

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	205	9.55	20.48	8.68
Lunch	239	10.74	20.52	10.59
Dinner	655	26.81	46.7	16.79
Snacks/Other	99	3.56	11.13	2.37
<b>Total</b>	<b>1198</b>	<b>50.66</b>	<b>98.84</b>	<b>38.44</b>

## Monday, September 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Great Value Non-Dairy Coffee Creamer	20	1	0	2	0	0	0	0	0	40
2 x 1 tsp, 4 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Friendly Farms Greek Traditional Plain Whole Milk Yogurt	110	5.5	3.5	4.5	0.5	4	10.5	40	27.5	155
1/2 x 1 cup, 113.5 g										
<b>Total</b>	<b>135</b>	<b>6.59</b>	<b>3.509</b>	<b>6.69</b>	<b>0.5</b>	<b>4</b>	<b>11.07</b>	<b>49</b>	<b>27.5</b>	<b>418</b>
<b>Lunch</b>										
Hidden Valley Ranch Dry Dips Mix	15	0		3	0	0	0	405	0	
3 x 1/2 tsp, 5.4 g										
Breaded Chicken Patty, Fillet or Tenders	226	14.3	3.057	12.4	0.7	0.67	11.85	436	42	198
1 patty										
Friendly Farms Greek Traditional Plain Whole Milk Yogurt	165	8.25	5.25	6.75	0.75	6	15.75	60	41.25	232.5
3/4 x 1 cup, 170 g										
Dole Romaine Lettuce	15	0	0	3	2	1	1	1	0	0
2 cups, 85 g										
Hidden Valley Greek Yogurt Dressing Ranch	38	3.16	0.63	1.9	0	1.27	0.63	151.92	3.16	
19 ml										
<b>Total</b>	<b>459</b>	<b>25.71</b>	<b>8.937</b>	<b>27.05</b>	<b>3.45</b>	<b>8.94</b>	<b>29.23</b>	<b>1053.92</b>	<b>86.41</b>	<b>430.5</b>
<b>Dinner</b>										
Apothic Red Wine	244	0		8		2	0	10		

**Monday, September 25, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
2 x 1 cup, 10 oz										
Pringles Original Potato Crisps	150	9	2.5	15	1	1	1	150	0	
16 chips, 28 g										
Sandwich Bros. of Wisconsin Chicken Melt	160	8	3	12	1	1	11	475	30	
1 sandwich, 70 g										
<b>Total</b>	<b>554</b>	<b>17</b>	<b>5.5</b>	<b>35</b>	<b>2</b>	<b>4</b>	<b>12</b>	<b>635</b>	<b>30</b>	
<b>Snacks/Other</b>										
Kroger Swiss Cheese	100	8	5	1	0	0	8	60	25	
1 oz, 28 g										
Trader Joe's Raw Almonds	40	3.5	0.25	1.5	0.75	0.25	1.5	0	0	41.75
1/4 x 1/4 cup, 7 g										
Chocolate Cream Filled Doughnut	221	11.99	3.201	25.21	0.7	13.71	3.7	187	5	76
1 doughnut										
<b>Total</b>	<b>361</b>	<b>23.49</b>	<b>8.451</b>	<b>27.71</b>	<b>1.45</b>	<b>13.96</b>	<b>13.2</b>	<b>247</b>	<b>30</b>	<b>117.75</b>
<b>Total</b>	<b>1509</b>	<b>72.79</b>	<b>26.397</b>	<b>96.45</b>	<b>7.4</b>	<b>30.9</b>	<b>65.5</b>	<b>1984.92</b>	<b>173.91</b>	<b>966.25</b>

**Tuesday, September 26, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Great Value Non-Dairy Coffee Creamer	20	1	0	2	0	0	0	0	0	40
2 x 1 tsp, 4 g										
<b>Total</b>	<b>25</b>	<b>1.09</b>	<b>0.009</b>	<b>2.19</b>	<b>0</b>	<b>0</b>	<b>0.57</b>	<b>9</b>	<b>0</b>	<b>263</b>
<b>Lunch</b>										
Friendly Farms Greek Traditional Plain Whole Milk Yogurt	26	1.32	0.84	1.08	0.12	0.96	2.52	9.6	6.6	37.2
27 g										
Breaded Chicken Patty, Fillet or Tenders	74	4.72	1.009	4.09	0.2	0.22	3.91	144	14	65
1/3 patty										
Nature Valley Crunchy Granola Bars - Peanut Butter	23	0.96	0.12	3.24	0.24	1.32	0.48	21.6	0	
5 g										
<b>Total</b>	<b>123</b>	<b>7</b>	<b>1.969</b>	<b>8.41</b>	<b>0.56</b>	<b>2.5</b>	<b>6.91</b>	<b>175.2</b>	<b>20.6</b>	<b>102.2</b>
<b>Dinner</b>										
Cattle Drive Gold Chili with Beans	509	21.07	10.54	40.39	8.78	8.78	35.12	1439.92	70.24	
425 g										
Kraft Natural Shredded Mild Cheddar Cheese	110	10	6	0	0	0	6	180	30	
1/4 cup										
Fritos Chili Cheese Flavored Corn Chips	160	10	1.5	15	1	1	2	260	0	
31 chips, 1 oz										
Apothic Red Wine	244	0		8		2	0	10		

**Tuesday, September 26, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
2 x 1 cup, 10 oz										
<b>Total</b>	<b>1023</b>	<b>41.07</b>	<b>18.04</b>	<b>63.39</b>	<b>9.78</b>	<b>11.78</b>	<b>43.12</b>	<b>1889.92</b>	<b>100.24</b>	
<b>Snacks/Other</b>										
Angelfood Cake	144	0.45	0.068	32.37	0.8		3.3	419	0	52
2 pieces (1/12 12 oz cake)										
Bonne Maman Raspberry Preserves	50	0		13	0.2	13	0	0	0	
1 tbsp, 20 g										
Reddi-wip Extra Creamy Whipped Cream	15	1	0.5	1	0	1	0	0	5	5
2 tbsp, 5 g										
<b>Total</b>	<b>209</b>	<b>1.45</b>	<b>0.568</b>	<b>46.37</b>	<b>1</b>	<b>14</b>	<b>3.3</b>	<b>419</b>	<b>5</b>	<b>57</b>
<b>Total</b>	<b>1380</b>	<b>50.61</b>	<b>20.586</b>	<b>120.36</b>	<b>11.34</b>	<b>28.28</b>	<b>53.9</b>	<b>2493.12</b>	<b>125.84</b>	<b>422.2</b>

## Wednesday, September 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Great Value Non-Dairy Coffee Creamer	20	1	0	2	0	0	0	0	0	40
2 x 1 tsp, 4 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
<b>Total</b>	<b>25</b>	<b>1.09</b>	<b>0.009</b>	<b>2.19</b>	<b>0</b>	<b>0</b>	<b>0.57</b>	<b>9</b>	<b>0</b>	<b>263</b>
<b>Lunch</b>										
Samuel Adams Oktoberfest Beer	190	0		18.7	0	0	0	0	0	
1 bottle, 12 oz										
Lean Pockets Whole Grain Garlic Chicken White Pizza	260	7	4	38	3	9	11	580	25	
1 piece, 4.5 oz										
<b>Total</b>	<b>450</b>	<b>7</b>	<b>4</b>	<b>56.7</b>	<b>3</b>	<b>9</b>	<b>11</b>	<b>580</b>	<b>25</b>	
<b>Dinner</b>										
Pringles Original Potato Crisps	204	12.21	3.39	20.36	1.36	1.36	1.36	203.55	0	
38 g										
Sara Lee Artesano Style Bread	200	2	0	40	2	4	6	380	0	7000
2 x 1 slice, 76 g										
Underwood Deviled Ham Spread	180	15	5	1	0	0	8	480	35	
1/4 cup, 60 g										
Great Value Romaine Lettuce	8	0		0.5	0.25	0	0.5	5	0	
1/2 x 1 cup										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Kraft Mayo Real Mayonnaise	90	10	1.5	0	0	0	0	70	5	

**Wednesday, September 27, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1 tbsp, 15 g										
<b>Total</b>	<b>926</b>	<b>39.21</b>	<b>9.89</b>	<b>69.86</b>	<b>3.61</b>	<b>7.36</b>	<b>15.86</b>	<b>1148.55</b>	<b>40</b>	<b>7000</b>

**Snacks/Other**

<b>Total</b>	<b>1401</b>	<b>47.3</b>	<b>13.899</b>	<b>128.75</b>	<b>6.61</b>	<b>16.36</b>	<b>27.43</b>	<b>1737.55</b>	<b>65</b>	<b>7263</b>
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**Thursday, September 28, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Great Value Non-Dairy Coffee Creamer	20	1	0	2	0	0	0	0	0	40
2 x 1 tsp, 4 g										
Breaded Chicken Patty, Fillet or Tenders	226	14.3	3.057	12.4	0.7	0.67	11.85	436	42	198
1 patty										
<b>Total</b>	<b>251</b>	<b>15.39</b>	<b>3.066</b>	<b>14.59</b>	<b>0.7</b>	<b>0.67</b>	<b>12.42</b>	<b>445</b>	<b>42</b>	<b>461</b>
<b>Lunch</b>										
Panera Bread Cream of Chicken & Wild Rice Soup (Cup)	180	10		18	4	1	6	920	25	
1 cup										
Panera Bread Steak & Arugula Sandwich	250	9.5	4	25.5	1.5	4.5	12	450	45	
1/2 x 1 sandwich										
<b>Total</b>	<b>430</b>	<b>19.5</b>	<b>4</b>	<b>43.5</b>	<b>5.5</b>	<b>5.5</b>	<b>18</b>	<b>1370</b>	<b>70</b>	
<b>Dinner</b>										
Panera Bread Soft Dinner Roll	142	2.62	0.75	24	0.75	1.5	4.5	225	7.5	
3/4 x 1 roll										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Amy's California Veggie Burger	150	5	0.5	21	4	2	6	500	0	
1 burger, 71 g										
Kraft Mayo Real Mayonnaise	60	6.7	1	0	0	0	0	46.9	3.35	
2/3 x 1 tbsp, 10 g										
Great Value Romaine Lettuce	8	0		0.5	0.25	0	0.5	5	0	



**Thursday, September 28, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1/2 x 1 cup										
Gulden's Spicy Brown Mustard	2	0		0	0	0	0	25	0	
1/2 x 1 tsp, 2.5 g										
Hunt's 100% Natural Tomato Ketchup	10	0	0	2.5	0	2	0	80	0	
1/2 x 1 tbsp, 8.5 g										
<b>Total</b>	<b>616</b>	<b>14.32</b>	<b>2.25</b>	<b>56</b>	<b>5</b>	<b>7.5</b>	<b>11</b>	<b>891.9</b>	<b>10.85</b>	
<b>Snacks/Other</b>										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
<b>Total</b>	<b>1422</b>	<b>49.21</b>	<b>9.316</b>	<b>117.93</b>	<b>11.2</b>	<b>14.58</b>	<b>41.52</b>	<b>2712.9</b>	<b>122.85</b>	<b>648</b>

## Friday, September 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Great Value Non-Dairy Coffee Creamer	20	1	0	2	0	0	0	0	0	40
2 x 1 tsp, 4 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
The Greek Gods Traditional Plain Greek Yogurt	55	3.5	2.25	3.75	0	3.75	2.25	37.5	12.5	115
1/2 x 4 oz, 56.5 g										
Breaded Chicken Patty, Fillet or Tenders	113	7.15	1.528	6.2	0.3	0.33	5.92	218	21	99
1/2 patty										
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)										
<b>Total</b>	<b>298</b>	<b>12.13</b>	<b>3.919</b>	<b>39.09</b>	<b>3.4</b>	<b>18.51</b>	<b>10.03</b>	<b>265.5</b>	<b>33.5</b>	<b>899</b>
<b>Lunch</b>										
Ready Pac Bistro Greek Inspired with Feta Cheese	210	16	3.5	8	3	2	9	770	20	
1 container (156)										
<b>Dinner</b>										
Pringles Original Potato Crisps	150	9	2.5	15	1	1	1	150	0	
16 chips, 28 g										
Coffee (Brewed From Grounds, Decaffeinated)	0	0	0.005	0	0	0	0.24	5	0	128
1 cup (8 fl oz)										
Coffee-Mate Original Liquid Coffee Creamer	20	1	0	2	0	0	0	0	0	
1 tbsp, 15 ml										
Green Leaf Lettuce	4	0.04	0.005	0.67	0.3	0.19	0.33	7	0	47

**Friday, September 29, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1 leaf outer										
Deviled ham	180	15	5	1	0	0	8	480	35	
1/4 cup, 60 g										
Kraft Mayo Real Mayonnaise	90	10	1.5	0	0	0	0	70	5	
1 tbsp, 15 g										
Sara Lee Artesano Style Bread	200	2	0	40	2	4	6	380	0	7000
2 x 1 slice, 76 g										
<b>Total</b>	<b>644</b>	<b>37.04</b>	<b>9.01</b>	<b>58.67</b>	<b>3.3</b>	<b>5.19</b>	<b>15.57</b>	<b>1092</b>	<b>40</b>	<b>7175</b>

**Snacks/Other**

<b>Total</b>	<b>1152</b>	<b>65.17</b>	<b>16.429</b>	<b>105.76</b>	<b>9.7</b>	<b>25.7</b>	<b>34.6</b>	<b>2127.5</b>	<b>93.5</b>	<b>8074</b>
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**Saturday, September 30, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Great Value Non-Dairy Coffee Creamer	20	1	0	2	0	0	0	0	0	40
2 x 1 tsp, 4 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Stonyfield Farm Organic Plain Whole Milk Yogurt	85	4.5	2.5	6.5	0	6	4.5	62.5	17.5	
1/2 x 1 cup, 113.5 g										
<b>Total</b>	<b>110</b>	<b>5.59</b>	<b>2.509</b>	<b>8.69</b>	<b>0</b>	<b>6</b>	<b>5.07</b>	<b>71.5</b>	<b>17.5</b>	<b>263</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>110</b>	<b>5.59</b>	<b>2.509</b>	<b>8.69</b>	<b>0</b>	<b>6</b>	<b>5.07</b>	<b>71.5</b>	<b>17.5</b>	<b>263</b>

**Sunday, October 1, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Great Value Non-Dairy Coffee Creamer	20	1	0	2	0	0	0	0	0	40
2 x 1 tsp, 4 g										
Log Cabin Maple Syrup	100	0	0	25	0	16	0	55	0	0
1/2 x 1/4 cup, 30 ml										
Eggo Thick & Fluffy Waffles - Original	320	14	4	42	2	6	8	600	0	100
2 x 1 waffle, 110 g										
Fried Egg without Fat	146	9.87	3.075	0.76	0	0.76	12.48	446	420	133
2 large										
<b>Total</b>	<b>591</b>	<b>24.96</b>	<b>7.084</b>	<b>69.95</b>	<b>2</b>	<b>22.76</b>	<b>21.05</b>	<b>1110</b>	<b>420</b>	<b>496</b>
<b>Lunch</b>										
<b>Dinner</b>										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Pringles Original Potato Crisps	150	9	2.5	15	1	1	1	150	0	
16 chips, 28 g										
T. Marzetti Ranch Veggie Dip	220	22	6	4	0	2	2	420	30	
2 x 2 tbsp, 60 ml										
Dietz & Watson All Natural Uncured Dinner Ham with Baby Swiss Sandwich	210	8	3	17	2	1	17	710	35	
1/2 sandwich, 114 g										
<b>Total</b>	<b>824</b>	<b>39</b>	<b>11.5</b>	<b>44</b>	<b>3</b>	<b>6</b>	<b>20</b>	<b>1290</b>	<b>65</b>	

**Sunday, October 1, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Snacks/Other</b>										
<b>Total</b>	<b>1415</b>	<b>63.96</b>	<b>18.584</b>	<b>113.95</b>	<b>5</b>	<b>28.76</b>	<b>41.05</b>	<b>2400</b>	<b>485</b>	<b>496</b>