Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	411	15.75	28.78	36.33
Lunch	333	22	11.33	20
Dinner	227	10.67	2.67	29.33
Snacks/Other	122	1	10.85	16.67
Total	1093	49.42	53.63	102.33

Monday, April 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Metabolic Nutrition Protizyme - Vanilla Cake	122	1.5	0.5	2	1	1	25	53	64	0
1 scoop, 35 g										
Maui & Sons 100% Pure Coconut Water	61	0	0	14.28	0	12.24	0	81.6	0	397.8
337 ml										
Total	183	1.5	0.5	16.28	1	13.24	25	134.6	64	397.8
Lunch										
Superior Farms Ground Lamb	290	23	10	0	0	0	19	80	85	0
4 oz, 112 g										
Birds Eye Recipe Ready Breakfast Blend	70	0	0	17	2	3	0	10	0	
3/4 cup, 88 g										
Total	360	23	10	17	2	3	19	90	85	0
Dinner										
Recipe Ready Tri Color Pepper & Onion Blend	20	0	0	4	0	2	0	5	0	0
3/4 cup, 80 g										
Wal-Mart 93/7 Lean Ground Beef	320	16	6	0	0	0	44	170	140	
2 x 4 oz, 224 g										
Total	340	16	6	4	0	2	44	175	140	0
Snacks/Other										
100% Pure Coconut Water	61	0	0	14.28	0	12.24	0	81.6	0	397.8
337 ml										
Metabolic Nutrition Protizyme - Vanilla Cake	122	1.5	0.5	2	1	1	25	53	64	0

Monday, April 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop, 35 g										
Total	183	1.5	0.5	16.28	1	13.24	25	134.6	64	397.8
Total	1066	42	17	53.56	4	31.48	113	534.2	353	795.6

Tuesday, April 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Metabolic Nutrition Protizyme - Vanilla Cake	122	1.5	0.5	2	1	1	25	53	64	0
1 scoop, 35 g										
Maui & Sons 100% Pure Coconut Water	61	0	0	14.28	0	12.24	0	81.6	0	397.8
337 ml										
Total	183	1.5	0.5	16.28	1	13.24	25	134.6	64	397.8
Lunch										
Superior Farms Ground Lamb	290	23	10	0	0	0	19	80	85	0
4 oz, 112 g										
Birds Eye Recipe Ready Breakfast Blend	70	0	0	17	2	3	0	10	0	
3/4 cup, 88 g										
Total	360	23	10	17	2	3	19	90	85	0
Dinner										
Recipe Ready Tri Color Pepper & Onion Blend	20	0	0	4	0	2	0	5	0	0
3/4 cup, 80 g										
Wal-Mart 93/7 Lean Ground Beef	320	16	6	0	0	0	44	170	140	
2 x 4 oz, 224 g										
Total	340	16	6	4	0	2	44	175	140	0
Snacks/Other										
100% Pure Coconut Water	61	0	0	14.28	0	12.24	0	81.6	0	397.8
337 ml										
Metabolic Nutrition Protizyme - Vanilla Cake	122	1.5	0.5	2	1	1	25	53	64	0

Tuesday, April 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop, 35 g										
Total	183	1.5	0.5	16.28	1	13.24	25	134.6	64	397.8
Total	1066	42	17	53.56	4	31.48	113	534.2	353	795.6

Wednesday, April 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sprouts Farmers Market Gyro Meat	760	60	24	16	0	0	36	1360	140	
4 x 1 serving, 8 oz										
Thomas' Cinnamon Raisin Swirl Toasting Bread	240	4	2	42	2	18	6	320	0	
2 x 1 slice, 76 g										
farmers market Eggs	280	18	6	4	0		24	260	860	200
4 x 1 , 200 g										
Ore-Ida Pepper & Onion Hash Browns	90	3.5	0.5	13	2	1	2	370	0	250
1 cup, 91 g										
Metabolic Nutrition Protizyme - Vanilla Cake	122	1.5	0.5	2	1	1	25	53	64	0
1 scoop, 35 g										
Maui & Sons 100% Pure Coconut Water	61	0	0	14.28	0	12.24	0	81.6	0	397.8
337 ml										
Total	1553	87	33	91.28	5	32.24	93	2444.6	1064	847.8
Lunch										
Superior Farms Ground Lamb	290	23	10	0	0	0	19	80	85	0
4 oz, 112 g										
Birds Eye Recipe Ready Breakfast Blend	70	0	0	17	2	3	0	10	0	
3/4 cup, 88 g										
Total	360	23	10	17	2	3	19	90	85	0
Dinner										
Recipe Ready Tri Color Pepper & Onion Blend	20	0	0	4	0	2	0	5	0	0

Wednesday, April 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3/4 cup, 80 g										
Wal-Mart 93/7 Lean Ground Beef	320	16	6	0	0	0	44	170	140	
2 x 4 oz, 224 g										
Total	340	16	6	4	0	2	44	175	140	0
Snacks/Other										
100% Pure Coconut Water	61	0	0	14.28	0	12.24	0	81.6	0	397.8
337 ml										
Metabolic Nutrition Protizyme - Vanilla Cake	122	1.5	0.5	2	1	1	25	53	64	0
1 scoop, 35 g										
Total	183	1.5	0.5	16.28	1	13.24	25	134.6	64	397.8
Total	**2436**	**127.5**	**49.5**	**128.56**	**8**	**50.48**	**181**	**2844.2**	**1353**	**1245.6**

Thursday, April 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Metabolic Nutrition Protizyme - Vanilla Cake	122	1.5	0.5	2	1	1	25	53	64	0
1 scoop, 35 g										
Maui & Sons 100% Pure Coconut Water	61	0	0	14.28	0	12.24	0	81.6	0	397.8
337 ml										
Total	183	1.5	0.5	16.28	1	13.24	25	134.6	64	397.8
Lunch										
Superior Farms Ground Lamb	290	23	10	0	0	0	19	80	85	0
4 oz, 112 g										
Birds Eye Recipe Ready Breakfast Blend	70	0	0	17	2	3	0	10	0	
3/4 cup, 88 g										
Total	360	23	10	17	2	3	19	90	85	0
Dinner										
Recipe Ready Tri Color Pepper & Onion Blend	20	0	0	4	0	2	0	5	0	0
3/4 cup, 80 g										
Wal-Mart 93/7 Lean Ground Beef	320	16	6	0	0	0	44	170	140	
2 x 4 oz, 224 g										
Total	340	16	6	4	0	2	44	175	140	0
Snacks/Other										
100% Pure Coconut Water	61	0	0	14.28	0	12.24	0	81.6	0	397.8
337 ml										
Metabolic Nutrition Protizyme - Vanilla Cake	122	1.5	0.5	2	1	1	25	53	64	0

Thursday, April 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop, 35 g										
Total	183	1.5	0.5	16.28	1	13.24	25	134.6	64	397.8
Total	1066	42	17	53.56	4	31.48	113	534.2	353	795.6

Friday, May 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Maui & Sons 100% Pure Coconut Water	61	0	0	14.28	0	12.24	0	81.6	0	397.8
337 ml										
Metabolic Nutrition Protizyme - Vanilla Cake	122	1.5	0.5	2	1	1	25	53	64	0
1 scoop, 35 g										
Total	183	1.5	0.5	16.28	1	13.24	25	134.6	64	397.8
Lunch										
Wal-Mart Ribeye Steak Thin	280	20	8	0	0	0	22	55	75	0
4 oz, 112 g										
Dinner										
Snacks/Other										
Total	463	21.5	8.5	16.28	1	13.24	47	189.6	139	397.8

Saturday, May 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Maui & Sons 100% Pure Coconut Water 337 ml	61	0	0	14.28	0	12.24	0	81.6	0	397.8
Metabolic Nutrition Protizyme - Vanilla Cake 1 scoop, 35 g	122	1.5	0.5	2	1	1	25	53	64	0
Total	183	1.5	0.5	16.28	1	13.24	25	134.6	64	397.8
Lunch										
Wal-Mart Ribeye Steak Thin 4 oz, 112 g	280	20	8	0	0	0	22	55	75	0
Dinner										
Snacks/Other										
Total	463	21.5	8.5	16.28	1	13.24	47	189.6	139	397.8