Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	223	9.57	28.89	8.62
Lunch	56	0.07	11.19	3.78
Dinner	484	27.17	47.01	19.18
Snacks/Other	553	14.18	34.47	5.71
Total	**1316**	**50.99**	**121.56**	**37.29**

Tuesday, June 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Black Diamond Mozzarella Cheese String 1 piece, 21 g	60	4	2.5	0	0	0	6	140	10	
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
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Total	223	9.57	5.853	28.89	3.1	14.5	8.62	159	27	480
Lunch										
Celery 1 stalk medium (7-1/2" - 8" long)	6	0.07	0.017	1.19	0.6	0.73	0.28	32	0	104
Iogo Vanilla Yogurt 0% 100 g	35	0	0	5	0	4	3	50	0	
Steinfeld's Dill Pickles 5 x 1 1/2 slices, 140 g	15	0		5			0.5	1400		
Total	56	0.07	0.017	11.19	0.6	4.73	3.78	1482	0	104
Dinner										
Ryvita Sesame Rye 2 slices, 21 g	70	2		12	4	0	2	70		
Peanut Butter 3 tbsps	282	24.19	4.94	9.39	2.9	4.43	12.04	220	0	312
English Muffin 1 muffin	132	0.98	0.425	25.62	2	2.05	5.14	246	0	63
Total	484	27.17	5.365	47.01	8.9	6.48	19.18	536	0	375
Snacks/Other										

Tuesday, June 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Old Dutch Popcorn Twists 1/3 x 4 cups, 16 g	99	6.93	0.5	8.25	0.33	0	0.66	105.6	0	
White Table Wine 2 1/2 5 fl oz servings	305	0	0	9.56	0	3.53	0.26	18	0	261
Almonds 7 almonds	49	4.25	0.326	1.66	1	0.4	1.79	0	0	61
Thin Addictives Cranberry Almond Thin Cookies 1 pack, 23 g	100	3	0.4	15	1	8	3	65	25	
Total	553	14.18	1.226	34.47	2.33	11.93	5.71	188.6	25	322
Total	**1316**	**50.99**	**12.461**	**121.56**	**14.93**	**37.64**	**37.29**	**2365.6**	**52**	**1281**