Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	526	24.07	57.52	20.04
Lunch	550	21.93	50.29	31.06
Dinner	564	29.84	47.92	26.77
Snacks/Other	518	25.46	63.41	8.41
Total	2158	101.3	219.14	86.28

Monday, January 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pop Secret Movie Theater Butter Popcorn	140	8	0	12	0	0	0	220	0	
4 cups popped										
Starbucks Nonfat Caffe Mocha (Tall)	170	2		32	1	25	10	100	5	
1 serving, 12 oz										
Total	310	10	0	44	1	25	10	320	5	
Lunch										
Hillshire Farm Beef Summer Sausage	190	16	6	0.5	0.25	0.25	11	710	45	0
2 oz, 56 g										
Tartar Sauce	56	5.54	0.832	1.59	0	0.42	0.11	74	3	4
3/4 tbsp										
Ivar's 3 Piece Fish 'n Chips	429	2.4		55.2			25.6			
298 g										
Total	675	23.94	6.832	57.29	0.25	0.67	36.71	784	48	4
Dinner										
Beef Top Sirloin (Trimmed to 1/8" Fat)	285	18.02	7.268	0	0	0	28.78	74	67	447
5 oz										
Bob Evans Home Fries	178	6		28	3	1	3	678	0	
1 serving										
Total	463	24.02	7.268	28	3	1	31.78	752	67	447
Snacks/Other										
T. Marzetti Apple Crisp	220	7.15	4.4	39	2	18	1	144	18	
1/8 package prepared, 32 oz										

Monday, January 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1668	65.11	18.5	168.29	6.25	44.67	79.49	2000	138	451

Tuesday, January 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pop Secret Movie Theater Butter Popcorn	140	8	0	12	0	0	0	220	0	
4 cups popped										
Dannon Oikos Traditional Greek Yogurt - Key Lime	150	4	2.5	18	0	17	11	80	15	135
1 container, 150 g										
Starbucks Nonfat Caffe Mocha (Tall)	170	2		32	1	25	10	100	5	
1 serving, 12 oz										
Total	460	14	2.5	62	1	42	21	400	20	135
Lunch										
KFC Macaroni & Cheese (Individual)	170	7	2.5	22	1	2	5	720	5	
1 bowl, 136 g										
Bob Evans Home Fries	178	6		28	3	1	3	678	0	
1 serving										
Fresh & Easy Boneless Beef Top Sirloin Steak	158	6	2.25	0	0	0	24.75	292.5	71.25	
3/4 x 4 oz, 85 g										
Total	506	19	4.75	50	4	3	32.75	1690.5	76.25	
Dinner										
Bernstein's Herb Garden French Dressing	65	6	0.5	3	0	3	0	130	0	
1/2 x 2 tbsp, 15 g										
La Bou Baguette	47	0		10	0	0	2	78	0	
1 slice, 1 oz										
Beef Stroganoff	394	25.37	10.038	15.28	1.3	2.48	26.01	1155	69	527
1 cup										

Tuesday, January 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Butter 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	1	15	2
Total	557	37.13	14.185	28.28	1.3	5.48	28.07	1364	84	529
Snacks/Other										
Private Selection Northern Spy Apple Crisp 1 apple crisp, 113 g	160	3.5	2	32	2	23	1	95	10	
Klondike Original Ice Cream Bar 2 x 1 bar, 172 g	500	28	22	58	2	46	6	110	20	
Total	660	31.5	24	90	4	69	7	205	30	
Total	2183	101.63	45.435	230.28	10.3	119.48	88.82	3659.5	210.25	664

Wednesday, January 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cheetos Cheese Puffs	320	20		26	2	2	4	700	10	
2 x 1 package, 63.6 g										
Starbucks Nonfat Caffe Mocha (Tall)	170	2		32	1	25	10	100	5	
1 serving, 12 oz										
Dannon Oikos Traditional Greek Yogurt - Key Lime	112	3	1.88	13.5	0	12.75	8.25	60	11.25	101.25
3/4 x 1 container, 112 g										
Total	602	25	1.88	71.5	3	39.75	22.25	860	26.25	101.25
Lunch										
Beef Stroganoff with Noodles	419	23.01	8.851	28.29	1.6	2.37	25.02	992	77	477
1 1/4 cups										
Dinner										
Papa John's 16" Original Crust Pizza - Pepperoni	595	24.5	10.5	70	3.5	8.75	22.75	1575	52.5	
1 3/4 x 1 slice, 247 g										
Snacks/Other										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Sugar	33	0	0	8.4	0	8.39	0	0	0	0
2 tsps										
White Cake (with Coconut Frosting)	399	11.54	4.365	70.78	1.1	64.28	4.93	318	1	111
1 piece (1/12 9" dia)										
Total	481	12	4.388	90.85	4.1	79.75	5.95	320	1	344

Wednesday, January 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2097	84.51	25.619	260.64	12.2	130.62	75.97	3747	156.75	922.25

Thursday, January 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Papa John's 16" Original Crust Pizza - Pepperoni	255	10.5	4.5	30	1.5	3.75	9.75	675	22.5	
3/4 x 1 slice, 106 g										
Starbucks Nonfat Caffe Mocha (Tall)	170	2		32	1	25	10	100	5	
1 serving, 12 oz										
Total	425	12.5	4.5	62	2.5	28.75	19.75	775	27.5	
Lunch										
Potato Salad Side Dish	108	5.73	0.978	12.85			1.45	312	57	256
0.333 cup										
Fried Chicken Breast No Coating (Skin Not Eaten)	276	7.02	1.583	0	0	0	50.01	616	126	442
1 small (yield after cooking, bone and skin removed)										
Total	384	12.75	2.561	12.85	0	0	51.46	928	183	698
Dinner										
Dry Roasted Peanuts (with Salt)	332	28.16	3.908	12.2	4.5	2.37	13.43	461	0	373
2 oz										
Laurel Hill Pretzel Chips	385	3.5	0	80.5	3.5	3.5	10.5	770	0	80.5
3 1/2 x 13 pretzels, 3.5 oz										
Bernstein's Herb Garden French Dressing	130	12	1	6	0	6	0	260	0	
2 tbsp, 30 g										
Beef Top Sirloin (Trimmed to 1/8" Fat)	285	18.02	7.268	0	0	0	28.78	74	67	447
5 oz										
Total	1132	61.68	12.176	98.7	8	11.87	52.71	1565	67	900.5

Thursday, January 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
White Cake (with Coconut Frosting) 1/2 piece (1/12 9" dia)	199	5.77	2.182	35.39	0.6	32.14	2.46	159	1	55
Total	**2140**	**92.7**	**21.419**	**208.94**	**11.1**	**72.76**	**126.38**	**3427**	**278.5**	**1653.5**

Friday, January 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ruffles Original Potato Chips 1 1/2 x 12 chips, 1.5 oz	240	15	2.25	22.5	1.5	1.5	3	240	0	510
Chocolate Chip Cookies (Soft Type) 1 cookie	69	3.64	1.112	8.86	0.5		0.52	49	0	14
Dunkin' Donuts Glazed Donut 1 serving, 60 g	260	14	6	31	1	12	3	330	0	
Starbucks Nonfat Caffe Mocha (Tall) 1 serving, 12 oz	170	2		32	1	25	10	100	5	
Total	739	34.64	9.362	94.36	4	38.5	16.52	719	5	524
Lunch										
Fresh & Easy Chicken Chow Mein 60 g	63	2.1	0.15	7.5	0.6	1.2	3.6	180	6	
Pizza Pizza Pepperoni Pizza 1 slice, 93 g	210	6	2.5	29	1	1	10	580	20	
Thin Crust Cheese Pizza 1 piece (1/8 12" dia)	208	9.27	3.949	21.79	1.4	2.63	9.25	397	18	120
Total	481	17.37	6.599	58.29	3	4.83	22.85	1157	44	120
Dinner										
Nachos with Beef, Beans, Cheese, Tomatoes, Sour Cream and Onions 1 Nachos Supreme	517	31.56	12.516	36.27	5	1.78	23.54	491	75	475
Snacks/Other										

Friday, January 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
White Cake (with Coconut Frosting)	100	2.88	1.091	17.7	0.3	16.07	1.23	80	0	28
1/4 piece (1/12 9" dia)										
Klondike Vanilla Ice Cream Sandwiches	180	4.5	2.5	31	0.5	16	3	150	10	
1 sandwich, 71 g										
Dry Roasted Salted Almonds	423	37.44	2.868	13.67	8.4	3.47	15.66	240	0	529
2 1/2 oz (22 whole kernels)										
Total	703	44.82	6.459	62.37	9.2	35.54	19.89	470	10	557
Total	**2440**	**128.39**	**34.936**	**251.29**	**21.2**	**80.65**	**82.8**	**2837**	**134**	**1676**

Saturday, January 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Whole Wheat Bread 2 regular slices	135	2.14	0.465	24.51	2.3	2.85	4.75	276	0	106
America's Choice Bacon Thick Sliced 5 x 1 slices, 80 g	450	35	12.5	0	0	0	25	1200	75	
Total	687	48.66	20.259	24.52	2.3	2.86	29.87	1478	106	109
Lunch										
Pizza with Meat 2 pieces (1/8 12" dia)	530	24.29	9.664	55.35	2.8	3.54	21.28	1220	42	363
Dinner										
Butter 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	1	15	2
Whole Wheat Bread 1 regular slice	67	1.07	0.233	12.26	1.1	1.43	2.37	138	0	53
Cooked Green String Beans (Fat Added in Cooking) 1/2 cup, NS as to from fresh, frozen, or canned of	41	2.17	0.415	5.33	2.2	1.04	1.27	216	0	98
Meatless Spaghetti with Tomato Sauce 1 cup	293	3.99	0.61	53.62	2.7	11.14	9.87	563	0	498
Premio Mild Italian Sausage 1 link, 85 g	230	17	6	3	0	1	15	610	55	
Total	682	29.99	10.905	74.21	6	14.61	28.57	1528	70	651

Saturday, January 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Planters Salted Peanuts (1 oz)	255	21	3	7.5	3	1.5	10.5	142.5	0	300
1 1/2 x 1 package, 1.5 oz										
Sensible Portions Garden Veggie Straws - Sea Salt	130	7	1	11	1	1	1	250	0	
1 bag (38 straws), 21 g										
Total	385	28	4	18.5	4	2.5	11.5	392.5	0	300
Total	2284	130.94	44.828	172.58	15.1	23.51	91.22	4618.5	218	1423

Sunday, February 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Nonfat Caffe Mocha (Tall)	170	2		32	1	25	10	100	5	
1 serving, 12 oz										
Fresh Pork Sausage	170	14.86	4.929	0	0	0	8.45	356	40	139
1 serving 2 links										
Butter	51	5.76	3.647	0	0	0	0.06	1	15	2
1/2 tbsp										
Whole Wheat Bread	67	1.07	0.233	12.26	1.1	1.43	2.37	138	0	53
1 regular slice										
Total	458	23.69	8.809	44.26	2.1	26.43	20.88	595	60	194
Lunch										
Tia Rosa Flour Tortillas (Burrito Size)	210	6	1.5	34	1	0	5	520	0	0
1 tortilla, 71 g										
14" Pepperoni Pizza	298	12.13	5.26	33.98	1.6	4.11	13.32	683	29	186
1 slice										
Bob Evans Grilled Cheese Sandwich	350	15	6	22	2	4	9	729	29	
1 sandwich, 119 g										
Total	858	33.13	12.76	89.98	4.6	8.11	27.32	1932	58	186
Dinner										
Snacks/Other										
Pepperidge Farm 3-Layer Cake - Coconut	240	10	3	35	0.5	25	1	120	20	
1/8 cake, 69 g										
Klondike Original Ice Cream Bar	250	14	11	29	1	23	3	55	10	

Sunday, February 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 86 g										
Butter	51	5.76	3.647	0	0	0	0.06	1	15	2
1/2 tbsp										
Safeway Bran Muffin	438	19.25	1.75	43.75	1.75	28	7	297.5	61.25	
1 3/4 x 1 muffin, 133 g										
Total	979	49.01	19.397	107.75	3.25	76	11.06	473.5	106.25	2
Total	2295	105.83	40.966	241.99	9.95	110.54	59.26	3000.5	224.25	382