Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	156	0	16	17
Lunch	105	0.5	8	13.5
Dinner	470	10.64	32.27	53.37
Snacks/Other				
Total	**732**	**11.14**	**56.27**	**83.87**

Saturday, August 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ole Extreme Wellness High Fiber Low Carb Tortillas 1 tortilla, 45 g	90	0	0	14	9	0	5	350	0	
Egg Beaters Egg Beaters - Original 2 x 3 tbsp, 92 g	66	0	0	2	0	0	12	240	0	186
Total	156	0	0	16	9	0	17	590	0	186
Lunch										
Dinner										
Kroger Premium Chicken Breast Chunk in Water 4 x 1/4 cup, 224 g	240	4	0	0	0	0	44	1280	40	0
Ole Extreme Wellness High Fiber Low Carb Tortillas 2 x 1 tortilla, 90 g	180	0	0	28	18	0	10	700	0	
Total	420	4	0	28	18	0	54	1980	40	0
Snacks/Other										
Total	**576**	**4**	**0**	**44**	**27**	**0**	**71**	**2570**	**40**	**186**

Sunday, August 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg Beaters Egg Beaters - Original 2 x 3 tbsp, 92 g	66	0	0	2	0	0	12	240	0	186
Ole Extreme Wellness High Fiber Low Carb Tortillas 1 tortilla, 45 g	90	0	0	14	9	0	5	350	0	
Total	156	0	0	16	9	0	17	590	0	186
Lunch										
Kroger Deli Thin Sliced Oven Roasted Chicken Breast 2 x 2 oz, 112 g	120	1	0	2	0	2	22	780	50	0
Ole Extreme Wellness High Fiber Low Carb Tortillas 1 tortilla, 45 g	90	0	0	14	9	0	5	350	0	
Total	210	1	0	16	9	2	27	1130	50	0
Dinner										
Baked Potato (Peel Eaten) 1 medium (2-1/4" to 3" dia, raw)	194	3.92	0.753	36.54	3.7	2.03	4.32	418	0	924
Pork Chops (Top Loin, Boneless) 8 oz	327	13.36	4.55	0	0	0	48.42	404	129	1030
Total	521	17.28	5.303	36.54	3.7	2.03	52.74	822	129	1954
Snacks/Other										
Total	**887**	**18.28**	**5.303**	**68.54**	**21.7**	**4.03**	**96.74**	**2542**	**179**	**2140**