**	**105**	**418.25**
Snacks/Other										
Guinness Draught (Can)	155	0	0	12.3	0	0	0.37	0	0	0
1 can, 14.9 oz										

Monday, May 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sugar	16	0	0	4.2	0	4.2	0	0	0	0
1 tsp										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	193	1.77	1.079	17.14	0	4.22	1.09	11	6	136
Total	2861	118.87	48.912	286.22	20.7	86.98	110.28	2997.5	606	2435.25

Tuesday, May 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Orange Juice 3/4 cup	84	0.37	0.045	19.34	0.4	15.62	1.3	2	0	372
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Total	124	2.17	1.127	24.18	0.4	19.84	2.24	16	6	595
Lunch										
Riesling Wine 1 1/4 5 fl oz servings	150	0		6.92			0.13			
Dinner Rolls 2 rolls (pan, dinner, or small roll) (2" square, 2" high)	168	4.09	0.982	28.22	1.7	1.47	4.7	292	1	74
Baked or Broiled Salmon 5 oz boneless (yield after cooking)	197	8.69	1.509	0.56	0	0.13	27.57	537	71	454
Green Giant Hass Avocado 1/5 avocado, 50 g	150	14	2	8	6	1	2	5	0	460
Baker's Inn Seven Grain Bread 1 slice, 43 g	100	1	0	19	2	3	3	150	0	
Bohemian Hearth Seven Grain Bread 1 slice, 42 g	110	1.6	0	22	2	3	4	230	0	
Bacon (Cured, Pan-Fried, Cooked) 3 slices cooked	126	9.55	3.15	0.36	0	0	9.09	575	27	140
Kraft Mayo Real Mayonnaise	90	10	1.5	0	0	0	0	70	5	

Tuesday, May 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tbsp, 13 g										
Hellmann's Real Mayonnaise	100	11	1.5	0	0	0	0	95	5	
1 tbsp, 13 g										
Total	1191	59.93	10.641	85.06	11.7	8.6	50.49	1954	109	1128
Dinner										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
Chiquita Banana	110	0	0	30	3	19	1	0	0	450
1 medium banana, 126 g										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
Total	360	0	0	37.68	3	20.82	1.2	12	0	824
Snacks/Other										
Total	**1675**	**62.1**	**11.768**	**146.92**	**15.1**	**49.26**	**53.93**	**1982**	**115**	**2547**

Wednesday, May 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Big Breakfast (Regular) 1 serving	740	48	17	51	3	3	28	1560	555	
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	780	49.8	18.082	55.84	3	7.22	28.94	1574	561	223
Lunch										
Specialty's Black & White Cookie 1 cookie	470	22	12	64	2	39	5	390	25	
Lay's Lightly Salted Potato Chips 1 3/4 x 15 chips, 2 oz	280	17.5	1.75	28	1.75	0	3.5	148.75	0	612.5
Arnold 100% Whole Grain Sandwich Thins 1 roll, 43 g	100	1	0	21	5	2	5	170	0	
Green Giant Hass Avocado 1/5 avocado, 50 g	150	14	2	8	6	1	2	5	0	460
Chicken or Turkey Salad 3/4 cup	313	23.63	4.247	1.91	0.5	0.74	22.11	216	75	239
Total	1313	78.13	19.997	122.91	15.25	42.74	37.61	929.75	100	1311.5
Dinner										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187

Wednesday, May 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 5 fl oz serving										
Cabernet Sauvignon Wine	123	0		3.82			0.1			
1 5 fl oz serving										
Cooked Asparagus (from Fresh)	25	1.41	0.283	2.58	1.2	0.81	1.49	148	0	140
4 medium spears (5-1/4" to 7" long)										
Italian Bread	163	2.1	0.513	30	1.6	0.5	5.28	350	0	66
2 slices large (4-1/2" x 3-1/4" x 3/4")										
Houlihan's Pasta Bolognese	290	12	3.75	31.5	2.25	0	11.25	423.75	0	
3/4 x 1 serving										
Mozzarella Fresca Fresh Mozzarella	180	13.5	7.5	0	0	0	18	75	45	
3 x 1 oz, 84 g										
Parmesan Cheese (Hard)	111	7.32	4.652	0.91	0	0.23	10.14	454	19	26
1 oz										
Olive Oil	119	13.5	1.864	0	0	0	0	0	0	0
1 tbsp										
Total	1136	49.83	18.562	72.65	5.05	2.45	46.36	1456.75	64	419
Snacks/Other										
Sugar	16	0	0	4.2	0	4.2	0	0	0	0
1 tsp										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	38	1.77	1.079	4.84	0	4.22	0.72	11	6	136
Total	**3267**	**179.53**	**57.72**	**256.24**	**23.3**	**56.63**	**113.63**	**3971.5**	**731**	**2089.5**

Thursday, May 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 2 3/4 tbsps	259	22.17	4.528	8.61	2.6	4.06	11.04	202	0	286
Eggo Nutri-Grain Whole Wheat Waffles 2 waffles, 70 g	170	6	1.5	26	3	3	5	400	0	110
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	**469**	**29.97**	**7.11**	**39.45**	**5.6**	**11.28**	**16.98**	**616**	**6**	**619**
Lunch										
Italian Bread 1 slice large (4-1/2" x 3-1/4" x 3/4")	81	1.05	0.256	15	0.8	0.25	2.64	175	0	33
The Fresh Market Lentil Soup 1 1/2 x 1 cup, 375 g	435	19.5	2.25	54	13.5	6	16.5	960	0	
Total	**516**	**20.55**	**2.506**	**69**	**14.3**	**6.25**	**19.14**	**1135**	**0**	**33**
Dinner										
Chicken Empanadas 1 1/4 empanadas	294	16.69	3.199	25.65	1.1	0.47	9.9	230	75	
Fresh Pork Sausage 1 serving 2 links	170	14.86	4.929	0	0	0	8.45	356	40	139
Sangria 4 1/2 drinks	780	0.31	0.04	101.67	1	85.88	1.23	103	0	759
Queso Fresco	206	11.81	7.351	7.67	0	0.47	17	187	47	187

Thursday, May 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
5 oz										
Flour Tortilla	81	2.02	0.49	13.35	0.8	0.5	2.16	165	0	40
2 tortillas (approx 4" dia)										
Total	1531	45.69	16.009	148.34	2.9	87.32	38.74	1041	162	1125
Snacks/Other										
Nabisco Chips Ahoy! Chocolate Chip Cookies	160	8	2.5	22		11	2	110	0	45
3 cookies, 33 g										
Nabisco Chips Ahoy! Chocolate Chip Cookies	200	10	3.12	27.5		13.75	2.5	137.5	0	56.25
1 1/4 x 3 cookies, 41 g										
Sugar	16	0	0	4.2	0	4.2	0	0	0	0
1 tsp										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	398	19.77	6.699	54.34	0	28.97	5.22	258.5	6	237.25
Total	**2914**	**115.98**	**32.324**	**311.13**	**22.8**	**133.82**	**80.08**	**3050.5**	**174**	**2014.25**

Friday, May 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Peanut Butter 2 3/4 tbsps	259	22.17	4.528	8.61	2.6	4.06	11.04	202	0	286
Eggo Nutri-Grain Whole Wheat Waffles 2 waffles, 70 g	170	6	1.5	26	3	3	5	400	0	110
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Total	469	29.97	7.11	39.45	5.6	11.28	16.98	616	6	619
Lunch										
Chicken or Turkey Salad 3/4 cup	313	23.63	4.247	1.91	0.5	0.74	22.11	216	75	239
Arnold 100% Whole Grain Sandwich Thins 1 roll, 43 g	100	1	0	21	5	2	5	170	0	
Lay's Lightly Salted Potato Chips 1 1/4 x 15 chips, 1 oz	200	12.5	1.25	20	1.25	0	2.5	106.25	0	437.5
Total	613	37.13	5.497	42.91	6.75	2.74	29.61	492.25	75	676.5
Dinner										
Peanut Butter Cookie 1 3/4 big (3-1/2" - 4" dia) (include Grandma brand)	209	10.32	1.962	25.77	0.8	13.93	4.2	182	0	73
Shrimp	60	0.99	0.187	0.52	0	0	11.59	257	87	74

Friday, May 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
7 large (shelled)										
Guinness Draught (Can)	620	0	0	49.2	0	0	1.48	0	0	0
4 x 1 can, 59.6 oz										
Butch's Pizza White Pizza	370	21	8	26	2	2	19	800	50	0
1/4 pizza, 149 g										
Bourbon	70	0	0	0.03	0	0	0	0	0	
1 fl oz (no ice)										
Maker's Mark Bourbon Whiskey	69	0		0	0	0	0	0	0	
1 shot, 1 oz										
Total	1398	32.31	10.149	101.52	2.8	15.93	36.27	1239	137	147
Snacks/Other										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Nabisco Chips Ahoy! Chocolate Chip Cookies	200	10	3.12	27.5		13.75	2.5	137.5	0	56.25
1 1/4 x 3 cookies, 41 g										
Sugar	16	0	0	4.2	0	4.2	0	0	0	0
1 tsp										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
Total	238	11.77	4.199	32.34	0	17.97	3.22	148.5	6	192.25
Total	**2718**	**111.18**	**26.955**	**216.22**	**15.15**	**47.92**	**86.08**	**2495.75**	**224**	**1634.75**

Saturday, May 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream Of Wheat 1 3/4 cups cooked	193	0.79	0.123	39.71	1.8	0.09	5.45	580	0	61
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Milk (2% Lowfat with Added Vitamin A) 3/4 cup	92	3.61	2.3	8.56	0	9.26	6.04	75	15	274
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	341	6.2	3.505	57.31	1.8	17.77	12.43	669	21	558
Lunch										
Lay's Lightly Salted Potato Chips 15 chips, 1 oz	160	10	1	16	1	0	2	85	0	350
Arnold 100% Whole Grain Sandwich Thins 1 roll, 43 g	100	1	0	21	5	2	5	170	0	
Bubba Burger Original Burger 1 burger, 151 g	420	35	15	0	0	0	25	85	110	
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Total	776	53.39	20.417	38.97	6	3.83	37.37	708	133	350
Dinner										

Saturday, May 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Guacamole with Tomatoes 3/4 cup	203	17.37	2.527	13.35	8.6	2.39	2.83	351	0	687
Quesadilla with Poultry and Cheese 1 quesadilla	563	31.54	14.608	37.06	2.4	1.86	31.56	1369	94	293
Tostitos All Natural Chunky Salsa (Mild) 3 x 2 tbsp, 99 g	30	0	0	6	3	6	0	750	0	
Total	796	48.91	17.135	56.41	14	10.25	34.39	2470	94	980
Snacks/Other										
Stella D'oro Margherite Cookies 2 cookies, 29 g	130	5	1	20	0	8	2	85	20	0
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 cup (8 fl oz)	2	0.05	0.005	0	0	0	0.28	5	0	116
Total	168	6.77	2.079	24.84	0	12.22	2.72	96	26	136
Total	**2081**	**115.27**	**43.136**	**177.53**	**21.8**	**44.07**	**86.91**	**3943**	**274**	**2024**

Sunday, May 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Entenmann's Crumb Cake 1/9 cake, 54 g	250	11	3.5	33	1	13	3	180	15	
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	290	12.8	4.582	37.84	1	17.22	3.94	194	21	223
Lunch										
Light Meat Chicken Roll 2 servings (1 serving)	176	8.41	2.246	2.78	0	0	22.26	666	57	260
Sausage and Peppers (Mixture) 3/4 cup	308	23.92	8.339	5.61	0.5	1.7	16.97	1003	50	299
Sopraffina All American Frittata 1 serving	273	18		2	0	2	19	247	500	
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 cup (8 fl oz)	2	0.05	0.005	0	0	0	0.28	5	0	116
Total	812	52.1	11.664	19.43	0.5	12.11	58.95	1927	613	695
Dinner										

Sunday, May 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Whole Foods Market Salmon Avocado Roll 2 x 6 pieces	380	8		66	2	0	12	0	0	
Tuna Sashimi 5 pieces	153	1.35	0.333	0	0	0	33.14	52	64	
Heineken Heineken Beer 1 bottle, 12 oz	150	0	0	11.5	0	0	1.5	7.5	0	
Hellmann's Real Mayonnaise 1 tbsp, 13 g	100	11	1.5	0	0	0	0	95	5	
Rice Wine 8 fl oz	312	0	0	11.64	0	0	1.16	5	0	58
Total	1095	20.35	1.833	89.14	2	0	47.8	159.5	69	58
Snacks/Other										
Wellsley Farms Old Fashioned Cinnamon Walnut Coffee Cake 1 slice, 56 g	250	12	2.5	33	4	20	3	170	25	
Stella Artois Lager 1 bottle, 11.2 oz	154	0	0	6.3	0	0	0	0	0	
Publix Mini Cannoli 1 mini cannoli	71	4	1	7	1	4	0	15	5	
White Cake with Icing (Home Recipe or Purchased) 1 piece (1/10 1-layer, 8" or 9" dia)	251	8.73	1.771	42.56	0.2	34.18	1.79	187	1	35
Total	726	24.73	5.271	88.86	5.2	58.18	4.79	372	31	35
Total	**2923**	**109.98**	**23.35**	**235.27**	**8.7**	**87.51**	**115.48**	**2652.5**	**734**	**1011**

Monday, May 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cinnamon Raisin Bagels 1 bagel (4" dia)	243	1.51	0.244	49.13	2	5.32	8.72	287	0	132
Land O'Lakes Whipped Butter Unsalted 1 tbs, 7 g	50	6	3.5	0	0	0	0	0	15	
Land O'Lakes Whipped Butter Salted 1 tbsp, 7 g	50	5	3.5	0	0	0	0	50	15	0
Great Value Whipped Cream Cheese Spread 2 tbsp, 21 g	70	7	4.5	1	0	1	1	65	20	20
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Total	453	21.31	12.826	54.97	2	10.54	10.66	416	56	375
Lunch										
Sam's Club Kaiser Roll 1 roll, 66 g	180	2.5	0.5	33	1	3	7	330	0	
Bob Evans Home Fries 1 serving	178	6		28	3	1	3	678	0	
Sausage and Peppers (Mixture) 1 cup	411	31.89	11.119	7.48	0.6	2.26	22.62	1337	66	399
Total	769	40.39	11.619	68.48	4.6	6.26	32.62	2345	66	399

Monday, May 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
14" Cheese Pizza 1 slice	272	9.8	4.401	33.56	1.8	4.14	12.27	551	22	159
Stella Artois Lager 1 bottle, 11.2 oz	154	0	0	6.3	0	0	0	0	0	
California Pizza Kitchen BBQ Chicken Pizza 1/3 pizza, 139 g	300	11	5	35	1	8	16	810	40	
Total	726	20.8	9.401	74.86	2.8	12.14	28.27	1361	62	159
Snacks/Other										
Fruit Salad 1 cup	108	1.63	1.229	25	3.4	20.46	1.27	11	0	
Entenmann's Crumb Cake 1/9 cake, 54 g	250	11	3.5	33	1	13	3	180	15	
Crumb or Quick-Bread Type Coffee Cake 2 1/4 pieces (1/12 8" square)	307	9.71	2.532	49.37	1.1	27.08	5.72	408	90	83
Total	665	22.34	7.261	107.37	5.5	60.54	9.99	599	105	83
Total	**2613**	**104.84**	**41.107**	**305.68**	**14.9**	**89.48**	**81.54**	**4721**	**289**	**1016**

Tuesday, May 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts DDSmart Egg White Turkey Sausage Flatbread Sandwich 1 1/4 x 1 sandwich	350	10	3.75	40	3.75	5	23.75	962.5	18.75	
Dunkin' Donuts Iced Coffee with Cream & Sugar 1 serving, 16 oz	120	6	3.5	16	0	12	2	75	20	
Total	470	16	7.25	56	3.75	17	25.75	1037.5	38.75	
Lunch										
Meijer Plain Bagels 1 bagel, 95 g	210	1	0	42	1	3	7	410	0	
Land O'Lakes Whipped Butter Unsalted 1 tbs, 7 g	50	6	3.5	0	0	0	0	0	15	
Land O'Lakes Whipped Butter Salted 1 tbsp, 7 g	50	5	3.5	0	0	0	0	50	15	0
Coffee Cake 1 piece (1/12 9" square)	189	5.96	1.554	30.3	0.7	16.62	3.51	251	55	51
McDonald's Double Cheeseburger 1 serving	430	21	10	35	2	7	24	1040	90	
McDonald's French Fries (Small) 1 serving, 75 g	230	11	1.5	29	3	0	3	160	0	
Total	1159	49.96	20.054	136.3	6.7	26.62	37.51	1911	175	51
Dinner										
White Table Wine	122	0	0	3.82	0	1.41	0.1	7	0	104

Tuesday, May 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 5 fl oz serving										
White Table Wine	122	0	0	3.82	0	1.41	0.1	7	0	104
1 5 fl oz serving										
Rigatoni	440	2.59	0.49	85.89	5	1.56	16.14	651	0	
2 cups cooked										
Italian Bread	81	1.05	0.256	15	0.8	0.25	2.64	175	0	33
1 slice large (4-1/2" x 3-1/4" x 3/4")										
Italian Sausage	234	18.57	6.484	2.9	0.1	0.58	13	821	39	207
1 link (5" long)										
Sorrento Whole Milk Ricotta Cheese	165	13.5	7.5	3	0	1.5	7.5	112.5	60	
1 1/2 x 1/4 cup, 93 g										
Total	1164	35.71	14.73	114.43	5.9	6.71	39.48	1773.5	99	448

Snacks/Other

Total	2793	101.67	42.034	306.73	16.35	50.33	102.74	4722	312.75	499

Wednesday, May 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Quaker Life Cereal - Cinnamon 2 1/4 x 1 cup, 94 g	270	3.38	0	56.25	4.5	18	6.75	337.5	0	191.25
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Milk (2% Lowfat with Added Vitamin A) 3/4 cup	92	3.61	2.3	8.56	0	9.26	6.04	75	15	274
Total	**402**	**8.79**	**3.382**	**69.65**	**4.5**	**31.48**	**13.73**	**426.5**	**21**	**688.25**
Lunch										
Sargento Classic Cheddar Jack Cheese 1 1/2 x 1/4 cup, 42 g	165	12	7.5	3	0	0	9	255	37.5	
Italian Bread 1 slice large (4-1/2" x 3-1/4" x 3/4")	81	1.05	0.256	15	0.8	0.25	2.64	175	0	33
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Butter (Salted) 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
Total	**547**	**39.78**	**20.834**	**19.97**	**0.8**	**1.69**	**24.77**	**723**	**468.5**	**174**
Dinner										
Dos Equis Dos Equis Amber 2 x 1 bottle, 24 oz	292	0	0	23.2	0	0	0	0	0	0

Wednesday, May 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chimichanga with Beef 1 chimichanga	425	19.68	8.505	42.8			19.61	910	9	586
Refried Beans (Canned) 3/4 cup	178	2.38	0.896	29.35	10	0.43	10.38	565	15	505
Guacamole 3 tbsps	69	6.25	0.907	3.72	2.9	0.31	0.86	65	0	208
Spanish Rice 3/4 cup	159	2.73	0.386	30.51	2	5.39	3.5	525	0	352
Meatless Quesadilla with Cheese 3/4 quesadilla	367	21.59	10.408	27.9	1.8	1.41	15.02	1009	45	162
Daisy Sour Cream 2 tbsp, 30 g	60	5	3.5	1	0	1	1	15	20	
Sour Cream 1 tbsp	31	3.02	1.879	0.61	0	0.02	0.46	8	6	21
Total	1581	60.65	26.481	159.09	16.7	8.56	50.83	3097	95	1834

Snacks/Other

Kendall Jackson Chardonnay 1 serving, 5 g	120	0	0	5	0	0.3	0	1.4	0	
Coffee (Brewed From Grounds) 1 cup (8 fl oz)	2	0.05	0.005	0	0	0	0.28	5	0	116
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Crumb or Quick-Bread Type Coffee Cake 2 1/4 pieces (1/12 8" square)	307	9.71	2.532	49.37	1.1	27.08	5.72	408	90	83
Total	465	11.48	3.611	59.21	1.1	31.6	6.44	420.4	96	219

Wednesday, May 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2995	120.7	54.308	307.92	23.1	73.33	95.77	4666.9	680.5	2915.25

Thursday, May 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Aunt Jemima Homestyle Pancakes 1 3/4 x 2 pancakes, 184 g	438	10.5	1.75	71.75	1.75	14	12.25	787.5	43.75	
100% Maple Syrup 4 1/2 tbsps	235	0.18	0.032	60.38	0	53.57	0	8	0	184
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	737	14.28	3.946	137.61	1.75	71.81	14.13	823.5	55.75	630
Lunch										
Panda Express Orange Chicken 1 serving, 5.7 oz	380	18	4	45	0	18	14	620	95	
Panda Express Fried Rice 1 serving, 9.3 oz	520	13	2	91	1	5	9	860	0	
Samuel Adams Boston Lager 1 bottle, 12 oz	170	0		18	0	0	2	0	0	270
Total	1070	31	6	154	1	23	25	1480	95	270
Dinner										

Thursday, May 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
Potato Salad Side Dish 0.333 cup	108	5.73	0.978	12.85			1.45	312	57	256
Toll House Chocolate Chip Pie 1 piece (1/8 9" dia)	606	44.25	10.047	51.08	2.6	30.76	6.68	328	49	205
Nature's Own 100% Whole Wheat Hamburger Bun 1 bun, 53 g	130	2	0.05	24	4	2	6	190	0	
Samuel Adams Boston Lager 1 bottle, 12 oz	170	0		18	0	0	2	0	0	270
Grilled Chicken (Skin Not Eaten) 1 large piece (yield after cooking, bone and skin removed)	162	6.32	1.74	0	0	0	24.67	351	76	
Total	1207	58.64	12.85	111.97	9	34.31	43.37	1211	182	1019

Snacks/Other

Total	3014	103.92	22.796	403.58	11.75	129.12	82.5	3514.5	332.75	1919

Friday, May 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grits 2 cups cooked	218	0.68	0.091	46.22	1	0.39	5.13	634	0	77
Bob Evans Sausage Breakfast Patty 1 patty, 48 g	140	11	4.5	0	0	0	10	340	25	
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	577	26.97	10.383	52.38	1	6.02	28.64	1193	425	418
Lunch										
Pepperoni 6 slices (1-3/8" dia x 1/8" thick)	154	13.29	5.31	1.33	0.5	0.25	6.72	590	39	104
Subway 6" Turkey Breast 1 sandwich, 219 g	280	3.5	1	46	5	7	18	810	20	
Trader Joe's Old Fashioned Potato Salad 3/4 x 1/2 cup, 94 g	135	6.75	0.75	16.5	1.5	1.5	1.5	322.5	22.5	
Hellmann's Real Mayonnaise 1 tbsp, 13 g	100	11	1.5	0	0	0	0	95	5	
Total	669	34.54	8.56	63.83	7	8.75	26.22	1817.5	86.5	104
Dinner										
Hershey's Milk Chocolate Bar (King Size) 1 bar, 73 g	360	22	13	44	2	41	6	60	20	

Friday, May 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
White Table Wine 1 5 fl oz serving	122	0	0	3.82	0	1.41	0.1	7	0	104
Baguette 1 large slice	263	2.88	0.615	49.82	2.9	0.23	8.45	585	0	
Brie Cheese 1 oz	95	7.85	4.936	0.13	0	0.13	5.88	178	28	43
President Soft Ripened Brie Cheese 1 oz, 28 g	100	9	4	0	0	0	4	120	20	
Citterio Prosciutto 2 x 2 slices, 56 g	120	7	3	0	0	0	14	1040	40	
Total	1185	48.73	25.551	101.61	4.9	43.68	38.53	1996	108	334
Snacks/Other										
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 cup (8 fl oz)	2	0.05	0.005	0	0	0	0.28	5	0	116
Dunkin' Donuts Iced Coffee with Milk & Sugar 1 serving, 16 oz	90	1	1	21	0	19	2	20	5	
Total	128	2.77	2.079	25.84	0	23.22	2.72	31	11	136
Total	**2559**	**113.01**	**46.573**	**243.66**	**12.9**	**81.67**	**96.11**	**5037.5**	**630.5**	**992**

Saturday, May 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
French Toast (with Low Fat 2% Milk) 4 slices	595	28.08	7.08	65			20.02	1245	302	348
100% Maple Syrup 5 tbsps	261	0.2	0.036	67.09	0	59.52	0	9	0	204
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	896	30.08	8.198	136.93	0	63.74	20.96	1268	308	775
Lunch										
No Name Mixed Berries 1 cup, 140 g	90	1		19	7	11	1			
Dinner										
Guinness Draught (Can) 2 x 1 can, 29.8 oz	310	0	0	24.6	0	0	0.74	0	0	0
Pig in A Blanket (Frankfurter or Hot Dog Wrapped in Dough) 1 pig in blanket	275	20.96	6.493	14.15	0.4	1.22	7.4	814	22	126
Cooked Mussels 3 large	45	2.47	0.467	1.32	0	0	4.13	202	10	100
Ruby Tuesday French Fries 3/4 x 1 serving	360	18		40.5	4.5	0	4.5	945	0	
Beef Meatballs	57	3.69	1.394	2.12	0.1	0.42	3.47	134	21	

Saturday, May 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium										
Total	1047	45.12	8.354	82.69	5	1.64	20.24	2095	53	226
Snacks/Other										
Soft Serve Ice Cream	384	22.49	12.94	38.41	1.2	36.61	7.09	106	157	306
1 cup										
Peter Pan Creamy Peanut Butter No High Fructose Corn Syrup	210	17	3	6	2	3	8	140	0	180
2 tbsp, 32 g										
Sugar	16	0	0	4.2	0	4.2	0	0	0	0
1 tsp										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	632	41.26	17.019	49.25	3.2	43.83	15.81	257	163	622
Total	**2665**	**117.46**	**33.571**	**287.87**	**15.2**	**120.21**	**58.01**	**3620**	**524**	**1623**

Sunday, May 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Land O'Lakes Sliced American Cheese 1 slice, 21 g	70	7	4.5	1	0	0	4	310	20	
Thomas' Original English Muffins 1 muffin, 61 g	120	1	0	25	1	1	4	200	0	0
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Orange Juice 3/4 cup	84	0.37	0.045	19.34	0.4	15.62	1.3	2	0	372
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Butter (Salted) 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
Total	**505**	**28.45**	**14.801**	**50.62**	**1.4**	**21.23**	**16.6**	**846**	**267**	**665**
Lunch										
Lay's Lightly Salted Potato Chips 2 x 15 chips, 2 oz	320	20	2	32	2	0	4	170	0	700
Italian Bread 1 1/4 slices large (4-1/2" x 3-1/4" x 3/4")	102	1.31	0.321	18.75	1	0.31	3.3	219	0	41
Mozzarella Cheese 3 slices (1 oz)	257	17.04	10.776	3.26	0	0.51	22.08	449	46	81

Sunday, May 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kendall Jackson Chardonnay 1 serving, 5 g	120	0	0	5	0	0.3	0	1.4	0	
Total	799	38.35	13.097	59.01	3	1.12	29.38	839.4	46	822
Dinner										
White Table Wine 1 5 fl oz serving	122	0	0	3.82	0	1.41	0.1	7	0	104
Blueberry Pie 1 piece (1/8 9" dia)	360	17.49	4.279	49.24			3.97	272	0	74
Italian Bread 1 slice large (4-1/2" x 3-1/4" x 3/4")	81	1.05	0.256	15	0.8	0.25	2.64	175	0	33
Valenciana Style Paella with Meat (Paella Valenciana) 1 cup boneless	525	29.1	6.755	28.35	0.9	1.19	35.5	1360	161	534
Total	1088	47.64	11.29	96.41	1.7	2.85	42.21	1814	161	745
Snacks/Other										
Nabisco Chips Ahoy! Chocolate Chip Cookies 1 1/4 x 3 cookies, 41 g	200	10	3.12	27.5		13.75	2.5	137.5	0	56.25
Total	**2592**	**124.44**	**42.308**	**233.54**	**6.1**	**38.95**	**90.69**	**3636.9**	**474**	**2288.25**

Monday, May 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Peanut Butter 2 3/4 tbsps	259	22.17	4.528	8.61	2.6	4.06	11.04	202	0	286
Eggo Nutri-Grain Whole Wheat Waffles 2 waffles, 70 g	170	6	1.5	26	3	3	5	400	0	110
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Total	469	29.97	7.11	39.45	5.6	11.28	16.98	616	6	619
Lunch										
Cooked Fish 2 fillets (6-1/4" x 3" x 3/8")	253	2.76	0.596	0	0	0	52.66	963	174	809
Italian Bread 1 slice large (4-1/2" x 3-1/4" x 3/4")	81	1.05	0.256	15	0.8	0.25	2.64	175	0	33
Land O'Lakes Light Butter 1 tbsp, 14 g	50	5	2	0	0	0	0	90	5	
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
Olive Garden Tomato Basil & Feta Bruschetta 1 slice	90	3		12	0	0	5	310	0	
Total	712	38.81	6.58	27	0.8	0.25	60.3	1538	179	842

Monday, May 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
California Pizza Kitchen White Pizza 1/3 pizza, 127 g	320	17		30			13			
Krispy Kreme Chocolate Iced Kreme Filled Doughnut 1 doughnut, 86 g	340	17	7	42	1	24	4	140	0	
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Total	910	34	7	79.68	1	25.82	17.2	152	0	374
Snacks/Other										
Coffee (Brewed From Grounds) 1 cup (8 fl oz)	2	0.05	0.005	0	0	0	0.28	5	0	116
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Guinness Draught (Can) 2 x 1 can, 29.8 oz	310	0	0	24.6	0	0	0.74	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Total	348	1.77	1.079	29.44	0	4.22	1.46	11	6	136
Total	**2439**	**104.55**	**21.769**	**175.57**	**7.4**	**41.57**	**95.94**	**2317**	**191**	**1971**

Tuesday, May 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hard Rolls (Includes Kaiser) 1 roll (3-1/2" dia)	167	2.45	0.345	30.04	1.3	1.01	5.64	310	0	62
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Bob Evans Sausage Breakfast Patty 1 patty, 48 g	140	11	4.5	0	0	0	10	340	25	
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Butter (Salted) 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
Total	648	41.98	19.005	36.85	1.3	6.67	29.71	957	462	426
Lunch										
Quaker Life Cereal - Cinnamon 2 1/4 x 1 cup, 94 g	270	3.38	0	56.25	4.5	18	6.75	337.5	0	191.25
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Total	392	8.19	3.067	67.67	4.5	30.35	14.8	437.5	20	557.25
Dinner										
Blueberry Pie (Two Crust) 3/4 piece (1/8 9" dia)	261	11.25	1.889	39.26	1.1	11.13	2.02	366	0	56
Red Table Wine	187	0	0	5.76	0	1.37	0.15	9	0	280

Tuesday, May 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 5 fl oz servings										
Buitoni Three Cheese Tortellini	330	9	3	46	4	3	16	460	40	
1 cup, 106 g										
Trader Joe's Garlic Bread	275	16.25	10	23.75	0	0	6.25	412.5	37.5	
1 1/4 x 1/4 loaf, 80 g										
Extra Virgin Olive Oil	119	13.5	1.864	0	0	0	0	0	0	
1 tbsp										
Bertolli Extra Virgin Olive Oil	120	14	2	0	0	0	0	0	0	
1 tbsp, 15 ml										
Bertolli Extra Virgin Olive Oil	80	9	1.5	0			0			
2 tsp, 10 ml										
Total	1372	73	20.253	114.77	5.1	15.5	24.42	1247.5	77.5	336
Snacks/Other										
Guinness Draught (Can)	155	0	0	12.3	0	0	0.37	0	0	0
1 can, 14.9 oz										
Sugar	16	0	0	4.2	0	4.2	0	0	0	0
1 tsp										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	193	1.77	1.079	17.14	0	4.22	1.09	11	6	136
Total	**2605**	**124.94**	**43.404**	**236.43**	**10.9**	**56.74**	**70.02**	**2653**	**565.5**	**1455.25**

Wednesday, May 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 2 3/4 tbsps	259	22.17	4.528	8.61	2.6	4.06	11.04	202	0	286
Eggo Nutri-Grain Whole Wheat Waffles 2 waffles, 70 g	170	6	1.5	26	3	3	5	400	0	110
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	469	29.97	7.11	39.45	5.6	11.28	16.98	616	6	619
Lunch										
Egg Bagels 1 large (4-1/2" dia)	364	2.75	0.552	69.43	3		13.89	662	31	89
Fried Chicken Breast No Coating (Skin Not Eaten) 1 medium (yield after cooking, bone and skin removed)	316	8.05	1.816	0	0	0	57.35	707	144	507
Total	680	10.8	2.368	69.43	3	0	71.24	1369	175	596
Dinner										
Fazoli's Tuscan Chicken Flatbread Pizza 1 1/4 x 1 pizza, 13 oz	600	21.25	8.75	68.75	5	8.75	32.5	1962.5	81.25	
Heineken Heineken Beer 1 bottle, 12 oz	150	0	0	11.5	0	0	1.5	7.5	0	
Total	750	21.25	8.75	80.25	5	8.75	34	1970	81.25	

Wednesday, May 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Peanut Butter Cookie 1 1/2 big (3-1/2" - 4" dia) (include Grandma brand)	179	8.85	1.682	22.09	0.7	11.94	3.6	156	0	63
Heineken Heineken Beer 3 x 1 bottle, 36 oz	450	0	0	34.5	0	0	4.5	22.5	0	
Total	629	8.85	1.682	56.59	0.7	11.94	8.1	178.5	0	63
Total	**2528**	**70.87**	**19.91**	**245.72**	**14.3**	**31.97**	**130.32**	**4133.5**	**262.25**	**1278**

Thursday, May 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Special K Oats & Honey Cereal 2 1/4 x 1 cup, 94 g	225	1.12	0	56.25	6.75	18	4.5	315	0	157.5
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Milk (2% Lowfat with Added Vitamin A) 3/4 cup	92	3.61	2.3	8.56	0	9.26	6.04	75	15	274
Total	357	6.53	3.382	69.65	6.75	31.48	11.48	404	21	654.5
Lunch										
Boar's Head Oven Roasted Turkey Breast 2 x 2 oz, 112 g	120	3	0	0	0	0	24	720	70	
Sam's Club Kaiser Roll 1 roll, 66 g	180	2.5	0.5	33	1	3	7	330	0	
Brownie 1 brownie (2" square)	129	4.68	0.972	21.26	0.7	12.5	1.62	50	12	61
Cape Cod Original Kettle Cooked Potato Chips 1 bag, 1 oz	140	8	0.5	17	0	0	2	150	0	
Hellmann's Real Mayonnaise 1 tbsp, 13 g	100	11	1.5	0	0	0	0	95	5	
Total	669	29.18	3.472	71.26	1.7	15.5	34.62	1345	87	61

Thursday, May 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Nachos with Cheese, Beans, Ground Beef and Peppers 1 portion (6-8 nachos)	569	30.7	12.487	55.82			19.79	1800	20	451
Guinness Draught (Can) 2 x 1 can, 29.8 oz	310	0	0	24.6	0	0	0.74	0	0	0
Private Selection White Wine & Garlic Mussels 10 mussels, 8 oz	300	15	2	10	0	2	31	480	75	
Garlic Bread 3 small slices (2-1/2" x 2" x 1")	158	6.13	1.184	21.9	1.3	0.2	3.72	293	0	52
Total	1337	51.83	15.671	112.32	1.3	2.2	55.25	2573	95	503
Snacks/Other										
Dunkin' Donuts Iced Coffee with Milk & Sugar 18 oz	100	1.11	1.11	23.29	0	21.07	2.22	22.18	5.54	
Total	**2463**	**88.65**	**23.635**	**276.52**	**9.75**	**70.25**	**103.57**	**4344.18**	**208.54**	**1218.5**

Friday, May 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cinnamon Danish Pastry 1 pastry (4-1/4" dia)	262	14.56	3.693	28.99	0.8		4.55	241	14	81
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	286	16.36	4.775	29.63	0.8	0.02	5.49	255	20	304
Lunch										
Lay's Lightly Salted Potato Chips 1 1/4 x 15 chips, 1 oz	200	12.5	1.25	20	1.25	0	2.5	106.25	0	437.5
Arnold 100% Whole Grain Sandwich Thins 1 roll, 43 g	100	1	0	21	5	2	5	170	0	
Solid White Albacore Tuna in Water (2 oz) 2 oz, 56 g	60	1	0	0	0	0	13	140	10	75
Real Mayonnaise 1 tbsp, 13 g	100	11	1.5	0	0	0	0	95	5	
Total	460	25.5	2.75	41	6.25	2	20.5	511.25	15	512.5
Dinner										
Stella Artois Lager 2 x 1 bottle, 22.4 oz	308	0	0	12.6	0	0	0	0	0	
Heineken Heineken Beer 2 x 1 bottle, 24 oz	300	0	0	23	0	0	3	15	0	
Ruby Tuesday French Fries 3/4 x 1 serving	360	18		40.5	4.5	0	4.5	945	0	

Friday, May 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chicken Gyro Sandwich	519	6.32	1.469	77.09	4.2	7.47	35.89	1110	77	
1 gyro										
Total	1487	24.32	1.469	153.19	8.7	7.47	43.39	2070	77	
Snacks/Other										
Gordon Biersch Czech Style Pilsner	154	0		13	0	0	0	0	0	
1 bottle, 12 oz										
Tate's Bake Shop Oatmeal Raisin Cookies	158	6.75	3.38	22.5	2.25	13.5	2.25	146.25	22.5	
2 1/4 x 2 cookies, 63 g										
Kind Plus Peanut Butter Dark Chocolate + Protein	200	13	3.5	17	3	10	7	50	0	170
1 bar, 40 g										
Dunkin' Donuts Iced Coffee with Milk & Sugar	101	1.12	1.12	23.62	0	21.38	2.25	22.5	5.62	
1 1/8 x 1 serving, 18 oz										
Total	613	20.87	8	76.12	5.25	44.88	11.5	218.75	28.12	170
Total	**2846**	**87.05**	**16.994**	**299.94**	**21**	**54.37**	**80.88**	**3055**	**140.12**	**986.5**

Saturday, May 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sargento Classic Mexican 4 Cheese 1/4 cup, 28 g	110	9	4.5	2	0	0	6	170	25	
Thomas' Original English Muffins 1 muffin, 61 g	120	1	0	25	1	1	4	200	0	0
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Butter (Salted) 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	591	38.61	18.668	38.01	1	10.86	24.57	685	462	567
Lunch										
Lay's Lightly Salted Potato Chips 1 1/4 x 15 chips, 1 oz	200	12.5	1.25	20	1.25	0	2.5	106.25	0	437.5
Pepperidge Farm Jewish Rye Bread with Caraway Seeds 2 slices	160	2		30	4	0	6	350	0	

Saturday, May 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lay's Classic Potato Chips (28.3g) 1 package, 28.3 g	160	10	1.5	15	1	1	2	170	0	350
Hillshire Farm Polska Kielbasa (2 oz) 2 x 2 oz, 112 g	380	32	12	6	2	2	14	960	70	0
Total	900	56.5	14.75	71	8.25	3	24.5	1586.25	70	787.5
Dinner										
Puerto Rican Style Custard (Flan) 1/2 cup	219	5.96	2.717	35.95	0	35.94	6.48	203	141	158
Italian Bread 1 slice large (4-1/2" x 3-1/4" x 3/4")	81	1.05	0.256	15	0.8	0.25	2.64	175	0	33
Perdue Ground Chicken Patties 1 patty, 112 g	180	9		1	0	0	22	95	85	
Kidney Beans (Canned) 3/4 cup	157	1.15	0.161	27.84	8.3	3.55	10.02	568	0	455
Cabernet Sauvignon Wine 1 1/2 5 fl oz servings	185	0		5.73			0.15			
White Rice (Medium-Grain, Cooked) 1 cup	242	0.39	0.106	53.18	0.6		4.43	0	0	54
Total	1064	17.55	3.24	138.7	9.7	39.74	45.72	1041	226	700
Snacks/Other										
Samuel Adams Brown Ale Beer 1 bottle, 12 oz	160	0	0	18	0	0	1	11	0	
Tate's Bake Shop Oatmeal Raisin Cookies 3 x 2 cookies, 84 g	210	9	4.5	30	3	18	3	195	30	

Saturday, May 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	370	9	4.5	48	3	18	4	206	30	
Total	**2925**	**121.66**	**41.158**	**295.71**	**21.95**	**71.6**	**98.79**	**3518.25**	**788**	**2054.5**

Sunday, May 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Omelet or Scrambled Egg with Cheese, Ham or Bacon and Tomatoes 2 3/4 large	440	31.44	12.264	8.3	0.8	7.32	30.49	1417	550	583
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Butter (Salted) 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
Daisy Sour Cream 2 tbsp, 30 g	60	5	3.5	1	0	1	1	15	20	
Sour Cream 1 tbsp	31	3.02	1.879	0.61	0	0.02	0.46	8	6	21
Rye Bread 2 regular slices	135	1.72	0.326	25.12	3	2	4.42	343	0	86
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	**910**	**66.02**	**33.639**	**39.89**	**3.8**	**14.58**	**37.55**	**1881**	**644**	**919**
Lunch										
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Starbucks Cafe Au Lait (Grande) 1 serving, 16 oz	110	4	2.5	10	0	10	7	90	15	
Nutella Hazelnut Spread	400	24	8	42	2	42	4	30	0	0

Sunday, May 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 2 tbsp, 74 g										
Plain Crepe	228	11.3	3.149	22.09	0.6	4.95	8.94	290	159	162
1 crepe (10" dia)										
Flavorite Sliced Strawberries	74	1.3	0	38	2	35	1	0	0	160
1/2 cup, 140 g										
Total	845	40.6	13.649	120.49	4.6	100.34	20.94	410	174	322
Dinner										
Tostitos Multigrain Scoops	280	14	2	34	4	2	4	220	0	
2 x 12 chips, 2 oz										
Wholly Guacamole Classic Guacamole	195	16.25	3.25	9.75	6.5	0	3.25	341.25	0	552.5
3 1/4 x 2 tbsp, 98 g										
Cabernet Sauvignon Wine	123	0		3.82			0.1			
1 5 fl oz serving										
Red Table Wine	187	0	0	5.76	0	1.37	0.15	9	0	280
1 1/2 5 fl oz servings										
Total	785	30.25	5.25	53.33	10.5	3.37	7.5	570.25	0	832.5
Snacks/Other										
Tate's Bake Shop Oatmeal Raisin Cookies	210	9	4.5	30	3	18	3	195	30	
3 x 2 cookies, 84 g										
Total	2750	145.87	57.038	243.71	21.9	136.29	68.99	3056.25	848	2073.5

Monday, May 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Whole Milk 3/4 cup	110	5.95	3.413	8.27	0	9.63	5.89	73	18	262
Kellogg's Special K Oats & Honey Cereal 2 1/4 x 1 cup, 94 g	225	1.12	0	56.25	6.75	18	4.5	315	0	157.5
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	375	8.87	4.495	69.36	6.75	31.85	11.33	402	24	642.5
Lunch										
Lipton Pure Leaf Iced Tea Black Tea with Raspberry 2 1/4 x 8 fl oz, 540 ml	180	0	0	45	0	45	0	0	0	0
Old Chicago Chicago Seven Stromboli 3/4 x 1 stromboli	616	32.25	12.75	51	2.32	4.5	31.5	1636.5	66	
Total	796	32.25	12.75	96	2.32	49.5	31.5	1636.5	66	0
Dinner										
Land O'Lakes Traditional Half & Half 2 tbsp, 30 ml	40	3	2	1	0	1	1	20	15	
Great Value Half & Half 2 tbsp, 30 ml	40	3	2	1	0	1	1	30	15	45
Bubba Burger Original Burger	420	35	15	0	0	0	25	85	110	

Monday, May 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 burger, 151 g										
Hungry Jack Instant Mashed Potatoes	300	10	2	42	2	4	7.2	460	74	
2 x 1/3 cup dry, 44 g										
Blue Point Toasted Lager	175	0	0	7	0		0	0		
12 oz										
Goya Platanos Maduros	210	8	3.5	35	0	27	1	0	0	470
2 x 4 pieces, 184 g										
Total	1185	59	24.5	86	2	33	35.2	595	214	515
Snacks/Other										
Sugar	16	0	0	4.2	0	4.2	0	0	0	0
1 tsp										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Tate's Bake Shop Oatmeal Raisin Cookies	140	6	3	20	2	12	2	130	20	
2 x 2 cookies, 56 g										
Total	178	7.77	4.079	24.84	2	16.22	2.72	141	26	136
Total	**2534**	**107.89**	**45.824**	**276.2**	**13.07**	**130.57**	**80.75**	**2774.5**	**330**	**1293.5**

Tuesday, May 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bagel 1 regular	270	1.7	0.413	53.02	2.3	5.3	10.52	470	0	79
Great Value Whipped Cream Cheese Spread 2 tbsp, 21 g	70	7	4.5	1	0	1	1	65	20	20
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	380	10.5	5.995	58.86	2.3	10.52	12.46	549	26	322
Lunch										
Hard-Boiled Egg 1 large	78	5.3	1.634	0.56	0	0.56	6.29	62	212	63
Wawa Grapes & Cheese with Crackers 1/2 x 1 container, 76.5 g	170	8	4.5	18.5	0.5	6.5	6.5	235	22.5	
Auntie Anne's Pretzels Cinnamon Sugar Pretzel Nuggets 1/2 x 1 cup, 8 oz	245	2.5	1.25	49.5	1	17.5	4.5	150	5	
Wawa Regular Iced Coffee 1 serving, 16 oz	190	3.5	2	35	0	34	4	320	15	
Total	683	19.3	9.384	103.56	1.5	58.56	21.29	767	254.5	63
Dinner										
Priano Portobello Mushroom Ravioli	338	5.62	1.88	56.25	2.5	1.25	15	437.5	87.5	

Tuesday, May 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/4 x 5 ravioli, 178 g										
Extra Virgin Olive Oil	119	13.5	1.864	0	0	0	0	0	0	
1 tbsp										
Bertolli Extra Virgin Olive Oil	120	14	2	0	0	0	0	0	0	
1 tbsp, 15 ml										
Red Lobster Caesar Salad	270	25	4.5	8	1	2	4	570	15	
1 salad										
Carrot Cake with Icing	326	16.7	3.081	42.37	0.9	31.3	3.09	147	48	80
1 piece (1/10 1-layer, 8" or 9" dia)										
Zinfandel Wine	131	0		4.2			0.1			
1 5 fl oz serving										
Italian Bread	163	2.1	0.513	30	1.6	0.5	5.28	350	0	66
6 slices small (3-1/4" x 2-1/2" x 1/2")										
Red Table Wine	187	0	0	5.76	0	1.37	0.15	9	0	280
1 1/2 5 fl oz servings										
Total	1654	76.92	13.838	146.58	6	36.42	27.62	1513.5	150.5	426
Snacks/Other										
Guinness Draught	125	0	0	9.8	1	1	1	1	0	
1 bottle, 12 oz										
Sugar	16	0	0	4.2	0	4.2	0	0	0	0
1 tsp										
Cream (Half & Half)	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
1 tbsp										
Coffee (Brewed From Grounds)	2	0.05	0.005	0	0	0	0.28	5	0	116
1 cup (8 fl oz)										
Total	163	1.77	1.079	14.64	1	5.22	1.72	12	6	136
Total	**2880**	**108.49**	**30.296**	**323.64**	**10.8**	**110.72**	**63.09**	**2841.5**	**437**	**947**

Wednesday, May 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blueberry Muffins 1 medium	313	7.34	1.579	54.24	2.9	22.26	6.22	505	34	139
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	353	9.14	2.661	59.08	2.9	26.48	7.16	519	40	362
Lunch										
Landshark Lager 1 bottle, 12 oz	150	0	0	13.4	0	0	1.64	0	0	0
Baja Fresh Mexican Grill Breaded Fish Taco 2 x 1 taco, 268 g	500	26	4	54	4	0	16	840	30	
Total	650	26	4	67.4	4	0	17.64	840	30	0
Dinner										
Chocolate Mousse 1/2 cup	178	12.84	7.375	13.69	0.5	12.48	3.54	33	117	123
Price Chopper Lite Balsalmic Vinaigrette Dressing 2 tbsp, 32 g	25	1	0	4	0	3	0	290	0	
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
Bertolli Extra Virgin Olive Oil 1 tbsp, 15 ml	120	14	2	0	0	0	0	0	0	

Wednesday, May 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Artisan Fresh French Baguette 3 x 3 1/4" slice, 144 g	300	1.5	0	63	3	0	12	780	0	
Pinot Noir Wine 2 5 fl oz servings	244	0		6.79			0.21			
Trader Joe's Mozzarella & Tomato Salad 1 salad, 227 g	440	39	8	11	2.5	5	11	420	35	
Total	1426	81.84	19.239	98.48	6	20.48	26.75	1523	152	123
Snacks/Other										
Dunkin' Donuts Glazed Sour Cream Cake Donut 1 1/2 x 1 donut	315	15	3.75	42	0	19.5	4.5	420	15	
Dunkin' Donuts Iced Coffee with Milk & Sugar 1 1/8 x 1 serving, 18 oz	101	1.12	1.12	23.62	0	21.38	2.25	22.5	5.62	
Total	416	16.12	4.87	65.62	0	40.88	6.75	442.5	20.62	
Total	**2845**	**133.1**	**30.77**	**290.58**	**12.9**	**87.84**	**58.3**	**3324.5**	**242.62**	**485**

Thursday, May 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon (Cured, Broiled, Pan-Fried or Roasted, Cooked) 3 slices cooked	130	10.03	3.297	0.34	0	0	8.89	554	26	136
Grits with Cheese 1 cup cooked	282	13.7	7.478	26.04	0.5	3.15	13.28	825	118	183
Pepperidge Farm Jewish Rye Bread - Seedless 1 slice, 32 g	80	1	0	14	1	1	3	170	0	
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Fried Egg 2 large	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Butter (Salted) 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
Total	812	51.56	22.911	46.09	1.5	9.14	38.71	2122	601	678
Lunch										
Dannon Oikos Traditional Greek Yogurt - Plain 1 cup, 225 g	190	9	6	9	0	9	20	75	30	240
Dinner										
Toll House Chocolate Chip Pie 1/2 piece (1/8 9" dia)	303	22.13	5.023	25.54	1.3	15.38	3.34	164	25	103
Vanilla Ice Creams	145	7.92	4.889	16.99	0.5	15.28	2.52	58	32	143

Thursday, May 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup										
Bacon (Cured, Baked, Cooked)	44	3.5	1.149	0.11	0	0	2.89	178	9	44
1 slice cooked										
Bacon (Cured, Pan-Fried, Cooked)	42	3.18	1.05	0.12	0	0	3.03	192	9	47
1 slice cooked										
Okra	31	0.1	0.026	7.03	3.2	1.2	2	8	0	303
1 cup										
Baked Sweetpotato (Peel Eaten, Fat Not Added in Cooking)	165	0.2	0.067	38.12	6.3	10	3.65	416	0	720
1 medium (2" dia x 5" long, raw)										
Sea Bass	229	8.99	1.939	0.76	0	0.17	34.24	723	76	485
1 1/2 fillets (6-1/2" x 2-1/2" x 3/8")										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Cornbread (Home Recipe)	92	3.06	0.575	13.73	0.8	2.21	2.2	158	13	45
1/2 piece										
Shrimp Bisque	297	17.66	4.811	9.9	0.2	6.87	23.76	886	249	
1 cup										
White Table Wine	122	0	0	3.82	0	1.41	0.1	7	0	104
1 5 fl oz serving										
Total	1572	78.26	26.823	116.13	12.3	52.53	77.85	2792	444	1997

Snacks/Other

Lay's Wavy Original Potato Chips	160	10	1.5	15	1	1	2	140	0	340
11 chips, 28 g										
Market Pantry Pretzel Sticks	110	1	0	23	1	1	3	330	0	0
1 oz, 28 g										
Q Tonic Tonic Water	114	0	0	33	0	33	0	30	0	

Thursday, May 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 x 1 bottle, 711 ml										
Vodka	385	0	0	0	0	0	0	2	0	3
6 fl oz (no ice)										
Yuengling Traditional Lager	128	0	0	10	0	0	1.4	0	0	0
1 bottle, 12 oz										
Total	897	11	1.5	81	2	35	6.4	502	0	343
Total	**3471**	**149.82**	**57.234**	**252.22**	**15.8**	**105.67**	**142.96**	**5491**	**1075**	**3258**

Friday, May 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Plain or Buttermilk Biscuits 1 biscuit (2-1/2" dia)	212	9.78	2.594	26.76	0.9	1.31	4.2	348	2	73
Grits 1 cup cooked	109	0.34	0.046	23.11	0.5	0.19	2.56	317	0	39
Kroger Breakfast Sausage Links 3 links, 55 g	160	12	4	2	0	0	10	700	35	0
Sargento Classic Mexican 4 Cheese 1/4 cup, 28 g	110	9	4.5	2	0	0	6	170	25	
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Total	830	48.13	18.006	60.67	1.4	7.15	36.71	1760	468	473
Lunch										
Krunchers! Kettle Cooked Original Potato Chips 1 oz, 28 g	140	7	1	17	1	0	2	105	0	
Jimmy John's #12 Beach Club 1/2 x 1 sandwich, 196.5 g	405	21.5	6.5	35.5	3	0	22.5	915	45	
Total	545	28.5	7.5	52.5	4	0	24.5	1020	45	
Dinner										

Friday, May 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Italian Bread 4 slices, medium	217	2.8	0.684	40	2.2	0.66	7.04	467	0	88
American Value Green Beans (Canned) 1/2 cup, 120 g	20	0		4	2	2	0.5	400	0	
Ruprecht Braised Beef Short Ribs 1 3/4 x 3 oz, 147 g	508	38.5	17.5	1.75	0	0	38.5	472.5	122.5	0
Mashed Potato made with Milk (from Fresh) 1 cup	170	0.69	0.353	37.93	3.4	2.86	3.97	500	2	640
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Barefoot Cabernet Sauvignon 1 glass, 4 oz	87	0	0	2.7	0	0	0	0	0	0
Cabernet Sauvignon Wine 1 5 fl oz serving	123	0		3.82			0.1			
Green Olives (Pickled, Canned or Bottled) 1 oz	41	4.34	0.575	1.09	0.9	0.15	0.29	441	0	12
Brie Cheese 1 oz	95	7.85	4.936	0.13	0	0.13	5.88	178	28	43
President Soft Ripened Brie Cheese 1 oz, 28 g	100	9	4	0	0	0	4	120	20	
Goats Cheese (Soft) 1 oz	76	5.98	4.132	0.25	0	0.25	5.25	104	13	7
Goat Cheese 1 cubic inch	90	7.21	4.987	0.47	0	0.47	5.88	103	19	20
Total	1652	76.37	37.167	95.98	8.5	7.43	71.51	2791.5	204.5	997

Snacks/Other

Friday, May 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Riesling Wine 1 5 fl oz serving	120	0		5.54			0.1			
Total	**3147**	**153**	**62.673**	**214.69**	**13.9**	**14.58**	**132.82**	**5571.5**	**717.5**	**1470**

Saturday, May 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	40	1.8	1.082	4.84	0	4.22	0.94	14	6	223
Lunch										
Butter (Salted) 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
New French Bakery French Baguette 2 x 1/5 loaf, 4 oz	300	0		60	2	2	8	680	0	
Bacon (Cured, Broiled, Pan-Fried or Roasted, Cooked) 4 slices cooked	173	13.37	4.396	0.46	0	0	11.85	739	35	181
Grits with Cheese 1 cup cooked	282	13.7	7.478	26.04	0.5	3.15	13.28	825	118	183
Sugar in the Raw Natural Cane Turbinado Sugar 1 tsp, 4 g	15	0	0	4	0	4	0	0	0	
Starbucks Cafe Au Lait (Grande) 1 serving, 16 oz	110	4	2.5	10	0	10	7	90	15	
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Fried Egg 2 large	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133

Saturday, May 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1256	63.49	29.845	103.34	2.5	21.75	58.1	3261	642	500
Dinner										
Denny's Sauteed Spinach 1 serving, 2 oz	70	6	1	5	2	0	1	125	0	
Sangria 1 drink	173	0.07	0.009	22.59	0.2	19.08	0.27	23	0	169
Mashed Potato made with Milk (from Fresh) 1 cup	170	0.69	0.353	37.93	3.4	2.86	3.97	500	2	640
Cooked Trout 6 oz boneless (yield after cooking)	272	13.66	3.461	0.68	0	0.15	34.62	591	98	756
Total	685	20.42	4.823	66.2	5.6	22.09	39.86	1239	100	1565
Snacks/Other										
Dunkin' Donuts Iced Coffee with Milk & Sugar 1 1/8 x 1 serving, 18 oz	101	1.12	1.12	23.62	0	21.38	2.25	22.5	5.62	
Dunkin' Donuts Glazed Sour Cream Cake Donut 1 1/2 x 1 donut	315	15	3.75	42	0	19.5	4.5	420	15	
Total	416	16.12	4.87	65.62	0	40.88	6.75	442.5	20.62	
Total	**2397**	**101.83**	**40.62**	**240**	**8.1**	**88.94**	**105.65**	**4956.5**	**768.62**	**2288**

Sunday, May 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fresh Gourmet Sliced Almonds Toasted 1 tbsp, 7 g	40	3.5	0	1	1	0	2	0	0	0
Florida Pink and Red Grapefruit 1/2 fruit (3-3/4" dia)	37	0.12	0.017	9.22	1.4		0.68	0	0	156
Domino Sugar Dark Brown Sugar 3 x 1 tsp, 12 g	45	0	0	12	0	12	0	0	0	
Oatmeal 1 1/4 cups cooked	181	2.98	0.527	31.71	4.7	0.7	7.58	348	0	158
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Milk (2% Lowfat with Added Vitamin A) 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Total	420	10.8	3.16	68.68	7.1	27.29	15.23	412	16	720
Lunch										
Ground Beef (80% Lean / 20% Fat) 8 oz	569	44.8	17.185	0	0	0	38.46	150	159	605
Beef or Meat Gravy 3/4 cup	93	4.12	2.015	8.41	0.7	0.37	6.55	979	5	142

Sunday, May 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Guinness Draught (Can) 1 can, 14.9 oz	155	0	0	12.3	0	0	0.37	0	0	0
Mashed Potato made with Milk (from Fresh) 1 cup	170	0.69	0.353	37.93	3.4	2.86	3.97	500	2	640
TGI Friday's Onion Rings 1/2 x 3 rings, 14 g	70	3.5	0.5	8	0.75	0.5	1	155	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	1170	62.39	25.959	67	4.85	3.88	57.32	1958	195	1414
Dinner										
Sweet 2 Eat Peaches 1 peach, 147 g	57	0	0	14	2	12	1	0	0	
Samuel Adams Brown Ale Beer 1 bottle, 12 oz	160	0	0	18	0	0	1	11	0	
Total	217	0	0	32	2	12	2	11	0	
Snacks/Other										
Dunkin' Donuts Glazed Sour Cream Cake Donut 1 1/2 x 1 donut	315	15	3.75	42	0	19.5	4.5	420	15	
Dunkin' Donuts Iced Coffee with Milk & Sugar 1 1/8 x 1 serving, 18 oz	101	1.12	1.12	23.62	0	21.38	2.25	22.5	5.62	
Total	416	16.12	4.87	65.62	0	40.88	6.75	442.5	20.62	
Total	**2223**	**89.31**	**33.989**	**233.3**	**13.95**	**84.05**	**81.3**	**2823.5**	**231.62**	**2134**

Monday, May 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Special K Oats & Honey Cereal 2 x 1 cup, 84 g	200	1	0	50	6	16	4	280	0	140
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Milk (2% Lowfat with Added Vitamin A) 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Total	341	7	3.698	65.39	6	30.61	9.91	358	22	769
Lunch										
Flatout The Original Flatbread 1 1/2 x 1 flatbread, 79.5 g	210	3	0	36	4.5	3	10.5	465	0	
Chicken Wing (Skin Eaten) 4 medium (yield after cooking, bone removed)	369	24.7	6.918	0	0	0	34.1	517	106	234
Trader Joe's Manchego Cheese 1 oz, 28 g	120	10	7	0	0	0	7	170	30	

Monday, May 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	699	37.7	13.918	36	4.5	3	51.6	1152	136	234
Dinner										
Breyers Mrs. Fields Ice Cream Cookie Sandwiches 1 sandwich, 55 g	190	8	4.5	29	0	17	2	125	10	
Potato French Fries 1/2 order	78	4.01	0.934	10.16	0.9	0.17	0.99	86	0	150
Guinness Draught 2 x 1 bottle, 24 oz	250	0	0	19.6	2	2	2	2	0	
Lobster Salad 1 cup	189	13.47	2.388	6.35	1.5	3.46	11.1	581	113	417
Orlando Ciabatta Bread 1 roll, 57 g	130	0.5	0	27	1	0	5	330	0	
RA Sushi Avocado Roll 3/4 x 1 roll, 6 oz	278	15	2.25	31.5	0	0	3.75	315	0	
Salmon Sashimi 2 pieces	83	3.36	0.714	0	0	0	12.26	26	26	
Bacon (Cured, Broiled, Pan-Fried or Roasted, Cooked) 1 slice cooked	43	3.34	1.099	0.11	0	0	2.96	185	9	45
Bacon (Cured, Pan-Fried, Cooked) 1 slice cooked	42	3.18	1.05	0.12	0	0	3.03	192	9	47
Total	1283	50.86	12.935	123.84	5.4	22.63	43.09	1842	167	659
Snacks/Other										
Total	**2323**	**95.56**	**30.551**	**225.23**	**15.9**	**56.24**	**104.6**	**3352**	**325**	**1662**

Tuesday, May 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds) 1 3/4 cups (8 fl oz)	4	0.08	0.008	0	0	0	0.5	8	0	203
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Peanut Butter 2 3/4 tbsps	259	22.17	4.528	8.61	2.6	4.06	11.04	202	0	286
Eggo Nutri-Grain Whole Wheat Waffles 2 waffles, 70 g	170	6	1.5	26	3	3	5	400	0	110
Cream (Half & Half) 1 tbsp	20	1.72	1.074	0.64	0	0.02	0.44	6	6	20
Total	469	29.97	7.11	39.45	5.6	11.28	16.98	616	6	619
Lunch										
Sweet 2 Eat Peaches 1 peach, 147 g	57	0	0	14	2	12	1	0	0	
Dinner										
Breyers Mrs. Fields Ice Cream Cookie Sandwiches 1 sandwich, 55 g	190	8	4.5	29	0	17	2	125	10	
Guinness Draught (Can) 1 can, 14.9 oz	155	0	0	12.3	0	0	0.37	0	0	0
Goya Dark Red Kidney Beans 1 1/4 x 1/2 cup, 156 g	112	1.25	0	23.75	10	1.25	8.75	475	0	
Hannaford Shoulder Steak for London Broil 4 oz, 112 g	180	10	3.5	0	0	0	23	70	70	

Tuesday, May 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Beef Top Round (Lean Only, Trimmed to 1/4" Fat, Prime Grade) 4 oz	174	7.06	2.574	0	0		25.84	59	65	434
White Rice (Medium-Grain, Cooked) 1 1/2 cups	363	0.59	0.159	79.77	0.8		6.64	0	0	81
Italian Bread 1 slice large (4-1/2" x 3-1/4" x 3/4")	81	1.05	0.256	15	0.8	0.25	2.64	175	0	33
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Total	1380	27.95	10.989	163.66	11.6	19.41	69.34	910	145	735
Snacks/Other										
Dunkin' Donuts Iced Coffee with Milk & Sugar 1 1/8 x 1 serving, 18 oz	101	1.12	1.12	23.62	0	21.38	2.25	22.5	5.62	
Dunkin' Donuts Iced Coffee with Milk & Sugar 1 1/8 x 1 serving, 18 oz	101	1.12	1.12	23.62	0	21.38	2.25	22.5	5.62	
Dunkin' Donuts Glazed Sour Cream Cake Donut 1 3/4 x 1 donut	368	17.5	4.38	49	0	22.75	5.25	490	17.5	
Total	570	19.74	6.62	96.24	0	65.51	9.75	535	28.74	
Total	**2476**	**77.66**	**24.719**	**313.35**	**19.2**	**108.2**	**97.07**	**2061**	**179.74**	**1354**