Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	429	12.91	58.61	19.33
Lunch	595	29.05	40.11	36.49
Dinner	1009	46.75	64.64	59.67
Snacks/Other	892	45.41	94.29	37.09
Total	**2925**	**134.12**	**257.65**	**152.58**

Monday, May 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blackberries 1/4 cup	15	0.18	0.005	3.46	1.9	1.76	0.5	0	0	58
Raspberries 1/4 cup	16	0.2	0.006	3.67	2	1.36	0.37	0	0	46
Oatmeal 1 cup cooked	145	2.39	0.421	25.37	3.7	0.56	6.06	278	0	126
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Nabisco Rice Thins 1/2 x 18 crackers	65	0.75		13			1	42.5		22.5
Total	248	3.66	0.446	45.78	7.6	3.68	8.78	334.5	0	586.5
Lunch										
Grilled Chicken 2 oz boneless	134	7.65	2.131	0	0	0	15.35	229	49	
Lettuce Salad with Assorted Vegetables 1 cup	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
Private Selection Mixed Fruit 3/4 cup	80	0		21	3	17	1	10	0	320
Total	225	7.76	2.146	23.32	3.8	18.33	16.9	254	49	440
Dinner										
Raspberries 10 raspberries	10	0.12	0.004	2.27	1.2	0.84	0.23	0	0	29
A.1. Steak Sauces And Marinades A1 Steak Sauce 1 tbsp, 17 g	15	0	0	3	0	2	0	280	0	0

Monday, May 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Asparagus 7 medium spears (5-1/4" to 7" long)	22	0.13	0.052	4.35	2.4	2.11	2.46	2	0	226
Baked Sweetpotato (Peel Not Eaten) 1 medium (2" dia, 5" long, raw)	134	3.86	0.75	23.57	3.7	9.57	2.28	441	0	539
Beef Tenderloin (Trimmed to 1/8" Fat) 8 oz	560	41.19	16.618	0	0	0	44.48	113	150	685
Total	**741**	**45.3**	**17.424**	**33.19**	**7.3**	**14.52**	**49.45**	**836**	**150**	**1479**

Snacks/Other

GNC Wheybolic Extreme 60 - Vanilla 1/2 x 1 packet, 37.5 g	95	0.5	0.25	3.5	0.5	1	20	175	7.5	175
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1 1/2 x 1 cup, 360 ml	45	3.75	0	1.5	1.5	0	1.5	270	0	255
Bob's Red Mill Almond Meal Flour 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	
Baked Apple 1/2 apple with liquid	81	0.14	0.023	21.21	2	18.4	0.21	1	0	80
Blackberries 1 oz	12	0.14	0.004	2.72	1.5	1.38	0.39	0	0	46
Fried Chicken Breast No Coating (Skin Not Eaten) 1/2 small (yield after cooking, bone and skin removed)	138	3.51	0.792	0	0	0	25.01	308	63	221
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
Cashew Nuts 2 oz	314	24.86	4.413	17.12	1.9	3.35	10.33	7	0	374

Monday, May 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Smucker's Low Sugar Strawberry Preserves 2 x 1 tbsp, 34 g	50	0	0	12	0	10	0	0	0	0
Quaker Rice Cakes - Lightly Salted 2 x 1 cake, 18 g	70	0	0	14	0	0	2	30	0	0
Spring Valley Glucosamine Chondroitin 2 x 2 tablets	22	0	0	5			0	320	0	0
Spring Valley Omega 3 Fish Oil 2 x 2 softgels, 2.4 g	60	4	1	0	0	0	2	0	30	
Ice Breakers Ice Cubes 15 x 1 piece, 34.5 g	75	1.5		30	0	0	0	0	0	
Total	1114	45.63	7.021	129.11	12.2	48.97	64.8	1112	100.5	1299
Total	2328	102.35	27.037	231.4	30.9	85.5	139.93	2536.5	299.5	3804.5

Tuesday, May 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Roasted Salted Cashew Nuts 1/2 oz (18 kernels)	82	6.77	1.202	4.28	0.5	0.71	2.39	44	0	90
Nabisco Rice Thins 1/4 x 18 crackers	32	0.38		6.5			0.5	21.25		11.25
Blueberries 2 oz	32	0.19	0.016	8.22	1.4	5.65	0.42	1	0	44
Oatmeal 1 cup cooked	145	2.39	0.421	25.37	3.7	0.56	6.06	278	0	126
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Total	298	9.87	1.653	44.65	5.6	6.92	10.22	358.25	0	605.25
Lunch										
Onion Soup (Canned, Condensed) 1 1/2 cups (8 fl oz)	170	5.24	0.775	24.65	2.6	10.04	11.29	3173	0	207
Almond Butter 3/4 tbsp	76	7.09	0.672	2.55	0.4	0.59	1.81	54	0	91
Quaker Rice Cakes - Lightly Salted 1 cake, 9 g	35	0	0	7	0	0	1	15	0	0
lundberg LUNDBRG FIESTA LIME RICE CHIP 2 1/2 x 1oz 10 chips , 70 g	350	17.5	1.25	45	2.5	2.5	5	675		45
Ham (Whole, Cured, Roasted) 2 1/4 oz	155	10.69	3.812	0	0	0	13.75	757	40	182
Roasted Salted Cashew Nuts 1 oz (18 kernels)	165	13.54	2.404	8.55	0.9	1.42	4.77	87	0	179
Trader Joe's Tangerines	50	0.5	0	15	3	12	1	0	0	

Tuesday, May 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium tangerine, 109 g										
Blackberries	24	0.28	0.008	5.45	3	2.77	0.79	1	0	92
2 oz										
Total	**1025**	**54.84**	**8.921**	**108.2**	**12.4**	**29.32**	**39.41**	**4762**	**40**	**796**

Dinner

Blackberries	12	0.14	0.004	2.72	1.5	1.38	0.39	0	0	46
1 oz										
Sliced Ham (Regular, Approx. 11% Fat)	91	4.82	1.644	2.14	0.7	0	9.3	730	32	161
1 serving 2 slices										
Fried Egg	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
1 large										
Trader Joe's Sprouted Wheat Sesame Bagel	310	5	1	56	5	4	14	330	0	
1 bagel										
Gin	276	0	0	0	0	0	0	1	0	2
2 1/2 jiggers										
Bachman Pretzel Rods	55	0	0	11.5	0.5	0.5	1.5	120	0	
1/2 x 2 rods, 0.5 oz										
Walnuts	46	4.62	0.434	0.97	0.5	0.18	1.08	0	0	31
1/4 oz (14 halves)										
Roasted Salted Cashew Nuts	82	6.77	1.202	4.28	0.5	0.71	2.39	44	0	90
1/2 oz (18 kernels)										
Trader Joe's Persian Cucumber	16	0	0	4	2	0	1	0	0	0
1 cucumber, 4 oz										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Snak Club Raw Almonds	90	7.5	0.5	3	2	0	3	0	0	
1/2 x 1/4 cup, 15 g										

Tuesday, May 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hummus	133	6.44	0.842	15.09	3	0.34	3.64	182	0	130
5 tbsps										
Total	1313	51.33	13.412	100.49	15.7	7.64	49.51	1819	271	554
Snacks/Other										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	15	1.25	0	0.5	0.5	0	0.5	90	0	85
1/2 x 1 cup, 120 ml										
GNC Wheybolic Extreme 60 - Vanilla	95	0.5	0.25	3.5	0.5	1	20	175	7.5	175
1/2 x 1 packet, 37.5 g										
Blackberries	12	0.14	0.004	2.72	1.5	1.38	0.39	0	0	46
1 oz										
Great Value Cashew Halves & Pieces	400	37.5	6.25	22.5	2.5	2.5	12.5	275	0	0
2 1/2 x 1/4 cup, 2.5 oz										
Nabisco Rice Thins	65	0.75		13			1	42.5		22.5
1/2 x 18 crackers										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Almond Butter	101	9.46	0.896	3.4	0.6	0.78	2.41	72	0	121
1 tbsp										
Quaker Rice Cakes - Lightly Salted	35	0	0	7	0	0	1	15	0	0
1 cake, 9 g										
Smucker's Low Sugar Strawberry Preserves	25	0	0	6	0	5	0	0	0	0
1 tbsp, 17 g										
Ice Breakers Ice Cubes	75	1.5		30	0	0	0	0	0	
15 x 1 piece, 34.5 g										
Spring Valley Omega 3 Fish Oil	60	4	1	0	0	0	2	0	30	
2 x 2 softgels, 2.4 g										

Tuesday, May 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Spring Valley Glucosamine Chondroitin	22	0	0	5			0	320	0	0
2 x 2 tablets										
Total	977	55.33	8.439	112.68	8.9	25	40.16	990.5	37.5	597.5
Total	**3613**	**171.37**	**32.425**	**366.02**	**42.6**	**68.88**	**139.3**	**7929.75**	**348.5**	**2552.75**

Wednesday, May 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fit & Active Egg Substitute 1 1/4 x 1/4 cup, 75 g	38	0	0	1.25	0	1.25	7.5	143.75	0	125
Butterball Everyday Turkey Bacon 2 x 2 slices, 36 g	100	8	2	0	0	0	8	540	40	
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Morningstar Farms Veggie Breakfast Sausage Patties 3 x 1 pattie, 114 g	240	9	1.5	9	3	1.8	30	780	0	360
Total	385	17.14	3.514	10.53	3	3.05	46.35	1477.75	40	819
Lunch										
Tomatoes 1 medium slice (1/4" thick)	4	0.04	0.009	0.78	0.2	0.53	0.18	1	0	47
Onions 1 slice, medium (1/8" thick)	6	0.01	0.004	1.42	0.2	0.6	0.13	0	0	20
Great Value Hamburger Dill Chips Pickles 3 chips, 1 oz	0	0		1	0	0	0	390	0	
Ground Beef (80% Lean / 20% Fat, Patty, Cooked, Broiled) 2 patties	417	27.44	10.42	0	0	0	39.66	116	140	468
Total	427	27.49	10.433	3.2	0.4	1.13	39.97	507	140	535
Dinner										
Ketchup 1 tbsp	15	0.06	0.008	3.76	0	3.42	0.26	167	0	57
Onions	6	0.01	0.004	1.42	0.2	0.6	0.13	0	0	20

Wednesday, May 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice, medium (1/8" thick)										
Pickles	12	0.12	0.031	2.68	0.8	2.28	0.4	833	0	75
1 medium										
Bourbon	140	0	0	0.06	0	0	0	1	0	
2 fl oz (no ice)										
Ground Beef (90% Lean / 10% Fat, Patty, Cooked, Broiled)	356	19.24	7.592	0	0	0	42.82	112	139	546
2 patties (yield from 1/4 lb raw meat)										
Cooked Broccoli (Fat Not Added in Cooking)	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
1 cup, flowerets										
Broccoli	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
1 cup chopped										
Ritz Flip Sides Pretzel Crackers	70	4	1	9	1	1	1	210	0	0
5 crackers, 15 g										
Great Value Mixed Nuts	170	15	2	5	3	1	6	110	0	190
1/4 cup, 1 oz										
Cheddar Cheese	282	23.2	14.764	0.9	0	0.36	17.43	435	74	69
2 1/2 slices (1 oz)										
Total	1116	62.37	25.511	35.79	10.6	11.55	72.91	2168	213	1527

Snacks/Other

Great Value Mixed Nuts	85	7.5	1	2.5	1.5	0.5	3	55	0	95
1/2 x 1/4 cup, 0.5 oz										
GNC Wheybolic Extreme 60 - Vanilla	95	0.5	0.25	3.5	0.5	1	20	175	7.5	175
1/2 x 1 packet, 37.5 g										
Blue Diamond Almond Breeze Unsweetened Vanilla Milk	15	1.25	0	0.5	0.5	0	0.5	90	0	85
1/2 x 1 cup, 120 ml										
Roasted Salted Cashew Nuts	82	6.77	1.202	4.28	0.5	0.71	2.39	44	0	90

Wednesday, May 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 oz (18 kernels)										
Deli Turkey or Chicken Breast Meat	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
3 slices (1 oz)										
Ham (Whole, Cured, Roasted)	207	14.25	5.083	0	0	0	18.33	1009	53	243
3 oz										
Spring Valley Glucosamine Chondroitin	22	0	0	5			0	320	0	0
2 x 2 tablets										
Ice Breakers Ice Cubes	75	1.5		30	0	0	0	0	0	
15 x 1 piece, 34.5 g										
Spring Valley Omega 3 Fish Oil	60	4	1	0	0	0	2	0	30	
2 x 2 softgels, 2.4 g										
Total	729	37.18	8.943	49.36	3.4	5.2	60.74	2556	127.5	945
Total	**2657**	**144.18**	**48.401**	**98.88**	**17.4**	**20.93**	**219.97**	**6708.75**	**520.5**	**3826**

Thursday, May 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Roasted Salted Cashew Nuts 1 oz (18 kernels)	165	13.54	2.404	8.55	0.9	1.42	4.77	87	0	179
Raspberries 1/4 cup	16	0.2	0.006	3.67	2	1.36	0.37	0	0	46
Oatmeal 1 1/2 cups cooked	218	3.58	0.632	38.05	5.6	0.84	9.09	418	0	190
Blueberries 25 berries	19	0.11	0.01	4.93	0.8	3.39	0.25	0	0	26
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Total	425	17.57	3.066	55.48	9.3	7.01	15.33	519	0	775
Lunch										
Lettuce Salad with Assorted Vegetables 1 cup	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
Tomatoes 1 medium slice (1/4" thick)	4	0.04	0.009	0.78	0.2	0.53	0.18	1	0	47
Onions 1 slice, medium (1/8" thick)	6	0.01	0.004	1.42	0.2	0.6	0.13	0	0	20
Great Value Hamburger Dill Chips Pickles 3 chips, 1 oz	0	0		1	0	0	0	390	0	
Wendy's Hot Chili Seasoning Packet 3 x 1 packet	15	0	0	3	0	3	0	810	0	
Wendy's Chili (Large) 1 serving, 340 g	250	7	3	23	5	9	23	1170	50	600

Thursday, May 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wendy's 1/4 lb Hamburger Patty	220	15	7	0	0	0	19	170	70	
1 patty, 74 g										
Total	506	22.16	10.028	31.52	6.2	14.46	42.86	2556	120	787
Dinner										
Buffalo Wild Wings Chicken Wings	270	18.75	3.75	0	0	0	22.5	247.5	97.5	
1 1/4 x 6 wings										
Lagunitas Lagunitas IPA	225	0		16.25			2.5	116.25		
1 1/4 x 1 bottle, 15 oz										
Gumbo with Rice (New Orleans Type with Shellfish, Pork or Poultry, Tomatoes, Okra, Rice)	193	7.56	1.615	17.2	1.7	3.9	13.71	908	39	420
1 cup										
Jambalaya with Meat and Rice	687	37.11	10.829	39.75	1.7	3.71	45.69	837	171	722
1 3/4 cups										
Total	1375	63.42	16.194	73.2	3.4	7.61	84.4	2108.75	307.5	1142
Snacks/Other										
Mary's Gone Crackers Original Seed Crackers	70	2.5	0.25	10.5	1.5	0	1.5	95	0	80
1/2 x 12 crackers, 15 g										
Blue Diamond Smokehouse Almonds	340	32	2	10	6	2	12	300	0	380
2 x 28 nuts, 56 g										
Almond Butter	101	9.46	0.896	3.4	0.6	0.78	2.41	72	0	121
1 tbsp										
Smucker's Low Sugar Strawberry Preserves	50	0	0	12	0	10	0	0	0	0
2 x 1 tbsp, 34 g										
Quaker Rice Cakes - Lightly Salted	70	0	0	14	0	0	2	30	0	0

Thursday, May 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 cake, 18 g										
Spring Valley Omega 3 Fish Oil	60	4	1	0	0	0	2	0	30	
2 x 2 softgels, 2.4 g										
Ice Breakers Ice Cubes	75	1.5		30	0	0	0	0	0	
15 x 1 piece, 34.5 g										
Spring Valley Glucosamine Chondroitin	22	0	0	5			0	320	0	0
2 x 2 tablets										
Total	788	49.46	4.146	84.9	8.1	12.78	19.91	817	30	581
Total	3094	152.61	33.434	245.1	27	41.86	162.5	6000.75	457.5	3285

Friday, May 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Panera Bread Turkey Sausage, Egg White & Spinach Breakfast Power Sandwich 1 sandwich	410	12	6	52	6	4	16	800	45	
Simply Nature Agave Nectar 10 g	29	0		7.62	0	7.62	0	0	0	
Starbucks Fruit, Nut & Seed Medley 1 packet, 16 g	70	3	1	8	1	5	2	0	0	
Starbucks Dried Fruit 1 pouch, 30 g	100	0	0	24	2	20	1	10	0	
Starbucks Perfect Oatmeal 1 serving, 38 g	150	2.5	0	27	4	0	5	105	0	
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Total	766	17.64	7.014	118.9	13	36.62	24.85	929	45	334
Lunch										
Pickles 1 medium	12	0.12	0.031	2.68	0.8	2.28	0.4	833	0	75
Cabbage with Meat Soup 1 cup	125	4.63	1.178	6.44	1.5	3.38	14.46	287	32	507
Rye Bread 1 regular slice	67	0.86	0.163	12.56	1.5	1	2.21	172	0	43
Egg Salad 1/4 cup	176	16.79	3.201	1.07	0	0.52	5.11	201	172	55
Buffalo Wild Wings Chicken Wings 3/4 x 6 wings	162	11.25	2.25	0	0	0	13.5	148.5	58.5	

Friday, May 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Red Beans and Rice 1/2 cup	125	3.01	1.047	20.29	3.8	0.68	4.17	375	3	188
Total	667	36.66	7.87	43.04	7.6	7.86	39.85	2016.5	265.5	868
Dinner										
Espresso Coffee 1 espresso cup (2 fl oz)	1	0.11	0.054	0	0	0	0.07	8	0	68
Nice! Yogurt Covered Pretzels 6 pieces, 30 g	140	6	5	21	0	13	1	125	0	
Adams Diced Onion 1/2 x 1/4 cup, 0.3 g	0	0	0	0	0	0	0	0	0	0
Lettuce 1 cup shredded or chopped	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
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	
Salsa 2 tbsps	9	0.05	0.01	2	0.5	0.98	0.49	192	0	95
Vlasic Jalapeno Slices Hot Peppers 1 oz, 28 g	5	0	0	1		1	0	480	0	0
Pace Pico De Gallo 2 tbsp, 30 ml	10	0	0	3	0	2	0	150	0	0
Mexican Rice 1/2 cup	100	4.19	0.329	14.28	1	2.5	1.67	243	0	
Black Beans (Canned) 1/2 cup	109	0.35	0.09	19.87	8.3		7.24	461	0	
Guacamole 4 tbsps	91	8.34	1.209	4.96	3.8	0.41	1.14	86	0	277
Total	571	22.94	7.754	67.74	14.3	20.86	27.03	1963	46	518

Friday, May 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
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
Blue Diamond Smokehouse Almonds 28 nuts, 28 g	170	16	1	5	3	1	6	150	0	190
Mary's Gone Crackers Original Seed Crackers 1/2 x 12 crackers, 15 g	70	2.5	0.25	10.5	1.5	0	1.5	95	0	80
Mixed Nuts 1/2 oz	87	7.98	1.247	3.06	1.2	0.6	2.34	56	0	81
Spring Valley Omega 3 Fish Oil 2 x 2 softgels, 2.4 g	60	4	1	0	0	0	2	0	30	
Spring Valley Glucosamine Chondroitin 2 x 2 tablets	22	0	0	5			0	320	0	0
Ice Breakers Ice Cubes 15 x 1 piece, 34.5 g	75	1.5		30	0	0	0	0	0	
Total	556	32.21	3.536	72.62	9	15.94	12.2	622	30	499
Total	**2560**	**109.45**	**26.174**	**302.3**	**43.9**	**81.28**	**103.93**	**5530.5**	**386.5**	**2219**

Saturday, May 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oranges 3/4 fruit (2-5/8" dia)	46	0.12	0.015	11.54	2.4	9.19	0.92	0	0	178
Blueberries 15 berries	12	0.07	0.006	2.96	0.5	2.03	0.15	0	0	16
Simply Nature Agave Nectar 10 g	29	0		7.62	0	7.62	0	0	0	
Starbucks Fruit, Nut & Seed Medley 1 packet, 16 g	70	3	1	8	1	5	2	0	0	
Starbucks Perfect Oatmeal 1 serving, 38 g	150	2.5	0	27	4	0	5	105	0	
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Total	314	5.83	1.035	57.4	7.9	23.84	8.92	119	0	528
Lunch										
Cheesecake Factory Mexican Tortilla Salad 1 serving	540	0		45	0	0	30	0	0	
Dinner										
Tomato Sauce 1/4 cup	23	0.12	0.017	4.52	0.9	2.59	0.79	7	0	226
Asparagus 1 spear medium (5-1/4" to 7" long)	3	0.02	0.007	0.62	0.3	0.3	0.35	0	0	32
Simply Enjoy Grilled Zucchini 4 oz, 112 g	20	0	0	3	1	3	2	0	0	
Trader Joe's Premium Black Angus Steak Tips	270	15	6	0	0	0	34.5	105	105	

Saturday, May 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 4 oz, 169.5 g										
Olive Oil	60	6.75	0.932	0	0	0	0	0	0	0
1/2 tbsp										
Sour Dough Bread	68	0.75	0.16	12.98	0.8	0.06	2.2	152	0	28
1 medium slice (4-3/4" x 4" x 1/2")										
Beef Meatballs	57	3.69	1.394	2.12	0.1	0.42	3.47	134	21	
1 medium										
Miller Brewing Company Peroni	150	0		11.4			1.3			
1 bottle, 12 oz										
Thin Crust Cheese Pizza	416	18.54	7.897	43.59	2.8	5.25	18.5	793	37	240
2 pieces (1/8 12" dia)										
Total	1067	44.87	16.407	78.23	5.9	11.62	63.11	1191	163	526
Snacks/Other										
M&M's Peanut M&M's	103	5.2	2.1	12.1	0.7	10.2	1.9	9.6	1.8	69.4
10 pieces, 20 g										
Starbucks Protein Bistro Box	380	19	6	37	5	19	13	470	225	
1 package, 193 g										
Blue Diamond Smokehouse Almonds	340	32	2	10	6	2	12	300	0	380
2 x 28 nuts, 56 g										
Spring Valley Glucosamine Chondroitin	22	0	0	5			0	320	0	0
2 x 2 tablets										
Ice Breakers Ice Cubes	75	1.5		30	0	0	0	0	0	
15 x 1 piece, 34.5 g										
Spring Valley Omega 3 Fish Oil	60	4	1	0	0	0	2	0	30	
2 x 2 softgels, 2.4 g										
Total	980	61.7	11.1	94.1	11.7	31.2	28.9	1099.6	256.8	449.4

Saturday, May 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2901	112.4	28.542	274.73	25.5	66.66	130.93	2409.6	419.8	1503.4

Sunday, May 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Reduced-Fat Turkey Bacon with Egg Whites on English Muffin 1 sandwich, 137 g	230	6	2.5	28	2	3	13	560	20	
Starbucks Nut Medley 1 pouch, 15 g	100	10	1	2	1	1	2	0	0	
Starbucks Blueberry Topping 1 packet, 34 g	20	0	0	5	1	3	0	0	0	0
Simply Nature Agave Nectar 20 g	57	0		15.23	0	15.23	0	0	0	
Starbucks Perfect Oatmeal 1 serving, 38 g	150	2.5	0	27	4	0	5	105	0	
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Total	564	18.64	3.514	77.51	8	22.23	20.85	679	20	334
Lunch										
Puerto Rican Sandwich (Sandwich Criollo) 1/4 sandwich	135	7.45	2.508	12.49	0.5	1.99	4.44	296	9	52
Panera Bread Chopped Chicken Cobb Salad with Avocado 1 salad	640	47	11	14	6	3	42	1040	290	
Total	775	54.45	13.508	26.49	6.5	4.99	46.44	1336	299	52
Dinner										
Legal Sea Foods Crab & Sweet Corn Chowder 1/4 x 1 cup, 61 g	62	3.75	2.25	5.25	0.25	2	1.5	262.5	13.75	

Sunday, May 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
The Counter Sauteed Mushrooms 1 serving	25	1.5	0	2	0.5	2	2	90	0	
Baked Sweetpotato (Peel Not Eaten) 1 medium (2" dia, 5" long, raw)	134	3.86	0.75	23.57	3.7	9.57	2.28	441	0	539
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
Beef Tenderloin (Lean Only, Trimmed to 1/4" Fat, Prime Grade) 10 oz	479	25.09	10.036	0	0		58.91	153	176	1040
Rhodes Soft Dinner Rolls 1 roll, 57 g	150	2.5	1.5	27	1	5	4	210	5	
Total	**881**	**37.04**	**14.571**	**63.86**	**7.85**	**20.12**	**71.26**	**1186.5**	**194.75**	**1867**

Snacks/Other

Hormel Pulled Pork 1/2 x 2 oz, 28 g	70	4.5	1.75	0.5	0	0.5	6.5	135	25	0
Beef Meatballs 2 medium	113	7.37	2.788	4.24	0.3	0.85	6.95	267	42	
Samuel Adams Boston Lager 2 1/4 x 1 bottle, 27 oz	382	0		40.5	0	0	4.5	0	0	607.5
Starbucks Protein Bistro Box 1 package, 193 g	380	19	6	37	5	19	13	470	225	
Spring Valley Omega 3 Fish Oil 2 x 2 softgels, 2.4 g	60	4	1	0	0	0	2	0	30	
Ice Breakers Ice Cubes 15 x 1 piece, 34.5 g	75	1.5		30	0	0	0	0	0	
Spring Valley Glucosamine Chondroitin 2 x 2 tablets	22	0	0	5			0	320	0	0

Sunday, May 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1102	36.37	11.538	117.24	5.3	20.35	32.95	1192	322	607.5
Total	**3322**	**146.5**	**43.131**	**285.1**	**27.65**	**67.69**	**171.5**	**4393.5**	**835.75**	**2860.5**