Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	902	15.76	143.69	54.23
Lunch	742	23.37	96.81	41.46
Dinner	884	41.14	70.02	55.99
Snacks/Other	413	8.3	55.16	18.53
Total	2941	88.56	365.67	170.21

Monday, August 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kashi Toasted Berry Crisp 3/4 cup, 53 g	190	4	0.5	35	8	13	9	130	0	160
Coffee 1 1/2 mugs (8 fl oz)	4	0.07	0.007	0.14	0	0	0.43	7	0	167
Kirkland Signature Organic Low Fat 1% Milk 1/4 x 1 cup , 60 ml	25	0.62		3			2			
Bananas 1 large (8" to 8-7/8" long)	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
Truvia Sweetener (Packet) 2 x 1 packet, 7 g	0	0	0	0	0	0	0	0	0	0
President's Choice 100% Pure Maple Syrup 3/4 x 2 tbsp, 22 ml	75	0		19.5		17.25	0			
Blueberries 3/4 cup	62	0.36	0.03	15.76	2.6	10.83	0.8	1	0	84
Chobani 0% Plain Greek Yogurt (5.3 oz) 5.3 oz, 150 g	90	0	0	7	0	4	15	70	10	
Total	**567**	**5.5**	**0.689**	**111.46**	**14.1**	**61.71**	**28.71**	**209**	**10**	**898**
Lunch										
Pink Lady Apples 1 large (3-1/4" dia) (approx 2 per lb)	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	
Old El Paso Thick n' Chunky Salsa - Hot 1/4 cup, 50 ml	25	0	0	5	1	3	1	440	0	
Fiber One Chewy Bars - Oats & Chocolate 1 bar, 40 g	140	4	2	29	9	10	2	90	0	

Monday, August 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Toufayan Bakeries Wholesome Wheat Wraps 1 3/4 x 1 wrap, 91 g	245	6.12	0.88	42	5.25	1.75	7	227.5	0	0
Grilled Chicken 3 1/2 oz boneless	235	13.38	3.729	0	0	0	26.86	401	87	
Kosher Dill Pickle Halves 1/2 pickle, 28 g	5	0	0	0.5	0	0	0	270	0	0
Sweet Red Peppers 1/4 cup chopped	10	0.11	0.022	2.25	0.7	1.56	0.37	1	0	79
Lettuce 1/2 cup shredded or chopped	4	0.04	0.005	0.82	0.3	0.48	0.25	3	0	39
Tomatoes 2 medium slices (1/4" thick)	7	0.08	0.018	1.57	0.5	1.05	0.35	2	0	95
Total	781	24.09	6.713	110.42	21.85	39.87	38.38	1436.5	87	213
Dinner										
Peloponnese Kalamata Olives 2 x 5 olives, 30 g	90	9	1	2			0	420	0	
Near East Rice Pilaf Wild Mushroom & Herb 1 cup prepared	220	0.5	0	43	1	0	5	480	0	0
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
Colavita Balsamic Vinegar 2 x 1 tbsp, 30 ml	26	0		4	0	4	0	0	0	
Lettuce Salad with Assorted Vegetables 2 cups	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
Cooked Spinach (Fat Not Added in Cooking) 2 cups, NS as to from fresh, frozen, or canned of	87	0.99	0.16	14.17	9.1	1.63	11.21	1045	0	1763

Monday, August 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Baked or Broiled Salmon	275	12.17	2.112	0.79	0	0.18	38.59	752	100	636
7 oz boneless (yield after cooking)										
Total	839	36.38	5.167	68.61	11.7	8.47	55.9	2727	100	2639
Snacks/Other										
Sun-Maid California Golden Raisins	32	0	0	7.75	0.5	7.25	0.25	2.5	0	77.5
1/4 x 1/4 cup, 10 g										
Nature's Best Perfect Low Carb Isopure Whey Protein Isolate - Dutch Chocolate	110	0.5	0.25	1.5	1	0	25	160	2.5	375
1/2 x 1 scoop, 16.5 g										
Stonyfield Farm Organic Lowfat Milk 1%	110	2.5	1.5	12	0	12	8	125	15	360
1 cup, 240 ml										
Peanuts in Shell (Shell Not Eaten)	85	7.44	1.229	2.16	1.3	0.59	3.97	45	0	103
1/2 oz, shelled										
Total	337	10.44	2.979	23.41	2.8	19.84	37.22	332.5	17.5	915.5
Total	**2524**	**76.41**	**15.548**	**313.9**	**50.45**	**129.89**	**160.21**	**4705**	**214.5**	**4665.5**

Tuesday, August 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Organic Valley Organic Whole Milk	188	10	6.25	15	0	13.75	10	150	37.5	
1 1/4 x 1 cup , 300 ml										
Coffee	4	0.07	0.007	0.14	0	0	0.43	7	0	167
1 1/2 mugs (8 fl oz)										
Chobani 0% Plain Greek Yogurt (5.3 oz)	90	0	0	7	0	4	15	70	10	
5.3 oz, 150 g										
Bananas	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
1 large (8" to 8-7/8" long)										
Nature's Best Perfect Low Carb Isopure Whey Protein Isolate - Dutch Chocolate	110	0.5	0.25	1.5	1	0	25	160	2.5	375
1/2 x 1 scoop, 16.5 g										
Truvia Sweetener (Packet)	0	0	0	0	0	0	0	0	0	0
4 x 1 packet, 14 g										
Kashi Toasted Berry Crisp	190	4	0.5	35	8	13	9	130	0	160
3/4 cup, 53 g										
President's Choice 100% Pure Maple Syrup	75	0		19.5		17.25	0			
3/4 x 2 tbsp, 22 ml										
Blueberries	62	0.36	0.03	15.76	2.6	10.83	0.8	1	0	84
3/4 cup										
Total	840	15.38	7.189	124.96	15.1	75.46	61.71	519	50	1273
Lunch										
Perdue Grilled Chicken Breast Strips	110	2	1	1	0	0	18	340	45	
3 oz , 84 g										
Bertolli Marinara Sauce	80	2	0	13	1	12	2	530	0	

Tuesday, August 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup, 126 g										
Cooked Red Peppers	54	2.24	0.424	8.77	3	6.08	1.44	18	0	306
1 cup										
Cooked Mushrooms (Fat Not Added in Cooking)	11	0.18	0.024	2.05	0.9	0.85	0.84	93	0	138
1/4 cup										
Cooked Broccoli (Fat Not Added in Cooking)	17	0.2	0.038	3.46	1.6	0.67	1.15	135	0	141
1/2 cup, flowerets										
Whole Wheat Spaghetti	215	0.94	0.172	46.16	7.9	1.4	9.28	410	0	77
1 1/4 cups cooked										
Gala Apples	107	0.36	0.059	28.72	5	21.62	0.55	2	0	
8 oz										
Fiber One Chewy Bars - Oats & Chocolate	140	4	2	29	9	10	2	90	0	
1 bar, 40 g										
Total	734	11.92	3.717	132.16	28.4	52.62	35.26	1618	45	662
Dinner										
Peloponnese Kalamata Olives	90	9	1	2			0	420	0	
2 x 5 olives, 30 g										
Cooked Green String Beans (from Fresh, Fat Not Added in Cooking)	66	0.53	0.121	14.66	6	2.89	3.52	555	0	272
1 1/2 cups fresh										
Butter	51	5.76	3.647	0	0	0	0.06	1	15	2
1/2 tbsp										
Barilla White Fiber Mini Penne	200	1	0	43	6	1	6	0	0	
1/6 box, 2 oz										
Baked or Fried Coated Chicken Breast Skinless (Coating Eaten)	464	19.61	4.123	19.23	0.6	0.38	49.61	540	131	450

Tuesday, August 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
7 oz boneless										
Colavita Balsamic Vinegar	26	0		4	0	4	0	0	0	
2 x 1 tbsp, 30 ml										
Extra Virgin Olive Oil	119	13.5	1.864	0	0	0	0	0	0	
1 tbsp										
Lettuce Salad with Assorted Vegetables	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
2 cups										
Total	1038	49.62	10.786	87.54	14.2	10.93	60.29	1546	146	964
Snacks/Other										
Grapes (American Type, Slip Skin)	62	0.32	0.105	15.78	0.8	14.95	0.58	2	0	176
1 cup										
Peanuts in Shell (Shell Not Eaten)	42	3.72	0.615	1.08	0.7	0.3	1.99	23	0	51
1/4 oz, shelled										
Total	104	4.04	0.72	16.86	1.5	15.25	2.57	25	0	227
Total	**2716**	**80.96**	**22.412**	**361.52**	**59.2**	**154.26**	**159.83**	**3708**	**241**	**3126**

Wednesday, August 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Clif Bar Builder's Bar - Chocolate Mint	135	4.5	3	14.5	1	11	10	100	0	95
1/2 x 1 bar, 34 g										
Coffee	4	0.07	0.007	0.14	0	0	0.43	7	0	167
1 1/2 mugs (8 fl oz)										
Bananas	182	0.67	0.228	46.59	5.3	24.95	2.22	2	0	730
1 1/2 large (8" to 8-7/8" long)										
Chobani 0% Plain Greek Yogurt (5.3 oz)	90	0	0	7	0	4	15	70	10	
5.3 oz, 150 g										
Nature's Best Perfect Low Carb Isopure Whey Protein Isolate - Dutch Chocolate	110	0.5	0.25	1.5	1	0	25	160	2.5	375
1/2 x 1 scoop, 16.5 g										
Truvia Sweetener (Packet)	0	0	0	0	0	0	0	0	0	0
4 x 1 packet, 14 g										
President's Choice 100% Pure Maple Syrup	75	0		19.5		17.25	0			
3/4 x 2 tbsp, 22 ml										
Organic Valley Organic Whole Milk	188	10	6.25	15	0	13.75	10	150	37.5	
1 1/4 x 1 cup , 300 ml										
Blueberries	62	0.36	0.03	15.76	2.6	10.83	0.8	1	0	84
3/4 cup										
Total	846	16.1	9.765	119.99	9.9	81.78	63.45	490	50	1451
Lunch										
Kind Fruit & Nut Dark Chocolate Cherry Cashew Bar	180	9	2.5	22	3	14	4	20	0	
1 bar , 40 g										

Wednesday, August 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Toufayan Bakeries Wholesome Wheat Wraps 1 3/4 x 1 wrap, 91 g	245	6.12	0.88	42	5.25	1.75	7	227.5	0	0
Pico De Gallo 2 x 2 tbsp, 60 ml	20	0	0	6	0	4	0	300	0	0
Grilled Chicken 3 1/2 oz boneless	235	13.38	3.729	0	0	0	26.86	401	87	
Kosher Dill Pickle Halves 1/2 pickle, 28 g	5	0	0	0.5	0	0	0	270	0	0
Sweet Red Peppers 1/4 cup chopped	10	0.11	0.022	2.25	0.7	1.56	0.37	1	0	79
Lettuce 1/2 cup shredded or chopped	4	0.04	0.005	0.82	0.3	0.48	0.25	3	0	39
Tomatoes 2 medium slices (1/4" thick)	7	0.08	0.018	1.57	0.5	1.05	0.35	2	0	95
Gala Apples 6 oz	80	0.27	0.044	21.54	3.8	16.21	0.41	2	0	
Total	**786**	**29**	**7.198**	**96.68**	**13.55**	**39.05**	**39.24**	**1226.5**	**87**	**213**
Dinner										
Baked or Fried Coated Chicken Breast Skinless (Coating Eaten) 2 oz boneless	133	5.6	1.178	5.49	0.2	0.11	14.18	154	37	129
Peloponnese Kalamata Olives 5 olives, 15 g	45	4.5	0.5	1			0	210	0	
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	
Near East Original Rice Pilaf Mix 1 cup prepared, 2 oz	220	0.5	0	43	1	0	4	780	0	

Wednesday, August 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lettuce Salad with Assorted Vegetables	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
2 cups										
Baked or Broiled Salmon	216	9.56	1.66	0.62	0	0.14	30.32	591	78	500
5 1/2 oz boneless (yield after cooking)										
Colavita Balsamic Vinegar	26	0		4	0	4	0	0	0	
2 x 1 tbsp, 30 ml										
Total	781	33.88	5.233	58.76	2.8	6.91	49.6	1765	115	869
Snacks/Other										
Grapes (American Type, Slip Skin)	46	0.24	0.079	11.83	0.6	11.21	0.43	1	0	132
3/4 cup										
Nature's Best Perfect Low Carb Isopure Whey Protein Isolate - Dutch Chocolate	110	0.5	0.25	1.5	1	0	25	160	2.5	375
1/2 x 1 scoop, 16.5 g										
Stonyfield Farm Organic Lowfat Milk 1%	110	2.5	1.5	12	0	12	8	125	15	360
1 cup, 240 ml										
Smarties Assorted Flavors Candy Rolls	25	0		6		6	0	0		
1 roll, 7 g										
Kettle Brand Sea Salt Potato Chips	112	6.75	0.75	12	0.75	0	1.5	86.25	0	322.5
3/4 x 9 chips, 1 oz										
Total	403	9.99	2.579	43.33	2.35	29.21	34.93	372.25	17.5	1189.5
Total	**2816**	**88.97**	**24.775**	**318.76**	**28.6**	**156.95**	**187.22**	**3853.75**	**269.5**	**3722.5**

Thursday, August 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Stonyfield Farm Organic Lowfat Milk 1%	138	3.12	1.88	15	0	15	10	156.25	18.75	450
1 1/4 x 1 cup, 300 ml										
Raspberries	48	0.6	0.018	11.01	6	4.08	1.11	1	0	139
3/4 cup										
Coffee	4	0.07	0.007	0.14	0	0	0.43	7	0	167
1 1/2 mugs (8 fl oz)										
Chobani 0% Plain Greek Yogurt (5.3 oz)	90	0	0	7	0	4	15	70	10	
5.3 oz, 150 g										
Bananas	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
1 large (8" to 8-7/8" long)										
Nature's Best Perfect Low Carb Isopure Whey Protein Isolate - Dutch Chocolate	110	0.5	0.25	1.5	1	0	25	160	2.5	375
1/2 x 1 scoop, 16.5 g										
Truvia Sweetener (Packet)	0	0	0	0	0	0	0	0	0	0
4 x 1 packet, 14 g										
Kashi Toasted Berry Crisp	190	4	0.5	35	8	13	9	130	0	160
3/4 cup, 53 g										
President's Choice 100% Pure Maple Syrup	75	0		19.5		17.25	0			
3/4 x 2 tbsp, 22 ml										
Total	776	8.74	2.807	120.21	18.5	69.96	62.02	525.25	31.25	1778
Lunch										
Gala Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia)										
Perdue Grilled Chicken Breast Strips	110	2	1	1	0	0	18	340	45	

Thursday, August 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 oz , 84 g										
Bertolli Marinara Sauce	80	2	0	13	1	12	2	530	0	
1/2 cup, 126 g										
Cooked Red Peppers	54	2.24	0.424	8.77	3	6.08	1.44	18	0	306
1 cup										
Cooked Mushrooms (Fat Not Added in Cooking)	11	0.18	0.024	2.05	0.9	0.85	0.84	93	0	138
1/4 cup										
Cooked Broccoli (Fat Not Added in Cooking)	17	0.2	0.038	3.46	1.6	0.67	1.15	135	0	141
1/2 cup, flowerets										
Whole Wheat Spaghetti	215	0.94	0.172	46.16	7.9	1.4	9.28	410	0	77
1 1/4 cups cooked										
Kind Fruit & Nut Dark Chocolate Cherry Cashew Bar	180	9	2.5	22	3	14	4	20	0	
1 bar , 40 g										
Total	738	16.8	4.197	115.5	20.7	49.34	37.07	1547	45	662
Dinner										
Peloponnese Kalamata Olives	45	4.5	0.5	1			0	210	0	
5 olives, 15 g										
Costco Flank Steak	462	28	11.66	0			48.99	186.64	114.32	
7 oz										
Better than Bouillon Beef Base	10	0	0	1	0	0	1	680	0	0
1 tsp, 6 g										
Osem Whole Wheat Couscous	170	1	0	39	6	0	7	0	0	
1/3 cup dry, 50 g										
Cooked Broccoli (Fat Not Added in Cooking)	51	0.6	0.115	10.39	4.8	2.01	3.45	404	0	423
1 1/2 cups, flowerets										
Colavita Balsamic Vinegar	26	0		4	0	4	0	0	0	

Thursday, August 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 tbsp, 30 ml										
Extra Virgin Olive Oil	90	10.12	1.398	0	0	0	0	0	0	
3/4 tbsp										
Lettuce Salad with Assorted Vegetables	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
2 cups										
Total	876	44.44	13.704	60.04	12.4	8.67	61.54	1510.64	114.32	663
Snacks/Other										
Johnnie Walker Black Label Scotch Whisky	121	0	0	0	0	0	0	0	0	0
1 3/4 x 1 shot, 2 oz										
Snyder's of Hanover Mini Pretzels 100 Calorie Pack	100	0		22	1	1	2	220	0	
1 bag, 26 g										
Nature's Best Perfect Low Carb Isopure Whey Protein Isolate - Dutch Chocolate	110	0.5	0.25	1.5	1	0	25	160	2.5	375
1/2 x 1 scoop, 16.5 g										
Stonyfield Farm Organic Lowfat Milk 1%	110	2.5	1.5	12	0	12	8	125	15	360
1 cup, 240 ml										
Total	441	3	1.75	35.5	2	13	35	505	17.5	735
Total	**2831**	**72.98**	**22.458**	**331.25**	**53.6**	**140.97**	**195.63**	**4087.89**	**208.07**	**3838**

Friday, August 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
New York Bialy	94	1.15	0.15	18	0.95	0	2.95	295	8.5	
1/2 x 1 bialy										
Sun-Maid California Golden Raisins	130	0	0	31	2	29	1	10	0	310
1/4 cup, 40 g										
Great Value Raisins	30	0	0	8	0.25	6	0.25	0	0	75
1/4 x 1/4 cup, 10 g										
Panera Bread Whole Grain Bagel	350	2.5	0	68	6	3	13	480	0	
1 bagel, 123 g										
Cinnamon	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
1 tsp										
Cream Cheese	152	15.17	9.555	1.16	0	0.09	3.28	129	48	52
3 tbsps										
Walnuts	39	3.91	0.368	0.82	0.4	0.16	0.91	0	0	26
6 g										
Stonyfield Farm Organic Lowfat Milk 1%	138	3.12	1.88	15	0	15	10	156.25	18.75	450
1 1/4 x 1 cup, 300 ml										
Nature's Best Perfect Low Carb Isopure Whey Protein Isolate - Dutch Chocolate	110	0.5	0.25	1.5	1	0	25	160	2.5	375
1/2 x 1 scoop, 16.5 g										
Coffee	4	0.07	0.007	0.14	0	0	0.43	7	0	167
1 1/2 mugs (8 fl oz)										
Bananas	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
1 large (8" to 8-7/8" long)										
Truvia Sweetener (Packet)	0	0	0	0	0	0	0	0	0	0
4 x 1 packet, 14 g										
Total	**1174**	**26.94**	**12.377**	**176.52**	**15.3**	**69.93**	**58.39**	**1239.25**	**77.75**	**1954**

Friday, August 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lunch										
Oranges	86	0.22	0.028	21.62	4.4	17.2	1.73	0	0	333
1 large (3-1/16" dia)										
Toufayan Bakeries Wholesome Wheat Wraps	245	6.12	0.88	42	5.25	1.75	7	227.5	0	0
1 3/4 x 1 wrap, 91 g										
Pico De Gallo	20	0	0	6	0	4	0	300	0	0
2 x 2 tbsp, 60 ml										
Grilled Chicken	235	13.38	3.729	0	0	0	26.86	401	87	
3 1/2 oz boneless										
Kosher Dill Pickle Halves	5	0	0	0.5	0	0	0	270	0	0
1/2 pickle, 28 g										
Sweet Red Peppers	10	0.11	0.022	2.25	0.7	1.56	0.37	1	0	79
1/4 cup chopped										
Lettuce	4	0.04	0.005	0.82	0.3	0.48	0.25	3	0	39
1/2 cup shredded or chopped										
Tomatoes	7	0.08	0.018	1.57	0.5	1.05	0.35	2	0	95
2 medium slices (1/4" thick)										
Total	612	19.95	4.682	74.76	11.15	26.04	36.56	1204.5	87	546
Dinner										
Birds Eye Steamfresh Whole Green Beans	52	0	0	7.5	3	3	1.5	0	0	0
1 1/2 x 1 cup frozen, 123 g										
Baked or Fried Coated Chicken Breast Skinless (Coating Eaten)	232	9.8	2.062	9.61	0.3	0.19	24.81	270	65	225
3 1/2 oz boneless										
Colavita Balsamic Vinegar	26	0		4	0	4	0	0	0	
2 x 1 tbsp, 30 ml										

Friday, August 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Extra Virgin Olive Oil 3/4 tbsp	90	10.12	1.398	0	0	0	0	0	0	
Lettuce Salad with Assorted Vegetables 2 cups	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
Osem Whole Wheat Couscous 1/3 cup dry, 50 g	170	1	0	39	6	0	7	0	0	
Better than Bouillon Beef Base 1 tsp, 6 g	10	0	0	1	0	0	1	680	0	0
Costco Flank Steak 1 1/4 x 1 serving, 4 oz	248	15	6.25	0			26.25	100	61.25	
Total	850	36.14	9.741	65.76	10.9	9.85	61.66	1080	126.25	465
Snacks/Other										
Johnnie Walker Black Label Scotch Whisky 1 1/2 x 1 shot, 1.5 oz	104	0	0	0	0	0	0	0	0	0
Baby Carrots 5 oz	50	0.18	0.033	11.68	2.6	6.75	0.91	111	0	336
Utz Old Fashioned Pretzel Rods 10 g	40	0.33	0	7.99	0.33	0.33	1	133.2	0	
Total	194	0.51	0.033	19.67	2.93	7.08	1.91	244.2	0	336
Total	**2830**	**83.54**	**26.833**	**336.71**	**40.28**	**112.9**	**158.52**	**3767.95**	**291**	**3301**

Saturday, August 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vermont Bread Organic Soft Multigrain Bread	220	4	0	42	6	4	6	340	0	
2 x 1 slice, 80 g										
Strawberry Preserves	50	0	0	13		13	0	0	0	0
1 tbsp, 20 g										
Skippy Natural Creamy Peanut Butter	95	8	1.75	3	1	1.5	3.5	75	0	
1/2 x 2 tbsp, 16 g										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Panera Bread Whole Grain Bagel	350	2.5	0	68	6	3	13	480	0	
1 bagel, 123 g										
Raspberries	48	0.6	0.018	11.01	6	4.08	1.11	1	0	139
3/4 cup										
Bananas	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
1 large (8" to 8-7/8" long)										
Truvia Sweetener (Packet)	0	0	0	0	0	0	0	0	0	0
4 x 1 packet, 14 g										
Sun-Maid California Golden Raisins	130	0	0	31	2	29	1	10	0	310
1/4 cup, 40 g										
President's Choice 100% Pure Maple Syrup	75	0		19.5		17.25	0			
3/4 x 2 tbsp, 22 ml										
Organic Valley Organic Whole Milk	38	2	1.25	3	0	2.75	2	30	7.5	
1/4 x 1 cup , 60 ml										
Chobani 0% Plain Greek Yogurt (5.3 oz)	90	0	0	7	0	4	15	70	10	

Saturday, August 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
5.3 oz, 150 g										
Coffee	4	0.07	0.007	0.14	0	0	0.43	7	0	167
1 1/2 mugs (8 fl oz)										
Total	1323	29.14	10.471	228.72	24.5	95.22	43.64	1016	48.5	1106
Lunch										
Gala Apples	109	0.36	0.06	29.27	5.1	22.04	0.56	2	0	
1 large (3-1/4" dia)										
Fiber One Chewy Bars - Oats & Chocolate	140	4	2	29	9	10	2	90	0	
1 bar, 40 g										
Nature's Best Perfect Low Carb Isopure Whey Protein Isolate - Dutch Chocolate	220	1	0.5	3	2	0	50	320	5	750
1 scoop, 33 g										
Stonyfield Farm Organic Lowfat Milk 1%	220	5	3	24	0	24	16	250	30	720
2 x 1 cup, 480 ml										
Total	689	10.36	5.56	85.27	16.1	56.04	68.56	662	35	1470
Dinner										
Cooked Summer Squash (Fat Added in Cooking)	103	6.35	1.211	11.71	3.9	6.97	2.47	744	0	516
1 1/2 cups slices										
Stop & Shop Corn on the Cob	72	0.94		15.95	2.81	2.81	0.94	10.32	184.79	184.79
3 g										
Beef Porterhouse Steak (Trimmed to 1/4" Fat)	675	49.07	19.403	0	0	0	54.46	150	179	726
10 oz										
Colavita Balsamic Vinegar	26	0		4	0	4	0	0	0	
2 x 1 tbsp, 30 ml										
Extra Virgin Olive Oil	90	10.12	1.398	0	0	0	0	0	0	

Saturday, August 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3/4 tbsp										
Lettuce Salad with Assorted Vegetables	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
2 cups										
Total	988	66.7	22.043	36.31	8.31	16.44	58.97	934.32	363.79	1666.79
Snacks/Other										
Grapes (American Type, Slip Skin)	62	0.32	0.105	15.78	0.8	14.95	0.58	2	0	176
1 cup										
Friendly's Premium French Vanilla Ice Cream	70	3.5	2	8.5	0	7.5	1.5	22.5	25	
1/2 x 1/2 cup, 33.5 g										
Jason's Deli Strawberry Short Cake	304	11.08	6.65	46.56	0.74	26.6	4.43	385.02	39.91	
150 g										
Canada Dry Ginger Ale (12 oz)	35	0	0	9	0	8.75	0	12.5	0	
1/4 x 1 can, 3 oz										
Carando Classic Italian Hard Salami	100	8	3	0	0	0	6	510	25	
4 slices, 28 g										
Havarti Cheese	53	4.21	2.66	0.4	0	0.07	3.29	79	13	
1/2 slice (1 oz)										
Johnnie Walker Black Label Scotch Whisky	104	0	0	0	0	0	0	0	0	0
1 1/2 x 1 shot, 1.5 oz										
Skratch Labs 859943003452	240	0	0	60		60	0	1080		120
6 x 1/2 scoop (12 grams)										
Total	968	27.11	14.415	140.24	1.54	117.87	15.8	2091.02	102.91	296
Total	**3968**	**133.31**	**52.489**	**490.54**	**50.45**	**285.57**	**186.97**	**4703.34**	**550.2**	**4538.79**

Sunday, August 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chobani 0% Plain Greek Yogurt (5.3 oz)	90	0	0	7	0	4	15	70	10	
5.3 oz, 150 g										
President's Choice 100% Pure Maple Syrup	75	0		19.5		17.25	0			
3/4 x 2 tbsp, 22 ml										
Truvia Sweetener (Packet)	0	0	0	0	0	0	0	0	0	0
4 x 1 packet, 14 g										
Kashi GOLEAN Crisp! Toasted Berry Crumble	190	4	0	34	8	11	9	125	0	250
3/4 cup, 53 g										
Blueberries	62	0.36	0.03	15.76	2.6	10.83	0.8	1	0	84
3/4 cup										
Bananas	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
1 large (8" to 8-7/8" long)										
Stonyfield Farm Organic Lowfat Milk 1%	28	0.62	0.38	3	0	3	2	31.25	3.75	90
1/4 x 1 cup, 60 ml										
Coffee	4	0.07	0.007	0.14	0	0	0.43	7	0	167
1 1/2 mugs (8 fl oz)										
Nature's Best Perfect Low Carb Isopure Whey Protein Isolate - Dutch Chocolate	110	0.5	0.25	1.5	1	0	25	160	2.5	375
1/2 x 1 scoop, 16.5 g										
Stonyfield Farm Organic Lowfat Milk 1%	110	2.5	1.5	12	0	12	8	125	15	360
1 cup, 240 ml										
Total	790	8.5	2.319	123.96	15.1	74.71	61.71	520.25	31.25	1813

Lunch

Sunday, August 7, 2016

	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
Whole Wheat Bread 2 regular slices	135	2.14	0.465	24.51	2.3	2.85	4.75	276	0	106
Hashed Brown Potatoes 1 cup	302	18.43	8.647	32.3			3.89	580	19	534
Egg Omelet or Scrambled Egg with Peppers, Onion and Ham 3 large	363	25.12	7.818	6.07	0.5	4.81	26.45	1090	581	412
Total	851	51.45	20.577	62.88	2.8	7.66	35.15	1947	615	1054

Dinner

Kikkoman Wasabi Sauce 1 tsp, 5 g	10	1		1	0	0	0	35	0	
Kikkoman Soy Sauce 4 x 1 tbsp, 60 ml	40	0	0	0	0	0	8	3680	0	0
Sesame Orange Ginger Dressing 1/4 x 1 serving	82	7	1	4.75	0	4.25	0.25	67.5	0	
Spicy Tuna Roll 3/4 x 1 roll (8 pieces), 260 g	218	8.25		19.5	2.62		18			
Lettuce Salad with Assorted Vegetables 1 cup	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
Sushi 10 pieces	372	1.09	0.226	77.74	2.1	16.3	11.18	1550	8	335
Miso Soup 1 cup	84	3.36	0.622	7.78	1.9	2.59	6.02	998	0	367
Total	817	20.81	1.863	113.09	7.42	24.47	44	6345.5	8	822

Snacks/Other

Sunday, August 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hershey's Milk Chocolate Kisses 5 g	34	2.05	1.2	4.28	0.17	3.93	0.51	5.98	1.71	
Cadbury Adams Sour Patch Kids 1 1/2 x 12 pieces, 45 g	225	0	0	55.5	0	39	0	37.5	0	0
Grapes (American Type, Slip Skin) 3 cups	185	0.97	0.315	47.33	2.5	44.85	1.74	6	0	527
Total	444	3.02	1.515	107.11	2.67	87.78	2.25	49.48	1.71	527
Total	2902	83.78	26.274	407.04	27.99	194.62	143.11	8862.23	655.96	4216