

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	1198	50.66	98.84	38.44

Monday, September 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	135	6.59	3.509	6.69	0.5	4	11.07	49	27.5	418
Lunch										
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										
Total	459	25.71	8.937	27.05	3.45	8.94	29.23	1053.92	86.41	430.5
Dinner										
Apothic Red Wine	244	0		8		2	0	10		

Monday, September 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	554	17	5.5	35	2	4	12	635	30	
Snacks/Other										
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										
Total	361	23.49	8.451	27.71	1.45	13.96	13.2	247	30	117.75
Total	1509	72.79	26.397	96.45	7.4	30.9	65.5	1984.92	173.91	966.25

Tuesday, September 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	25	1.09	0.009	2.19	0	0	0.57	9	0	263
Lunch										
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										
Total	123	7	1.969	8.41	0.56	2.5	6.91	175.2	20.6	102.2
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 cup, 10 oz										
Total	1023	41.07	18.04	63.39	9.78	11.78	43.12	1889.92	100.24	
Snacks/Other										
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										
Total	209	1.45	0.568	46.37	1	14	3.3	419	5	57
Total	1380	50.61	20.586	120.36	11.34	28.28	53.9	2493.12	125.84	422.2

Wednesday, September 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
Total	25	1.09	0.009	2.19	0	0	0.57	9	0	263
Lunch										
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										
Total	450	7	4	56.7	3	9	11	580	25	
Dinner										
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

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

Snacks/Other

Total	1401	47.3	13.899	128.75	6.61	16.36	27.43	1737.55	65	7263
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Thursday, September 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	251	15.39	3.066	14.59	0.7	0.67	12.42	445	42	461
Lunch										
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										
Total	430	19.5	4	43.5	5.5	5.5	18	1370	70	
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	616	14.32	2.25	56	5	7.5	11	891.9	10.85	
Snacks/Other										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
Total	1422	49.21	9.316	117.93	11.2	14.58	41.52	2712.9	122.85	648

Friday, September 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
Total	298	12.13	3.919	39.09	3.4	18.51	10.03	265.5	33.5	899
Lunch										
Ready Pac Bistro Greek Inspired with Feta Cheese	210	16	3.5	8	3	2	9	770	20	
1 container (156)										
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	644	37.04	9.01	58.67	3.3	5.19	15.57	1092	40	7175

Snacks/Other

Total	1152	65.17	16.429	105.76	9.7	25.7	34.6	2127.5	93.5	8074
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Saturday, September 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	110	5.59	2.509	8.69	0	6	5.07	71.5	17.5	263
Lunch										
Dinner										
Snacks/Other										
Total	110	5.59	2.509	8.69	0	6	5.07	71.5	17.5	263

Sunday, October 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	591	24.96	7.084	69.95	2	22.76	21.05	1110	420	496
Lunch										
Dinner										
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										
Total	824	39	11.5	44	3	6	20	1290	65	

Sunday, October 1, 2017

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