Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	200	6.32	16.28	23.04
Lunch	377	16.98	19.84	36.28
Dinner	489	16.92	29.12	44.14
Snacks/Other	200	6.49	21.49	15.21
Total	**1266**	**46.71**	**86.73**	**118.67**

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										
Oat Bran 1/4 cup	58	1.65	0.312	15.56	3.6	0.34	4.07	1	0	133
Fage Total 0% Greek Yogurt 1/4 x 1 cup, 57 g	32	0	0	2.25	0	2.25	5.75	21.25	0	0
Fresh & Easy Liquid Egg Whites 3/4 x 1/2 cup	45	0	0	0.75	0	0.75	9.75	150	0	0
Lascco Nova Smoked Salmon 1/2 x 2 oz, 28.5 g	55	3	0.5	2	0	0.5	5.5	325	15	0
Total	190	4.65	0.812	20.56	3.6	3.84	25.07	497.25	15	133
Lunch										
Nonfat Cappuccino 2 coffee cups (6 fl oz)	68	0.38	0.221	9.31	0.4	9.31	6.46	100	4	
Wegmans Organic Grass Fed Strip Steak 3 x 3 oz cooked, 252 g	390	13.5	7.5	0	0	0	69	120	135	
Total	458	13.88	7.721	9.31	0.4	9.31	75.46	220	139	
Dinner										
Trader Joe's Sweet Italian Style Chicken Sausage 3 x 1 link, 204 g	300	18	6	6	0	3	33	1350	165	
Snacks/Other										
Turkey Bacon 4 thin slices (yield after cooking)	122	8.93	2.654	0.99	0	0	9.47	731	31	126
Designer Whey Chocolate Protein Shake	100	2	0	5	2	3	18	260	15	190

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 bottle, 311 g										
Total	222	10.93	2.654	5.99	2	3	27.47	991	46	316
Total	**1170**	**47.46**	**17.187**	**41.86**	**6**	**19.15**	**161**	**3058.25**	**365**	**449**

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										
Oat Bran 1/4 cup	58	1.65	0.312	15.56	3.6	0.34	4.07	1	0	133
Fage Total 0% Greek Yogurt 1/4 x 1 cup, 57 g	32	0	0	2.25	0	2.25	5.75	21.25	0	0
Fresh & Easy Liquid Egg Whites 3/4 x 1/2 cup	45	0	0	0.75	0	0.75	9.75	150	0	0
Lascco Nova Smoked Salmon 1/2 x 2 oz, 28.5 g	55	3	0.5	2	0	0.5	5.5	325	15	0
Total	190	4.65	0.812	20.56	3.6	3.84	25.07	497.25	15	133
Lunch										
Signature Cafe Greek Salad 1 salad, 383 g	290	22	4	22	3	12	8	1370	10	
Trader Joe's Tuna Salad 1 3/4 x 1/2 cup, 175 g	245	14	1.75	8.75	7	0	19.25	752.5	35	
Total	535	36	5.75	30.75	10	12	27.25	2122.5	45	
Dinner										
White Table Wine 2 5 fl oz servings	244	0	0	7.64	0	2.82	0.21	15	0	209
Goats Cheese (Soft) 1 oz	76	5.98	4.132	0.25	0	0.25	5.25	104	13	7
Kame Rice Crackers 16 crackers, 28 g	110	1		24			2			
Chocolate Cupcake with Icing or Filling 1 cupcake	120	4.64	0.915	19.3	0.3	10.99	1.09	136	5	39

Wednesday, April 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Couscous (Cooked) 1/2 cup of	88	0.13	0.023	18.23	1.1	0.08	2.98	4	0	46
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Chicken Breast 1 small (yield after cooking, bone removed)	328	12.97	3.649	0	0	0	49.64	660	139	408
Pistachio Nuts 1 oz (49 kernels)	158	12.6	1.542	7.93	2.9	2.17	5.84	0	0	291
Total	1158	37.45	10.29	85.19	8	17.85	69.01	926	157	1230
Snacks/Other										
Nonfat Cappuccino 2 coffee cups (6 fl oz)	68	0.38	0.221	9.31	0.4	9.31	6.46	100	4	
Total	1951	78.48	17.073	145.81	22	43	127.79	3645.75	221	1363

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										
Oat Bran 1/4 cup	58	1.65	0.312	15.56	3.6	0.34	4.07	1	0	133
Fage Total 0% Greek Yogurt 1/4 x 1 cup, 57 g	32	0	0	2.25	0	2.25	5.75	21.25	0	0
Fresh & Easy Liquid Egg Whites 3/4 x 1/2 cup	45	0	0	0.75	0	0.75	9.75	150	0	0
Lascco Nova Smoked Salmon 1/2 x 2 oz, 28.5 g	55	3	0.5	2	0	0.5	5.5	325	15	0
Total	190	4.65	0.812	20.56	3.6	3.84	25.07	497.25	15	133
Lunch										
Wal-mart Deli Tuna Salad 1/2 cup, 100 g	240	20	3	7	1	5	10	450	35	
Target Chicken Tenders 3 strips	270	10	2.5	18	0	1.5	27	870	70	
Total	510	30	5.5	25	1	6.5	37	1320	105	
Dinner										
Cocoa Powder (Unsweetened) 2 tbsps	25	1.48	0.872	5.86	3.6	0.19	2.12	2	0	165
Calabro Fat Free Ricotta Cheese 2 x 1/4 cup, 110 g	60	0	0	4	0	4	12	48	0	
Jennie-O Ground Turkey 93/7 2 x 4 oz, 224 g	340	16	5	0	0	0	42	160	160	
Total	425	17.48	5.872	9.86	3.6	4.19	56.12	210	160	165

Thursday, April 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kroger Hard Salami 6 slices, 30 g	110	10		0	0	0	6	460	25	
Nonfat Cappuccino 1 coffee cup (6 fl oz)	34	0.19	0.111	4.65	0.2	4.65	3.23	50	2	
Total	144	10.19	0.111	4.65	0.2	4.65	9.23	510	27	
Total	1269	62.32	12.295	60.07	8.4	19.18	127.42	2537.25	307	298

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										
Cleanse Fast Metabolism 2 scoops, 51.5 g	210	8	1.5	12	3	1	21			
Lunch										
Cleanse Fast Metabolism 2 scoops, 51.5 g	210	8	1.5	12	3	1	21			
Dinner										
Fresh Direct Turkey Chili with Beans 2 1/4 x 1 cup, 511 g	382	6.75	0	33.75	9	9	40.5	1395	90	
Snacks/Other										
Jicama 3/4 cup	37	0.09	0.02	8.6	4.8	1.76	0.7	4	0	146
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Kroger Grape Tomatoes 1 1/4 x 3 oz, 106 g	31	0	0	7.5	1.25	3.75	1.25	0	0	187.5
Raspberries 1/2 cup	32	0.4	0.012	7.34	4	2.72	0.74	1	0	93
Total	172	0.72	0.071	42.5	13.35	22.57	3.05	6	0	574.5
Total	**974**	**23.47**	**3.071**	**100.25**	**28.35**	**33.57**	**85.55**	**1401**	**90**	**574.5**

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										
Cleanse Fast Metabolism 2 scoops, 51.5 g	210	8	1.5	12	3	1	21			
Lunch										
Fresh Direct Turkey Chili with Beans 2 x 1 cup, 454 g	340	6	0	30	8	8	36	1240	80	
Dinner										
Fresh Direct Turkey Chili with Beans 2 x 1 cup, 454 g	340	6	0	30	8	8	36	1240	80	
Snacks/Other										
Raspberries 1/2 cup	32	0.4	0.012	7.34	4	2.72	0.74	1	0	93
Kroger Grape Tomatoes 1 1/4 x 3 oz, 106 g	31	0	0	7.5	1.25	3.75	1.25	0	0	187.5
Cleanse Fast Metabolism 2 scoops, 51.5 g	210	8	1.5	12	3	1	21			
Total	273	8.4	1.512	26.84	8.25	7.47	22.99	1	0	280.5
Total	**1163**	**28.4**	**3.012**	**98.84**	**27.25**	**24.47**	**115.99**	**2481**	**160**	**280.5**

Sunday, May 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cleanse Fast Metabolism 2 scoops, 51.5 g	210	8	1.5	12	3	1	21			
Lunch										
Cleanse Fast Metabolism 2 scoops, 51.5 g	210	8	1.5	12	3	1	21			
Dinner										
Hot and Sour Soup 2 cups	327	15.81	5.388	9.91	0.5	3.17	30.21	3109	68	747
Snacks/Other										
Cleanse Fast Metabolism 2 scoops, 51.5 g	210	8	1.5	12	3	1	21			
Jicama 3/4 cup	37	0.09	0.02	8.6	4.8	1.76	0.7	4	0	146
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Total	319	8.32	1.559	39.66	11.1	17.1	22.06	5	0	294
Total	**1066**	**40.13**	**9.947**	**73.57**	**17.6**	**22.27**	**94.27**	**3114**	**68**	**1041**