Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	609	8.23	106.54	30.98
Lunch	644	21.38	93.84	27.05
Dinner	665	24.78	76.63	35.6
Snacks/Other	416	19.44	34.91	28
Total	2334	73.83	311.91	121.63

Saturday, November 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oikos Traditional Greek Yogurt - Apple Pie	170	4.5	3	21	0	19	11	50	15	135
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	**716**	**11.03**	**6.657**	**127.65**	**23.2**	**70.64**	**30.92**	**2347**	**35**	**1422**
Lunch										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422

Saturday, November 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (7" to 7-7/8" long)										
Sliced Ham (Regular, Approx. 11% Fat)	114	6.02	2.055	2.68	0.9	0	11.62	913	40	201
70 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	424	6.91	2.187	77.63	10	21.43	19.91	1654	40	893
Dinner										
7UP Ten	10	0	0	2	0	2	0	45	0	0
1 can, 12 oz										
Garlic Parmesan Breaded Boneless, Skinless Chicken Breasts	424	18.84	3.92	25.12	3.14	9.42	39.25	1004.8	94.2	675.1
234 g										
Skinless Chicken Breast	244	2.75	0.733	0	0	0	51.26	144	129	
222 g										
Honey Roasted Sunflower Nuts	19	1.5	0.2	1	0.3	0.3	0.6	13	0	
3 g										
Texas Toast Cheese & Garlic Croutons	35	1.5	0	4	0	0	1	65	0	
2 tbsp, 7 g										
Light Three Cheese Ranch Dressing	140	12	2	4	0	2	1.2	860	0	0
2 x 2 tbsp, 62 g										
Iceberg Lettuce (Includes Crisphead Types)	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
2 cups shredded or chopped										
Total	887	36.74	6.873	39.39	4.74	15.66	94.3	2142.8	223.2	830.1
Snacks/Other										

Saturday, November 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Tropical Mix 1/4 cup, 33 g	170	7	2	22	2	17	2	80	0	
Total	170	7	2	22	2	17	2	80	0	0
Total	2197	61.68	17.717	266.67	39.94	124.73	147.13	6223.8	298.2	3145.1

Sunday, November 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honeycrisp Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia)										
Oikos Traditional Greek Yogurt - Apple Pie	170	4.5	3	21	0	19	11	50	15	135
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	**698**	**10.93**	**6.583**	**123.64**	**23.9**	**72.63**	**30.18**	**2347**	**35**	**1060**
Lunch										
Dairy Queen Ice Cream Cake	240	9	5	34	0	24	5	135	15	
1 slice, 120 g										
Dannon Oikos Traditional Greek Yogurt - Lemon Meringue	170	4.5	3	21	0	19	11		15	135
1 container, 150 g										
Jif Extra Crunchy Peanut Butter	380	32	5	16	4	6	14	230	0	0
2 x 2 tbsp, 66 g										

Sunday, November 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mug Diet Root Beer 1 can, 12 oz	0	0	0	0	0	0	0	65	0	
EarthGrains 35 Calorie White Bread 2 x 2 slices, 76 g	140	0	0	34	6	4	6	420	0	0
Total	930	45.5	13	105	10	53	36	850	30	135
Dinner										
A&W A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Papa John's Cheesesticks 1/2 x 4 sticks, 68 g	185	8	3.5	20.5	1	2	7	430	17.5	
Papa John's 16" Original Crust Pizza - Cheese 1 slice, 136 g	290	10	4.5	37	2	4	11	720	25	
Papa John's 16" Original Crust Pizza - Pepperoni 1 slice, 141 g	340	14	6	40	2	5	13	900	30	
Total	825	32	14	100.5	5	13	31	2130	72.5	
Snacks/Other										
Super Advanced Whey Protein - Strawberry 1 scoop, 45 g	170	2.5	1.5	8	0	2	30	70	85	130
Roundy's Roundy's 1% low fat milk 1 cup, 236 ml	110	2.5	1.5	13	0	12	8	135	10	410
Aquafina Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
International Delight Sugar Free French Vanilla Coffee Creamer Singles	40	3	2	2	0	0	0	0	0	

Sunday, November 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 creamer, 26 ml										
Sweet'n Low	0	0	0	2	0	2	0	0	0	0
2 x 1 packet, 2 g										
Decaffeinated Coffee	6	0	0.012	0.59	0	0	0.59	12	0	284
20 fl oz										
Total	326	8	5.012	25.59	0	16	38.59	217	95	824
Total	2779	96.43	38.595	354.73	38.9	154.63	135.77	5544	232.5	2019

Monday, November 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oikos Traditional Greek Yogurt - Apple Pie	170	4.5	3	21	0	19	11	50	15	135
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	716	11.03	6.657	127.65	23.2	70.64	30.92	2347	35	1422
Lunch										
Root Beer	160	0	0	43	0	43	0	45	0	0
1 can, 355 ml										
Chicken & Dumplings	230	8	2.5	28	1	2	12	900	35	0
1 cup, 241 g										
Meat, Poultry or Fish, Vegetables Sandwich Wrap	547	22.03	9.057	55.9	3.8	3.29	29.64	797	86	444
1 sandwich										
Total	937	30.03	11.557	126.9	4.8	48.29	41.64	1742	121	444

Monday, November 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
A&W A&W Ten	10	0	0	3	0	2	0	80	0	
1 can, 12 oz										
Papa John's 16" Original Crust Pizza - Cheese	290	10	4.5	37	2	4	11	720	25	
1 slice, 136 g										
Freschetta Brick Oven Pepperoni & Italian Style Cheese Pizza	510	27	10.5	49.5	3	13.5	21	1410	45	300
1 1/2 x 1/5 pizza, 193.5 g										
Total	810	37	15	89.5	5	19.5	32	2210	70	300
Snacks/Other										
A&W A&W Ten	10	0	0	3	0	2	0	80	0	
1 can, 12 oz										
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										
Peanuts in Shell (Shell Not Eaten)	305	26.78	4.423	7.78	4.8	2.13	14.3	163	0	370
1 cup, in shell, edible yield										
Caffeine Free Diet Pepsi (Can)	0	0	0	0	0	0	0	30	0	
1 can, 355 ml										
Peanuts in Shell (Shell Not Eaten)	305	26.78	4.423	7.78	4.8	2.13	14.3	163	0	370
1 cup, in shell, edible yield										
Total	723	58.76	10.946	30.66	10.3	16.46	30.5	445.6	1.8	809.4
Total	**3186**	**136.82**	**44.16**	**374.71**	**43.3**	**154.89**	**135.06**	**6744.6**	**227.8**	**2975.4**

Tuesday, November 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oikos Traditional Greek Yogurt - Apple Pie 1 container, 150 g	170	4.5	3	21	0	19	11	50	15	135
Zero Fruit Punch (Bottle) 12 fl oz, 355 ml	0	0		1	0	0	0	150	0	35
centrum multi vitamin 1 pill (1 tablet)	0	0	0	0	0	0	0	0	0	80
Spring Valley vitamin d 1 pill (1 softgel)	0	0	0	0	0	0	0	0	0	0
Special K Frutas Rojas 2 x 1 porción, 60 g	228	1	0.4	46	18	14	8	2000	0	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Milk (2% Lowfat with Added Vitamin A and Protein) 1 cup	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
Total	**716**	**11.03**	**6.657**	**127.65**	**23.2**	**70.64**	**30.92**	**2347**	**35**	**1422**
Lunch										
Lay's Kettle Cooked Jalapeno Cheddar Potato Chips 1 oz, 28 g	140	6	1	19	2	1	2	130	0	400
Dannon Oikos Traditional Greek Yogurt - Lemon Meringue 1 container, 150 g	170	4.5	3	21	0	19	11		15	135

Tuesday, November 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Freschetta Brick Oven Pepperoni & Italian Style Cheese Pizza 1/5 pizza, 129 g	340	18	7	33	2	9	14	940	30	200
Papa John's 16" Original Crust Pizza - Cheese 1 slice, 136 g	290	10	4.5	37	2	4	11	720	25	
A&W A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Total	950	38.5	15.5	113	6	35	38	1870	70	735
Dinner										
A&W A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Johnsonville Chicken Sausage Apple Chicken Sausage Apple Made with Real Apples 2 x 1 link, 170 g	300	18	5	10	0	6	24	1300		
Season's Choice Seasoned Curly Fries 1 1/2 x 3 oz, 127.5 g	240	12	1.5	31.5	3	1.5	3	555	0	300
EarthGrains 35 Calorie White Bread 2 x 2 slices, 76 g	140	0	0	34	6	4	6	420	0	0
Total	690	30	6.5	78.5	9	13.5	33	2355	0	300
Snacks/Other										
Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Crush Soda Diet Orange Soda (Can) 1 can, 12 oz	0	0		0	0	0	0	70	0	

Tuesday, November 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Peanuts in Shell (Shell Not Eaten)	305	26.78	4.423	7.78	4.8	2.13	14.3	163	0	370
1 cup, in shell, edible yield										
Snickers Snickers Bar (Fun Size)	80	4	1.5	10.5	0.5	8.5	1.5	42.5	2.5	
1 bar, 15 g										
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										
International Delight Sugar Free French Vanilla Coffee Creamer Singles	40	3	2	2	0	0	0	0	0	
2 x 1 creamer, 26 ml										
Sweet'n Low	0	0	0	2	0	2	0	0	0	0
2 x 1 packet, 2 g										
Decaffeinated Coffee	6	0	0.012	0.59	0	0	0.59	12	0	284
20 fl oz										
International Delight Sugar Free French Vanilla Coffee Creamer Singles	40	3	2	2	0	0	0	0	0	
2 x 1 creamer, 26 ml										
Sweet'n Low	0	0	0	2	0	2	0	0	0	0
2 x 1 packet, 2 g										
Decaffeinated Coffee	6	0	0.012	0.59	0	0	0.59	12	0	284
20 fl oz										
Total	580	41.98	12.047	39.56	6	24.83	18.88	309.1	4.3	1007.4
Total	**2936**	**121.51**	**40.704**	**358.71**	**44.2**	**143.97**	**120.8**	**6881.1**	**109.3**	**3464.4**

Wednesday, November 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oikos Traditional Greek Yogurt - Apple Pie	170	4.5	3	21	0	19	11	50	15	135
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	716	11.03	6.657	127.65	23.2	70.64	30.92	2347	35	1422
Lunch										
Sprite Sprite (12 oz)	140	0	0	38	0	38	0	65	0	
1 can, 12 oz										
Alexia Waffle Cut Sweet Potato Fries	130	5	0	20	3	4	2	330	0	125
1 cup, 84 g										
Steak Sandwich	459	14.08	3.815	51.96			30.33	798	73	524
1 sandwich										
Total	729	19.08	3.815	109.96	3	42	32.33	1193	73	649

Wednesday, November 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Special Garlic Dipping Sauce 1/4 x 1 cup, 7 g	38	4.25	0.75	0	0	0	0	77.5	0	
A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
35 Calorie White Bread 2 x 2 slices, 76 g	140	0	0	34	6	4	6	420	0	0
Natural Shredded 2% Milk Reduced Fat Mozzarella Cheese 1/4 cup, 28 g	70	5	3	0.8	0	0	7	180	15	
Meatless Spaghetti with Tomato Sauce 1 1/2 cups	439	5.99	0.915	80.43	4.1	16.7	14.81	844	0	748
Total	697	15.24	4.665	118.23	10.1	22.7	27.81	1601.5	15	748
Snacks/Other										
Peanuts in Shell (Shell Not Eaten) 1 cup, in shell, edible yield	305	26.78	4.423	7.78	4.8	2.13	14.3	163	0	370
Diet Orange Soda (Can) 1 can, 12 oz	0	0		0	0	0	0	70	0	
Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Total	305	26.78	4.423	7.78	4.8	2.13	14.3	233	0	370
Total	**2447**	**72.13**	**19.56**	**363.62**	**41.1**	**137.47**	**105.36**	**5374.5**	**123**	**3189**

Thursday, November 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Baked Pumpkin Pie	240	12	7	30	1	11	3	150	5	
1 pie, 2.6 oz										
Oikos Traditional Greek Yogurt - Apple Pie	170	4.5	3	21	0	19	11	50	15	135
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	**956**	**23.03**	**13.657**	**157.65**	**24.2**	**81.64**	**33.92**	**2497**	**40**	**1422**
Lunch										
Sprite Sprite (12 oz)	140	0	0	38	0	38	0	65	0	
1 can, 12 oz										
Five Guys Fries (1/2 Regular)	310	15	3	39	3	1	5	45	0	
1 serving, 122 g										
Five Guys Cheeseburger	840	55	26.5	40	2	9	47	1050	165	

Thursday, November 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 burger, 303 g										
Total	1290	70	29.5	117	5	48	52	1160	165	
Dinner										
A&W A&W Ten	10	0	0	3	0	2	0	80	0	
1 can, 12 oz										
Knorr Pasta Sides - Chicken	280	6	1.5	46	3	12	9	660	5	
1/2 cup prepared, 60 g										
Hard Roll	146	2.15	0.303	26.35	1.2	0.88	4.95	272	0	54
1 medium										
Tyson Foods Chicken Breast Patty	180	11	2.5	12	1	1	10	390	25	
1 patty, 80 g										
Total	616	19.15	4.303	87.35	5.2	15.88	23.95	1402	30	54
Snacks/Other										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
International Delight Sugar Free French Vanilla Coffee Creamer Singles	40	3	2	2	0	0	0	0	0	
2 x 1 creamer, 26 ml										
McDonald's Premium Roast Coffee (Large)	0	0	0	0	0	0	0	70	0	0
1 serving, 16 oz										
Splenda No Calorie Sweetener Packets	0	0		0.9	0	0	0	0	0	
1 packet, 1 g										
Sugar Free French Vanilla Syrup	35	0		9			0	40		
1 serving										
No Calorie Sweetener Packets	4	0		1	0	0	0	0	0	

Thursday, November 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 packet, 1 g										
Premium Roast Coffee (Large)	0	0	0	0	0	0	0	70	0	0
1 serving, 16 oz										
Total	79	3	2	12.9	0	0	0	180	0	0
Total	2941	115.18	49.46	374.9	34.4	145.52	109.87	5239	235	1476

Friday, November 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oikos Traditional Greek Yogurt - Apple Pie	170	4.5	3	21	0	19	11	50	15	135
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	626	10.7	6.544	104.58	20.6	58.29	29.82	2346	35	1060
Lunch										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Sliced Ham (Regular, Approx. 11% Fat)	114	6.02	2.055	2.68	0.9	0	11.62	913	40	201

Friday, November 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
70 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	424	6.91	2.187	77.63	10	21.43	19.91	1654	40	893
Dinner										
Honey Roasted Sunflower Nuts	19	1.5	0.2	1	0.3	0.3	0.6	13	0	
3 g										
Texas Toast Cheese & Garlic Croutons	35	1.5	0	4	0	0	1	65	0	
2 tbsp, 7 g										
Light Three Cheese Ranch Dressing	70	6	1	2	0	1	0	430	0	0
2 tbsp, 31 g										
Iceberg Lettuce (Includes Crisphead Types)	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
2 cups shredded or chopped										
freschetta Pizza Brick Oven 5 Italian Cheese	380	19	8	40	3	9	17	990	35	200
1/4 pizza (147)										
Total	519	28.15	9.22	50.27	4.6	12.24	19.59	1509	35	355
Snacks/Other										
Super Advanced Whey Protein - Strawberry	170	2.5	1.5	8	0	2	30	70	85	130
1 scoop, 45 g										
Roundy's Roundy's 1% low fat milk	110	2.5	1.5	13	0	12	8	135	10	410
1 cup, 236 ml										
Kellogg's Frosted Mini-Wheats Strawberry Delight	90	0.5	0	21.5	2.5	6	2	0	0	85
1/2 x 24 biscuits, 26 g										

Friday, November 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Aquafina Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Urge Tropical Mix 1/2 x 1/4 cup, 16.5 g	85	3.5	1	11	1	8.5	1	40	0	
Total	455	9	4	53.5	3.5	28.5	41	245	95	625
Total	2024	54.76	21.951	285.98	38.7	120.46	110.32	5754	205	2933

Saturday, November 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oikos Traditional Greek Yogurt - Apple Pie	170	4.5	3	21	0	19	11	50	15	135
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	626	10.7	6.544	104.58	20.6	58.29	29.82	2346	35	1060
Lunch										
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0
2 tbsp, 33 g										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422

Saturday, November 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (7" to 7-7/8" long)										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	500	16.89	2.632	82.95	11.1	24.43	15.29	856	0	692
Dinner										
Egg Noodles (Enriched, Cooked)	221	3.31	0.67	40.26	1.9	0.64	7.26	8	46	61
1 cup										
Corn	66	0.91	0.14	14.65	2.1	2.48	2.48	12	0	208
1/2 cup										
Jennie-O White Turkey & Gravy in Roasting Pan	260	10	3	10	0	4	30	1580	80	
2 x 3oz roast with 3 1.2 tbsp gravy, 280 g										
Pillsbury Grands! Biscuits - Flaky Layers Original	170	7	2.5	25	1	4	3	540	0	
1 biscuit, 58 g										
Total	717	21.22	6.31	89.91	5	11.12	42.74	2140	126	269
Snacks/Other										
Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Super Advanced Whey Protein - Strawberry	170	2.5	1.5	8	0	2	30	70	85	130
1 scoop, 45 g										
Roundy's Roundy's 1% low fat milk	110	2.5	1.5	13	0	12	8	135	10	410
1 cup, 236 ml										
Sparkling Ice - Orange Mango	0	0	0	0	0	0	0	0	0	0
8 fl oz, 240 ml										
Tropical Mix	85	3.5	1	11	1	8.5	1	40	0	

Saturday, November 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 1/4 cup, 16.5 g										
Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Total	365	8.5	4	32	1	22.5	39	245	95	540
Total	2208	57.31	19.486	309.44	37.7	116.34	126.85	5587	256	2561

Sunday, November 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Oikos Traditional Greek Yogurt - Apple Pie	170	4.5	3	21	0	19	11	50	15	135
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	626	10.7	6.544	104.58	20.6	58.29	29.82	2346	35	1060
Lunch										
Jif Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0
2 tbsp, 33 g										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422

Sunday, November 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (7" to 7-7/8" long)										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	500	16.89	2.632	82.95	11.1	24.43	15.29	856	0	692
Dinner										
Hormel Boneless Pork Tenderloin	72	2.77	1.11	0.55	0	0	10.53	204.98	24.93	
62 g										
American Value Green Beans (Canned)	40	0		8	4	4	1	800	0	
2 x 1/2 cup, 240 g										
Hungry Jack Instant Mashed Potatoes	150	5	1	21	1	2	3.6	230	37	
1/3 cup dry, 22 g										
Hormel Boneless Pork Tenderloin	207	7.94	3.18	1.59	0	0	30.19	587.93	71.5	
178 g										
Total	469	15.71	5.29	31.14	5	6	45.32	1822.91	133.43	
Snacks/Other										
A&W A&W Ten	10	0	0	3	0	2	0	80	0	
1 can, 12 oz										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Movie Theater Butter	120	14	2	0			0	0		
1 tbsp, 15 ml										
Oil Popped White Popcorn	286	16.07	2.797	32.72	5.7		5.15	506	0	129
5.2 cups										
A&W A&W Ten	10	0	0	3	0	2	0	80	0	
1 can, 12 oz										

Sunday, November 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Urge Tropical Mix 1/2 x 1/4 cup, 16.5 g	85	3.5	1	11	1	8.5	1	40	0	
Aquafina Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Total	511	33.57	5.797	49.72	6.7	12.5	6.15	706	0	129
Total	2106	76.87	20.263	268.39	43.4	101.22	96.58	5730.91	168.43	1881

Monday, November 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0

Monday, November 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 33 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	500	16.89	2.632	82.95	11.1	24.43	15.29	856	0	692
Dinner										
A&W A&W Ten	10	0	0	3	0	2	0	80	0	
1 can, 12 oz										
Season's Choice Seasoned Curly Fries	160	8	1	21	2	1	2	370	0	200
3 oz, 85 g										
Corn	66	0.91	0.14	14.65	2.1	2.48	2.48	12	0	208
1/2 cup										
Beef Barbecue Sandwich or Sloppy Joe on Bun	346	13.08	4.402	35.81	2	6.44	19.86	1153	46	376
1 barbecue sandwich										
Total	582	21.99	5.542	74.46	6.1	11.92	24.34	1615	46	784
Snacks/Other										
A&W A&W Ten	10	0	0	3	0	2	0	80	0	
1 can, 12 oz										
Movie Theater Butter	120	14	2	0			0	0		
1 tbsp, 15 ml										
Oil Popped White Popcorn	275	15.46	2.69	31.46	5.5		4.95	486	0	124
5 cups										
Planters Unsalted Dry Roasted Peanuts	85	7	1	2.5	1	0.5	4	2.5	0	105
1/2 x 39 pieces, 0.5 oz										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										

Monday, November 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
A&W A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Total	500	36.46	5.69	39.96	6.5	4.5	8.95	648.5	0	229
Total	2118	81.54	17.408	289.95	44.3	87.14	79.4	5465.5	76	2780

Tuesday, November 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake 1 container, 150 g	80	0	0	9	0	7	12	50	10	150
Zero Fruit Punch (Bottle) 12 fl oz, 355 ml	0	0		1	0	0	0	150	0	35
centrum multi vitamin 1 pill (1 tablet)	0	0	0	0	0	0	0	0	0	80
Spring Valley vitamin d 1 pill (1 softgel)	0	0	0	0	0	0	0	0	0	0
Special K Frutas Rojas 2 x 1 porción, 60 g	228	1	0.4	46	18	14	8	2000	0	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Milk (2% Lowfat with Added Vitamin A and Protein) 1 cup	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
EarthGrains 35 Calorie White Bread 2 slices, 38 g	70	0	0	17	3	2	3	210	0	0
Simms Turkey Sausage Snack Sticks 3 5/8 x 2 sticks, 109 g	163	10.88	3.62	3.62	0	0	14.5	580	54.38	0
Aquafina Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Lay's Kettle Cooked Jalapeno Cheddar Potato Chips 1 oz, 28 g	140	6	1	19	2	1	2	130	0	400

Tuesday, November 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Rold Gold Fat Free Tiny Twists Pretzels 1 oz, 28 g	100	0	0	23	1	1	3	450	0	80
Jif Extra Crunchy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	115	0	0
Total	663	32.88	7.12	70.62	8	7	29.5	1485	54.38	480
Dinner										
Diet Orange Soda (Can) 1 can, 12 oz	0	0		0	0	0	0	70	0	
American Value Green Beans (Canned) 1/2 cup, 120 g	20	0		4	2	2	0.5	400	0	
Margarine 1/2 tbsp	38	4.23	0.718	0	0	0	0.04	56	0	2
Stouffer's Lasagna with Meat & Sauce (Large Family Size) 258 g	336	12	6	38.4	3.6	7.2	19.2	924	36	
EarthGrains 35 Calorie White Bread 2 slices, 38 g	70	0	0	17	3	2	3	210	0	0
Total	464	16.23	6.718	59.4	8.6	11.2	22.74	1660	36	2
Snacks/Other										
Super Advanced Whey Protein - Strawberry 1 scoop, 45 g	170	2.5	1.5	8	0	2	30	70	85	130
Roundy's Roundy's 1% low fat milk 1 cup, 236 ml	110	2.5	1.5	13	0	12	8	135	10	410
Aquafina Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0

Tuesday, November 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
International Delight Sugar Free French Vanilla Coffee Creamer Singles 2 x 1 creamer, 26 ml	40	3	2	2	0	0	0	0	0	
Sweet'n Low 2 x 1 packet, 2 g	0	0	0	2	0	2	0	0	0	0
Decaffeinated Coffee 20 fl oz	6	0	0.012	0.59	0	0	0.59	12	0	284
Total	326	8	5.012	25.59	0	16	38.59	217	95	824
Total	1989	63.31	22.394	248.19	37.2	80.49	121.65	5708	215.38	2381

Wednesday, November 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
Stouffer's Lasagna with Meat & Sauce (Large Family Size)	336	11.99	6	38.37	3.6	7.19	19.18	923.23	35.97	
258 g										
Crush Soda Diet Orange Soda (Can)	0	0		0	0	0	0	70	0	
1 can, 12 oz										
Total	336	11.99	6	38.37	3.6	7.19	19.18	993.23	35.97	
Dinner										
Skinless Chicken Breast	163	1.84	0.488	0	0	0	34.17	96	86	

Wednesday, November 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
148 g										
A&W A&W Ten	10	0	0	3	0	2	0	80	0	
1 can, 12 oz										
Season's Choice Seasoned Curly Fries	160	8	1	21	2	1	2	370	0	200
3 oz, 85 g										
Wylwood Green Beans	40	0	0	8	4	4	2	780	0	
2 x 1/2 cup, 240 g										
Corn	66	0.91	0.14	14.65	2.1	2.48	2.48	12	0	208
1/2 cup										
Hard Roll	146	2.15	0.303	26.35	1.2	0.88	4.95	272	0	54
1 medium										
Total	585	12.9	1.931	73	9.3	10.36	45.6	1610	86	462
Snacks/Other										
Kettle Cooked Jalapeno Cheddar Potato Chips	35	1.5	0.25	4.75	0.5	0.25	0.5	32.5	0	100
1/4 x 1 oz, 7 g										
Unsalted Dry Roasted Peanuts	42	3.5	0.5	1.25	0.5	0.25	2	1.25	0	52.5
1/4 x 39 pieces, 0 oz										
Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Super Advanced Whey Protein - Strawberry	170	2.5	1.5	8	0	2	30	70	85	130
1 scoop, 45 g										
Roundy's Roundy's 1% low fat milk	110	2.5	1.5	13	0	12	8	135	10	410
1 cup, 236 ml										
International Delight Sugar Free French Vanilla Coffee Creamer Singles	40	3	2	2	0	0	0	0	0	
2 x 1 creamer, 26 ml										

Wednesday, November 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sweet'N Low Sweet'n Low 2 x 1 packet, 2 g	10	0	0	2	0	2	0	0	0	0
Decaffeinated Coffee 20 fl oz	6	0	0.012	0.59	0	0	0.59	12	0	284
Decaffeinated Coffee 20 fl oz	6	0	0.012	0.59	0	0	0.59	12	0	284
Sweet'N Low Sweet'n Low 2 x 1 packet, 2 g	10	0	0	2	0	2	0	0	0	0
International Delight Sugar Free French Vanilla Coffee Creamer Singles 2 x 1 creamer, 26 ml	40	3	2	2	0	0	0	0	0	
Total	469	16	7.774	36.18	1	18.5	41.68	262.75	95	1260.5
Total	**1926**	**47.09**	**19.249**	**240.13**	**34.5**	**82.34**	**137.28**	**5211.98**	**246.97**	**2797.5**

Thursday, November 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake 1 container, 150 g	80	0	0	9	0	7	12	50	10	150
Zero Fruit Punch (Bottle) 12 fl oz, 355 ml	0	0		1	0	0	0	150	0	35
centrum multi vitamin 1 pill (1 tablet)	0	0	0	0	0	0	0	0	0	80
Spring Valley vitamin d 1 pill (1 softgel)	0	0	0	0	0	0	0	0	0	0
Special K Frutas Rojas 2 x 1 porción, 60 g	228	1	0.4	46	18	14	8	2000	0	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Milk (2% Lowfat with Added Vitamin A and Protein) 1 cup	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
Total	**536**	**6.2**	**3.544**	**92.58**	**20.6**	**46.29**	**30.82**	**2346**	**30**	**1075**
Lunch										
Skinless Chicken Breast 148 g	163	1.84	0.488	0	0	0	34.17	96	86	
35 Calorie White Bread 2 slices, 38 g	70	0	0	17	3	2	3	210	0	0
Baby Carrots 3 oz, 85 g	35	0.5	0	8	2	5	1	65	0	270
Diet Root Beer 1 can, 12 oz	0	0	0	0	0	0	0	45	0	
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422

Thursday, November 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (7" to 7-7/8" long)										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	473	2.73	0.62	74.95	9.1	21.43	42.46	837	86	692
Dinner										
Mug Diet Root Beer	0	0	0	0	0	0	0	65	0	
1 can, 12 oz										
Little Caesars Italian Cheese Bread	130	6	2.5	13	1	1	6	240	10	
1 piece, 46 g										
Little Caesars Deep Dish Pepperoni Pizza	390	18	7	41	2	4	17	670	25	
1 slice, 152 g										
Little Caesars Crazy Bread	100	3	0.5	15	1	1	3	150	0	
1 breadstick, 38 g										
Little Caesars Hot-N-Ready Just Cheese Pizza	250	9	4	32	1	3	12	440	20	
1 slice, 113 g										
Total	870	36	14	101	5	9	38	1565	55	
Snacks/Other										
International Delight Sugar Free French Vanilla Coffee Creamer Singles	40	3	2	2	0	0	0	0	0	
2 x 1 creamer, 26 ml										
Sweet'n Low	0	0	0	2	0	2	0	0	0	0
2 x 1 packet, 2 g										
Sugar Free Caramel Coffee Syrup	0	0	0	0	0	0	0	10	0	0
2 tbsp, 30 ml										

Thursday, November 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Decaffeinated Coffee 20 fl oz	6	0	0.012	0.59	0	0	0.59	12	0	284
Planters Unsalted Dry Roasted Peanuts 39 pieces, 1 oz	170	14	2	5	2	1	8	5	0	210
Aquafina Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Total	216	17	4.012	9.59	2	3	8.59	27	0	494
Total	2095	61.93	22.176	278.12	36.7	79.72	119.87	4775	171	2261

Friday, November 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	

Friday, November 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 oz, 28 g										
Skinless Chicken Breast	163	1.84	0.488	0	0	0	34.17	96	86	
148 g										
Total	473	2.73	0.62	74.95	9.1	21.43	42.46	837	86	692
Dinner										
Subway 6" Oven Roasted Chicken Breast	640	9	3	94	10	16	46	1220	90	
2 x 1 sandwich, 466 g										
Snacks/Other										
Super Advanced Whey Protein - Strawberry	170	2.5	1.5	8	0	2	30	70	85	130
1 scoop, 45 g										
Roundy's Roundy's 1% low fat milk	110	2.5	1.5	13	0	12	8	135	10	410
1 cup, 236 ml										
Planters Unsalted Dry Roasted Peanuts	170	14	2	5	2	1	8	5	0	210
39 pieces, 1 oz										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Total	450	19	5	26	2	15	46	210	95	750
Total	**2099**	**36.93**	**12.164**	**287.53**	**41.7**	**98.72**	**165.28**	**4613**	**301**	**2517**

Saturday, November 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
Skinless Chicken Breast	163	1.84	0.488	0	0	0	34.17	96	86	
148 g										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422

Saturday, November 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (7" to 7-7/8" long)										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	473	2.73	0.62	74.95	9.1	21.43	42.46	837	86	692
Dinner										
Mug Diet Root Beer	0	0	0	0	0	0	0	65	0	
1 can, 12 oz										
Tortilla Corn Chips	98	4.67	0.492	13.06	1.1	0.2	1.56	84	0	43
20 g										
Old El Paso Refried Beans	110	2.5	1	16	5	0	5	440	0	
1/2 cup, 125 ml										
Taco or Tostada with Beef, Cheese and Lettuce	441	25.3	7.848	32.4	4.2	0.94	21.76	924	62	357
2 tacos or tostadas										
Total	649	32.47	9.34	61.46	10.3	1.14	28.32	1513	62	400
Snacks/Other										
Super Advanced Whey Protein - Strawberry	170	2.5	1.5	8	0	2	30	70	85	130
1 scoop, 45 g										
Roundy's Roundy's 1% low fat milk	110	2.5	1.5	13	0	12	8	135	10	410
1 cup, 236 ml										
Decaffeinated Coffee	6	0	0.012	0.59	0	0	0.59	12	0	284
20 fl oz										
Sweet'N Low Sweet'n Low	10	0	0	2	0	2	0	0	0	0
2 x 1 packet, 2 g										
International Delight Sugar Free French Vanilla Coffee Creamer Singles	40	3	2	2	0	0	0	0	0	

Saturday, November 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 creamer, 26 ml										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Planters Unsalted Dry Roasted Peanuts	170	14	2	5	2	1	8	5	0	210
39 pieces, 1 oz										
Total	506	22	7.012	30.59	2	17	46.59	222	95	1034
Total	2164	63.4	20.516	259.58	42	85.86	148.19	4918	273	3201

Sunday, November 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0

Sunday, November 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 33 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	500	16.89	2.632	82.95	11.1	24.43	15.29	856	0	692
Dinner										
Crystal Farms Shredded Cheddar Cheese	39	3.21	2.14	0.36	0	0	2.5	60.69		
10 g										
Mug Diet Root Beer	0	0	0	0	0	0	0	65	0	
1 can, 12 oz										
Oscar Mayer Turkey Franks	180	14	4	4		2	10	640	70	
2 x 1 link, 90 g										
EarthGrains 35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Total	289	17.21	6.14	21.36	3	4	15.5	975.69	70	0
Snacks/Other										
Super Advanced Whey Protein - Strawberry	170	2.5	1.5	8	0	2	30	70	85	130
1 scoop, 45 g										
Roundy's Roundy's 1% low fat milk	110	2.5	1.5	13	0	12	8	135	10	410
1 cup, 236 ml										
Oil Popped White Popcorn	275	15.46	2.69	31.46	5.5		4.95	486	0	124
5 cups										
Movie Theater Butter	120	14	2	0			0	0		
1 tbsp, 15 ml										
Unsalted Dry Roasted Peanuts	170	14	2	5	2	1	8	5	0	210
39 pieces, 1 oz										

Sunday, November 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Total	845	48.46	9.69	57.46	7.5	15	50.95	696	95	874
Total	2170	88.76	22.006	254.35	42.2	89.72	112.56	4873.69	195	2641

Monday, November 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake 1 container, 150 g	80	0	0	9	0	7	12	50	10	150
Zero Fruit Punch (Bottle) 12 fl oz, 355 ml	0	0		1	0	0	0	150	0	35
centrum multi vitamin 1 pill (1 tablet)	0	0	0	0	0	0	0	0	0	80
Spring Valley vitamin d 1 pill (1 softgel)	0	0	0	0	0	0	0	0	0	0
Special K Frutas Rojas 2 x 1 porción, 60 g	228	1	0.4	46	18	14	8	2000	0	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Milk (2% Lowfat with Added Vitamin A and Protein) 1 cup	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
Total	**536**	**6.2**	**3.544**	**92.58**	**20.6**	**46.29**	**30.82**	**2346**	**30**	**1075**
Lunch										
Ronzoni 150 Calories Rotini 2 oz, 56 g	150	1	0	41	13	1	7	50	0	0
35 Calorie White Bread 2 slices, 38 g	70	0	0	17	3	2	3	210	0	0
Diet Root Beer 1 can, 12 oz	0	0	0	0	0	0	0	45	0	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0

Monday, November 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 33 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	615	17.39	2.632	115.95	22.1	20.43	21.29	841	0	422
Dinner										
Green Beans	40	0	0	8	4	4	2	780	0	
2 x 1/2 cup, 240 g										
Diet Root Beer	0	0	0	0	0	0	0	65	0	
1 can, 12 oz										
Shredded Cheddar Cheese	39	3.21	2.14	0.36	0	0	2.5	60.69		
10 g										
150 Calories Rotini	150	1	0	41	13	1	7	50	0	0
2 oz, 56 g										
Shredded Low-Moisture Part Skim Mozzarella Cheese	40	2.5	1.5	0.5	0	0	4	85	7.5	
1/2 x 1/4 cup, 14 g										
Deli Style Mild Cheddar Cheese	16	1.35	0.75	0.15	0	0	1.05	27	4.5	
0 oz										
Garlic Salt	0	0	0	0	0	0	0	240	0	
1/4 tsp, 0.9 g										
Spaghetti Sauce Four Cheese	60	1	0	10	3	5	2	580	0	350
1/2 cup, 126 g										
Ground Beef (80% Lean / 20% Fat)	142	11.2	4.296	0	0	0	9.62	38	40	151
2 oz										
Shredded Low-Moisture Part Skim Mozzarella Cheese	20	1.25	0.75	0.25	0	0	2	42.5	3.75	
1/4 x 1/4 cup, 7 g										

Monday, November 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Deli Style Mild Cheddar Cheese 0 oz	16	1.35	0.75	0.15	0	0	1.05	27	4.5	
Garlic Salt 1/4 tsp, 0.9 g	0	0	0	0	0	0	0	240	0	
Spaghetti Sauce Four Cheese 1/2 x 1/2 cup, 63 g	30	0.5	0	5	1.5	2.5	1	290	0	175
Ground Beef (80% Lean / 20% Fat) 1 oz	71	5.6	2.148	0	0	0	4.81	19	20	76
Total	624	28.96	12.334	65.41	21.5	12.5	37.03	2544.19	80.25	752
Snacks/Other										
Aquafina Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Planters Unsalted Dry Roasted Peanuts 39 pieces, 1 oz	170	14	2	5	2	1	8	5	0	210
Sugar Free French Vanilla Syrup 1 serving	35	0		9			0	40		
No Calorie Sweetener Packets 1 packet, 1 g	4	0		1	0	0	0	0	0	
Premium Roast Coffee (Large) 1 serving, 16 oz	0	0	0	0	0	0	0	70	0	0
Total	209	14	2	15	2	1	8	115	0	210
Total	**1984**	**66.55**	**20.51**	**288.94**	**66.2**	**80.22**	**97.14**	**5846.19**	**110.25**	**2459**

Tuesday, November 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake 1 container, 150 g	80	0	0	9	0	7	12	50	10	150
Zero Fruit Punch (Bottle) 12 fl oz, 355 ml	0	0		1	0	0	0	150	0	35
centrum multi vitamin 1 pill (1 tablet)	0	0	0	0	0	0	0	0	0	80
Spring Valley vitamin d 1 pill (1 softgel)	0	0	0	0	0	0	0	0	0	0
Special K Frutas Rojas 2 x 1 porción, 60 g	228	1	0.4	46	18	14	8	2000	0	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Milk (2% Lowfat with Added Vitamin A and Protein) 1 cup	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
Total	**536**	**6.2**	**3.544**	**92.58**	**20.6**	**46.29**	**30.82**	**2346**	**30**	**1075**
Lunch										
Dannon Light & Fit Greek Blends - Strawberry Cheesecake 1 container, 150 g	80	0	0	9	0	7	12	50	10	150
Rold Gold Fat Free Tiny Twists Pretzels 1 oz, 28 g	100	0	0	23	1	1	3	450	0	80
Jif Extra Crunchy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	115	0	0
Mug Diet Root Beer 1 can, 12 oz	0	0	0	0	0	0	0	65	0	

Tuesday, November 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
EarthGrains 35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Total	440	16	2.5	57	6	13	25	890	10	230
Dinner										
Pepsi Cola Diet Caffeine Free Mountain Dew	0	0	0	0	0	0	0	50	0	0
12 oz. can, 355 ml										
Campbell's Chunky Classic Chicken Noodle Soup	84	2.1	0.7	9.8	1.4	1.4	4.9	553	17.5	
168 ml										
I Can't Believe It's Not Butter! Original Soft Spread	70	8	2	0	0	0	0	90	0	
1 tbsp, 14 g										
Oscar Mayer Beef Summer Sausage	80	7	3.5	0	0	0	4	400	20	
1 slice, 28 g										
Bacon	54	4.18	1.374	0.14	0	0	3.7	231	11	56
2 thin slices (yield after cooking)										
Cheddar Cheese	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
2 slices (1 oz)										
Holsum Texas Toast White Enriched Bread	220	2	0	42	2	2	6	420	0	60
2 x 1 slice										
Total	734	41.84	19.386	52.66	3.4	3.69	32.54	2092	107.5	171
Snacks/Other										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Super Advanced Whey Protein - Strawberry	170	2.5	1.5	8	0	2	30	70	85	130

Tuesday, November 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop, 45 g										
Roundy's Roundy's 1% low fat milk	110	2.5	1.5	13	0	12	8	135	10	410
1 cup, 236 ml										
Pepsi Cola Diet Caffeine Free Mountain Dew	0	0	0	0	0	0	0	50	0	0
12 oz. can, 355 ml										
Reese's Reese's Puffs Cereal	62	1.5	0.25	11	0.5	5	1	80	0	32.5
1/2 x 1 cup, 19.5 g										
Urge Tropical Mix	170	7	2	22	2	17	2	80	0	
1/4 cup, 33 g										
International Delight Sugar Free French Vanilla Coffee Creamer Singles	40	3	2	2	0	0	0	0	0	
2 x 1 creamer, 26 ml										
Sweet'n Low	0	0	0	2	0	2	0	0	0	0
2 x 1 packet, 2 g										
Sugar Free Caramel Coffee Syrup	0	0	0	0	0	0	0	10	0	0
2 tbsp, 30 ml										
Decaffeinated Coffee	6	0	0.012	0.59	0	0	0.59	12	0	284
20 fl oz										
Total	558	16.5	7.262	58.59	2.5	38	41.59	437	95	856.5
Total	**2268**	**80.54**	**32.692**	**260.83**	**32.5**	**100.98**	**129.95**	**5765**	**242.5**	**2332.5**

Wednesday, November 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	**536**	**6.2**	**3.544**	**92.58**	**20.6**	**46.29**	**30.82**	**2346**	**30**	**1075**
Lunch										
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)										
A&W A&W Ten	10	0	0	3	0	2	0	80	0	
1 can, 12 oz										
EarthGrains 35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Jif Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0
2 tbsp, 33 g										

Wednesday, November 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Rold Gold Fat Free Tiny Twists Pretzels 1 oz, 28 g	100	0	0	23	1	1	3	450	0	80
Total	442	16.23	2.539	70.06	9.3	22.34	13.36	856	0	228
Dinner										
Season's Choice Seasoned Curly Fries 3 oz, 85 g	160	8	1	21	2	1	2	370	0	200
EarthGrains 35 Calorie White Bread 2 slices, 38 g	70	0	0	17	3	2	3	210	0	0
Johnsonville Chipotle Monterey Jack Cheese Chicken Sausage 2 x 1 link, 170 g	300	18	5	8	0	2	26	1300	130	
Total	530	26	6	46	5	5	31	1880	130	200
Snacks/Other										
Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Super Advanced Whey Protein - Strawberry 1 scoop, 45 g	170	2.5	1.5	8	0	2	30	70	85	130
Roundy's Roundy's 1% low fat milk 1 cup, 236 ml	110	2.5	1.5	13	0	12	8	135	10	410
A&W A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
International Delight Sugar Free French Vanilla Coffee Creamer Singles 2 x 1 creamer, 26 ml	40	3	2	2	0	0	0	0	0	
Decaffeinated Coffee	6	0	0.012	0.59	0	0	0.59	12	0	284

Wednesday, November 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
20 fl oz										
Sweet'N Low Sweet'n Low	10	0	0	2	0	2	0	0	0	0
2 x 1 packet, 2 g										
Racine Danish Kringles Almond Kringle	230	13	3	25	1	14	3	160	5	0
1/12 kringle, 1.75 oz										
International Delight Sugar Free French Vanilla Coffee Creamer Singles	40	3	2	2	0	0	0	0	0	
2 x 1 creamer, 26 ml										
Sweet'n Low	0	0	0	2	0	2	0	0	0	0
2 x 1 packet, 2 g										
Decaffeinated Coffee	6	0	0.012	0.59	0	0	0.59	12	0	284
20 fl oz										
Total	622	24	10.024	58.18	1	34	42.18	469	100	1108
Total	**2130**	**72.43**	**22.107**	**266.82**	**35.9**	**107.63**	**117.36**	**5551**	**260**	**2611**

Thursday, November 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
Urge Tropical Mix	340	14	4	44	4	34	4	160	0	
2 x 1/4 cup, 66 g										
Pepsi Caffeine Free Diet Pepsi	0	0	0	0	0	0	0	35	0	0
8 fl oz, 240 ml										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	1	3	450	0	80
1 oz, 28 g										
Jif Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0
2 tbsp, 33 g										

Thursday, November 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
EarthGrains 35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Total	700	30	6.5	92	10	40	17	970	0	80
Dinner										
Pepsi Caffeine Free Diet Pepsi	0	0	0	0	0	0	0	35	0	0
8 fl oz, 240 ml										
Toppers Sausage Pizza	675	26.25	13.12	81.38	0	5.25	42		36.75	
2 5/8 x 1 slice, 252 g										
Toppers Topperstix	140	6	2	20	0	6	4	500	10	
2 x 1 stick										
Total	815	32.25	15.12	101.38	0	11.25	46	535	46.75	0
Snacks/Other										
SoBe Lifewater Blood Orange Mango	0	0	0	3		0	0	25		80
8 fl oz, 240 ml										
Total	2051	68.45	25.164	288.96	30.6	97.54	93.82	3876	76.75	1235

Friday, November 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0

Friday, November 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 33 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	500	16.89	2.632	82.95	11.1	24.43	15.29	856	0	692
Dinner										
Topperstix	140	6	2	20	0	6	4	500	10	
2 x 1 stick										
Sausage Pizza	675	26.25	13.12	81.38	0	5.25	42		36.75	
2 5/8 x 1 slice, 252 g										
Total	815	32.25	15.12	101.38	0	11.25	46	500	46.75	
Snacks/Other										
Super Advanced Whey Protein - Strawberry	170	2.5	1.5	8	0	2	30	70	85	130
1 scoop, 45 g										
Roundy's Roundy's 1% low fat milk	110	2.5	1.5	13	0	12	8	135	10	410
1 cup, 236 ml										
Unsalted Dry Roasted Peanuts	170	14	2	5	2	1	8	5	0	210
39 pieces, 1 oz										
Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Total	450	19	5	26	2	15	46	210	95	750
Total	**2301**	**74.34**	**26.296**	**302.91**	**33.7**	**96.97**	**138.11**	**3912**	**171.75**	**2517**

Saturday, November 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0

Saturday, November 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 33 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	500	16.89	2.632	82.95	11.1	24.43	15.29	856	0	692
Dinner										
Mug Diet Root Beer	0	0	0	0	0	0	0	65	0	
1 can, 12 oz										
Pepsi Caffeine Free Diet Pepsi	0	0	0	0	0	0	0	35	0	0
8 fl oz, 240 ml										
KFC Mashed Potatoes and Gravy	120	4	1	19	1	0	2	530	0	
1 serving										
KFC Macaroni & Cheese (Individual)	85	3.5	1.25	11	0.5	1	2.5	360	2.5	
1/2 x 1 bowl, 68 g										
KFC Biscuit	180	8		23			4	530		
1 serving										
KFC Fried Chicken Breast	320	14	5	13	0	0	36	1130	110	
1 piece, 163 g										
Total	705	29.5	7.25	66	1.5	1	44.5	2650	112.5	0
Snacks/Other										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Planters Unsalted Dry Roasted Peanuts	170	14	2	5	2	1	8	5	0	210
39 pieces, 1 oz										
Total	170	14	2	5	2	1	8	5	0	210

Saturday, November 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1911	66.59	15.426	246.53	35.2	72.72	98.61	5857	142.5	1977

Sunday, November 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0

Sunday, November 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 33 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	500	16.89	2.632	82.95	11.1	24.43	15.29	856	0	692
Dinner										
Pretzels	106	0.74	0.14	22.33	0.8	0.77	2.9	380	0	41
28 g										
Mug Diet Root Beer	0	0	0	0	0	0	0	65	0	
1 can, 12 oz										
Honey Roasted Sunflower Nuts	19	1.5	0.2	1	0.3	0.3	0.6	13	0	
3 g										
Texas Toast Cheese & Garlic Croutons	35	1.5	0	4	0	0	1	65	0	
2 tbsp, 7 g										
Light Three Cheese Ranch Dressing	70	6	1	2	0	1	0	430	0	0
2 tbsp, 31 g										
Iceberg Lettuce (Includes Crisphead Types)	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
2 cups shredded or chopped										
Subway 6" Oven Roasted Chicken Breast	320	4.5	1.5	47	5	8	23	610	45	
1 sandwich, 233 g										
Total	565	14.39	2.86	79.6	7.4	12.01	28.49	1574	45	196
Snacks/Other										
Roundy's Roundy's 1% low fat milk	110	2.5	1.5	13	0	12	8	135	10	410
1 cup, 236 ml										

Sunday, November 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Planters Unsalted Dry Roasted Peanuts	170	14	2	5	2	1	8	5	0	210
39 pieces, 1 oz										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Total	280	16.5	3.5	18	2	13	16	140	10	620
Total	1881	53.98	12.536	273.13	41.1	95.73	90.6	4916	85	2583

Monday, November 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	536	6.2	3.544	92.58	20.6	46.29	30.82	2346	30	1075
Lunch										
6" Oven Roasted Chicken Breast	320	4.5	1.5	47	5	8	23	610	45	
1 sandwich, 233 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										

Monday, November 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Rold Gold Fat Free Tiny Twists Pretzels 1 oz, 28 g	100	0	0	23	1	0	3	420	0	
Total	560	5.39	1.632	104.95	11.1	27.43	28.29	1141	45	692
Dinner										
Holsum Texas Toast White Enriched Bread 1/2 x 1 slice	55	0.5	0	10.5	0.5	0.5	1.5	105	0	15
Wylwood Green Beans 2 x 1/2 cup, 240 g	40	0	0	8	4	4	2	780	0	
Corn 1/2 cup	66	0.91	0.14	14.65	2.1	2.48	2.48	12	0	208
Betty Crocker Hamburger Helper - Crunchy Taco 1.3 x 1 cup prepared	429	18.2	6.5	41.6	0	5.2	26	1040	71.5	0
Total	590	19.61	6.64	74.75	6.6	12.18	31.98	1937	71.5	223
Snacks/Other										
Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Super Advanced Whey Protein - Strawberry 1 scoop, 45 g	170	2.5	1.5	8	0	2	30	70	85	130
Roundy's Roundy's 1% low fat milk 1 cup, 236 ml	110	2.5	1.5	13	0	12	8	135	10	410
Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Unsalted Dry Roasted Peanuts 39 pieces, 1 oz	170	14	2	5	2	1	8	5	0	210
Total	450	19	5	26	2	15	46	210	95	750

Monday, November 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2136	50.2	16.816	298.28	40.3	100.9	137.09	5634	241.5	2740

Tuesday, November 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake 1 container, 150 g	80	0	0	9	0	7	12	50	10	150
Zero Fruit Punch (Bottle) 12 fl oz, 355 ml	0	0		1	0	0	0	150	0	35
centrum multi vitamin 1 pill (1 tablet)	0	0	0	0	0	0	0	0	0	80
Spring Valley vitamin d 1 pill (1 softgel)	0	0	0	0	0	0	0	0	0	0
Special K Frutas Rojas 2 x 1 porción, 60 g	228	1	0.4	46	18	14	8	2000	0	
Bananas 2 small (6" to 6-7/8" long)	180	0.67	0.226	46.14	5.3	24.7	2.2	2	0	723
Milk (2% Lowfat with Added Vitamin A and Protein) 1 cup	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
Total	626	6.54	3.657	115.65	23.3	58.64	31.92	2347	30	1436
Lunch										
35 Calorie White Bread 2 slices, 38 g	70	0	0	17	3	2	3	210	0	0
Baby Carrots 3 oz, 85 g	35	0.5	0	8	2	5	1	65	0	270
Diet Root Beer 1 can, 12 oz	0	0	0	0	0	0	0	45	0	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0

Tuesday, November 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 33 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	500	16.89	2.632	82.95	11.1	24.43	15.29	856	0	692
Dinner										
A&W Diet Cream Soda	0	0	0	0	0	0	0	70	0	0
1 can, 12 oz										
Skinless Chicken Breast	229	2.58	0.686	0	0	0	48.03	135	121	
208 g										
Knorr Pasta Sides - Parmesan	290	4.5	2.5	35	2	2	8	550	10	
1 cup prepared, 60 g										
Corn	132	1.82	0.28	29.29	4.2	4.96	4.96	23	0	416
1 cup										
Total	651	8.9	3.466	64.29	6.2	6.96	60.99	778	131	416
Snacks/Other										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Body Fortress Super Advanced Whey Protein - Strawberry (34g)	280	4	2	16	0	4	52	140	130	260
2 x 1 scoop, 90 g										
Roundy's Roundy's 1% low fat milk	165	3.75	2.25	19.5	0	18	12	202.5	15	615
1 1/2 x 1 cup, 354 ml										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Planters Honey Roasted Peanuts	160	13	2	7	2	4	7	100	0	180
39 nuts, 28 g										

Tuesday, November 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Total	605	20.75	6.25	42.5	2	26	71	442.5	145	1055
Total	2382	53.08	16.005	305.39	42.6	116.03	179.2	4423.5	306	3599

Wednesday, November 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	180	0.67	0.226	46.14	5.3	24.7	2.2	2	0	723
2 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	**626**	**6.54**	**3.657**	**115.65**	**23.3**	**58.64**	**31.92**	**2347**	**30**	**1436**
Lunch										
Mug Diet Root Beer	0	0	0	0	0	0	0	65	0	
1 can, 12 oz										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	1	3	450	0	80
1 oz, 28 g										
Jif Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0
2 tbsp, 33 g										
EarthGrains 35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										

Wednesday, November 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Skinless Chicken Breast 108 g	119	1.34	0.356	0	0	0	24.94	70	63	
Honey Roasted Sunflower Nuts 3 g	19	1.5	0.2	1	0.3	0.3	0.6	13	0	
Texas Toast Cheese & Garlic Croutons 2 tbsp, 7 g	35	1.5	0	4	0	0	1	65	0	
Light Three Cheese Ranch Dressing 2 x 2 tbsp, 62 g	140	12	2	4	0	2	1.2	860	0	0
Iceberg Lettuce (Includes Crisphead Types) 2 cups shredded or chopped	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
Total	688	32.49	5.076	60.27	7.6	10.24	41.73	1859	63	235
Dinner										
Powerade Mountain Berry Blast (20 oz) 1 bottle, 20 oz	130	0	0	35	0	34	0	250	0	60
Soft Serve Ice Cream 1/2 cup	192	11.24	6.47	19.2	0.6	18.3	3.55	53	79	153
Pizza Ranch Apple Dessert Pizza 1/8 pizza	220	6.5	1	36	1	10	4	178	0	
Pizza Ranch Cactus Bread (Small) 1/8 pizza	240	7.5	1	38	1	10	4	192	0	
Pizza Ranch Ranch Stix with Cheese 1 stix	218	10.6		25	0	1	7	270	7	
Pizza Ranch Broasted Chicken Wing 1 piece	190	13	4	2			15	170	65	

Wednesday, November 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Pizza Ranch Garlic cheese pizza 1 medium piece	190	6	2	27	1	2	5	75	5	
Total	1380	54.84	14.47	182.2	3.6	75.3	38.55	1188	156	213
Snacks/Other										
International Delight Sugar Free French Vanilla Coffee Creamer Singles 2 x 1 creamer, 26 ml	40	3	2	2	0	0	0	0	0	
Decaffeinated Coffee 20 fl oz	6	0	0.012	0.59	0	0	0.59	12	0	284
Sweet'N Low Sweet'n Low 2 x 1 packet, 2 g	10	0	0	2	0	2	0	0	0	0
Total	56	3	2.012	4.59	0	2	0.59	12	0	284
Total	**2750**	**96.87**	**25.215**	**362.71**	**34.5**	**146.18**	**112.79**	**5406**	**249**	**2168**

Thursday, November 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	180	0.67	0.226	46.14	5.3	24.7	2.2	2	0	723
2 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	**626**	**6.54**	**3.657**	**115.65**	**23.3**	**58.64**	**31.92**	**2347**	**30**	**1436**
Lunch										
Apple Pie	411	19.38	4.728	57.5			3.72	327	0	122
1 piece (1/8 9" dia)										
Pumpkin Pie	316	14.42	4.915	40.92			6.98	349	65	288
1 piece (1/8 9" dia)										
Marshmallow Fluff	319	0.3	0.055	78.21	0.1	46.33	0.79	79	0	
1 cup										
Sprecher Lo-Cal Root Beer	25	0.5	0	5	2	4	1	15	0	0
8 fl oz, 240 ml										
KFC Mashed Potatoes and Gravy	120	4	1	19	1	0	2	530	0	

Thursday, November 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving										
Mashed Potato	105	3.72	0.831	16.51	1.4	1.45	1.89	243	1	273
1/2 cup										
Kraft Stove Top Stuffing Mix For Pork	100	1	0	21	1	2	3	430	0	0
1/6 box, 28 g										
Cooked Green String Beans with Mushroom Sauce (Canned)	116	6.38	1.671	12.49	2.1	3.69	3.58	921	2	212
1 cup										
Dinner Rolls	168	4.09	0.982	28.22	1.7	1.47	4.7	292	1	74
2 rolls (pan, dinner, or small roll) (2" square, 2" high)										
Sweet Potato (Without Skin, Cooked, Boiled)	115	0.21	0.06	26.76	3.8	8.67	2.07	41	0	347
1 medium										
Sliced Ham (Regular, Approx. 11% Fat)	183	9.63	3.288	4.29	1.5	0	18.59	1460	64	321
2 servings 2 slices										
Turkey Meat	178	4.29	1.425	0	0	0	32.66	105	98	444
150 g										
Total	2156	67.92	18.955	309.9	14.6	67.61	80.98	4792	231	2081

Dinner

Snacks/Other

Sprecher Lo-Cal Root Beer	50	1	0	10	4	8	2	30	0	0
2 x 8 fl oz, 480 ml										
Sprecher Lo-Cal Root Beer	50	1	0	10	4	8	2	30	0	0
2 x 8 fl oz, 480 ml										
Total	100	2	0	20	8	16	4	60	0	0

Thursday, November 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2882	76.46	22.612	445.55	45.9	142.25	116.9	7199	261	3517

Friday, November 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honeycrisp Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
Light & Fit Greek Blends - Strawberry Cheesecake 1 container, 150 g	80	0	0	9	0	7	12	50	10	150
Zero Fruit Punch (Bottle) 12 fl oz, 355 ml	0	0		1	0	0	0	150	0	35
centrum multi vitamin 1 pill (1 tablet)	0	0	0	0	0	0	0	0	0	80
Spring Valley vitamin d 1 pill (1 softgel)	0	0	0	0	0	0	0	0	0	0
Special K Frutas Rojas 2 x 1 porción, 60 g	228	1	0.4	46	18	14	8	2000	0	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Milk (2% Lowfat with Added Vitamin A and Protein) 1 cup	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
Total	**608**	**6.43**	**3.583**	**111.64**	**23.9**	**60.63**	**31.18**	**2347**	**30**	**1075**
Lunch										
Apples 2 small (2-1/2" dia) (approx 4 per lb)	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
35 Calorie White Bread 2 slices, 38 g	70	0	0	17	3	2	3	210	0	0
Baby Carrots 3 oz, 85 g	35	0.5	0	8	2	5	1	65	0	270
Diet Root Beer	0	0	0	0	0	0	0	45	0	

Friday, November 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 can, 12 oz										
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0
2 tbsp, 33 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	505	16.86	2.559	85.28	13.1	32.03	14.55	857	0	497
Dinner										
A&W Diet Root Beer	0	0	0	0	0	0	0	70	0	0
1 bottle, 20 oz										
Culver's Sweet Potato Fries	426	22		57	7	17	2	251	0	
1 package, 142 g										
Bacon (Slice)	40	4	1	0	0		2	145	8	
1 slice, 0.25 oz										
Grilled Chicken Sandwich	407	6	1.5	44	1	5	42	1173	103	
1 serving										
Total	873	32	2.5	101	8	22	46	1639	111	0
Snacks/Other										
Body Fortress Super Advanced Whey Protein - Strawberry (34g)	280	4	2	16	0	4	52	140	130	260
2 x 1 scoop, 90 g										
Roundy's Roundy's 1% low fat milk	165	3.75	2.25	19.5	0	18	12	202.5	15	615
1 1/2 x 1 cup, 354 ml										
Banana Chips	52	3.36	2.897	5.84	0.8	3.53	0.23	1	0	54
10 g										
Pretzels	106	0.74	0.14	22.33	0.8	0.77	2.9	380	0	41
28 g										

Friday, November 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
A&W A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Planters Honey Roasted Peanuts 39 nuts, 28 g	160	13	2	7	2	4	7	100	0	180
Aquafina Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Total	773	24.85	9.287	73.67	3.6	32.3	74.13	903.5	145	1150
Total	2759	80.14	17.929	371.59	48.6	146.96	165.86	5746.5	286	2722

Saturday, November 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dannon Oikos Traditional Greek Yogurt - Apple Pie 1 container, 150 g	170	4.5	3	21	0	19	11	50	15	135
Zero Fruit Punch (Bottle) 12 fl oz, 355 ml	0	0		1	0	0	0	150	0	35
centrum multi vitamin 1 pill (1 tablet)	0	0	0	0	0	0	0	0	0	80
Spring Valley vitamin d 1 pill (1 softgel)	0	0	0	0	0	0	0	0	0	0
Special K Frutas Rojas 2 x 1 porción, 60 g	228	1	0.4	46	18	14	8	2000	0	
Bananas 2 small (6" to 6-7/8" long)	180	0.67	0.226	46.14	5.3	24.7	2.2	2	0	723
Milk (2% Lowfat with Added Vitamin A and Protein) 1 cup	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
Total	**716**	**11.04**	**6.657**	**127.65**	**23.3**	**70.64**	**30.92**	**2347**	**35**	**1421**
Lunch										
Apples 1 small (2-1/2" dia) (approx 4 per lb)	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
35 Calorie White Bread 2 slices, 38 g	70	0	0	17	3	2	3	210	0	0
Baby Carrots 3 oz, 85 g	35	0.5	0	8	2	5	1	65	0	270
Diet Root Beer 1 can, 12 oz	0	0	0	0	0	0	0	45	0	
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422

Saturday, November 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (7" to 7-7/8" long)										
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0
2 tbsp, 33 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	555	17.07	2.662	97.59	13.6	35.44	15.57	857	0	805
Dinner										
Plain Bread Sticks	41	0.95	0.141	6.84	0.3	0.13	1.2	66	0	12
1 stick (7-5/8" x 5/8")										
White Cake with Icing (Home Recipe or Purchased)	126	4.36	0.886	21.28	0.1	17.09	0.89	93	0	17
1/2 piece (1/10 1-layer, 8" or 9" dia)										
Mug Root Beer (Can)	160	0	0	43	0	43	0	65	0	0
1 can, 12 oz										
Lasagna with Meat	336	12.38	6.384	35.43	2.7	5.6	20.52	744	49	391
1 piece (1/6 8" square, approx 2-1/2" x 4")										
Total	663	17.69	7.411	106.55	3.1	65.82	22.61	968	49	420
Snacks/Other										
Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Super Advanced Whey Protein - Strawberry	170	2.5	1.5	8	0	2	30	70	85	130
1 scoop, 45 g										
Roundy's Roundy's 1% low fat milk	110	2.5	1.5	13	0	12	8	135	10	410
1 cup, 236 ml										
Marshmallow Fluff	319	0.3	0.055	78.21	0.1	46.33	0.79	79	0	
1 cup										

Saturday, November 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Aquafina Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Pretzels 28 g	106	0.74	0.14	22.33	0.8	0.77	2.9	380	0	41
Banana Chips 10 g	52	3.36	2.897	5.84	0.8	3.53	0.23	1	0	54
Total	757	9.4	6.092	127.38	1.7	64.63	41.92	665	95	635
Total	2691	55.2	22.822	459.17	41.7	236.53	111.02	4837	179	3281

Sunday, November 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek Blends - Strawberry Cheesecake	80	0	0	9	0	7	12	50	10	150
1 container, 150 g										
Zero Fruit Punch (Bottle)	0	0		1	0	0	0	150	0	35
12 fl oz, 355 ml										
centrum multi vitamin	0	0	0	0	0	0	0	0	0	80
1 pill (1 tablet)										
Spring Valley vitamin d	0	0	0	0	0	0	0	0	0	0
1 pill (1 softgel)										
Special K Frutas Rojas	228	1	0.4	46	18	14	8	2000	0	
2 x 1 porción, 60 g										
Bananas	180	0.67	0.226	46.14	5.3	24.7	2.2	2	0	723
2 small (6" to 6-7/8" long)										
Milk (2% Lowfat with Added Vitamin A and Protein)	138	4.87	3.031	13.51	0	12.94	9.72	145	20	448
1 cup										
Total	**626**	**6.54**	**3.657**	**115.65**	**23.3**	**58.64**	**31.92**	**2347**	**30**	**1436**
Lunch										
Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
1 small (2-1/2" dia) (approx 4 per lb)										
35 Calorie White Bread	70	0	0	17	3	2	3	210	0	0
2 slices, 38 g										
Baby Carrots	35	0.5	0	8	2	5	1	65	0	270
3 oz, 85 g										
Diet Root Beer	0	0	0	0	0	0	0	45	0	
1 can, 12 oz										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422

Sunday, November 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (7" to 7-7/8" long)										
Extra Crunchy Peanut Butter	190	16	2.5	8	2	3	7	115	0	0
2 tbsp, 33 g										
Rold Gold Fat Free Tiny Twists Pretzels	100	0	0	23	1	0	3	420	0	
1 oz, 28 g										
Total	555	17.07	2.662	97.59	13.6	35.44	15.57	857	0	805
Dinner										
A&W A&W Ten (Bottle)	20	0		5		4	0	130		
1 bottle, 20 oz										
Spaghetti with Tomato Sauce and Meatballs	683	24.11	7.026	83.12	4.9	18.08	32.23	1736	103	1067
1.8 cups										
Total	703	24.11	7.026	88.12	4.9	22.08	32.23	1866	103	1067
Snacks/Other										
International Delight Sugar Free French Vanilla Coffee Creamer Singles	40	3	2	2	0	0	0	0	0	
2 x 1 creamer, 26 ml										
Sweet'n Low	0	0	0	2	0	2	0	0	0	0
2 x 1 packet, 2 g										
Sugar Free Caramel Coffee Syrup	0	0	0	0	0	0	0	10	0	0
2 tbsp, 30 ml										
Decaffeinated Coffee	6	0	0.012	0.59	0	0	0.59	12	0	284
20 fl oz										
A&W A&W Ten	10	0	0	3	0	2	0	80	0	
1 can, 12 oz										
Movie Theater Butter	120	14	2	0			0	0		
1 tbsp, 15 ml										

Sunday, November 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Oil Popped White Popcorn 5 cups	275	15.46	2.69	31.46	5.5		4.95	486	0	124
A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Banana Chips 10 g	52	3.36	2.897	5.84	0.8	3.53	0.23	1	0	54
Pretzels 28 g	106	0.74	0.14	22.33	0.8	0.77	2.9	380	0	41
Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Total	619	36.56	9.739	70.22	7.1	10.3	8.67	1049	0	503
Total	**2503**	**84.28**	**23.084**	**371.58**	**48.9**	**126.46**	**88.39**	**6119**	**133**	**3811**