

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	340	17.22	22.78	32.39
Lunch	271	10.38	18.89	23.55
Dinner	737	49.16	19.6	56.53
Snacks/Other	568	30.06	31.19	36.55
Total	1917	106.82	92.46	149.02

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