Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	187	8.06	33.11	3.49
Lunch	597	21.47	91.45	17.46
Dinner	637	27.53	59.86	36.73
Snacks/Other	346	10.99	55.15	7.43
Total	**1767**	**68.05**	**239.57**	**65.12**

Monday, January 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dietetic Syrup 0.6 cup	58	0	0	70.85	4.3	0.01	1.15	30	0	
Plain Pancakes 1 3/4 pancakes (6" dia)	306	13.07	2.859	38.13			8.62	592	80	178
Total	364	13.07	2.859	108.98	4.3	0.01	9.77	622	80	178
Lunch										
Clementines 4 fruits	139	0.44		35.58	5	27.17	2.52	3		524
Quaker Chewy Chocolate Chip Granola Bar 3 x 1 bar, 72 g	330	9	3	57	3	18	6	225	0	165
Total	469	9.44	3	92.58	8	45.17	8.52	228	0	689
Dinner										
Delissio Thin Crispy Crust Canadian Pizza 2 1/2 x 1/6 pizza, 272.5 g	625	25	11.25	67.5	5	7.5	30	1550	50	
Snacks/Other										
Oil Popped White Popcorn 8 cups	440	24.73	4.303	50.34	8.8		7.92	778	0	198
Total	**1898**	**72.24**	**21.412**	**319.4**	**26.1**	**52.68**	**56.21**	**3178**	**130**	**1065**

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Total	109	5.23	3.226	14.63	0	12.66	1.61	23	17	169
Lunch										
Quaker Chewy Chocolate Chip Granola Bar 4 x 1 bar, 96 g	440	12	4	76	4	24	8	300	0	220
Ben's Holsum Fresh 100% Whole Wheat Bread 76 g	181	2.41	0.6	33.77	3.62	3.62	7.24	385.92	0	
Kraft Light Smooth Peanut Butter 2 1/2 x 1 tbsp, 37.5 g	200	15	2.5	15	2.5	2.5	7.5	175	0	0
Total	821	29.41	7.1	124.77	10.12	30.12	22.74	860.92	0	220
Dinner										
French Pasta Salad 116 g	264	15.4	2.75	26.4	1.1	9.9	3.3	451	5.5	
Kraft Shake 'n Bake BBQ Glaze 1/8 packet, 12 g	45	1	0	9	0	5	0	410	0	
Chicken Breast 7.2 oz boneless, cooked	398	15.76	4.433	0	0	0	60.32	802	169	496
Total	707	32.16	7.183	35.4	1.1	14.9	63.62	1663	174.5	496

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Quaker Chewy Chocolate Chip Granola Bar 12 x 1 bar, 288 g	1320	36	12	228	12	72	24	900	0	660
Total	**2957**	**102.8**	**29.509**	**402.8**	**23.22**	**129.68**	**111.97**	**3446.92**	**191.5**	**1545**

Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	109	5.23	3.226	14.63	0	12.66	1.61	23	17	169
Lunch										
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
Quaker Chewy Chocolate Chip Granola Bar 2 x 1 bar, 48 g	220	6	2	38	2	12	4	150	0	110
Kraft Light Smooth Peanut Butter 2 1/2 x 1 tbsp, 37.5 g	200	15	2.5	15	2.5	2.5	7.5	175	0	0
Ben's Holsum Fresh 100% Whole Wheat Bread 76 g	181	2.41	0.6	33.77	3.62	3.62	7.24	385.92	0	
Total	706	23.8	5.232	113.72	11.22	32.55	20.03	711.92	0	532
Dinner										
Kirkland Signature Meat Lasagna 475 g	672	27.3	14.7	67.2	8.4	21	39.9	966	94.5	
Snacks/Other										
Quaker Chewy Chocolate Chip Granola Bar	110	3	1	19	1	6	2	75	0	55

Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 24 g										
1% Fat Milk	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
1/2 cup										
Kellogg's Special K Original	198	0	0	39.6	0	3.6	9	486	0	
52 g										
Total	359	4.18	1.772	64.69	1	15.94	15.11	615	6	238
Total	1846	60.51	24.93	260.24	20.62	82.15	76.65	2315.92	117.5	939

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Total	**109**	**5.23**	**3.226**	**14.63**	**0**	**12.66**	**1.61**	**23**	**17**	**169**
Lunch										
Ben's Holsum Fresh 100% Whole Wheat Bread 76 g	181	2.41	0.6	33.77	3.62	3.62	7.24	385.92	0	
Kraft Light Smooth Peanut Butter 2 1/2 x 1 tbsp, 37.5 g	200	15	2.5	15	2.5	2.5	7.5	175	0	0
Quaker Chewy Chocolate Chip Granola Bar 2 x 1 bar, 48 g	220	6	2	38	2	12	4	150	0	110
Total	**601**	**23.41**	**5.1**	**86.77**	**8.12**	**18.12**	**18.74**	**710.92**	**0**	**110**
Dinner										
President's Choice Chicken Nuggets 1 1/2 x 3 nuggets	360	19.5		27			19.5			
Onion Rings (Breaded and Fried) 1.8 portions (8-9 onion rings)	496	27.92	12.515	56.38			6.66	774	25	233
Total	**856**	**47.42**	**12.515**	**83.38**			**26.16**	**774**	**25**	**233**
Snacks/Other										

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Quaker Chewy Chocolate Chip Granola Bar 2 x 1 bar, 48 g	220	6	2	38	2	12	4	150	0	110
Total	**1786**	**82.06**	**22.841**	**222.78**	**10.12**	**42.78**	**50.51**	**1657.92**	**42**	**622**

Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	109	5.23	3.226	14.63	0	12.66	1.61	23	17	169
Lunch										
Quaker Chewy Chocolate Chip Granola Bar 2 x 1 bar, 48 g	220	6	2	38	2	12	4	150	0	110
Kraft Light Smooth Peanut Butter 2 1/2 x 1 tbsp, 37.5 g	200	15	2.5	15	2.5	2.5	7.5	175	0	0
Ben's Holsum Fresh 100% Whole Wheat Bread 76 g	181	2.41	0.6	33.77	3.62	3.62	7.24	385.92	0	
Total	601	23.41	5.1	86.77	8.12	18.12	18.74	710.92	0	110
Dinner										
Kraft Shake 'n Bake BBQ Glaze 1/8 packet, 12 g	45	1	0	9	0	5	0	410	0	
Corn 1 cup	132	1.82	0.28	29.29	4.2	4.96	4.96	23	0	416
Pork Chop 5.2 oz boneless, cooked	369	21.48	7.963	0	0	0	41.14	569	122	596
Trader Joe's Mushroom Risotto	150	3	0.5	28	0	2	3	350	5	

Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup, 140 g										
Total	696	27.3	8.743	66.29	4.2	11.96	49.1	1352	127	1012
Snacks/Other										
Lindt Lindor	80	6	4.5	5	0	5	1	10	0	
1 ball, 12 g										
Total	1486	61.94	21.569	172.69	12.32	47.74	70.45	2095.92	144	1291

Tuesday, January 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tim Hortons (Canada) Ham and Cheese tea Biscuit 1 Biscuit, 100 g	290	12	2	35	1	4	5	590	0	
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Total	**399**	**17.23**	**5.226**	**49.63**	**1**	**16.66**	**6.61**	**613**	**17**	**169**
Lunch										
Ben's Holsum Fresh 100% Whole Wheat Bread 76 g	181	2.41	0.6	33.77	3.62	3.62	7.24	385.92	0	
Kraft Light Smooth Peanut Butter 2 1/2 x 1 tbsp, 37.5 g	200	15	2.5	15	2.5	2.5	7.5	175	0	0
Quaker Chewy Chocolate Chip Granola Bar 1 bar, 24 g	110	3	1	19	1	6	2	75	0	55
Total	**491**	**20.41**	**4.1**	**67.77**	**7.12**	**12.12**	**16.74**	**635.92**	**0**	**55**
Dinner										
1% Fat Milk 1 1/2 cups	154	3.55	2.317	18.26	0	19.03	12.33	161	18	549
Delissio Thin Crust Canadian 3 x 1/6 pizza, 327 g	750	30	13.5	81	6	9	36	1860	60	
Total	**904**	**33.55**	**15.817**	**99.26**	**6**	**28.03**	**48.33**	**2021**	**78**	**549**

Tuesday, January 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**1794**	**71.19**	**25.143**	**216.66**	**14.12**	**56.81**	**71.68**	**3269.92**	**95**	**773**

Saturday, January 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	109	5.23	3.226	14.63	0	12.66	1.61	23	17	169
Lunch										
Quaker Chewy Chocolate Chip Granola Bar 1 bar, 24 g	110	3	1	19	1	6	2	75	0	55
Kraft Light Smooth Peanut Butter 2 1/2 x 1 tbsp, 37.5 g	200	15	2.5	15	2.5	2.5	7.5	175	0	0
Ben's Holsum Fresh 100% Whole Wheat Bread 76 g	181	2.41	0.6	33.77	3.62	3.62	7.24	385.92	0	
Total	491	20.41	4.1	67.77	7.12	12.12	16.74	635.92	0	55
Dinner										
Snacks/Other										
Total	600	25.64	7.326	82.4	7.12	24.78	18.35	658.92	17	224