Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	683	29.82	67.81	36.58
Lunch	825	28.41	89.58	51.43
Dinner	537	22.17	48.22	35.34
Snacks/Other	168	6.33	22.43	5.73
Total	**2213**	**86.73**	**228.05**	**129.08**

Wednesday, June 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Smithfield Spiral Sliced Smoked Ham 2 x 3 oz, 168 g	300	16	8	12	0	8	28	1220	80	0
Wellsley Farms Hamburger Bun 2 x 1 roll, 78 g	220	2		40	2	4	8	360	0	
Total	520	18	8	52	2	12	36	1580	80	0
Lunch										
Chicken Drumstick (Skin Not Eaten) 1 large (yield after cooking, bone and skin removed)	94	3.09	0.807	0	0	0	15.43	229	51	134
Chicken Breast (Skin Not Eaten) 3 oz boneless (yield after cooking, skin removed)	79	1.7	0.481	0	0	0	14.76	190	40	122
Deep Fried Potato French Fries (from Frozen) 1 1/2 10 strip portions (3-1/2" to 4")	373	19.93	4.72	43.91	4.1	0.8	4.4	226	0	647
Ground Beef (80% Lean / 20% Fat, Patty, Cooked, Broiled) 1.2 patties	250	16.47	6.252	0	0	0	23.79	69	84	281
Wellsley Farms Hamburger Bun 1 roll, 39 g	110	1		20	1	2	4	180	0	
Stop & Shop Corn on the Cob 1 ear, 3.2 g	77	1		17	3	3	1	11	197	197
Smithfield Spiral Sliced Smoked Ham 3 oz, 84 g	150	8	4	6	0	4	14	610	40	0
Total	1133	51.19	16.26	86.91	8.1	9.8	77.38	1515	412	1381

Wednesday, June 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Bolthouse Farms Classic Ranch Yogurt Dressing	22	1.5	0.25	1.5	0	1	0.5	135	2.5	
1/2 x 2 tbsp, 15 g										
Sodexo Garden Salad	30	0.5	0	6	2	3.5	1	32.5	0	
1/2 x 1, 126 g										
Riserva Porcini Mushrooms with Truffle Oil	100	5	1.5	9	2	6	3	420	5	
1/2 cup, 125 g										
Buitoni Chicken & Prosciutto Tortelloni	412	11.25	3.75	57.5	2.5	3.75	18.75	812.5	50	
1 1/4 x 1 cup, 136 g										
Total	564	18.25	5.5	74	6.5	14.25	23.25	1400	57.5	
Snacks/Other										
Total	**2217**	**87.44**	**29.76**	**212.91**	**16.6**	**36.05**	**136.63**	**4495**	**549.5**	**1381**

Thursday, June 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Campari Cocktail Tomatoes 3 oz, 85 g	15	0	0	4	1	3	1	15	0	0
Onions 0.12 cup chopped	8	0.02	0.005	1.94	0.3	0.82	0.18	1	0	28
Stop & Shop Corn on the Cob 1 ear, 3.2 g	77	1		17	3	3	1	11	197	197
Tribe Organic Hummus Classic 2 tbsp, 28 g	60	3.5		4	1	0	2	130	0	
Wellsley Farms Hamburger Bun 1 roll, 39 g	110	1		20	1	2	4	180	0	
Smithfield Spiral Sliced Smoked Ham 1 1/3 x 3 oz, 112 g	200	10.64	5.32	7.98	0	5.32	18.62	811.3	53.2	0
Total	470	16.16	5.325	54.92	6.3	14.14	26.8	1148.3	250.2	225
Lunch										
Wellsley Farms Hamburger Bun 1 roll, 39 g	110	1		20	1	2	4	180	0	
Subway Double Chicken Chopped Salad 1 1/2 x 1 salad, 640.5 g	330	6.75	2.25	15	6	9	54	735	0	
Total	440	7.75	2.25	35	7	11	58	915	0	
Dinner										
Snacks/Other										
Tribe Organic Hummus Classic	60	3.5		4	1	0	2	130	0	

Thursday, June 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 28 g										
Wellsley Farms New England Style Hot Dog Rolls	110	1	0	21	1	2	4	190	0	
1 roll, 39 g										
Macadamia Nuts	153	16.11	2.564	2.94	1.8	0.97	1.68	1	0	78
3/4 oz (10-12 kernels)										
Total	323	20.61	2.564	27.94	3.8	2.97	7.68	321	0	78
Total	1233	44.52	10.139	117.86	17.1	28.11	92.48	2384.3	250.2	303

Friday, June 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Milk (2% Lowfat with Added Vitamin A) 0.12 cup	15	0.58	0.368	1.37	0	1.48	0.97	12	2	44
Sugar 1/2 tsp	8	0	0	2.1	0	2.1	0	0	0	0
Dunkin' Donuts Blueberry Cake Donut 1 donut	340	17	8	44	1	21	4	570	30	
Dunkin' Donuts Hash Browns (6) 6 pieces	130	7	1	15	2		1	480	0	
Dunkin' Donuts Angus Steak & Egg Sandwich 1 sandwich	570	19	10	67	4	7	33	1300	125	
Total	1065	43.63	19.373	129.56	7	31.58	39.25	2367	157	155
Lunch										
Maruchan Ramen noodles no flavor packet 1/2 x 1 block	190	7	3.5	26	1	0	5	110	0	
Maruchan Ramen Noodle Soup - Beef Flavor 2 x 1/2 block, 86 g	380	14	7	52	1	2	8	1580	0	
Quaker Chewy Granola Bars - Peanut Butter Chocolate Chip 1 bar, 24 g	100	3	1	17	1	7	3	90	0	0
Total	670	24	11.5	95	3	9	16	1780	0	0

Friday, June 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Trader Joe's Pico De Gallo Salsa	10	0	0	4	0	2	0	160	0	
2 x 2 tbsp, 78 g										
Trader Joe's Chicken Chile Verde Burrito	360	9	1.5	49	3	2	21	960	50	
1 burrito, 198 g										
Trader Joe's Beef Steak Burrito	380	9	1.5	63	6	2	16	1040	15	
1 burrito, 227 g										
White Table Wine	122	0	0	3.82	0	1.41	0.1	7	0	104
1 5 fl oz serving										
Trader Joe's Cheddar Cheese Sticks	180	7		20	2	0	8	220	20	
2 x 2 sticks, 38 g										
Trader Joe's Thai Lime & Chili Cashews	180	14	3	5	1		5	85		
1/4 cup, 30 g										
Total	1232	39	6	144.82	12	7.41	50.1	2472	85	104
Snacks/Other										
Total	**2967**	**106.63**	**36.873**	**369.38**	**22**	**47.99**	**105.35**	**6619**	**242**	**259**

Saturday, June 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Thai Lime & Chili Cashews 1/4 cup, 30 g	180	14	3	5	1		5	85		
Maruchan Ramen noodles no flavor packet 1 block	380	14	7	52	2	0	10	220	0	
Maruchan Oriental Ramen Noodles 2 x 1/2 block with seasoning, 84 g	380	14	7	52	2	2	10	1780	0	
Total	940	42	17	109	5	2	25	2085	0	
Lunch										
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Milk (1% Lowfat with Added Vitamin A) 1 cup	102	2.37	1.545	12.18	0	12.69	8.22	107	12	366
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Hellmann's Light Mayonnaise 1 tbsp, 15 g	35	3.5	0.5	1	0	0	0	125	5	
Grey Poupon Dijon Mustard 3 x 1 tsp, 15 g	15	0	0	0	0	0	0	360	0	0
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 2 1/2 x 2 oz, 140 g	150	1.25	0	10	0	2.5	25	1000	62.5	0
Arnold Country White Bread 2 x 1 slice, 98 g	240	3	0	44	1	6	6	300	0	
Morningstar Farms Chik'n Nuggets	180	8	1	18	4	2	12	350	0	300

Saturday, June 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 nuggets, 86 g										
Scrambled Egg	50	3.8	1.446	0.49	0	0.36	3.25	53	100	35
1/2 egg										
Total	810	22.01	4.5	94.26	5	31.94	55.04	2304	179.5	924
Dinner										
Onions	17	0.03	0.01	4.04	0.6	1.71	0.37	1	0	58
1/4 cup chopped										
Kroger Deli Thin Sliced Oven Roasted Turkey Breast	240	2	0	16	0	4	40	1600	100	0
4 x 2 oz, 224 g										
Fantini Bulkie Rolls	360	3	0	72	2	6	12	760	0	0
2 x 1 roll, 4.4 oz										
Total	617	5.03	0.01	92.04	2.6	11.71	52.37	2361	100	58
Snacks/Other										
Total	**2367**	**69.04**	**21.51**	**295.3**	**12.6**	**45.65**	**132.41**	**6750**	**279.5**	**982**

Sunday, June 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts Chocolate Frosted Donut 1/2 x 1 serving	135	7.5	3.5	15.5	0.5	6.5	1.5	170	0	
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Milk (1% Lowfat with Added Vitamin A) 1/2 cup	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Pepperidge Farm Goldfish Original Crackers 2/3 x 55 pieces, 20 g	94	3.35	0.67	13.4	0.6	0	2.01	167.5	6.7	
Sensible Portions Garden Veggie Straws - Sea Salt 1/2 x 1 bag (38 straws), 10.5 g	65	3.5	0.5	5.5	0.5	0.5	0.5	125	0	
Fried Egg 1 large	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
McDonald's Sausage Patty 1 patty, 41 g	170	15	5	1	0	0	7	340	30	0
Dunkin' Donuts Plain Bagel 1/2 x 1 serving	155	0.5	0	32	2	3.5	5.5	310	0	
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 4 x 2 oz, 224 g	240	2	0	16	0	4	40	1600	100	0
Golden Corral Chicken Tenders 2 x 1 tender	340	16	3	14	0	0	26	1040	120	
Total	1374	55.84	15.327	112.41	3.6	29.61	93.14	4049.5	472.7	361

Sunday, June 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lunch										
Hellmann's Light Mayonnaise 1 tbsp, 15 g	35	3.5	0.5	1	0	0	0	125	5	
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 2 x 2 oz, 112 g	120	1	0	8	0	2	20	800	50	0
Submarine Hoagie Roll 2/3 medium (8" long)	176	2.73	0.688	31.14	1.3	3.94	5.98	302	0	59
Total	331	7.23	1.188	40.14	1.3	5.94	25.98	1227	55	59
Dinner										
Snacks/Other										
Total	**1705**	**63.07**	**16.515**	**152.55**	**4.9**	**35.55**	**119.12**	**5276.5**	**527.7**	**420**

Monday, June 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Roasted Potato 2 small (1-3/4" to 2-1/4" dia, raw)	328	15.4	1.98	44.13	5.5	1.98	5.1	222	0	1063
Land O'Lakes Sliced American Cheese 1 slice, 21 g	70	7	4.5	1	0	0	4	310	20	
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 4 x 2 oz, 224 g	240	2	0	16	0	4	40	1600	100	0
Fiber One Garden Vegetable Wrap 1 wrap, 43 g	80	3		14	7	1	7	260	0	
Total	718	27.4	6.48	75.13	12.5	6.98	56.1	2392	120	1063
Lunch										
Maruchan Ramen Noodle Soup - Beef Flavor 2 x 1/2 block, 86 g	380	14	7	52	1	2	8	1580	0	
Green Giant Steamed Mixed Vegetables (Frozen) 2/3 cup frozen (1/2 cup cooked)	50	0	0	11	2	3	2	20	0	
Canola Vegetable Oil 1 tbsp	124	14	0.994	0	0	0	0	0	0	
Grilled Chicken (Skin Not Eaten) 1 medium piece (yield after cooking, bone and skin removed)	98	3.82	1.052	0	0	0	14.92	212	46	
Twin Marquis Hong Kong Style Noodles 4 oz, 113 g	300	1.5		62	1	3	10	350	55	
Total	952	33.32	9.046	125	4	8	34.92	2162	101	

Monday, June 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Snacks/Other										
Thomas' Original English Muffins 1 muffin, 61 g	120	1	0	25	1	1	4	200	0	0
Total	**1790**	**61.72**	**15.526**	**225.13**	**17.5**	**15.98**	**95.02**	**4754**	**221**	**1063**

Tuesday, June 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
IHOP Seasoned Fries 1/4 x 1 serving	80	3.25	0.62	11.25	1	0.25	1.25	122.5	0	
IHOP Garden Omelette 1/2 x 1 omelette	420	33	13	9	2	3	22.5	445	407.5	
IHOP Pork Sausage Links 1/2 x 2 links	90	8	3	0.5	0	0	3	145	12.5	
Fiber One Garden Vegetable Wrap 1 wrap, 43 g	80	3		14	7	1	7	260	0	
Nabisco Triscuit Brown Rice Baked with Sweet Potato 6 crackers, 30 g	130	3.5	0.5	23	1	2	2	120	0	75
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 2 x 2 oz, 112 g	120	1	0	8	0	2	20	800	50	0
Total	920	51.75	17.12	65.75	11	8.25	55.75	1892.5	470	75
Lunch										
Deep Fried Potato French Fries (from Frozen) 1 10 strip portion (3-1/2" to 4")	249	13.28	3.147	29.27	2.7	0.53	2.93	151	0	431
Chicken Breast (Skin Not Eaten) 2 oz boneless, cooked (yield after skin removed)	85	1.84	0.521	0	0	0	16	206	44	132
Boiled Potato 1 medium (2-1/4" to 3" dia, raw)	211	4.59	0.877	40.02	3.5	1.72	3.71	486	0	752
Pictsweet Steamables Mixed Vegetables 2/3 cup, 88 g	60	0	0	11	2	4	2	20	0	

Tuesday, June 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Milk (1% Lowfat with Added Vitamin A and Nonfat Solids) 1 cup	105	2.38	1.48	12.18	0		8.53	127	10	397
Puff Pastry 1 pastry	61	4.24	0.605	5.03	0.2	0.08	0.81	28	0	7
Total	771	26.33	6.63	97.5	8.4	6.33	33.98	1018	54	1719
Dinner										
Dole Chopped Salad Kit Sesame Asian 1 1/2 cups, 100 g	160	16	1.5	13	2	6	3	380	0	
Dole Asian Blend Chopped Salad 1 1/2 cups, 85 g	25	0		6	2	3	1	20	0	
Roasted Broiled or Baked Chicken (Skin Not Eaten) 4 oz, boneless, raw (yield after cooking, skin removed)	135	5.29	1.457	0	0	0	20.66	294	63	174
Baked or Fried Coated Chicken Wing with Skin (Skin/Coating Not Eaten) 3 medium (yield after cooking, bone and skin/coating removed)	128	5.49	1.294	0	0	0	18.44	250	48	130
Baked or Fried Coated Chicken Drumstick with Skin (Skin/Coating Not Eaten) 1 medium (yield after cooking, bone and skin/coating removed)	82	3.33	0.782	0	0	0	12.19	179	46	107
Total	530	30.11	5.033	19	4	9	55.29	1123	157	411
Snacks/Other										
McDonald's Hamburger 1 burger, 98 g	250	8	3	32	1	6	12	490	30	
Milk (1% Lowfat with Added Vitamin A)	26	0.59	0.386	3.04	0	3.17	2.06	27	3	92

Tuesday, June 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Sugar	33	0	0	8.4	0	8.39	0	0	0	0
2 tsps										
Tribe Organic Hummus Classic	60	3.5		4	1	0	2	130	0	
2 tbsp, 28 g										
Thomas' Original English Muffins	240	2	0	50	2	2	8	400	0	0
2 x 1 muffin, 122 g										
Total	611	14.14	3.391	97.53	4	19.56	24.34	1052	33	203
Total	2832	122.33	32.174	279.78	27.4	43.14	169.36	5085.5	714	2408

Wednesday, June 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Calbee Snapea Crisps 2/3 x 22 pieces, 1 oz	74	3.02	0.34	11.39	2.68	0.67	3.35	33.5	0	154.1
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Milk (1% Lowfat with Added Vitamin A) 1/2 cup	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 1/2 x 2 oz, 28 g	30	0.25	0	2	0	0.5	5	200	12.5	0
Egg White 1 1/2 large	26	0.08	0	0.36	0	0.35	5.4	82	0	81
English Muffin 1 muffin	132	0.98	0.425	25.62	2	2.05	5.14	246	0	63
Total	447	12.99	5.963	56.02	4.68	20.13	28.94	992.5	41.5	704.1
Lunch										
Canola Vegetable Oil 1/2 tbsp	62	7	0.497	0	0	0	0	0	0	
Pictsweet Steamables Mixed Vegetables 2/3 cup, 88 g	60	0	0	11	2	4	2	20	0	
Vermicelli 1/2 cup cooked	110	0.65	0.122	21.47	1.3	0.39	4.04	163	0	
Skinless Chicken Breast	31	0.35	0.092	0	0	0	6.47	18	16	

Wednesday, June 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 oz boneless, cooked, skinless										
Pictsweet Steamables Mixed Vegetables	60	0	0	11	2	4	2	20	0	
2/3 cup, 88 g										
Chicken Stock	12	0.29	0.073	1.51			0.95	792	0	24
1 cup (8 fl oz)										
White Rice (Medium-Grain, Cooked)	242	0.39	0.106	53.18	0.6		4.43	0	0	54
1 cup										
Total	577	8.68	0.89	98.16	5.9	8.39	19.89	1013	16	78
Dinner										
Bertolli Riserva Porcini Mushrooms with Truffle Oil	200	10	3	18	4	12	6	840	10	
2 x 1/2 cup, 250 g										
Buitoni Chicken & Prosciutto Tortellini	495	13.5	4.5	69	3	4.5	22.5	975	60	
1 1/2 x 1 cup, 163.5 g										
Total	695	23.5	7.5	87	7	16.5	28.5	1815	70	
Snacks/Other										
Total	1719	45.17	14.353	241.18	17.58	45.02	77.33	3820.5	127.5	782.1

Thursday, June 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vermont Smoke and Cure Chipotle Realsticks 2 x 1 stick, 2 oz	160	12	5	0			12			
Lunch										
KFC Cole Slaw 1 portion, 4.6 oz	170	10	1.5	20	2	17	1	150	5	0
KFC Mashed Potatoes & Gravy 1 serving	120	4	1	19	1	0	2	530	0	
KFC Extra Crispy Tenders Go Cup 1 go cup, 211 g	540	28	4	46	4	0	26	1440	60	
KFC Grilled Chicken Drumstick 1 drumstick	90	4	1	0	0	0	13	290	60	
KFC Grilled Chicken Thigh 2 x 1 serving	260	18		0	0	0	26	700	140	
Total	1180	64	7.5	85	7	17	68	3110	265	0
Dinner										
Nabisco Triscuit Crackers Original 6 crackers, 28 g	120	3.5	0.5	20	3	0	3	160	0	115
Vermont Smoke and Cure Chipotle Realsticks 1 stick, 1 oz	80	6	2.5	0			6			
Dole Sunflower Crunch Chopped Salad Kit 1 1/2 cups, 100 g	180	13	2	14	2	9	4	115	5	
Bearitos Taco Shells 2 taco shells, 27 g	140	7	0.5	17	1	0	2	5	0	

Thursday, June 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nature's Promise 94% Fat Free Ground Turkey	160	7	1	0	0	0	24	85	60	
4 oz, 112 g										
Total	680	36.5	6.5	51	6	9	39	365	65	115
Snacks/Other										
Total	**2020**	**112.5**	**19**	**136**	**13**	**26**	**119**	**3475**	**330**	**115**

Friday, June 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Milk (1% Lowfat with Added Vitamin A) 1/4 cup	26	0.59	0.386	3.04	0	3.17	2.06	27	3	92
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
American Cheese 2 slices (1 oz)	191	14.77	8.834	3.93	0	3.65	10.74	735	46	
English Muffin 1 muffin	132	0.98	0.425	25.62	2	2.05	5.14	246	0	63
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 2 1/2 x 2 oz, 140 g	150	1.25	0	10	0	2.5	25	1000	62.5	0
Ritz Toasted Chips - Sweet Home Sour Cream & Onion 12 chips, 28 g	130	6	1	19	0	3	2	260	0	30
Total	667	23.68	10.654	70.18	2	22.76	45.51	2277	111.5	408
Lunch										
Sugared or Glazed Doughnuts 1 medium (approx 3" dia)	192	10.3	2.667	22.86	0.7		2.34	181	14	46
Pictsweet Steamables Mixed Vegetables 2/3 cup, 88 g	60	0	0	11	2	4	2	20	0	
Chicken Breast (Skin Not Eaten) 1 oz boneless (yield after cooking, skin removed)	26	0.57	0.16	0	0	0	4.92	63	13	41
Chicken Stock	12	0.29	0.073	1.51			0.95	792	0	24

Friday, June 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup (8 fl oz)										
White Rice (Medium-Grain, Cooked)	363	0.59	0.159	79.77	0.8		6.64	0	0	81
1 1/2 cups										
Uno Chicago Grill Roasted Seasonal Vegetables	80	4.5	0	10	3	5	2	160	0	
1 serving										
Vermicelli	220	1.29	0.245	42.95	2.5	0.78	8.07	326	0	
1 cup cooked										
Total	953	17.54	3.304	168.09	9	9.78	26.92	1542	27	192
Dinner										
Gorton's Crunchy Golden Fish Sticks	76	4.62	0.99	5.28	0.33	0.66	2.97	95.7	6.6	62.7
1/3 x 6 sticks										
Trader Joe's Parmesan & Romano Grated Cheese	40	6	3	0	0	0	4	150	0	
2 x 1 tbsp, 10 g										
Asparagus	27	0.16	0.062	5.2	2.8	2.52	2.95	3	0	271
1 cup										
Egg	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
4 large										
Vermont Smoke and Cure Chipotle Realsticks	80	6	2.5	0			6			
1 stick, 1 oz										
Total	517	36.66	12.75	12.02	3.13	4.72	41.08	528.7	852.6	601.7
Snacks/Other										
Trader Joe's Thai Lime & Chili Cashews	360	28	6	10	2		10	170		
2 x 1/4 cup, 60 g										

Friday, June 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2497	105.88	32.708	260.29	16.13	37.26	123.51	4517.7	991.1	1201.7

Saturday, June 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Thai Lime & Chili Cashews 2 x 1/4 cup, 60 g	360	28	6	10	2		10	170		
Trader Joe's Parmesan & Romano Grated Cheese 1 tbsp, 5 g	20	3	1.5	0	0	0	2	75	0	
Mushrooms 1 cup pieces or slices	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
Asparagus 1 cup	27	0.16	0.062	5.2	2.8	2.52	2.95	3	0	271
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Total	496	36.37	9.147	17.88	5.5	4.06	23.4	322	212	561
Lunch										
Firm Silken Tofu 1 slice	52	2.27	0.341	2.02	0.1	1.07	5.8	30	0	163
Great Value Pasta Shells 3/4 x 3/4 cup, 42 g	158	0.75	0	30.75	1.5	1.5	5.25	0	0	78.75
Chicken Stock 1 cup (8 fl oz)	12	0.29	0.073	1.51			0.95	792	0	24
Bolthouse Farms Cilantro Avocado Dressing 2 tbsp, 30 g	40	3.5	1	1	0	1	1	210	5	
Bolthouse Farms Classic Ranch Yogurt Dressing 2 tbsp, 30 g	45	3	0.5	3	0	2	1	270	5	
Fiber One Garden Vegetable Wrap 2 x 1 wrap, 86 g	160	6		28	14	2	14	520	0	

Saturday, June 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Oscar Mayer Deli Fresh Rotisserie Seasoned Chicken Breast 1 1/2 x 2 oz, 84 g	75	1.5	0	1.5			15	660	45	
Archer Farms Natural Shredded Chicken 2 x 3 oz cooked, 170 g	240	5		4			42			
Total	782	22.31	1.914	71.78	15.6	7.57	85	2482	55	265.75
Dinner										
Snacks/Other										
Total	**1278**	**58.68**	**11.061**	**89.66**	**21.1**	**11.63**	**108.4**	**2804**	**267**	**826.75**

Monday, June 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Milk (1% Lowfat with Added Vitamin A) 1/2 cup	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Oscar Mayer Selects Rotisserie Seasoned Chicken Breast 2 x 6 slices, 102 g	120	2	0	4	0	0	20	960	50	0
Smoked Pork Sausage Link 1 link (4" long x 1-1/8" dia)	265	21.56	7.698	1.43	0	0	15.1	1020	46	228
Total	471	24.79	8.475	20.01	0	14.73	39.49	2039	102	522
Lunch										
Twin Marquis Hong Kong Style Noodles 4 oz, 113 g	300	1.5		62	1	3	10	350	55	
Pork Link Sausage (Smoked) 2 links (4" long x 1-1/8" dia)	529	43.11	15.395	2.86	0	0	30.19	2040	92	457
Vermont Smoke and Cure Chipotle Realsticks 1 stick, 1 oz	80	6	2.5	0			6			
Salmon 12 oz boneless	497	20.17	4.287	0	0	0	73.55	156	153	1439
Total	1406	70.78	22.182	64.86	1	3	119.74	2546	300	1896
Dinner										
Beef Meatballs	258	16.8	6.351	9.67	0.6	1.93	15.83	609	95	

Monday, June 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 1/2 oz										
Tomato Sauce	90	0.49	0.068	18.08	3.7	10.35	3.17	27	0	905
1 cup										
Spaghetti	440	2.58	0.49	85.9	5	1.57	16.13	650	0	126
2 cups cooked										
Total	788	19.87	6.909	113.65	9.3	13.85	35.13	1286	95	1031

Snacks/Other

Total	2665	115.44	37.566	198.52	10.3	31.58	194.36	5871	497	3449

Tuesday, June 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mashed Potato 1 1/2 cups	315	11.15	2.492	49.52	4.1	4.35	5.67	728	3	819
Lunch										
Pictsweet Steamables Mixed Vegetables 1/2 x 2/3 cup, 44 g	30	0	0	5.5	1	2	1	10	0	
Roasted Broiled or Baked Chicken (Skin Not Eaten) 6 oz, boneless, raw (yield after cooking, skin removed)	203	7.94	2.185	0	0	0	30.99	441	95	260
Twin Marquis Hong Kong Style Noodles 1/2 x 4 oz, 56.5 g	150	0.75		31	0.5	1.5	5	175	27.5	
Mayonnaise 1 tbsp	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
Minute Maid Light Lemonade (Can) 2 x 1 can, 24 oz	10	0	0	4	0	0	0	100	0	
Subway 12" Oven Roasted Chicken 1 sandwich	850	24	12	102	3	26	56	2260	140	0
Total	1300	37.6	14.905	146.01	4.5	30.44	93.12	3091	266.5	261
Dinner										
Extra Virgin Olive Oil 1/2 tbsp	60	6.75	0.932	0	0	0	0	0	0	
Asparagus 10 spears medium (5-1/4" to 7" long)	32	0.19	0.074	6.21	3.4	3.01	3.52	3	0	323
Light Mayonnaise	49	4.96	0.781	1.23	0	0.65	0.13	101	5	6

Tuesday, June 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tbsp										
Nature's Promise 94% Fat Free Ground Turkey	320	14	2	0	0	0	48	170	120	
2 x 4 oz, 224 g										
Fiber One Garden Vegetable Wrap	80	3		14	7	1	7	260	0	
1 wrap, 43 g										
Total	541	28.9	3.787	21.44	10.4	4.66	58.65	534	125	329
Snacks/Other										
Kashi Chewy Granola Bars - Chocolate Almond & Sea Salt	140	4	1	21	4	7	6	120	0	
1 bar, 35 g										
Total	2296	81.65	22.184	237.97	23	46.45	163.44	4473	394.5	1409

Wednesday, June 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
french crepe 2 x 1, 64 g	200	3		40	2	26	4	260	20	
Trader Joe's Mild Cheddar Cheese Snack Sticks 2 x 1 stick, 48 g	160	14	9	0	0	0	10	280	40	
Lay's Baked! Original Potato Crisps (Package) 1 package , 24.8 g	130	2	0	26	2	2	2	150	0	300
Lay's Baked! Barbecue Potato Crisps (Package) 1 package, 1.12 oz	140	3.5	0.5	24	2	4	2	220	0	250
Ritz Toasted Chips - Sweet Home Sour Cream & Onion 12 chips, 28 g	130	6	1	19	0	3	2	260	0	30
Total	760	28.5	10.5	109	6	35	20	1170	60	580
Lunch										
Archer Farms Natural Shredded Chicken 2 x 3 oz cooked, 170 g	240	5		4			42			
Twizzlers Twizzlers 1/4 x 4 sticks, 11 g	40	0.12	0	9	0	4.75	0.25	23.75	0	0
Subway 6" Rotisserie-Style Chicken 2 x 1 sandwich, 490 g	700	12	3	88	10	14	58	1080	110	0
Total	980	17.12	3	101	10	18.75	100.25	1103.75	110	0
Dinner										
Near East Herbed Chicken Cous Cous Mix	220	4	0.5	40	3	2	8	510	0	

Wednesday, June 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup prepared										
Extra Virgin Olive Oil	60	6.75	0.932	0	0	0	0	0	0	
1/2 tbsp										
Kroger Raw Large Shrimp	240	4		2	0	0	46	340	340	
2 x 10 shrimp, 8 oz										
Papa John's 16" Original Crust Pizza - Pepperoni	170	7	3	20	1	2.5	6.5	450	15	
1/2 x 1 slice, 70.5 g										
Total	690	21.75	4.432	62	4	4.5	60.5	1300	355	

Snacks/Other

Total	2430	67.37	17.932	272	20	58.25	180.75	3573.75	525	580

Thursday, June 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Sausage McMuffin (No Cheese) 1 sandwich, 99 g	320	18	6	27	2	2	12	620	30	
McDonald's Hamburger 1 burger, 98 g	250	8	3	32	1	6	12	490	30	
Penne 1 cup cooked	220	1.29	0.245	42.95	2.5	0.78	8.07	326	0	
Whole Foods Market Low Sodium Organic Chicken Broth 2 x 1 cup, 16 oz	30	2	0	2	0	2	2	280	10	
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Milk (1% Lowfat with Added Vitamin A) 1/4 cup	26	0.59	0.386	3.04	0	3.17	2.06	27	3	92
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Frito-Lay Baked Potato Chips 2 x 1 package	260	4	0	52	4	4	4	300	0	600
Total	1127	33.97	9.64	163.38	9.5	22.15	40.7	2052	73	915
Lunch										
Extra Virgin Olive Oil 1/2 tbsp	60	6.75	0.932	0	0	0	0	0	0	
Kroger Raw Large Shrimp 10 shrimp, 4 oz	120	2		1	0	0	23	170	170	
Total	180	8.75	0.932	1	0	0	23	170	170	
Dinner										

Thursday, June 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Morningstar Farms Chik'n Nuggets	135	6	0.75	13.5	3	1.5	9	262.5	0	225
3/4 x 4 nuggets, 64 g										
Jalapeno Peppers	4	0.09	0.009	0.83	0.4	0.48	0.19	0	0	30
1 pepper										
Near East Herbed Chicken Cous Cous Mix	330	6	0.75	60	4.5	3	12	765	0	
1 1/2 x 1 cup prepared										
Pork Loin (Tenderloin)	347	13.8	4.771	0	0		52.41	125	168	916
9 oz										
Total	816	25.89	6.28	74.33	7.9	4.98	73.6	1152.5	168	1171

Snacks/Other

Total	2123	68.61	16.852	238.71	17.4	27.13	137.3	3374.5	411	2086

Friday, June 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Milk (1% Lowfat with Added Vitamin A) 1/2 cup	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Vermont Smoke and Cure Chipotle Realsticks 2 x 1 stick, 2 oz	160	12	5	0			12			
Bertolli Riserva Porcini Mushrooms with Truffle Oil 1/2 x 1/2 cup, 62.5 g	50	2.5	0.75	4.5	1	3	1.5	210	2.5	
Nabisco Triscuit Crackers Original 1 1/2 x 6 crackers, 42 g	180	5.25	0.75	30	4.5	0	4.5	240	0	172.5
Total	476	20.98	7.277	49.08	5.5	17.73	22.39	509	8.5	466.5
Lunch										
Ore-Ida Shoestrings French Fried Potatoes 32 pieces, 84 g	140	5	1	22	2	0	2	290	0	390
Chipotle Mexican Grill Chicken Burrito Bowl 1 bowl, 466 g	800	31.5	15	76	15	11	55.5	1910	185	
Total	940	36.5	16	98	17	11	57.5	2200	185	390
Dinner										
Papa John's 16" Original Crust Pizza - Pepperoni	170	7	3	20	1	2.5	6.5	450	15	

Friday, June 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 1 slice, 70.5 g										
Snacks/Other										
Total	**1586**	**64.48**	**26.277**	**167.08**	**23.5**	**31.23**	**86.39**	**3159**	**208.5**	**856.5**

Tuesday, June 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tyson Foods Chicken Breast Tenderloins 4 oz, 112 g	100	0.5	0	0	0	0	22	190	45	
Prosciutto 1 thin slice	18	0.77	0.256	0.03	0	0	2.56	248	6	47
Salami 1 oz	71	5.7	2.294	0.64	0	0	3.95	302	18	56
Blue Cheese 1 1/2 oz	150	12.22	7.939	1	0	0.21	9.1	593	32	109
Dill Cucumber Pickles 1 spear	5	0.06	0.014	1.24	0.4	1.05	0.19	385	0	35
Pickled Vegetables 1 cup	42	0.26	0.056	9.27	3.3	4.82	1.68	344	0	347
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Milk (1% Lowfat with Added Vitamin A) 1/2 cup	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Total	**472**	**20.74**	**11.336**	**26.76**	**3.7**	**20.81**	**43.87**	**2121**	**107**	**888**
Lunch										
Stop & Shop Corn on the Cob 1 ear, 3.2 g	77	1		17	3	3	1	11	197	197
Deep Fried Potato French Fries (from Frozen) 2 10 strip portions (3-1/2" to 4")	498	26.57	6.293	58.55	5.5	1.06	5.87	301	0	863
Total	**575**	**27.57**	**6.293**	**75.55**	**8.5**	**4.06**	**6.87**	**312**	**197**	**1060**

Tuesday, June 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Cheetos Crunchy Cheetos 1 1/2 x 21 pieces, 42 g	225	15	2.25	19.5	1.5	1.5	3	375	0	
Potato Salad 1/2 cup	179	10.25	1.786	13.96	1.6		3.35	661	85	318
Trader Joe's Seasoned rice wine vinegar 1 T, 15 ml	20	0	0	5	0	5	0	240	0	
Cabbage 1 cup chopped	21	0.11	0.014	4.97	2	3.19	1.28	16	0	219
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 1 1/2 x 2 oz, 84 g	90	0.75	0	6	0	1.5	15	600	37.5	0
Fiber One Garden Vegetable Wrap 1 wrap, 43 g	80	3		14	7	1	7	260	0	
Total	615	29.11	4.05	63.43	12.1	12.19	29.63	2152	122.5	537
Snacks/Other										
Red Velvet Cake 2 slices	587	27.49	8.122	74.89	2.3	27.79	10.9	498	87	
Total	**2249**	**104.91**	**29.801**	**240.63**	**26.6**	**64.85**	**91.27**	**5083**	**513.5**	**2485**

Wednesday, June 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Milk (1% Lowfat with Added Vitamin A) 1/2 cup	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Vermont Smoke and Cure Chipotle Realsticks 1 stick, 1 oz	80	6	2.5	0			6			
Land O'Lakes Sliced American Cheese 2 x 1 slice, 42 g	140	14	9	2	0	0	8	620	40	
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 2 1/2 x 2 oz, 140 g	150	1.25	0	10	0	2.5	25	1000	62.5	0
Total	456	22.48	12.277	26.58	0	17.23	43.39	1679	108.5	294
Lunch										
Crab Rangoon 1 crab puff	66	4.22	1.759	4.81	0.2	0.04	2.15	93	17	
White Rice (Medium-Grain, Cooked) 2 cups	484	0.78	0.212	106.35	1.1		8.85	0	0	108
Panda Express Broccoli Chicken 2 1/2 x 1 serving, 13.75 oz	450	22.5	5	27.5	7.5	5	32.5	1575	162.5	
Total	1000	27.5	6.971	138.66	8.8	5.04	43.5	1668	179.5	108
Dinner										

Wednesday, June 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cooked Summer Squash (from Fresh, Fat Added in Cooking)	68	4.24	0.807	7.81	2.6	4.64	1.65	496	0	344
1 cup slices										
Near East Herbed Chicken Cous Cous Mix	220	4	0.5	40	3	2	8	510	0	
1 cup prepared										
Pork Loin (Whole, Lean Only)	203	8.02	2.764	0	0	0	30.38	74	84	551
5 oz										
Potato Salad	358	20.5	3.572	27.92	3.2		6.7	1322	170	635
1 cup										
Late July Oragnic Multigrain Snack Chips - Summertime Blues	130	7	0.5	16	2	0	2	70	0	
9 chips, 28 g										
Nabisco Triscuit Crackers Original	120	3.5	0.5	20	3	0	3	160	0	115
6 crackers, 28 g										
Vermont Smoke and Cure Chipotle Realsticks	160	12	5	0			12			
2 x 1 stick, 2 oz										
Total	1259	59.26	13.643	111.73	13.8	6.64	63.73	2632	254	1645

Snacks/Other

Total	2715	109.24	32.891	276.97	22.6	28.91	150.62	5979	542	2047

Thursday, June 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Beef Top Sirloin (Trimmed to 1/8" Fat) 2 oz	114	7.21	2.907	0	0	0	11.51	29	27	179
Beef Stock 1 cup (8 fl oz)	7	0.19	0.096	0.8	0	0.63	0.84	1157	0	19
White Rice (Medium-Grain, Cooked) 1 cup	242	0.39	0.106	53.18	0.6		4.43	0	0	54
Tribe Organic Hummus Classic 2 x 2 tbsp, 56 g	120	7		8	2	0	4	260	0	
Koku Seaweed Organic Rice Cakes 4 x 1 cake, 80 g	240	2		56	4	4	4	300	0	
Epic Beef Apple & Uncured Bacon Bar 1 bar, 37 g	140	9	3.5	4	0	2	11	290	25	
Total	863	25.79	6.609	121.98	6.6	6.63	35.78	2036	52	252
Lunch										
Vegetables and Rice Wrap Sandwich 1 sandwich	663	21.9	8.553	99.95	8.5	7.88	16.85	1265	28	679
Dinner										
Snacks/Other										
Macro Vegetarian Thai Dumpling 1/4 x 7 oz, 50 g	75	2.25	0.38	11	0.75	1	3.5	80	0	
Epic Chicken Sriracha Bar	100	4	0	1	0	0	15	290	25	

Thursday, June 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 37 g										
Total	175	6.25	0.38	12	0.75	1	18.5	370	25	
Total	**1701**	**53.94**	**15.542**	**233.93**	**15.85**	**15.51**	**71.13**	**3671**	**105**	**931**

Monday, June 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hormel Fully Cooked Water Added Ham Patties 2 oz, 56 g	180	16	6	1	0	1	7	620	40	
Butter (Salted) 1/2 pat (1" sq, 1/3" high)	18	2.03	1.284	0	0	0	0.02	14	5	1
Whole Foods Market Touch of Honey Whole Wheat Small Batch Bread 1 slice, 43 g	100	1	0	19	3	2	4	160	0	80
Scrambled Egg 1 1/2 eggs	149	11.41	4.338	1.47	0	1.07	9.76	158	300	104
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 2 oz, 56 g	60	0.5	0	4	0	1	10	400	25	0
Vermont Smoke and Cure Chipotle Realsticks 1 stick, 1 oz	80	6	2.5	0			6			
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Milk (2% Lowfat with Added Vitamin A) 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Ritz Toasted Chips - Sweet Home Sour Cream & Onion 12 chips, 28 g	130	6	1	19	0	3	2	260	0	30
Total	813	45.39	16.661	58.67	3	22.63	43.09	1667	380	509

Lunch

Monday, June 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Arnold Select Hamburger Roll 1 roll, 57 g	150	2	0.5	30	1	4	5	370	0	
Deep Fried Potato French Fries (from Frozen) 2 10 strip portions (1" to 2")	223	11.92	2.824	26.27	2.4	0.48	2.63	135	0	387
TGI Friday's Onion Rings 2/3 x 3 rings, 19 g	94	4.69	0.67	10.72	1	0.67	1.34	207.7	0	
Deli Sliced Ham 2 slices (4-1/4" sq) (0.75 oz)	68	3.52	1.134	0.96	0	0	7.67	537	22	125
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 2 oz, 56 g	60	0.5	0	4	0	1	10	400	25	0
Lundberg Koku Seaweed Organic Rice Cakes 2 x 1 cake, 40 g	120	1		28	2	2	2	150	0	
Cooked Summer Squash (from Fresh, Fat Added in Cooking) 1 cup slices	68	4.24	0.807	7.81	2.6	4.64	1.65	496	0	344
Milk (2% Lowfat with Added Vitamin A) 1/4 cup	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
Pictsweet Steamables Mixed Vegetables 2/3 cup, 88 g	60	0	0	11	2	4	2	20	0	
Puff Pastry 1/4 pastry	15	1.06	0.151	1.26	0	0.02	0.2	7	0	2
Chicken Breast (Skin Not Eaten) 1 oz boneless, cooked (yield after skin removed)	43	0.92	0.26	0	0	0	8	103	22	66
Total	931	31.05	7.113	122.87	11	19.9	42.5	2450.7	74	1016

Dinner

Monday, June 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cheese Pizza 1 piece (1/8 12" dia)	237	10.1	4.304	26.08	1.6	3.06	10.6	462	21	138
Nature Source Natural Beef 85/15 ground beef 1 1/2 x 4 oz, 168 g	360	25.5	10.5	0	0	0	31.5	112.5	112.5	
Barilla Thin Spaghetti 2 oz, 56 g	200	1	0	42	2	2	7	0	0	0
Total	797	36.6	14.804	68.08	3.6	5.06	49.1	574.5	133.5	138
Snacks/Other										
Trader Joe's Thai Lime & Chili Cashews 1/4 cup, 30 g	180	14	3	5	1		5	85		
Vermont Smoke and Cure Chipotle Realsticks 1 stick, 1 oz	80	6	2.5	0			6			
Tribe Origins Classic Hummus 2 tbsp, 1 oz	60	5	0	4	1	0	2	120	0	
Lundberg Koku Seaweed Organic Rice Cakes 2 x 1 cake, 40 g	120	1		28	2	2	2	150	0	
Total	440	26	5.5	37	4	2	15	355	0	
Total	**2981**	**139.04**	**44.078**	**286.62**	**21.6**	**49.59**	**149.69**	**5047.2**	**587.5**	**1663**

Tuesday, June 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Beef Meatballs 1 medium	57	3.69	1.394	2.12	0.1	0.42	3.47	134	21	
Land O'Lakes Sliced American Cheese 2 x 1 slice, 42 g	140	14	9	2	0	0	8	620	40	
Nabisco Triscuit Crackers Original 1 1/2 x 6 crackers, 42 g	180	5.25	0.75	30	4.5	0	4.5	240	0	172.5
Total	377	22.94	11.144	34.12	4.6	0.42	15.97	994	61	172.5
Lunch										
Deli Sliced Ham 2 slices (4-1/4" sq) (0.75 oz)	68	3.52	1.134	0.96	0	0	7.67	537	22	125
Kroger Deli Thin Sliced Oven Roasted Turkey Breast 2 oz, 56 g	60	0.5	0	4	0	1	10	400	25	0
Kroger Mild Pork Sausage 2 oz, 57 g	190	15	5	0	0	0	12	410	50	
Baked or Fried Coated Chicken Drumstick with Skin (Skin/Coating Not Eaten) 2 large (yield after cooking, bone and skin/coating removed)	215	8.71	2.049	0	0	0	31.93	470	120	281
Whole Foods Market Low Sodium Organic Chicken Broth 1 cup, 8 oz	15	1	0	1	0	1	1	140	5	
Penne 1 1/2 cups cooked	330	1.94	0.367	64.42	3.8	1.17	12.11	488	0	
Macro Vegetarian Thai Dumpling 1 1/2 x 7 oz, 297 g	450	13.5	2.25	66	4.5	6	21	480	0	

Tuesday, June 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1328	44.17	10.8	136.38	8.3	9.17	95.71	2925	222	406
Dinner										
Fresh Direct Spinach Salad with Goat Cheese & Beets 1/4 x 1 salad with dressing, 60 g	88	4.5	0.88	8	1.5	5.5	3	102.5	1.25	
Nature's Promise 94% Fat Free Ground Turkey 1 3/4 x 4 oz, 196 g	280	12.25	1.75	0	0	0	42	148.75	105	
Total	368	16.75	2.63	8	1.5	5.5	45	251.25	106.25	
Snacks/Other										
Lundberg Koku Seaweed Organic Rice Cakes 3 x 1 cake, 60 g	180	1.5		42	3	3	3	225	0	
McDonald's Hamburger 1 burger, 98 g	250	8	3	32	1	6	12	490	30	
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Milk (1% Lowfat with Added Vitamin A) 1/4 cup	26	0.59	0.386	3.04	0	3.17	2.06	27	3	92
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Thomas' Mini Bagels - Plain 1 1/4 x 2 bagels, 108 g	150	1.25	0	30	0	3.75	5	300	0	
Total	641	11.39	3.391	115.53	4	24.31	22.34	1047	33	203
Total	**2714**	**95.25**	**27.965**	**294.03**	**18.4**	**39.4**	**179.02**	**5217.25**	**422.25**	**781.5**

Wednesday, June 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vermont Smoke and Cure Chipotle Realsticks 2 x 1 stick, 2 oz	160	12	5	0			12			
Cooked Cauliflower (Fat Added in Cooking) 1 cup	81	5.44	0.997	7.22	4.8	2.29	3.14	548	0	252
Milk (1% Lowfat with Added Vitamin A) 1/4 cup	26	0.59	0.386	3.04	0	3.17	2.06	27	3	92
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Spaghetti 1 1/2 cups cooked	330	1.93	0.367	64.43	3.8	1.18	12.1	487	0	94
Victoria Marinara Sauce 1/2 cup, 113 g	70	4	0	4	1	4	2	420	0	
Beef Meatballs 5 oz	286	18.66	7.056	10.74	0.7	2.15	17.59	677	105	
Total	988	42.67	13.811	97.92	10.3	21.18	49.17	2164	108	549
Lunch										
Subway Double Chicken Chopped Salad 1 1/2 x 1 salad, 640.5 g	330	6.75	2.25	15	6	9	54	735	0	
Dinner										
Extra Virgin Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	

Wednesday, June 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Au Bon Pain Roasted Carrots 2 x 1 serving, 2 oz	30	0	0	6	2	2	0	120	0	
Bolthouse Farms Cilantro Avocado Dressing 2 x 2 tbsp, 60 g	80	7	2	2	0	2	2	420	10	
Grilled Chicken (Skin Not Eaten) 7 oz boneless (yield after cooking, skin removed)	237	9.26	2.549	0	0	0	36.15	515	111	
Tribe Organic Hummus Classic 2 tbsp, 28 g	60	3.5		4	1	0	2	130	0	
Nabisco Triscuit Crackers Original 6 crackers, 28 g	120	3.5	0.5	20	3	0	3	160	0	115
Total	646	36.76	6.913	32	6	4	43.15	1345	121	115
Snacks/Other										
Lundberg Koku Seaweed Organic Rice Cakes 2 x 1 cake, 40 g	120	1		28	2	2	2	150	0	
Kashi Chewy Granola Bars - Chocolate Almond & Sea Salt 1 bar, 35 g	140	4	1	21	4	7	6	120	0	
Thomas' Mini Bagels - Plain 3/4 x 2 bagels, 64 g	90	0.75	0	18	0	2.25	3	180	0	
Total	350	5.75	1	67	6	11.25	11	450	0	
Total	**2314**	**91.93**	**23.974**	**211.92**	**28.3**	**45.43**	**157.32**	**4694**	**229**	**664**

Thursday, June 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Extra Virgin Olive Oil 1/2 tbsp	60	6.75	0.932	0	0	0	0	0	0	
Cooked Turnip 2 cups pieces	134	7.58	1.401	15.81	6.1	9.22	2.21	848	0	547
Au Bon Pain Roasted Carrots 1 serving, 1 oz	15	0	0	3	1	1	0	60	0	
Bolthouse Farms Classic Ranch Yogurt Dressing 2 tbsp, 30 g	45	3	0.5	3	0	2	1	270	5	
Grilled Chicken (Skin Not Eaten) 4 oz boneless (yield after cooking, skin removed)	136	5.29	1.457	0	0	0	20.66	294	64	
Ritz Toasted Chips - Sweet Home Sour Cream & Onion 2 x 12 chips, 56 g	260	12	2	38	0	6	4	520	0	60
Vermont Smoke and Cure Chipotle Realsticks 2 x 1 stick, 2 oz	160	12	5	0			12			
Total	810	46.62	11.29	59.81	7.1	18.22	39.87	1992	69	607
Lunch										
Maruchan Ramen Noodle Soup - Beef Flavor 2 x 1/2 block, 86 g	380	14	7	52	1	2	8	1580	0	
Denny's Meat Lover's Omelette 1/3 x 1 serving, 7 oz	280	20.79	7.1	4.29	0.66	1.65	17.82	679.8	273.9	
Fresh Direct Spinach Salad with Goat Cheese & Beets 1/4 x 1 salad with dressing, 60 g	88	4.5	0.88	8	1.5	5.5	3	102.5	1.25	
Total	748	39.29	14.98	64.29	3.16	9.15	28.82	2362.3	275.15	

Thursday, June 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Thousand Island Dressing 2 tbsps	115	10.94	1.589	4.57	0.2	4.74	0.34	269	8	33
Sodexo Garden Salad 1, 252 g	60	1	0	12	4	7	2	65	0	
Simply Enjoy Spinach Asiago & Roasted Garlic Ravioli 1 cup, 100 g	230	6	3.5	32	2	1	11	180	30	
Nature's Promise Mild Italian Chicken Sausage 3 x 1 link, 204 g	420	21	6	6	0	3	45	1860	210	
Total	825	38.94	11.089	54.57	6.2	15.74	58.34	2374	248	33
Snacks/Other										
Lundberg Koku Seaweed Organic Rice Cakes 2 x 1 cake, 40 g	120	1		28	2	2	2	150	0	
Total	**2503**	**125.85**	**37.359**	**206.67**	**18.46**	**45.11**	**129.03**	**6878.3**	**592.15**	**640**