

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 |