Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	536	6.2	91.58	30.82
Lunch	841	42.06	83.78	45.88
Dinner	47	1.71	3.57	3.57
Snacks/Other	643	29.43	70	31.43
Total	**2067**	**79.4**	**248.93**	**111.7**

Monday, July 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek - Strawberry 1 container, 207 g	80	0	0	8	0	6	12	55	10	250
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	91.58	20.6	45.29	30.82	2351	30	1175
Lunch										
A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Cut Green Beans 1/2 cup, 121 g	20	0	0	3	1	1	1	380	0	100
Corn 1/2 cup	66	0.91	0.14	14.65	2.1	2.48	2.48	12	0	208
Original Barbecue Sauce 2 tbsp, 37 g	70	0		18	0	16	0	290	0	
Skinless Chicken Breast 250 g	275	3.1	0.825	0	0	0	57.72	162	145	

Monday, July 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	441	4.01	0.965	38.65	3.1	21.48	61.2	924	145	308
Dinner										
Hellmann's Real Mayonnaise 1 tbsp, 13 g	90	10	1.5	0	0	0	0	90	5	
Prima Della Deli Sliced Oven Roasted Chicken Breast 2 x 3 slices, 4 oz	120	1	0	2		2	22	780	50	
Great Value Enriched Hamburger Buns 1 bun, 39 g	110	1	0	20	1	2	3	180	0	30
A&W A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Total	330	12	1.5	25	1	6	25	1130	55	30
Snacks/Other										
Pop Secret Extra Butter Popcorn 2 x 4 cups popped	360	24	5	30	6	0	4	620	0	0
A&W A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Kraft Natural Mozzarella String Cheese 1 stick, 1 oz	80	6	3.5	0	0	0	7	190	20	
Doritos Jacked - Test Flavor 2653 1 oz, 28 g	140	8	1	16	1	1	2	150	0	0
Total	590	38	9.5	49	7	3	13	1040	20	0
Total	**1897**	**60.21**	**15.509**	**204.23**	**31.7**	**75.77**	**130.02**	**5445**	**250**	**1513**

Tuesday, July 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek - Strawberry 1 container, 207 g	80	0	0	8	0	6	12	55	10	250
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	91.58	20.6	45.29	30.82	2351	30	1175
Lunch										
A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Beef Barbecue Sandwich or Sloppy Joe on Bun 1 1/2 barbecue sandwiches	519	19.61	6.604	53.71	3.1	9.65	29.8	1730	70	564
White Cheese Curds 1 box, 140 g	550	45	25	26	2	0	35	900	150	
Total	1079	64.61	31.604	82.71	5.1	11.65	64.8	2710	220	564
Dinner										

Tuesday, July 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Pepsi Cola Diet Caffeine Free Mountain Dew 12 oz. can, 355 ml	0	0	0	0	0	0	0	50	0	0
A&W A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Dairy Queen Reese's Peanut Butter Cup Blizzard (Small) 1 blizzard, 287 g	530	21	11	74	1	62	13	260	45	
Cheddar Cheese Curd 1 oz, 28 g	100	8	5	1	0	0	6	200	30	
Natural Mozzarella String Cheese 1 stick, 1 oz	80	6	3.5	0	0	0	7	190	20	
A&W Ten 1 can, 12 oz	10	0	0	3	0	2	0	80	0	
Total	730	35	19.5	81	1	66	26	860	95	0
Total	**2345**	**105.81**	**54.648**	**255.29**	**26.7**	**122.94**	**121.62**	**5921**	**345**	**1739**

Wednesday, July 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek - Strawberry 1 container, 207 g	80	0	0	8	0	6	12	55	10	250
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	91.58	20.6	45.29	30.82	2351	30	1175
Lunch										
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
Jack's Original Thin Sausage & Pepperoni Pizza 1/3 pizza, 153 g	380	18	7	37	3	4	18	760	35	
Cheese Curds 1 oz, 30 g	120	10	6	0			7			
Pepsi Cola Diet Caffeine Free Mountain Dew 12 oz. can, 355 ml	0	0	0	0	0	0	0	50	0	0

Wednesday, July 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
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	992	48.09	18.139	92.41	6.6	10.74	47.2	2089	81	440
Dinner										
Snacks/Other										
Body Fortress Super Advanced Whey Protein - Strawberry (34g)	140	2	1	8	0	2	26	70	65	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										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Total	250	4.5	2.5	21	0	14	34	205	75	540
Total	**1778**	**58.79**	**24.183**	**204.99**	**27.2**	**70.03**	**112.02**	**4645**	**186**	**2155**

Thursday, July 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek - Strawberry 1 container, 207 g	80	0	0	8	0	6	12	55	10	250
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	91.58	20.6	45.29	30.82	2351	30	1175
Lunch										
Dinner										
Snacks/Other										
Blue Diamond Whole Natural Almonds 1/2 x 24 nuts, 0.5 oz	80	7	0.5	3	1.5	0.5	3	0	0	100
Rold Gold Fat Free Tiny Twists Pretzels 2 x 1 oz, 56 g	200	0	0	46	2	2	6	900	0	160
Planters Whole Cashews	160	13	2.5	9	1	2	5	95	0	190

Thursday, July 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 oz, 28 g										
Kraft Natural Mozzarella String Cheese	80	6	3.5	0	0	0	7	190	20	
1 stick, 1 oz										
Pepsi Cola Diet Caffeine Free Mountain Dew	0	0	0	0	0	0	0	50	0	0
12 oz. can, 355 ml										
Aquafina Water	0	0	0	0	0	0	0	0	0	0
3 x 8 fl oz, 720 ml										
Total	520	26	6.5	58	4.5	4.5	21	1235	20	450
Total	**1056**	**32.2**	**10.044**	**149.58**	**25.1**	**49.79**	**51.82**	**3586**	**50**	**1625**

Friday, July 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek - Strawberry 1 container, 207 g	80	0	0	8	0	6	12	55	10	250
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**	**91.58**	**20.6**	**45.29**	**30.82**	**2351**	**30**	**1175**
Lunch										
Tyson Foods Any'tizers Honey BBQ Chicken Wings 3 oz, 84 g	190	12	3	8	0	6	13	390	85	0
Ore-Ida Curly Fries 1 1/2 x 1 1/3 cups	240	9	1.5	36	3	1.5	3	600		
Dairy Queen White Cheese Curds 1 box, 140 g	550	45	25	26	2	0	35	900	150	
Total	**980**	**66**	**29.5**	**70**	**5**	**7.5**	**51**	**1890**	**235**	**0**
Dinner										

Friday, July 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kellogg's Frosted Mini-Wheats Strawberry Delight 24 biscuits, 52 g	180	1	0	43	5	12	4	0	0	170
Aquafina Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Pepsi Cola Diet Caffeine Free Mountain Dew 12 oz. can, 355 ml	0	0	0	0	0	0	0	50	0	0
Kraft Natural Mozzarella String Cheese 1 stick, 1 oz	80	6	3.5	0	0	0	7	190	20	
Planters Whole Cashews 1 oz, 28 g	160	13	2.5	9	1	2	5	95	0	190
Rold Gold Fat Free Tiny Twists Pretzels 2 x 1 oz, 56 g	200	0	0	46	2	2	6	900	0	160
Blue Diamond Whole Natural Almonds 1/2 x 24 nuts, 0.5 oz	80	7	0.5	3	1.5	0.5	3	0	0	100
Total	700	27	6.5	101	9.5	16.5	25	1235	20	620
Total	**2216**	**99.2**	**39.544**	**262.58**	**35.1**	**69.29**	**106.82**	**5476**	**285**	**1795**

Saturday, August 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek - Strawberry 1 container, 207 g	80	0	0	8	0	6	12	55	10	250
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	91.58	20.6	45.29	30.82	2351	30	1175
Lunch										
Root Beer (12 oz) 2 x 1 can, 24 oz	340	0		94	0	90	0	130	0	
White Cheese Curds 1 1/2 x 1 box, 210 g	825	67.5	37.5	39	3	0	52.5	1350	225	
Any'tizers Honey BBQ Chicken Wings 3 oz, 84 g	190	12	3	8	0	6	13	390	85	0
Total	1355	79.5	40.5	141	3	96	65.5	1870	310	0
Dinner										

Saturday, August 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kraft Natural Mozzarella String Cheese 1 stick, 1 oz	80	6	3.5	0	0	0	7	190	20	
Roundy's 1% low fat milk 1 cup, 236 ml	110	2.5	1.5	13	0	12	8	135	10	410
Super Advanced Whey Protein - Strawberry (34g) 1 scoop, 45 g	140	2	1	8	0	2	26	70	65	130
Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Diet Caffeine Free Mountain Dew 12 oz. can, 355 ml	0	0	0	0	0	0	0	50	0	0
Natural Mozzarella String Cheese 1 stick, 1 oz	80	6	3.5	0	0	0	7	190	20	
Whole Cashews 1 oz, 28 g	160	13	2.5	9	1	2	5	95	0	190
Fat Free Tiny Twists Pretzels 2 x 1 oz, 56 g	200	0	0	46	2	2	6	900	0	160
Whole Natural Almonds 1/2 x 24 nuts, 0.5 oz	80	7	0.5	3	1.5	0.5	3	0	0	100
Total	850	36.5	12.5	79	4.5	18.5	62	1630	115	990
Total	**2741**	**122.2**	**56.544**	**311.58**	**28.1**	**159.79**	**158.32**	**5851**	**455**	**2165**

Sunday, August 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Light & Fit Greek - Strawberry 1 container, 207 g	80	0	0	8	0	6	12	55	10	250
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	91.58	20.6	45.29	30.82	2351	30	1175
Lunch										
Ore-Ida Curly Fries 1 1/2 x 1 1/3 cups	240	9	1.5	36	3	1.5	3	600		
Hamburger with 1/4 Lb Meat on Bun 1 (1/4 lb) hamburger	459	23.18	8.676	31.71	1.4	4.01	28.47	613	81	312
A&W Root Beer (12 oz) 2 x 1 can, 24 oz	340	0		94	0	90	0	130	0	
Total	1039	32.18	10.176	161.71	4.4	95.51	31.47	1343	81	312
Dinner										

Sunday, August 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kraft Natural Mozzarella String Cheese 1 stick, 1 oz	80	6	3.5	0	0	0	7	190	20	
Kraft Natural Mozzarella String Cheese 1 stick, 1 oz	80	6	3.5	0	0	0	7	190	20	
Whole Natural Almonds 1/2 x 24 nuts, 0.5 oz	80	7	0.5	3	1.5	0.5	3	0	0	100
Fat Free Tiny Twists Pretzels 2 x 1 oz, 56 g	200	0	0	46	2	2	6	900	0	160
Whole Cashews 1 oz, 28 g	160	13	2.5	9	1	2	5	95	0	190
Natural Mozzarella String Cheese 1 stick, 1 oz	80	6	3.5	0	0	0	7	190	20	
Diet Caffeine Free Mountain Dew 12 oz. can, 355 ml	0	0	0	0	0	0	0	50	0	0
Water 3 x 8 fl oz, 720 ml	0	0	0	0	0	0	0	0	0	0
Frosted Mini-Wheats Strawberry Delight 24 biscuits, 52 g	180	1	0	43	5	12	4	0	0	170
Total	860	39	13.5	101	9.5	16.5	39	1615	60	620
Total	**2435**	**77.38**	**27.22**	**354.29**	**34.5**	**157.3**	**101.29**	**5309**	**171**	**2107**