Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	414	9.99	75.79	17.77
Lunch	863	42.84	92.84	32.49
Dinner	537	21.18	63.43	23.02
Snacks/Other	264	11.8	35.42	4.53
Total	**2078**	**85.81**	**267.49**	**77.82**

Monday, September 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
General Mills Cheerios Protein 1 1/4 cups, 55 g	210	3	1	42	4	17	7	280	0	150
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
Total	339	7.95	4.081	53.42	4	29.35	15.9	394	20	864
Lunch										
12" Original Crust Pizza - Cheese 1 slice, 91 g	210	8	2.5	27	1	3	9	510	15	
Dinner										
Frankfurter or Hot Dog on Bun 2 frankfurters on bun	500	29.95	11.234	37.81	1.5	4.57	18.12	1435	48	231
Harvest Cheddar 14 chips, 28 g	140	6	1	18	2	2	2	210	0	70
Total	640	35.95	12.234	55.81	3.5	6.57	20.12	1645	48	301
Snacks/Other										
Vanilla Ice Creams 1 cup	289	15.84	9.778	33.98	1	30.56	5.04	115	63	287
iLance Nekot Cookies Sweet 'n Creamy Peanut Butter (6 cookies) 1 package, 49 g	240	11	3	32	1	11	5	170	0	
White Cake with Icing (Home Recipe or Purchased)	189	6.54	1.329	31.92	0.1	25.64	1.34	140	0	26

Monday, September 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3/4 piece (1/10 1-layer, 8" or 9" dia)										
Total	718	33.38	14.107	97.9	2.1	67.2	11.38	425	63	313
Total	**1907**	**85.28**	**32.922**	**234.13**	**10.6**	**106.12**	**56.4**	**2974**	**146**	**1478**

Tuesday, September 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Margarine 1/2 tbsp	38	4.23	0.718	0	0	0	0.04	56	0	2
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
Jelly (All Flavors) 2 tbsps	101	0.01	0.002	26.58	0.4	19.46	0.06	11	0	21
Plain or Buttermilk Biscuits 2 biscuits (2-1/2" dia)	424	19.56	5.189	53.52	1.8	2.62	8.4	696	4	145
Total	570	23.94	5.923	80.1	2.2	22.08	9.35	777	4	516
Lunch										
Sun Chips Original 16 chips, 1 oz	140	6	1	18	3	2	2	120	0	60
Sargento Deli Style Sliced Natural Cheddar Cheese 1 slice, 21 g	80	7	4	0	0	0	5	140	20	
White Bread 2 slices	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Market Pantry Honey Ham 2 oz, 56 g	60	1.5	0.5	3	0	2	10	420	30	
Total	433	17.64	5.858	48.3	4.2	7.06	20.82	1145	50	110
Dinner										
Cary's Sugar Free Syrup 2 x 1/4 cup, 120 ml	60	0		16	2	0	0	230	0	

Tuesday, September 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Plain Waffle	574	17.67	3.62	90.35	4.6	8.73	13.5	1332	26	261
5 square (4" square) (include frozen)										
Total	634	17.67	3.62	106.35	6.6	8.73	13.5	1562	26	261

Snacks/Other

Total	1637	59.25	15.401	234.75	13	37.87	43.67	3484	80	887

Wednesday, October 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
Food Lion Tasteeos Toasted Oat Cereal 1 cup	100	1.5	0	21	3	1	3	190	0	170
Nectarines 1 fruit (2-1/2" dia)	60	0.44	0.034	14.35	2.3	10.73	1.44	0	0	273
Bloom Blueberry Nonfat Yogurt 0.9 x 1 container	81	0		15.3	0	9.9	5.4	94.5	3.6	243
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
Total	430	7.89	3.115	87.07	19.3	33.98	20.74	508.5	23.6	1500
Lunch										
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Trader Joe's Dill Havarti Cheese 2 x 1 oz, 56 g	220	20	12	0	0	0	12	380	70	
Keebler Club Crackers Original 2 x 4 crackers, 28 g	140	6	0	18	2	2	2	250	0	
Nectarines 1 fruit (2-1/2" dia)	60	0.44	0.034	14.35	2.3	10.73	1.44	0	0	273
Nature's Own Double Fiber Wheat Bread (28g) 2 x 1 slice, 56 g	100	1	0	26	10	1	6	270	0	
Market Pantry Honey Ham	60	1.5	0.5	3	0	2	10	420	30	

Wednesday, October 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 oz, 56 g										
Kraft Miracle Whip Light Dressing	20	1.5	0	2	0	0.9	0	125	0	
1 tbsp, 15 g										
Sargento Deli Style Sliced Natural Cheddar Cheese	80	7	4	0	0	0	5	140	20	
1 slice, 21 g										
Total	729	39.91	17.3	69.76	14.6	20.06	36.99	1615	120	288
Dinner										
Spaghetti with Meat Sauce (Entree)	408	4.58	1.588	69.13	8.2	11.79	22.91	758	27	653
16 oz										
Snacks/Other										
Sun Chips Original	280	12	2	36	6	4	4	240	0	120
2 x 16 chips, 2 oz										
Trader Joe's Dill Havarti Cheese	165	15	9	0	0	0	9	285	52.5	
1 1/2 x 1 oz, 42 g										
Keebler Club Crackers Original	70	3	0	9	1	1	1	125	0	
4 crackers, 14 g										
Total	515	30	11	45	7	5	14	650	52.5	120
Total	**2082**	**82.38**	**33.003**	**270.96**	**49.1**	**70.83**	**94.64**	**3531.5**	**223.1**	**2561**

Thursday, October 2, 2014

	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) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Bloom Blueberry Nonfat Yogurt 0.9 x 1 container	81	0		15.3	0	9.9	5.4	94.5	3.6	243
Food Lion Tasteeos Toasted Oat Cereal 1 cup	100	1.5	0	21	3	1	3	190	0	170
Fiber One Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
Total	370	7.45	3.081	72.72	17	23.25	19.3	508.5	23.6	1227
Lunch										
Spaghetti with Tomato Sauce and Meatballs 2 cups	759	26.78	7.807	92.36	5.5	20.09	35.81	1929	114	1185
Dinner										
uStouffers Stouffer's Family Style Favorites Grandma's Chicken & Vegetable Rice Bake W/White Meat Chicken 1 1/2 x 1 cup	435	15		49.5			25.5			
Snacks/Other										
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Nestle Heavenly Hash Ice Cream	260	9	6	42	0	32	2	100	40	

Thursday, October 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1/2 cup, 250 ml										
Total	332	9.23	6.038	61.06	3.3	46.33	2.36	101	40	
Total	1896	58.46	16.926	275.64	25.8	89.67	82.97	2538.5	177.6	2412

Friday, October 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Fiber One Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
Food Lion Tasteeos Toasted Oat Cereal 1 cup	100	1.5	0	21	3	1	3	190	0	170
Bloom Blueberry Nonfat Yogurt 0.9 x 1 container	81	0		15.3	0	9.9	5.4	94.5	3.6	243
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
Total	442	7.68	3.119	91.78	20.3	37.58	19.66	509.5	23.6	1227
Lunch										
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Red Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Sargento Deli Style Sliced Natural Cheddar Cheese 1 slice, 21 g	80	7	4	0	0	0	5	140	20	
Kraft Miracle Whip Light Dressing 1 tbsp, 15 g	20	1.5	0	2	0	0.9	0	125	0	
Market Pantry Honey Ham 2 oz, 56 g	60	1.5	0.5	3	0	2	10	420	30	

Friday, October 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nature's Own Double Fiber Wheat Bread (28g) 2 x 1 slice, 56 g	100	1	0	26	10	1	6	270	0	
Keebler Club Crackers Original 2 x 4 crackers, 28 g	140	6	0	18	2	2	2	250	0	
Trader Joe's Dill Havarti Cheese 1 oz, 28 g	110	10	6	0	0	0	6	190	35	
Total	676	35.29	12.185	71.19	16.3	21.71	33.37	1469	85	104
Dinner										
Sun Chips Harvest Cheddar 3/4 x 14 chips, 21 g	105	4.5	0.75	13.5	1.5	1.5	1.5	157.5	0	52.5
Frankfurter or Hot Dog on Bun 1 frankfurter on bun	250	14.98	5.617	18.9	0.8	2.29	9.06	717	24	116
Spaghetti with Meat Sauce (Entree) 10 oz	255	2.86	0.992	43.21	5.1	7.37	14.32	473	17	408
Total	610	22.34	7.359	75.61	7.4	11.16	24.88	1347.5	41	576.5
Snacks/Other										
Breyers Oreo Cookies & Cream Ice Cream 2 x 2/3 cup, 164 g	280	10	5	44	0	30	4	140	20	
Total	**2008**	**75.31**	**27.663**	**282.58**	**44**	**100.45**	**81.91**	**3466**	**169.6**	**1907.5**

Saturday, October 4, 2014

	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) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Bloom Blueberry Nonfat Yogurt 0.9 x 1 container	81	0		15.3	0	9.9	5.4	94.5	3.6	243
Food Lion Tasteeos Toasted Oat Cereal 1 cup	100	1.5	0	21	3	1	3	190	0	170
Fiber One Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
Total	377	7.59	3.095	72.72	17	23.25	20.15	522.5	23.6	1575
Lunch										
IHOP Chorizo Fiesta Omelette 1 omelette	1250	103	34	36	4	13	50	3330	950	
Dinner										
KFC Macaroni & Cheese (Individual) 1 bowl, 136 g	170	7	2.5	22	1	2	5	720	5	
Baked or Fried Coated Chicken Wing with Skin 1 small (yield after cooking, bone removed)	137	9.16	2.258	4.64	0.2	0.1	8.45	136	34	63
Baked or Fried Coated Chicken Breast with Skin	313	15.92	3.654	11.38	0.4	0.26	29.36	340	88	257

Saturday, October 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 small (yield after cooking, bone removed)										
Total	620	32.08	8.412	38.02	1.6	2.36	42.81	1196	127	320

Snacks/Other

Total	2247	142.67	45.507	146.74	22.6	38.61	112.96	5048.5	1100.6	1895

Sunday, October 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Original Cereal 1/2 cup, 30 g	60	1	0	25	14	0	2	110	0	100
Tasteeos Toasted Oat Cereal 1 cup	100	1.5	0	21	3	1	3	190	0	170
Blueberry Nonfat Yogurt 0.9 x 1 container	81	0		15.3	0	9.9	5.4	94.5	3.6	243
2% Fat Milk 1 cup	122	4.81	3.067	11.42	0	12.35	8.05	100	20	366
Coffee (Brewed From Grounds) 3 cups (8 fl oz)	7	0.14	0.014	0	0	0	0.85	14	0	348
Total	370	7.45	3.081	72.72	17	23.25	19.3	508.5	23.6	1227
Lunch										
White Cake (Without Frosting) 7 pieces (1/12 9" dia)	1849	64.23	16.933	296.3	4.1	183.84	27.97	1694	10	492
Chicken Tenders 1/2 x 3 strips	135	5	1.25	9	0	0.75	13.5	435	35	
Total	1984	69.23	18.183	305.3	4.1	184.59	41.47	2129	45	492
Dinner										
Angel Food Cake 1 piece (1/12 10" dia)	143	0.15	0.024	32.6	0.1	16.93	3.41	283	0	75
Creamy Peanut Butter 2 tbsp, 32 g	190	16	3	7	2	3	7	150	0	
Crackers - Fresh Stack 5 crackers, 16 g	80	4.5	1	10	0	1	1	135	0	10
Total	413	20.65	4.024	49.6	2.1	20.93	11.41	568	0	85

Sunday, October 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**2767**	**97.33**	**25.288**	**427.62**	**23.2**	**228.77**	**72.18**	**3205.5**	**68.6**	**1804**