

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	385	20.85	22.17	31.3
Lunch	317	14.55	18.23	28.96
Dinner	539	33.46	18.25	41.28
Snacks/Other	521	30.75	27.98	36.91
Total	1762	99.6	86.63	138.44

Tuesday, April 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Quest Chocolate Brownie Protein Bar 1 bar, 60 g	170	7	1	22	15	1	20	260	5	260
Total	258	15.69	6.409	23.65	15	1.06	21.22	278	35	315
Lunch										
Rye Bread 2 large slices	166	2.11	0.401	30.91	3.7	2.46	5.44	422	0	106
Deli Turkey or Chicken Breast Meat 6 slices (1 oz)	177	2.82	0.816	7.16	0.9	5.97	29.04	1727	73	514
Swiss Cheese 2 slices (1 oz)	213	15.57	9.956	3.01	0	0.74	15.08	108	52	43
Total	556	20.5	11.173	41.08	4.6	9.17	49.56	2257	125	663
Dinner										
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Total	271	15.08	4.648	1.88	0	1.86	29.66	374	634	362
Snacks/Other										
Premier Nutrition Titan Protein Bar - Peanut Butter Crunch 1 bar, 72 g	300	10	5	24	3	9	30	450	0	220

Tuesday, April 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1385	61.27	27.23	90.61	22.6	21.09	130.44	3359	794	1560

Wednesday, April 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Atkins Meal Chocolate Peanut Butter Bar 1 bar, 60 g	250	14	8	23	12	2	16	250	10	210
Total	338	22.69	13.409	24.65	12	2.06	17.22	268	40	265
Lunch										
Trader Joe's Frozen Just Grilled Chicken Strips 3/4 x 3 oz, 64 g	68	1.12	0	0.75	0	0	12	255	30	
Ken's Steak House Lite Asian Sesame Dressing 2 tbsp, 30 g	70	4	0	8	0	7	0	450	0	
Saputo Crumbled Gorgonzola Cheese 3/4 x 1/4 cup, 21 g	75	6	3.75	0.75	0	0.75	5.25	195	18.75	
Mt. Olive Sweet 'n Hot Salad Peppers 20 pieces, 1 oz	40	0	0	9	0	7	0	180	0	
Deli Turkey or Chicken Breast Meat 6 slices (1 oz)	177	2.82	0.816	7.16	0.9	5.97	29.04	1727	73	514
Rye Bread 2 large slices	166	2.11	0.401	30.91	3.7	2.46	5.44	422	0	106
Total	596	16.05	4.967	56.57	4.6	23.18	51.73	3229	121.75	620

Dinner**Snacks/Other**

Wednesday, April 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sauder's Organic Large Eggs 2 x 1 egg, 100 g	140	10	3	0			12	140	370	
Kirkland Signature Extra Fancy Unsalted Mixed Nuts 1/4 cup, 30 g	190	16	2	7	2	2	5	0	0	7
Quest Chocolate Brownie Protein Bar 1 bar, 60 g	170	7	1	22	15	1	20	260	5	260
Total	500	33	6	29	17	3	37	400	375	267
Total	1434	71.74	24.376	110.22	33.6	28.24	105.95	3897	536.75	1152

Thursday, April 5, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Sauder's Organic Large Eggs 2 x 1 egg, 100 g	140	10	3	0			12	140	370	
Total	228	18.69	8.409	1.65	0	0.06	13.22	158	400	55
Lunch										
Saputo Crumbled Gorgonzola Cheese 3/4 x 1/4 cup, 21 g	75	6	3.75	0.75	0	0.75	5.25	195	18.75	
Trader Joe's Frozen Just Grilled Chicken Strips 3/4 x 3 oz, 64 g	68	1.12	0	0.75	0	0	12	255	30	
Ken's Steak House Light Options Raspberry Walnut Dressing 2 tbsp, 30 g	60	3.5	0.5	6	0	6	0	180	0	
Lettuce 1 cup shredded or chopped	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
Red Cabbage 1/2 cup chopped	14	0.07	0.015	3.28	0.9	1.74	0.64	12	0	108
Hormel Turkey Pepperoni 70% Less Fat 17 slices, 30 g	70	4	1.5	0	0	0	9	640	40	
Total	295	14.77	5.775	12.41	1.6	9.46	27.39	1288	88.75	186
Dinner										
All Whites 100% Liquid Egg Whites 8 x 3 tbsps, 368 g	200	0	0	0	0	0	40	600	0	600

Thursday, April 5, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 2 x 1/4 cup, 56 g	200	16	12	2	0	0	14	340	50	
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Lindt Excellence 90% Cocoa Supreme Dark 1/4 x 4 squares, 10 g	60	5.5	3.25	3	1.25	0.75	1	2.5	0	
Jif Natural Creamy Peanut Butter 2 tbsp, 33 g	190	16	3	8	2	3	7	80	0	0
Total	657	37.62	18.269	14.09	3.95	3.88	62.86	1046.5	50	600
Snacks/Other										
Atkins Meal Chocolate Peanut Butter Pretzel Bar 1 bar, 48 g	210	10	4.5	19	6	1	16	330	0	130
Quest Chocolate Brownie Protein Bar 1 bar, 60 g	170	7	1	22	15	1	20	260	5	260
Kirkland Signature Extra Fancy Unsalted Mixed Nuts 1/2 x 1/4 cup, 15 g	95	8	1	3.5	1	1	2.5	0	0	3.5
Total	475	25	6.5	44.5	22	3	38.5	590	5	393.5
Total	1655	96.08	38.953	72.65	27.55	16.4	141.97	3082.5	543.75	1234.5

Friday, April 6, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Atkins Meal Chocolate Peanut Butter Bar 1 bar, 60 g	250	14	8	23	12	2	16	250	10	210
Total	338	22.69	13.409	24.65	12	2.06	17.22	268	40	265
Lunch										
Chicken Breast 1 large (yield after cooking, bone removed)	433	17.14	4.821	0	0	0	65.6	872	184	539
Feta Cheese 1/2 cup crumbled	198	15.96	11.21	3.07	0	3.07	10.66	837	67	46
Tomatoes 1 medium whole (2-3/5" dia)	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
Total	653	33.35	16.088	7.89	1.5	6.3	77.34	1715	251	877
Dinner										
Nature's Promise Italian Chicken Sausage with Cheese & Garlic 1 link, 91 g	160	10	3	1		1	15	690	80	
Jif Natural Creamy Peanut Butter 1/2 x 2 tbsps, 16.5 g	95	8	1.5	4	1	1.5	3.5	40	0	0
Lindt Excellence 90% Cocoa Supreme Dark 1/4 x 4 squares, 10 g	60	5.5	3.25	3	1.25	0.75	1	2.5	0	
Total	315	23.5	7.75	8	2.25	3.25	19.5	732.5	80	0

Friday, April 6, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Sauder's Organic Large Eggs 2 x 1 egg, 100 g	140	10	3	0			12	140	370	
Kirkland Signature Extra Fancy Unsalted Mixed Nuts 9 g	57	4.8	0.6	2.1	0.6	0.6	1.5	0	0	2.1
Hormel Turkey Pepperoni 70% Less Fat 18 g	42	2.4	0.9	0	0	0	5.4	384	24	
Total	239	17.2	4.5	2.1	0.6	0.6	18.9	524	394	2.1
Total	1545	96.74	41.747	42.64	16.35	12.21	132.96	3239.5	765	1144.1

Saturday, April 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scrambled Egg	399	30.42	11.568	3.91	0	2.86	26.02	421	801	276
4 eggs										
Baby Spinach	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
1 cup										
Oscar Mayer Turkey Bacon (15g)	140	10	4	0	0	0	8	560		
4 x 1 slice, 60 g										
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese	100	8	6	1	0	0	7	170	25	
1/4 cup, 28 g										
Total	646	48.54	21.587	6	0.7	2.99	41.88	1175	826	276
Lunch										
Dinner										
Jennie-O Ground Turkey 93/7	340	16	5	0	0	0	42	160	160	
2 x 4 oz, 224 g										
Lucerne Shredded Mexican Four Cheese Blend	110	9	5	1	0	0	7	180	30	
1/4 cup , 28 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Lindt Excellence 90% Cocoa Supreme Dark	60	5.5	3.25	3	1.25	0.75	1	2.5	0	
1/4 x 4 squares, 10 g										
Total	700	46.5	16.25	12	3.25	3.75	57	422.5	190	0
Snacks/Other										

Saturday, April 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Quest Chocolate Brownie Protein Bar 1 bar, 60 g	170	7	1	22	15	1	20	260	5	260
Jif Natural Creamy Peanut Butter 2 tbsp, 33 g	190	16	3	8	2	3	7	80	0	0
Kirkland Signature Extra Fancy Unsalted Mixed Nuts 1/2 x 1/4 cup, 15 g	95	8	1	3.5	1	1	2.5	0	0	3.5
Total	455	31	5	33.5	18	5	29.5	340	5	263.5
Total	1801	126.04	42.837	51.5	21.95	11.74	128.38	1937.5	1021	539.5

Sunday, April 8, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 10 oz	147	0.48	0	2.07	0	2.01	30.9	471	0	462
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 1/4 cup, 28 g	100	8	6	1	0	0	7	170	25	
Oscar Mayer Turkey Bacon (15g) 4 x 1 slice, 60 g	140	10	4	0	0	0	8	560		
Mushrooms 1/2 cup pieces or slices	8	0.12	0.018	1.15	0.4	0.58	1.08	2	0	111
Total	395	18.6	10.018	4.22	0.4	2.59	46.98	1203	25	573
Lunch										
Atkins Meal Chocolate Peanut Butter Bar 1 bar, 60 g	250	14	8	23	12	2	16	250	10	210
Dinner										
Sea Cuisine Blackened Cajun Salmon 2 x 1 fillet, 8.2 oz	280	10		2	0	0	42	580	90	
Cooked Asparagus (from Fresh) 10 medium spears (5-1/4" to 7" long)	62	3.54	0.708	6.45	3	2.02	3.73	370	0	349
Total	342	13.54	0.708	8.45	3	2.02	45.73	950	90	349
Snacks/Other										
Quest Chocolate Chip Protein Cookie	250	17	10	19	9	0.5	15	220	30	0

Sunday, April 8, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cookie, 59 g										
Moe's Southwest Grill Guacamole (Side)	60	5	1	4	2	1	1	220	0	
1 serving										
Moe's Southwest Grill Cheese	110	9		0	0	0	7	180	30	
1 serving										
Moe's Southwest Grill Shredded Lettuce	4	0		1		1	0	3		
1 serving										
Moe's Southwest Grill Steak	140	7	3	0	0	0	19	380	50	
1 serving										
Moe's Southwest Grill Grilled Peppers	30	2	0	3	2	1	0	50	0	
1 serving										
Total	594	40	14	27	13	3.5	42	1053	110	0
Total	1581	86.14	32.726	62.67	28.4	10.11	150.71	3456	235	1132

Monday, April 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Robert Irvine's Fit Crunch - Chocolate Peanut Butter	380	16	8	28	2	6	32	400	20	100
2 x 1 bar, 92 g										
Light Cream	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
3 tbsps										
Total	468	24.69	13.409	29.65	2	6.06	33.22	418	50	155
Lunch										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
Ken's Steak House Light Options Raspberry Walnut Dressing	60	3.5	0.5	6	0	6	0	180	0	
2 tbsp, 30 g										
Trader Joe's Frozen Just Grilled Chicken Strips	225	3.75	0	2.5	0	0	40	850	100	
2 1/2 x 3 oz, 212.5 g										
Saputo Crumbled Gorgonzola Cheese	75	6	3.75	0.75	0	0.75	5.25	195	18.75	
3/4 x 1/4 cup, 21 g										
Total	368	13.33	4.26	10.88	0.7	7.72	45.75	1231	118.75	78
Dinner										
Cooked Asparagus (from Fresh)	62	3.54	0.708	6.45	3	2.02	3.73	370	0	349
10 medium spears (5-1/4" to 7" long)										
Skinless Chicken Breast	195	2.19	0.584	0	0	0	40.87	115	103	
3/4 breast, bone and skin removed										
Lindt Excellence 90% Cocoa Supreme Dark	60	5.5	3.25	3	1.25	0.75	1	2.5	0	

Monday, April 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 x 4 squares, 10 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Total	507	27.23	7.542	17.45	6.25	5.77	52.6	567.5	103	349
Snacks/Other										
Tumaro's Everything Wrap	80	2	0	16	10	1	7	240	0	
1 wrap, 60 g										
Tyson Foods Grilled & Ready Seasoned Steak Strips	280	12	6	2	0	0	36	1000	110	0
2 x 3 oz, 168 g										
Kroger Sriracha Mustard	5	0		0			0	105		
1 tsp, 5 g										
Red Cabbage	28	0.14	0.03	6.56	1.9	3.48	1.27	24	0	216
1 cup chopped										
Land O'Lakes Hot Pepper Cheese	100	8	5	2	0	2	6	430	25	
1 oz, 28 g										
Bridgford Turkey Pepperoni	60	3	0.75	0.75	0	0	6.75	510	26.25	
3/4 x 12 slices, 22 g										
Total	553	25.14	11.78	27.31	11.9	6.48	57.02	2309	161.25	216
Total	1896	90.39	36.991	85.29	20.85	26.03	188.59	4525.5	433	798

Tuesday, April 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Robert Irvine's Fit Crunch - Chocolate Peanut Butter	380	16	8	28	2	6	32	400	20	100
2 x 1 bar, 92 g										
Light Cream	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
3 tbsps										
Total	468	24.69	13.409	29.65	2	6.06	33.22	418	50	155
Lunch										
Saputo Crumbled Gorgonzola Cheese	75	6	3.75	0.75	0	0.75	5.25	195	18.75	
3/4 x 1/4 cup, 21 g										
Trader Joe's Frozen Just Grilled Chicken Strips	135	2.25	0	1.5	0	0	24	510	60	
1 1/2 x 3 oz, 127.5 g										
Ken's Steak House Light Options Raspberry Walnut Dressing	60	3.5	0.5	6	0	6	0	180	0	
2 tbsp, 30 g										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
Total	278	11.83	4.26	9.88	0.7	7.72	29.75	891	78.75	78
Dinner										
Lindt Excellence 90% Cocoa Supreme Dark	240	22	13	12	5	3	4	10	0	
4 squares, 40 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Chicken or Turkey Salad	208	15.75	2.831	1.27	0.4	0.49	14.74	144	50	159

Tuesday, April 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup										
Chicken Breast	164	6.48	1.824	0	0	0	24.82	330	70	204
1/2 small (yield after cooking, bone removed)										
Total	802	60.23	20.655	21.27	7.4	6.49	50.56	564	120	363
Snacks/Other										
Tyson Foods Grilled & Ready Seasoned Steak Strips	140	6	3	1	0	0	18	500	55	0
3 oz, 84 g										
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese	100	8	6	1	0	0	7	170	25	
1/4 cup, 28 g										
Total	240	14	9	2	0	0	25	670	80	0
Total	1788	110.75	47.324	62.8	10.1	20.27	138.53	2543	328.75	596

Wednesday, April 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 1/4 cup, 28 g	100	8	6	1	0	0	7	170	25	
Egg White 10 oz	147	0.48	0	2.07	0	2.01	30.9	471	0	462
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Total	342	17.29	11.428	5.81	0.7	2.2	39.98	683	55	517
Lunch										
Cooked Cauliflower (Fat Added in Cooking) 1 cup	81	5.44	0.997	7.22	4.8	2.29	3.14	548	0	252
Tyson Foods Mesquite Chicken Breast Fillets 1 piece, 85 g	120	6	1.5	1	0	0	16	390	55	
Total	201	11.44	2.497	8.22	4.8	2.29	19.14	938	55	252
Dinner										
Genuine Steak House Brand Beef Ribeye Steak 5 x 4 oz, 560 g	1400	100	40	0	0	0	110	275	375	
Snacks/Other										
Atkins Meal Chocolate Peanut Butter Bar 1 bar, 60 g	250	14	8	23	12	2	16	250	10	210

Wednesday, April 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Quest Chocolate Chip Protein Cookie 1 cookie, 59 g	250	17	10	19	9	0.5	15	220	30	0
Cosmopolitan 1 cocktail	331	0.07	0.007	12.04	0.2	8.82	0.14	2	0	
Bread Pudding 1/4 cup	76	2.37	0.824	11.63	0.4	7.36	2.63	118	31	108
Stella Artois Lager 1 bottle, 11.2 oz	154	0	0	6.3	0	0	0	0	0	
Total	1061	33.44	18.831	71.97	21.6	18.68	33.77	590	71	318
Total	3004	162.17	72.756	86	27.1	23.17	202.89	2486	556	1087

Thursday, April 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quest Chocolate Brownie Protein Bar	170	7	1	22	15	1	20	260	5	260
1 bar, 60 g										
Lunch										
b.good chicken caesar salad	477	16	8	20	3	2	31	200	200	
1 serving										
Dinner										
Cooked Asparagus (from Fresh)	62	3.54	0.708	6.45	3	2.02	3.73	370	0	349
10 medium spears (5-1/4" to 7" long)										
Cooked Cauliflower (Fat Not Added in Cooking)	79	1.33	0.21	14.26	9.7	4.61	6.3	1022	0	504
2 cups										
Jalapeno Peppers	4	0.09	0.009	0.83	0.4	0.48	0.19	0	0	30
1 pepper										
Cooked Eggplant	66	3.89	0.73	8.39	2.4	3.05	0.8	493	0	118
1 cup cubed										
Lindt Excellence 90% Cocoa Supreme Dark	120	11	6.5	6	2.5	1.5	2	5	0	
1/2 x 4 squares, 20 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Total	521	35.85	11.157	43.93	20	14.66	20.02	1970	0	1001
Snacks/Other										
Jimmy Dean Delights Frittatas Turkey Sausage & Veggies	240	17	5	10	2	4	12	760	230	

Thursday, April 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 frittatas, 113 g										
Quest Chocolate Chip Protein Cookie	250	17	10	19	9	0.5	15	220	30	0
1 cookie, 59 g										
Total	490	34	15	29	11	4.5	27	980	260	0
Total	1658	92.85	35.157	114.93	49	22.16	98.02	3410	465	1261

Friday, April 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quest Chocolate Brownie Protein Bar	170	7	1	22	15	1	20	260	5	260
1 bar, 60 g										
Light Cream	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
3 tbsps										
Total	258	15.69	6.409	23.65	15	1.06	21.22	278	35	315
Lunch										
Tyson Foods Mesquite Chicken Breast Fillets	120	6	1.5	1	0	0	16	390	55	
1 piece, 85 g										
Cooked Cauliflower (Fat Added in Cooking)	41	2.72	0.498	3.61	2.4	1.15	1.57	274	0	126
1/2 cup										
Asparagus	7	0.04	0.015	1.3	0.7	0.63	0.74	1	0	68
1/4 cup										
Jalapeno Peppers	1	0.02	0.002	0.21	0.1	0.12	0.05	0	0	8
1/4 pepper										
Eggplant	20	0.16	0.028	4.67	2.8	1.93	0.83	2	0	189
1 cup cubed										
Total	189	8.94	2.043	10.79	6	3.83	19.19	667	55	391
Dinner										
Mozzarella Cheese	514	34.07	21.552	6.51	0	1.02	44.16	898	92	162
6 slices (1 oz)										
Jennie-O Ground Turkey 93/7	170	8	2.5	0	0	0	21	80	80	
4 oz, 112 g										
Lindt Excellence 90% Cocoa Supreme Dark	120	11	6.5	6	2.5	1.5	2	5	0	

Friday, April 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 4 squares, 20 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Total	994	69.07	33.552	20.51	4.5	5.52	74.16	1063	172	162
Snacks/Other										
Jimmy Dean Delights Frittatas Turkey Sausage & Veggies	240	17	5	10	2	4	12	760	230	
2 frittatas, 113 g										
Premier Nutrition Chocolate Peanut Butter Protein Bar	290	8	4	25	3	8	30	440	0	240
1 bar, 72 g										
Cabot Pepper Jack Cheese	110	9	6	0	0	0	7	170	30	
1 cube, 28 g										
Total	640	34	15	35	5	12	49	1370	260	240
Total	2081	127.7	57.004	89.95	30.5	22.41	163.57	3378	522	1108

Saturday, April 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Egg White 10 oz	147	0.48	0	2.07	0	2.01	30.9	471	0	462
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 1/4 cup, 28 g	100	8	6	1	0	0	7	170	25	
Quest Chocolate Brownie Protein Bar 1 bar, 60 g	170	7	1	22	15	1	20	260	5	260
Total	505	24.17	12.409	26.72	15	3.07	59.12	919	60	777
Lunch										
Eggplant 1/4 cup cubed	5	0.04	0.007	1.17	0.7	0.48	0.21	0	0	47
Asparagus 1/4 cup	7	0.04	0.015	1.3	0.7	0.63	0.74	1	0	68
Cooked Cauliflower (Fat Added in Cooking) 1/4 cup	20	1.36	0.249	1.8	1.2	0.57	0.79	137	0	63
Tumaro's Everything Wrap 2 x 1 wrap, 120 g	160	4	0	32	20	2	14	480	0	
Total	192	5.44	0.271	36.27	22.6	3.68	15.74	618	0	178
Dinner										
Tyson Foods Seasoned Steak Strips 1 1/2 x 3 oz, 126 g	210	9	4.5	1.5	0	0	27	750	82.5	

Saturday, April 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Saputo Crumbled Gorgonzola Cheese 1/4 cup, 28 g	100	8	5	1	0	1	7	260	25	
Ken's Steak House Light Options Raspberry Walnut Dressing 2 tbsp, 30 g	60	3.5	0.5	6	0	6	0	180	0	
Total	370	20.5	10	8.5	0	7	34	1190	107.5	
Snacks/Other										
Jif Natural Creamy Peanut Butter 2 x 2 tbsp, 66 g	380	32	6	16	4	6	14	160	0	0
Lindt Excellence 90% Cocoa Supreme Dark 4 squares, 40 g	240	22	13	12	5	3	4	10	0	
Quest Chocolate Brownie Protein Bar 1 bar, 60 g	170	7	1	22	15	1	20	260	5	260
Total	790	61	20	50	24	10	38	430	5	260
Total	1857	111.11	42.68	121.49	61.6	23.75	146.86	3157	172.5	1215

Sunday, April 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quest Chocolate Brownie Protein Bar	170	7	1	22	15	1	20	260	5	260
1 bar, 60 g										
Lunch										
Cooked Cauliflower (Fat Added in Cooking)	81	5.44	0.997	7.22	4.8	2.29	3.14	548	0	252
1 cup										
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless)	110	0.26	0.086	28.96	1.4	24.77	1.15	3	0	306
1 cup, seedless										
Total	191	5.7	1.083	36.18	6.2	27.06	4.29	551	0	558
Dinner										
Tyson Foods Grilled & Ready Chicken Breast Fillets	220	4	1	4	0	0	42	680	140	0
2 x 1 piece, 196 g										
Asparagus	27	0.16	0.062	5.2	2.8	2.52	2.95	3	0	271
1 cup										
Eggplant	10	0.08	0.014	2.34	1.4	0.96	0.41	1	0	94
1/2 cup cubed										
Lindt Excellence 90% Cocoa Supreme Dark	120	11	6.5	6	2.5	1.5	2	5	0	
1/2 x 4 squares, 20 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Total	567	31.24	10.576	25.54	8.7	7.98	54.36	769	140	365

Sunday, April 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Egg White	86	0.28	0	1.2	0	1.17	17.98	274	0	269
5 large										
Turkey Bacon	31	2.23	0.664	0.25	0	0	2.37	183	8	32
1 thin slice (yield after cooking)										
Bacon	81	6.27	2.061	0.21	0	0	5.56	346	16	85
3 thin slices (yield after cooking)										
Strawberries	6	0.05	0.003	1.38	0.4	0.84	0.12	0	0	28
1 large (1-3/8" dia)										
Total	204	8.83	2.728	3.04	0.4	2.01	26.03	803	24	414
Total	1132	52.77	15.387	86.76	30.3	38.05	104.68	2383	169	1597

Monday, April 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Robert Irvine's Fit Crunch - Chocolate Peanut Butter	380	16	8	28	2	6	32	400	20	100
2 x 1 bar, 92 g										
Lunch										
Eggplant	10	0.08	0.014	2.34	1.4	0.96	0.41	1	0	94
1/2 cup cubed										
Cooked Cauliflower (Fat Added in Cooking)	81	5.44	0.997	7.22	4.8	2.29	3.14	548	0	252
1 cup										
Asparagus	13	0.08	0.031	2.6	1.4	1.26	1.47	1	0	135
1/2 cup										
Jalapeno Peppers	1	0.02	0.002	0.21	0.1	0.12	0.05	0	0	8
1/4 pepper										
Red Sweet Pepper	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	126
1/2 medium (approx 2-3/4" long, 2-1/2" dia)										
Bacon	81	6.27	2.061	0.21	0	0	5.56	346	16	85
3 thin slices (yield after cooking)										
Total	201	12.07	3.14	16.17	8.9	7.13	11.22	897	16	700
Dinner										
Beef Meatballs	170	11.06	4.181	6.36	0.4	1.27	10.42	401	62	
3 medium										
Specially Selected Bacon Wrapped Scallops	112	7.5	2.62	1.5	0	0	2.25	172.5	15	0
3/4 x 3 pieces, 64 g										
Lindt Excellence 90% Cocoa Supreme Dark	120	11	6.5	6	2.5	1.5	2	5	0	
1/2 x 4 squares, 20 g										

Monday, April 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Jif Natural Creamy Peanut Butter 2 tbsp, 33 g	190	16	3	8	2	3	7	80	0	0
Coleslaw 1/4 cup	21	0.78	0.116	3.72	0.4		0.39	7	2	54
Total	613	46.34	16.417	25.58	5.3	5.77	22.06	665.5	79	54
Snacks/Other										
Strawberries 2 large (1-3/8" dia)	12	0.11	0.005	2.76	0.7	1.68	0.24	0	0	55
Turkey Bacon 1 thin slice (yield after cooking)	31	2.23	0.664	0.25	0	0	2.37	183	8	32
Egg White 5 large	86	0.28	0	1.2	0	1.17	17.98	274	0	269
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Mac's Snacks Red Hot Pork Skins 2 x 1/2 oz	160	10	3	0	0	0	16	720	20	
Ore-Ida Extra Crispy Golden Crinkles French Fried Potatoes 1/4 x 14 pieces, 1 g	40	1.75	0.38	5.5	0.5	0.5	0.5	102.5	0	67.5
Total	425	21.76	8.466	11.68	1.2	5.18	42.46	1647.5	51	423.5
Total	1619	96.17	36.023	81.43	17.4	24.08	107.74	3610	166	1277.5

Tuesday, April 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fit Crunch Chocolate Chip Cookie Dough	380	16	8	27	2	6	30	320	20	100
1 bar, 88 g										
Lunch										
Red Sweet Pepper	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	126
1/2 medium (approx 2-3/4" long, 2-1/2" dia)										
Jalapeno Peppers	1	0.02	0.002	0.21	0.1	0.12	0.05	0	0	8
1/4 pepper										
Asparagus	13	0.08	0.031	2.6	1.4	1.26	1.47	1	0	135
1/2 cup										
Cooked Cauliflower (Fat Added in Cooking)	81	5.44	0.997	7.22	4.8	2.29	3.14	548	0	252
1 cup										
Eggplant	10	0.08	0.014	2.34	1.4	0.96	0.41	1	0	94
1/2 cup cubed										
Waterfront Bistro Scallops Wrapped in Bacon	280	20	8	1	0	0	24	660	70	
2 x 3 pieces, 150 g										
Total	400	25.8	9.079	16.96	8.9	7.13	29.66	1211	70	615
Dinner										
Beef Meatballs	198	12.9	4.878	7.43	0.5	1.48	12.16	468	73	
3 1/2 medium										
Chicken Sausage	73	4.25	1.088	0.65	0	0	7.58	307	34	
1 1/2 links (7/8" dia x 4" long)										
Strawberries	17	0.16	0.008	4.15	1.1	2.52	0.36	1	0	83
2 extra large (1-5/8" dia)										

Tuesday, April 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lindt Excellence 90% Cocoa Supreme Dark 1/2 x 4 squares, 20 g	120	11	6.5	6	2.5	1.5	2	5	0	
Jif Natural Creamy Peanut Butter 2 tbsp, 33 g	190	16	3	8	2	3	7	80	0	0
Total	598	44.31	15.474	26.23	6.1	8.5	29.1	861	107	83
Snacks/Other										
American Cheese 1 slice (1 oz)	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
Egg White 5 large	86	0.28	0	1.2	0	1.17	17.98	274	0	269
Turkey Bacon 1 thin slice (yield after cooking)	31	2.23	0.664	0.25	0	0	2.37	183	8	32
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Margherita Pepperoni 15 slices, 28 g	130	13	5	1	0	1	6	510	20	
Total	350	23.02	10.1	5.51	0.7	4.13	32.58	1359	51	301
Total	1728	109.13	42.653	75.7	17.7	25.76	121.34	3751	248	1099

Wednesday, April 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quest Chocolate Brownie Protein Bar	170	7	1	22	15	1	20	260	5	260
1 bar, 60 g										
Jif Natural Creamy Peanut Butter	95	8	1.5	4	1	1.5	3.5	40	0	0
1/2 x 2 tbsp, 16.5 g										
Light Cream	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
3 tbsps										
Total	353	23.69	7.909	27.65	16	2.56	24.72	318	35	315
Lunch										
Eggplant	10	0.08	0.014	2.34	1.4	0.96	0.41	1	0	94
1/2 cup cubed										
Cooked Cauliflower (Fat Added in Cooking)	81	5.44	0.997	7.22	4.8	2.29	3.14	548	0	252
1 cup										
Asparagus	13	0.08	0.031	2.6	1.4	1.26	1.47	1	0	135
1/2 cup										
Jalapeno Peppers	1	0.02	0.002	0.21	0.1	0.12	0.05	0	0	8
1/4 pepper										
Red Sweet Pepper	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	126
1/2 medium (approx 2-3/4" long, 2-1/2" dia)										
Trader Joe's Frozen Just Grilled Chicken Strips	90	1.5	0	1	0	0	16	340	40	
3 oz, 85 g										
Total	210	7.3	1.079	16.96	8.9	7.13	21.66	891	40	615
Dinner										
Egg White	120	0.39	0	1.69	0	1.64	25.18	383	0	377

Wednesday, April 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
7 large										
Aidells Cajun Style Andouille Sausage	160	11	4	1	0	1	15	690	50	
1 link, 85 g										
Lindt Excellence 90% Cocoa Supreme Dark	120	11	6.5	6	2.5	1.5	2	5	0	
1/2 x 4 squares, 20 g										
Tumaro's Everything Wrap	80	2	0	16	10	1	7	240	0	
1 wrap, 60 g										
Jif Natural Creamy Peanut Butter	142	12	2.25	6	1.5	2.25	5.25	60	0	0
3/4 x 2 tbsp, 25 g										
Total	622	36.39	12.75	30.69	14	7.39	54.43	1378	50	377
Snacks/Other										
Margherita Pepperoni	195	19.5	7.5	1.5	0	1.5	9	765	30	
1 1/2 x 15 slices, 42 g										
Jimmy Dean Delights Frittatas Turkey Sausage & Veggies	240	17	5	10	2	4	12	760	230	
2 frittatas, 113 g										
Strawberries	12	0.11	0.005	2.76	0.7	1.68	0.24	0	0	55
2 large (1-3/8" dia)										
Cucumber (Peeled)	12	0.16	0.013	2.15	0.7	1.38	0.59	2	0	136
3/4 cup pared, chopped										
Total	459	36.77	12.518	16.41	3.4	8.56	21.83	1527	260	191
Total	1644	104.15	34.256	91.71	42.3	25.64	122.64	4114	385	1498

Thursday, April 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Fit Crunch Chocolate Chip Cookie Dough 1 bar, 88 g	380	16	8	27	2	6	30	320	20	100
Total	468	24.69	13.409	28.65	2	6.06	31.22	338	50	155
Lunch										
Grilled Chicken 2 cups diced	640	36.41	10.148	0	0	0	73.1	1092	236	
Feta Cheese 2 oz	150	12.07	8.474	2.32	0	2.32	8.06	633	50	35
Total	790	48.48	18.622	2.32	0	2.32	81.16	1725	286	35
Dinner										
Open Nature Fresh Lean Ground Turkey Patties 4 oz, 112 g	160	8	2	0	0	0	21	75	85	
Lindt Excellence 90% Cocoa Supreme Dark 1/2 x 4 squares, 20 g	120	11	6.5	6	2.5	1.5	2	5	0	
Jif Natural Creamy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.5	4	1	1.5	3.5	40	0	0
Total	375	27	10	10	3.5	3	26.5	120	85	0
Snacks/Other										
Strawberries 4 large (1-3/8" dia)	23	0.22	0.011	5.53	1.4	3.36	0.48	1	0	110

Thursday, April 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Jimmy Dean Delights Frittatas Turkey Sausage & Veggies <small>2 frittatas, 113 g</small>	240	17	5	10	2	4	12	760	230	
Quest Chocolate Chip Protein Cookie <small>1 cookie, 59 g</small>	250	17	10	19	9	0.5	15	220	30	0
Total	513	34.22	15.011	34.53	12.4	7.86	27.48	981	260	110
Total	2146	134.39	57.042	75.5	17.9	19.24	166.36	3164	681	300

Friday, April 20, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Robert Irvine's Fit Crunch - Chocolate Peanut Butter 2 x 1 bar, 92 g	380	16	8	28	2	6	32	400	20	100
Total	468	24.69	13.409	29.65	2	6.06	33.22	418	50	155
Lunch										
Dinner										
Snacks/Other										
Jimmy Dean Delights Frittatas Turkey Sausage & Veggies 2 frittatas, 113 g	240	17	5	10	2	4	12	760	230	
RxBar Chocolate Chip 1 bar, 52 g	210	9	2	22	5	13	12	190	0	473
Nature Valley Protein Chewy Bars - Peanut Butter Dark Chocolate 1 bar, 40 g	190	12	3.5	14	5	6	10	170	0	
Total	640	38	10.5	46	12	23	34	1120	230	473
Total	1108	62.69	23.909	75.65	14	29.06	67.22	1538	280	628

Saturday, April 21, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Robert Irvine's Fit Crunch - Chocolate Peanut Butter	380	16	8	28	2	6	32	400	20	100
2 x 1 bar, 92 g										
Light Cream	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
3 tbsps										
Total	468	24.69	13.409	29.65	2	6.06	33.22	418	50	155
Lunch										
Rye Bread	135	1.72	0.326	25.12	3	2	4.42	343	0	86
2 regular slices										
Hormel Oven Roasted Deli Turkey	120	2	0	2	0	2	22	920	50	
2 x 3 slices, 112 g										
Total	255	3.72	0.326	27.12	3	4	26.42	1263	50	86
Dinner										
Panera Bread Thai Chopped Chicken Salad	490	19	4	42	7	14	39	1100	80	
1 serving, 417 g										
Lindt Excellence 90% Cocoa Supreme Dark	120	11	6.5	6	2.5	1.5	2	5	0	
1/2 x 4 squares, 20 g										
Total	610	30	10.5	48	9.5	15.5	41	1105	80	
Snacks/Other										
Quest Chocolate Brownie Protein Bar	170	7	1	22	15	1	20	260	5	260
1 bar, 60 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0

Saturday, April 21, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 33 g										
Part Skim Mozzarella Cheese	85	5.61	3.548	1.07	0	0.17	7.27	148	15	27
1 stick										
Total	445	28.61	7.548	31.07	17	4.17	34.27	488	20	287
Total	1778	87.02	31.783	135.84	31.5	29.73	134.91	3274	200	528

Sunday, April 22, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 10 oz	147	0.48	0	2.07	0	2.01	30.9	471	0	462
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Oscar Mayer Turkey Bacon (15g) 1 slice, 15 g	35	2.5	1	0	0	0	2	140		
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 1/2 x 1/4 cup, 14 g	50	4	3	0.5	0	0	3.5	85	12.5	
Total	327	15.79	9.428	5.31	0.7	2.2	38.48	738	42.5	517
Lunch										
Costco Rotisserie Chicken 3 x 3 oz, 255 g	420	21	7.5	1.5	0	1.5	57	1380	165	
Dinner										
Pork Loin (Tenderloin) 7 oz	270	10.74	3.711	0	0		40.76	97	131	712
Snacks/Other										
Kirkland Signature Extra Fancy Unsalted Mixed Nuts 2 x 1/4 cup, 60 g	380	32	4	14	4	4	10	0	0	14
Publix Red Seedless Grapes 1/2 cup, 80 g	60	0	0	14	1	12	1	0	0	0

Sunday, April 22, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wawa French Vanilla Cappuccino (12 oz)	220	7	7	38	1	29	1	300	0	0
12 fl oz, 287 g										
Total	660	39	11	66	6	45	12	300	0	14
Total	1677	86.53	31.639	72.81	6.7	48.7	148.24	2515	338.5	1243

Monday, April 23, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Robert Irvine's Fit Crunch - Chocolate Peanut Butter 2 x 1 bar, 92 g	380	16	8	28	2	6	32	400	20	100
Total	468	24.69	13.409	29.65	2	6.06	33.22	418	50	155
Lunch										
Pork Loin (Tenderloin) 3 1/2 oz	135	5.37	1.856	0	0		20.38	49	65	356
Eggplant 1/2 cup cubed	10	0.08	0.014	2.34	1.4	0.96	0.41	1	0	94
Asparagus 1/4 cup	7	0.04	0.015	1.3	0.7	0.63	0.74	1	0	68
Sweet Red Peppers 1 cup chopped	39	0.45	0.088	8.98	3	6.26	1.48	3	0	314
Total	191	5.94	1.973	12.62	5.1	7.85	23.01	54	65	832
Dinner										
Baked or Broiled Salmon 8 oz boneless (yield after cooking)	315	13.91	2.414	0.9	0	0.2	44.1	859	114	727
Asparagus 1/2 cup	13	0.08	0.031	2.6	1.4	1.26	1.47	1	0	135
Grapes (Red or Green, European Type Varieties Such As Thompson Seedless) 1 cup, seedless	110	0.26	0.086	28.96	1.4	24.77	1.15	3	0	306
Quest Chocolate Chip Protein Cookie	125	8.5	5	9.5	4.5	0.25	7.5	110	15	0

Monday, April 23, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 1 cookie, 29.5 g										
Total	563	22.75	7.531	41.96	7.3	26.48	54.22	973	129	1168
Snacks/Other										
Egg White	69	0.22	0	0.96	0	0.94	14.39	219	0	215
4 large										
Turkey Bacon	31	2.23	0.664	0.25	0	0	2.37	183	8	32
1 thin slice (yield after cooking)										
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese	25	2	1.5	0.25	0	0	1.75	42.5	6.25	
1/4 x 1/4 cup, 7 g										
Strawberries	35	0.32	0.016	8.29	2.2	5.03	0.72	1	0	165
6 large (1-3/8" dia)										
Open Nature Fresh Lean Ground Turkey Patties	240	12	3	0	0	0	31.5	112.5	127.5	
1 1/2 x 4 oz, 168 g										
Atkins Meal Chocolate Peanut Butter Bar	250	14	8	23	12	2	16	250	10	210
1 bar, 60 g										
Total	650	30.77	13.18	32.75	14.2	7.97	66.73	808	151.75	622
Total	1872	84.15	36.093	116.98	28.6	48.36	177.18	2253	395.75	2777

Tuesday, April 24, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Robert Irvine's Fit Crunch - Chocolate Peanut Butter	380	16	8	28	2	6	32	400	20	100
2 x 1 bar, 92 g										
Light Cream	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
3 tbsps										
Total	468	24.69	13.409	29.65	2	6.06	33.22	418	50	155
Lunch										
Sweet Red Peppers	39	0.45	0.088	8.98	3	6.26	1.48	3	0	314
1 cup chopped										
Asparagus	16	0.1	0.037	3.1	1.7	1.5	1.76	2	0	162
4 spears large (7-1/4" to 8-1/2")										
Eggplant	10	0.08	0.014	2.34	1.4	0.96	0.41	1	0	94
1/2 cup cubed										
Pork Loin (Tenderloin)	193	7.67	2.651	0	0		29.12	69	94	509
5 oz										
Total	258	8.3	2.79	14.42	6.1	8.72	32.77	75	94	1079
Dinner										
Salmon	331	13.45	2.858	0	0	0	49.03	104	102	959
8 oz boneless										
Jif Natural Creamy Peanut Butter	95	8	1.5	4	1	1.5	3.5	40	0	0
1/2 x 2 tbsp, 16.5 g										
Total	426	21.45	4.358	4	1	1.5	52.53	144	102	959

Snacks/Other

Tuesday, April 24, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 1/4 x 1/4 cup, 7 g	25	2	1.5	0.25	0	0	1.75	42.5	6.25	
Turkey Bacon 1 thin slice (yield after cooking)	31	2.23	0.664	0.25	0	0	2.37	183	8	32
Egg White 7 large	120	0.39	0	1.69	0	1.64	25.18	383	0	377
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Aidells Cajun Style Andouille Sausage 1 link, 85 g	160	11	4	1	0	1	15	690	50	
Quest Double Chocolate Chip Protein Cookie 1 cookie, 59 g	240	16	10	20	10	1	15	190	30	
Total	583	31.74	16.183	24.28	10.7	3.77	60.16	1512.5	94.25	409
Total	1735	86.18	36.74	72.35	19.8	20.05	178.68	2149.5	340.25	2602

Wednesday, April 25, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light Cream 3 tbsps	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
Robert Irvine's Fit Crunch - Chocolate Peanut Butter 2 x 1 bar, 92 g	380	16	8	28	2	6	32	400	20	100
Total	468	24.69	13.409	29.65	2	6.06	33.22	418	50	155
Lunch										
Eggplant 1/2 cup cubed	10	0.08	0.014	2.34	1.4	0.96	0.41	1	0	94
Asparagus 4 spears large (7-1/4" to 8-1/2")	16	0.1	0.037	3.1	1.7	1.5	1.76	2	0	162
Sweet Red Peppers 1 cup chopped	39	0.45	0.088	8.98	3	6.26	1.48	3	0	314
Cooked Cauliflower (Fat Added in Cooking) 1 cup	81	5.44	0.997	7.22	4.8	2.29	3.14	548	0	252
Total	146	6.07	1.136	21.64	10.9	11.01	6.79	554	0	822
Dinner										
Tumaro's Everything Wrap 1 wrap, 60 g	80	2	0	16	10	1	7	240	0	
Fresh & Easy Liquid Egg Whites 4 x 1/2 cup	300	0	0	4	0	4	20	800	0	800
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 1/4 cup, 28 g	100	8	6	1	0	0	7	170	25	

Wednesday, April 25, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Jif Natural Creamy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.5	4	1	1.5	3.5	40	0	0
Total	575	18	7.5	25	11	6.5	37.5	1250	25	800
Snacks/Other										
Aidells Cajun Style Andouille Sausage 1 link, 85 g	160	11	4	1	0	1	15	690	50	
Salmon 7 oz boneless	290	11.77	2.5	0	0	0	42.9	91	89	839
Quest Chocolate Caramel Pecan Hero Protein Bar 1 bar, 60 g	200	11	7	27	11	12	15	220	10	
Steak Strips 1 1/2 x 1 oz, 42 g	90	0.75	0	7.5	0	6	13.5	495	15	
Total	740	34.52	13.5	35.5	11	19	86.4	1496	164	839
Total	1929	83.28	35.545	111.79	34.9	42.57	163.91	3718	239	2616

Thursday, April 26, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Robert Irvine's Fit Crunch - Chocolate Peanut Butter	380	16	8	28	2	6	32	400	20	100
2 x 1 bar, 92 g										
Light Cream	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
3 tbsps										
Total	468	24.69	13.409	29.65	2	6.06	33.22	418	50	155
Lunch										
Cooked Cauliflower (Fat Added in Cooking)	20	1.36	0.249	1.8	1.2	0.57	0.79	137	0	63
1/4 cup										
Sweet Red Peppers	19	0.22	0.044	4.49	1.5	3.13	0.74	1	0	157
1/2 cup chopped										
Asparagus	28	0.17	0.064	5.43	2.9	2.63	3.08	3	0	283
7 spears large (7-1/4" to 8-1/2")										
Aidells Chicken Sausage	170	12	3.5	2	0	0	14	670	70	
1 link										
Total	237	13.75	3.857	13.72	5.6	6.33	18.61	811	70	503
Dinner										
Fresh & Easy Liquid Egg Whites	150	0	0	2	0	2	10	400	0	400
2 x 1/2 cup										
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese	50	4	3	0.5	0	0	3.5	85	12.5	
1/2 x 1/4 cup, 14 g										
Lindt Excellence 90% Cocoa Supreme Dark	120	11	6.5	6	2.5	1.5	2	5	0	
1/2 x 4 squares, 20 g										

Thursday, April 26, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Jif Natural Creamy Peanut Butter 2 tbsp, 33 g	190	16	3	8	2	3	7	80	0	0
Total	510	31	12.5	16.5	4.5	6.5	22.5	570	12.5	400
Snacks/Other										
Jack Link's Original Turkey Jerky 1 oz, 28 g	80	0.5	0	4	0	4	13	490	20	
Sargento Colby-Jack Cubes Cheese Snacks 24 g	88	7.2	4.8	0.8	0	0	4.8	160	20	
Jimmy Dean Bacon & Spinach Frittatas 2 frittatas, 113 g	260	19	6	9	2	4	14	720	220	
Quest Chocolate Chip Protein Cookie 1 cookie, 59 g	250	17	10	19	9	0.5	15	220	30	0
Kirkland Signature Steak Strips 3 x 1 oz, 84 g	180	1.5	0	15	0	12	27	990	30	
Total	858	45.2	20.8	47.8	11	20.5	73.8	2580	320	0
Total	2073	114.64	50.566	107.67	23.1	39.39	148.13	4379	452.5	1058

Friday, April 27, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Atkins Meal Chocolate Peanut Butter Pretzel Bar	210	10	4.5	19	6	1	16	330	0	130
1 bar, 48 g										
Lunch										
Rye Bread	135	1.72	0.326	25.12	3	2	4.42	343	0	86
2 regular slices										
Deli Turkey or Chicken Breast Meat	206	3.29	0.953	8.35	1	6.97	33.88	2014	85	599
7 slices (1 oz)										
Total	341	5.01	1.279	33.47	4	8.97	38.3	2357	85	685
Dinner										
Kroger Low Moisture Part Skim Shredded Mozzarella Cheese	240	15	9	1.5	0	0	24	510	45	0
3 x 1/4 cup, 84 g										
Tyson Foods Fajita Chicken Strips	110	4	1	1	0	1	17	540	55	
3 oz, 84 g										
Lindt Excellence 90% Cocoa Supreme Dark	180	16.5	9.75	9	3.75	2.25	3	7.5	0	
3/4 x 4 squares, 30 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Total	720	51.5	22.75	19.5	5.75	6.25	51	1137.5	100	0
Snacks/Other										
Egg White	51	0.17	0	0.72	0	0.7	10.79	164	0	161
3 large										

Friday, April 27, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 1/4 x 1/4 cup, 7 g	25	2	1.5	0.25	0	0	1.75	42.5	6.25	
Mixed Nuts 1/4 cup	219	19.99	3.123	7.66	2.9	1.51	5.86	141	0	204
Sargento Colby-Jack Cubes Cheese Snacks 7 cubes, 30 g	110	9	6	1	0	0	6	200	25	
Hormel Original Pepperoni Slices 1 1/2 x 15 slices, 45 g	225	21	9	0	0	0	7.5	780	45	
Total	637	52.28	19.642	10.72	3.6	2.34	32.76	1351.5	76.25	365
Total	1908	118.79	48.171	82.69	19.35	18.56	138.06	5176	261.25	1180

Sunday, April 29, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Robert Irvine's Fit Crunch - Chocolate Peanut Butter	95	4	2	7	0.5	1.5	8	100	5	25
1/2 x 1 bar, 23 g										
Pork Loin (Tenderloin)	308	12.27	4.241	0	0		46.58	111	150	814
8 oz										
Asparagus	27	0.16	0.062	5.2	2.8	2.52	2.95	3	0	271
1 cup										
Total	430	16.43	6.303	12.2	3.3	4.02	57.53	214	155	1110
Lunch										
Kirkland Signature Extra Fancy Unsalted Mixed Nuts	640	56	8	28	8	8	20	0	0	
4 x 1 oz, 112 g										
Dinner										
Lindt Excellence 90% Cocoa Supreme Dark	240	22	13	12	5	3	4	10	0	
4 squares, 40 g										
Jif Natural Creamy Peanut Butter	190	16	3	8	2	3	7	80	0	0
2 tbsp, 33 g										
Al Fresco Roasted Garlic Chicken Sausage	140	7	2	3	0	1	15	480	70	
1 link, 85 g										
Total	570	45	18	23	7	7	26	570	70	0
Snacks/Other										
Total	1640	117.43	32.303	63.2	18.3	19.02	103.53	784	225	1110

Monday, April 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fit Crunch Chocolate Chip Cookie Dough	380	16	8	27	2	6	30	320	20	100
1 bar, 88 g										
Light Cream	88	8.69	5.409	1.65	0	0.06	1.22	18	30	55
3 tbsps										
Total	468	24.69	13.409	28.65	2	6.06	31.22	338	50	155
Lunch										
Pork Loin (Tenderloin)	154	6.13	2.121	0	0		23.29	56	75	407
4 oz										
Cooked Cauliflower (Fat Added in Cooking)	20	1.36	0.249	1.8	1.2	0.57	0.79	137	0	63
1/4 cup										
Sweet Red Peppers	19	0.22	0.044	4.49	1.5	3.13	0.74	1	0	157
1/2 cup chopped										
Eggplant	10	0.08	0.014	2.34	1.4	0.96	0.41	1	0	94
1/2 cup cubed										
Asparagus	28	0.17	0.064	5.43	2.9	2.63	3.08	3	0	283
7 spears large (7-1/4" to 8-1/2")										
Jalapeno Peppers	1	0.02	0.002	0.21	0.1	0.12	0.05	0	0	8
1/4 pepper										
Total	232	7.98	2.494	14.27	7.1	7.41	28.36	198	75	1012
Dinner										
Turkey Breast Meat	177	2.82	0.816	7.16	0.9	5.97	29.04	1727	73	514
6 oz										
Asparagus	13	0.08	0.031	2.6	1.4	1.26	1.47	1	0	135
1/2 cup										

Monday, April 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cauliflower 1 cup	25	0.1	0.032	5.3	2.5	2.4	1.98	30	0	303
Sweet Red Peppers 1 cup chopped	39	0.45	0.088	8.98	3	6.26	1.48	3	0	314
Lindt Excellence 90% Cocoa Supreme Dark 1/2 x 4 squares, 20 g	120	11	6.5	6	2.5	1.5	2	5	0	
Jif Simply Jif Creamy Peanut Butter 1 1/2 x 2 tbsp, 46.5 g	270	24	3.75	10.5	3	3	10.5	97.5	0	
Total	644	38.45	11.217	40.54	13.3	20.39	46.47	1863.5	73	1266
Snacks/Other										
Mixed Nuts 1/4 cup	219	19.99	3.123	7.66	2.9	1.51	5.86	141	0	204
Strawberries 6 medium (1-1/4" dia)	23	0.22	0.011	5.53	1.4	3.36	0.48	1	0	110
Sargento Colby-Jack Cubes Cheese Snacks 1 1/2 x 7 cubes, 45 g	165	13.5	9	1.5	0	0	9	300	37.5	
Hormel Original Pepperoni Slices 15 slices, 30 g	150	14	6	0	0	0	5	520	30	
Total	557	47.71	18.134	14.69	4.3	4.87	20.34	962	67.5	314
Total	1901	118.83	45.254	98.15	26.7	38.73	126.39	3361.5	265.5	2747