

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	262	13.95	22.85	10.75
Lunch	238	9.81	23.37	9.23
Dinner	560	17.2	45.27	21.85
Snacks/Other	145	6.25	17.14	2.12
<b>Total</b>	<b>1205</b>	<b>47.21</b>	<b>108.63</b>	<b>43.95</b>

## Sunday, October 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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>

## Monday, October 2, 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 2 x 1 tsp, 4 g	20	1	0	2	0	0	0	0	0	40
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Dietz & Watson All Natural Uncured Dinner Ham with Baby Swiss Sandwich 1/2 sandwich, 114 g	210	8	3	17	2	1	17	710	35	
<b>Total</b>	<b>235</b>	<b>9.09</b>	<b>3.009</b>	<b>19.19</b>	<b>2</b>	<b>1</b>	<b>17.57</b>	<b>719</b>	<b>35</b>	<b>263</b>
<b>Lunch</b>										
<b>Dinner</b>										
Panera Bread Soft Dinner Roll 3/4 x 1 roll	142	2.62	0.75	24	0.75	1.5	4.5	225	7.5	
T. Marzetti Ranch Veggie Dip 2 x 2 tbsp, 60 ml	220	22	6	4	0	2	2	420	30	
Pringles Original Potato Crisps 16 chips, 28 g	150	9	2.5	15	1	1	1	150	0	
Lloyd's Barbeque Company Original BBQ Sauce with Seasoned Shredded Beef 128 g	183	4.57	2.29	20.57	0	18.29	13.72	822.96	34.29	
<b>Total</b>	<b>695</b>	<b>38.19</b>	<b>11.54</b>	<b>63.57</b>	<b>1.75</b>	<b>22.79</b>	<b>21.22</b>	<b>1617.96</b>	<b>71.79</b>	
<b>Snacks/Other</b>										
Alkanater Sesame Candy with Pistachios 2 ounces, 56.7 g	340	17	2.5	30	2	21	9	30	0	

**Monday, October 2, 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>Total</b>	<b>1270</b>	<b>64.28</b>	<b>17.049</b>	<b>112.76</b>	<b>5.75</b>	<b>44.79</b>	<b>47.79</b>	<b>2366.96</b>	<b>106.79</b>	<b>263</b>

**Tuesday, October 3, 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										
T. Marzetti Ranch Veggie Dip	110	11	3	2	0	1	1	210	15	
2 tbsp, 30 ml										
<b>Total</b>	<b>361</b>	<b>26.39</b>	<b>6.066</b>	<b>16.59</b>	<b>0.7</b>	<b>1.67</b>	<b>13.42</b>	<b>655</b>	<b>57</b>	<b>461</b>
<b>Lunch</b>										
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										
Medjool Dates	66	0.04		17.99	1.6	15.95	0.43	0		167
1 date, pitted										
<b>Total</b>	<b>151</b>	<b>4.54</b>	<b>2.5</b>	<b>24.49</b>	<b>1.6</b>	<b>21.95</b>	<b>4.93</b>	<b>62.5</b>	<b>17.5</b>	<b>167</b>
<b>Dinner</b>										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Sara Lee Artesano Style Bread	100	1	0	20	1	2	3	190	0	3500
1 slice, 38 g										
Ore-Ida Golden Crinkles French Fried Potatoes	160	5.98	1.33	25.27	2.66	1.33	2.66	385.7	0	505.4
1 1/3 x 12 pieces, 4 oz										

**Tuesday, October 3, 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)
Lloyd's Barbeque Company Original BBQ Sauce with Seasoned Shredded Beef	177	4.43	2.21	19.93	0	17.71	13.28	797.04	33.21	
124 g										
<b>Total</b>	<b>681</b>	<b>11.41</b>	<b>3.54</b>	<b>73.2</b>	<b>3.66</b>	<b>23.04</b>	<b>18.94</b>	<b>1382.74</b>	<b>33.21</b>	<b>4005.4</b>

**Snacks/Other**

<b>Total</b>	<b>1193</b>	<b>42.34</b>	<b>12.106</b>	<b>114.28</b>	<b>5.96</b>	<b>46.66</b>	<b>37.29</b>	<b>2100.24</b>	<b>107.71</b>	<b>4633.4</b>
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**Wednesday, October 4, 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>										
Breaded Chicken Patty, Fillet or Tenders	226	14.3	3.057	12.4	0.7	0.67	11.85	436	42	198
1 patty										
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	170	9	5	13	0	12	9	125	35	
1 cup, 227 g										
<b>Total</b>	<b>421</b>	<b>24.39</b>	<b>8.066</b>	<b>27.59</b>	<b>0.7</b>	<b>12.67</b>	<b>21.42</b>	<b>570</b>	<b>77</b>	<b>461</b>
<b>Lunch</b>										
<b>Dinner</b>										
Creamy Sun Dried Tomato Pasta	692	16.44	6.812	104.34	7.2	5.43	28.14	1280	42	164
2 servings										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
<b>Total</b>	<b>936</b>	<b>16.44</b>	<b>6.812</b>	<b>112.34</b>	<b>7.2</b>	<b>7.43</b>	<b>28.14</b>	<b>1290</b>	<b>42</b>	<b>164</b>
<b>Snacks/Other</b>										
Nutella Hazelnut Spread	100	6	2	11.5	0.5	10.5	1	7.5	2.5	
1/2 x 2 tbsp, 18.5 g										
<b>Total</b>	<b>1457</b>	<b>46.83</b>	<b>16.878</b>	<b>151.43</b>	<b>8.4</b>	<b>30.6</b>	<b>50.56</b>	<b>1867.5</b>	<b>121.5</b>	<b>625</b>



**Thursday, October 5, 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>										
Kellogg's Special K Pumpkin Spice Crunch 3/4 cup, 32 g	120	1.5	1	27	3	9	2	200	0	70
Mariani Sliced Premium Almonds 1/4 x 1/4 cup, 8 g	42	3.75	0.25	1.5	1	0.25	1.5	0	0	55
Silk Light Vanilla Soymilk 1/2 x 1 cup, 120 g	35	0.75	0	3.5	0.5	2.5	3	50	0	150
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Great Value Non-Dairy Coffee Creamer 2 x 1 tsp, 4 g	20	1	0	2	0	0	0	0	0	40
<b>Total</b>	<b>222</b>	<b>7.09</b>	<b>1.259</b>	<b>34.19</b>	<b>4.5</b>	<b>11.75</b>	<b>7.07</b>	<b>259</b>	<b>0</b>	<b>538</b>
<b>Lunch</b>										
Samuel Adams Octoberfest Beer 1 bottle, 12 oz	190	0		18.7	0	0	0	0	0	
Kraft Natural Shredded Mild Cheddar Cheese 2 x 1/4 cup	220	20	12	0	0	0	12	360	60	
Sara Lee Artesano Style Bread 2 x 1 slice, 76 g	200	2	0	40	2	4	6	380	0	7000
Unsalted Butter Stick 1 1/2 tbsps	153	17.28	10.941	0.01	0	0.01	0.18	2	46	5
<b>Total</b>	<b>763</b>	<b>39.28</b>	<b>22.941</b>	<b>58.71</b>	<b>2</b>	<b>4.01</b>	<b>18.18</b>	<b>742</b>	<b>106</b>	<b>7005</b>

**Dinner**

**Thursday, October 5, 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)
Vegetable Soup (Home Recipe) 1 1/4 cups	123	5.56	1.074	15.01	2.6	4.56	5.15	728	0	635
Good Sense Roasted & Salted Pumpkin Seeds 1/4 x 1/4 cup, 8 g	40	3.25	0.62	1	0.25	0.25	2.5	42.5	0	
Apothic Red Wine 2 x 1 cup, 10 oz	244	0		8		2	0	10		
Stonyfield Farm Organic Plain Whole Milk Yogurt 1/4 x 1 cup, 57 g	42	2.25	1.25	3.25	0	3	2.25	31.25	8.75	
<b>Total</b>	<b>449</b>	<b>11.06</b>	<b>2.944</b>	<b>27.26</b>	<b>2.85</b>	<b>9.81</b>	<b>9.9</b>	<b>811.75</b>	<b>8.75</b>	<b>635</b>

**Snacks/Other**

<b>Total</b>	<b>1434</b>	<b>57.43</b>	<b>27.144</b>	<b>120.16</b>	<b>9.35</b>	<b>25.57</b>	<b>35.15</b>	<b>1812.75</b>	<b>114.75</b>	<b>8178</b>
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## Friday, October 6, 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>										
Cooked Vegetable Type Stew (Including Potatoes, Carrots, Onions and Celery)	116	4.8	0.906	17.13	3.3	3.98	2.06	459	0	383
1 cup										
Beef Chuck (Arm Pot Roast, Trimmed to 1/8" Fat)	138	10.19	4.113	0	0	0	10.9	35	37	164
2 oz										
<b>Total</b>	<b>254</b>	<b>14.99</b>	<b>5.019</b>	<b>17.13</b>	<b>3.3</b>	<b>3.98</b>	<b>12.96</b>	<b>494</b>	<b>37</b>	<b>547</b>
<b>Dinner</b>										
Kirkland Signature Atlantic Salmon	340	20	7	0	0	0	37	320	80	
1 portion, 196 g										
Creamy Sun Dried Tomato Pasta	346	8.22	3.406	52.17	3.6	2.72	14.07	640	21	82
1 serving										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
<b>Total</b>	<b>930</b>	<b>28.22</b>	<b>10.406</b>	<b>60.17</b>	<b>3.6</b>	<b>4.72</b>	<b>51.07</b>	<b>970</b>	<b>101</b>	<b>82</b>

## Snacks/Other

**Friday, October 6, 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)
Bonne Maman Raspberry Preserves	50	0		13	0.2	13	0	0	0	
1 tbsp, 20 g										
Angelfood Cake	144	0.45	0.068	32.37	0.8		3.3	419	0	52
2 pieces (1/12 12 oz cake)										
<b>Total</b>	<b>194</b>	<b>0.45</b>	<b>0.068</b>	<b>45.37</b>	<b>1</b>	<b>13</b>	<b>3.3</b>	<b>419</b>	<b>0</b>	<b>52</b>
<b>Total</b>	<b>1403</b>	<b>44.75</b>	<b>15.502</b>	<b>124.86</b>	<b>7.9</b>	<b>21.7</b>	<b>67.9</b>	<b>1892</b>	<b>138</b>	<b>944</b>

## Saturday, October 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Breaded Chicken Patty, Fillet or Tenders	226	14.3	3.057	12.4	0.7	0.67	11.85	436	42	198
1 patty										
Hidden Valley Ranch Dry Dips Mix	5	0		1	0	0	0	135	0	
1/2 tsp, 1.8 g										
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>341</b>	<b>19.89</b>	<b>5.566</b>	<b>22.09</b>	<b>0.7</b>	<b>6.67</b>	<b>16.92</b>	<b>642.5</b>	<b>59.5</b>	<b>461</b>
<b>Lunch</b>										
Cooked Vegetable Type Stew (Including Potatoes, Carrots, Onions and Celery)	116	4.8	0.906	17.13	3.3	3.98	2.06	459	0	383
1 cup										
Samuel Adams Octoberfest Beer	190	0		18.7	0	0	0	0	0	
1 bottle, 12 oz										
<b>Total</b>	<b>306</b>	<b>4.8</b>	<b>0.906</b>	<b>35.83</b>	<b>3.3</b>	<b>3.98</b>	<b>2.06</b>	<b>459</b>	<b>0</b>	<b>383</b>
<b>Dinner</b>										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Creamy Sun Dried Tomato Pasta	346	8.22	3.406	52.17	3.6	2.72	14.07	640	21	82

**Saturday, October 7, 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 serving										
Lloyd's Barbeque Company Original BBQ Sauce with Seasoned Shredded Beef	209	5.21	2.61	23.46	0	20.86	15.64	938.52	39.1	
146 g										
<b>Total</b>	<b>799</b>	<b>13.43</b>	<b>6.016</b>	<b>83.63</b>	<b>3.6</b>	<b>25.58</b>	<b>29.71</b>	<b>1588.52</b>	<b>60.1</b>	<b>82</b>
<b>Snacks/Other</b>										
<b>Total</b>	<b>1446</b>	<b>38.12</b>	<b>12.488</b>	<b>141.55</b>	<b>7.6</b>	<b>36.23</b>	<b>48.69</b>	<b>2690.02</b>	<b>119.6</b>	<b>926</b>

**Sunday, October 8, 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										
Eggo Thick & Fluffy Waffles - Original	160	7	2	21	1	3	4	300	0	50
1 waffle, 55 g										
Sunny Meadow Boiled Egg	70	5	1.5	0	0	0	6	70	185	70
1 egg, 50 g										
<b>Total</b>	<b>255</b>	<b>13.09</b>	<b>3.509</b>	<b>23.19</b>	<b>1</b>	<b>3</b>	<b>10.57</b>	<b>379</b>	<b>185</b>	<b>383</b>
<b>Lunch</b>										
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>255</b>	<b>13.09</b>	<b>3.509</b>	<b>23.19</b>	<b>1</b>	<b>3</b>	<b>10.57</b>	<b>379</b>	<b>185</b>	<b>383</b>

## Friday, October 13, 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>										
Trader Joe's Tarragon Chicken Salad Wrap	680	34	3	64	8	4	30	1160	80	
2 x 1/2 wrap, 284 g										
Fritos Chili Cheese Flavored Corn Chips	80	5	0.75	7.5	0.5	0.5	1	130	0	
1/2 x 31 chips, 0.5 oz										
<b>Total</b>	<b>760</b>	<b>39</b>	<b>3.75</b>	<b>71.5</b>	<b>8.5</b>	<b>4.5</b>	<b>31</b>	<b>1290</b>	<b>80</b>	
<b>Dinner</b>										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Heinz Chili Sauce	20	0	0	5	0	3	0	230	0	
1 tbsp, 17 g										
Baked or Broiled Salmon	118	5.22	0.905	0.34	0	0.08	16.54	322	43	273
3 oz boneless (yield after cooking)										
<b>Total</b>	<b>382</b>	<b>5.22</b>	<b>0.905</b>	<b>13.34</b>	<b>0</b>	<b>5.08</b>	<b>16.54</b>	<b>562</b>	<b>43</b>	<b>273</b>
<b>Snacks/Other</b>										
Trader Joe's Pumpkin Biscotti	55	2	1	9	0.5	4.5	1	27.5	10	0
1/2 x 2 biscotti, 12.5 g										
Costco Cheesecake	440	31	19	33	0	26	8	370	0	



**Friday, October 13, 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 slice, 4.5 oz										
<b>Total</b>	495	33	20	42	0.5	30.5	9	397.5	10	0
<b>Total</b>	1662	78.31	24.664	129.03	9	40.08	57.11	2258.5	133	536

## Saturday, October 14, 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	282	17.88	3.821	15.5	0.9	0.84	14.81	545	52	248
1 1/4 patties										
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>392</b>	<b>23.47</b>	<b>6.33</b>	<b>24.19</b>	<b>0.9</b>	<b>6.84</b>	<b>19.88</b>	<b>616.5</b>	<b>69.5</b>	<b>511</b>
<b>Lunch</b>										
<b>Dinner</b>										
Morey's Marinated Wild Alaskan Salmon	245	14	2	1	0	1	30	270	70	
1 fillet, 170 g										
<b>Snacks/Other</b>										
Nestle Vanilla Ice Cream Drumstick	290	16	9	32	2	20	4	80	15	
1 cone, 96 g										
<b>Total</b>	<b>927</b>	<b>53.47</b>	<b>17.33</b>	<b>57.19</b>	<b>2.9</b>	<b>27.84</b>	<b>53.88</b>	<b>966.5</b>	<b>154.5</b>	<b>511</b>

**Sunday, October 15, 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										
Sunny Meadow Boiled Egg	70	5	1.5	0	0	0	6	70	185	70
1 egg, 50 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Eggo Thick & Fluffy Waffles - Original	160	7	2	21	1	3	4	300	0	50
1 waffle, 55 g										
Wild Blueberry Spread	27	0	0	7.25	0.6	6.02	0	0	0	
1 serving										
Maple Grove Farms Pure Maple Syrup	21	0	0	5.3	0	5.3	0	0	0	
6 ml										
<b>Total</b>	<b>303</b>	<b>13.09</b>	<b>3.509</b>	<b>35.74</b>	<b>1.6</b>	<b>14.32</b>	<b>10.57</b>	<b>379</b>	<b>185</b>	<b>383</b>
<b>Lunch</b>										
<b>Dinner</b>										
Beef Chuck (Arm Pot Roast, Trimmed to 1/8" Fat)	138	10.19	4.113	0	0	0	10.9	35	37	164
2 oz										
Cilantro	0	0.01	0	0.04	0	0.01	0.02	1	0	6
1 sprig										
Young Green Onions (Tops Only)	2	0.01	0.001	0.34	0.2	0.13	0.11	0	0	16
1 tbsp										
American Heritage Cheddar Shredded Cheese	55	4.5	3	0.5	0	0	3.5	90	15	

**Sunday, October 15, 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 1/4 cup, 14 g										
Mission Flour Tortillas (Fajita Size)	110	2.5	1	19	1	1	3	310	0	
1 tortilla, 36 g										
Rosarita Refried Beans	90	1.88	0.75	13.5	4.5	0	4.5	405	0	
3/4 x 1/2 cup, 96 g										
Samuel Adams Octoberfest Beer	190	0		18.7	0	0	0	0	0	
1 bottle, 12 oz										
<b>Total</b>	<b>585</b>	<b>19.09</b>	<b>8.864</b>	<b>52.08</b>	<b>5.7</b>	<b>1.14</b>	<b>22.03</b>	<b>841</b>	<b>52</b>	<b>186</b>
<b>Snacks/Other</b>										
Stacy's Pita Chip Company Simply Naked Pita Chips	65	2.5	0.25	9.5	0.5	0.5	1.5	135	0	0
1/2 x 10 chips, 14 g										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
Kirkland Signature Organic Hummus	40	3	0.38	2.5	0.75	0.25	1	70	0	
1/4 x 1 container, 17 g										
<b>Total</b>	<b>230</b>	<b>5.5</b>	<b>0.63</b>	<b>15.84</b>	<b>1.25</b>	<b>1.66</b>	<b>2.6</b>	<b>211</b>	<b>0</b>	<b>187</b>
<b>Total</b>	<b>1118</b>	<b>37.68</b>	<b>13.003</b>	<b>103.66</b>	<b>8.55</b>	<b>17.12</b>	<b>35.2</b>	<b>1431</b>	<b>237</b>	<b>756</b>

## Monday, October 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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>										
Sandwich Bros. of Wisconsin Chicken Melt	160	8	3	12	1	1	11	475	30	
1 sandwich, 70 g										
Green Tea	2	0	0.005	0.47	0	0	0	2	0	
1 mug (8 fl oz)										
<b>Total</b>	<b>162</b>	<b>8</b>	<b>3.005</b>	<b>12.47</b>	<b>1</b>	<b>1</b>	<b>11</b>	<b>477</b>	<b>30</b>	
<b>Dinner</b>										
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										
Pringles Sour Cream & Onion Potato Crisps	150	9	2.5	16	1	1	1	160	0	
15 crisps, 1 oz										
<b>Total</b>	<b>360</b>	<b>17</b>	<b>5.5</b>	<b>33</b>	<b>3</b>	<b>2</b>	<b>18</b>	<b>870</b>	<b>35</b>	

**Snacks/Other**

**Monday, October 16, 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)
Nestle Vanilla Ice Cream Drumstick 1 cone, 96 g	290	16	9	32	2	20	4	80	15	
Coffee-Mate Original Liquid Coffee Creamer 1 tbsp, 15 ml	20	1	0	2	0	0	0	0	0	
Coffee 1 mug (8 fl oz)	2	0.05	0.005	0.09	0	0	0.28	5	0	111
<b>Total</b>	<b>312</b>	<b>17.05</b>	<b>9.005</b>	<b>34.09</b>	<b>2</b>	<b>20</b>	<b>4.28</b>	<b>85</b>	<b>15</b>	<b>111</b>
<b>Total</b>	<b>1085</b>	<b>57.44</b>	<b>20.576</b>	<b>94.15</b>	<b>6.7</b>	<b>23.67</b>	<b>45.7</b>	<b>1877</b>	<b>122</b>	<b>572</b>

**Tuesday, October 17, 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>										
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										
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)										
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>336</b>	<b>19.89</b>	<b>5.566</b>	<b>21.09</b>	<b>0.7</b>	<b>6.67</b>	<b>16.92</b>	<b>507.5</b>	<b>59.5</b>	<b>461</b>
<b>Lunch</b>										
<b>Dinner</b>										
Beef Chuck (Arm Pot Roast, Trimmed to 1/8" Fat)	138	10.19	4.113	0	0	0	10.9	35	37	164
2 oz										
Maruchan Plain Ramen Noodles	380	14	7	52			10	1580	0	
2 x 1/2 block, 86 g										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
<b>Total</b>	<b>762</b>	<b>24.19</b>	<b>11.113</b>	<b>60</b>	<b>0</b>	<b>2</b>	<b>20.9</b>	<b>1625</b>	<b>37</b>	<b>164</b>
<b>Snacks/Other</b>										
Late July Multigrain Tortilla Chips	236	8.84	0.98	35.35	3.93	0	3.93	137.48	0	
55 g										

**Tuesday, October 17, 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)
Celestial Seasonings Caffeine Free Herbal Tea	0	0		0		0	0	0		
1 tea bag, 2 g										
<b>Total</b>	<b>236</b>	<b>8.84</b>	<b>0.98</b>	<b>35.35</b>	<b>3.93</b>	<b>0</b>	<b>3.93</b>	<b>137.48</b>	<b>0</b>	
<b>Total</b>	<b>1334</b>	<b>52.92</b>	<b>17.659</b>	<b>116.44</b>	<b>4.63</b>	<b>8.67</b>	<b>41.75</b>	<b>2269.98</b>	<b>96.5</b>	<b>625</b>



**Wednesday, October 18, 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>										
Trader Joe's Field Fresh Chopped Salad with Grilled Chicken Breast (with Dressing)	438	28	5.25	31.5	3.5	14	15.75	507.5	61.25	
1 3/4 x 1/2 container, 266 g										
<b>Dinner</b>										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
Lean Cuisine Comfort Meatloaf with Mashed Potatoes	240	7	3.5	25	3	4	20	540	45	
1 package, 265 g										
Mann's Sunny Shores Broccolini	9	0	0	1.5	0.25	0.5	0.75	6.25	0	67.5
1/4 x 8 stalks, 20 g										
Extra Virgin Olive Oil	40	4.5	0.621	0	0	0	0	0	0	
1 tsp										
<b>Total</b>	<b>533</b>	<b>11.5</b>	<b>4.121</b>	<b>34.5</b>	<b>3.25</b>	<b>6.5</b>	<b>20.75</b>	<b>556.25</b>	<b>45</b>	<b>67.5</b>
<b>Snacks/Other</b>										
Trader Joe's Pumpkin Biscotti	110	4	2	18	1	9	2	55	20	0
2 biscotti, 25 g										

**Wednesday, October 18, 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>Total</b>	<b>1106</b>	<b>44.59</b>	<b>11.38</b>	<b>86.19</b>	<b>7.75</b>	<b>29.5</b>	<b>39.07</b>	<b>1127.75</b>	<b>126.25</b>	<b>330.5</b>

**Thursday, October 19, 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)										
Silk Organic Unsweetened Soymilk	80	4		4		1	7	70	0	
1 cup, 240 ml										
Wyman's Fresh Frozen Wild Blueberries	15	0	0	4.5	1.5	2.5	0	0	0	23.75
1/4 x 1 cup, 35 g										
Nature's Path Heritage Flakes Multigrain Cereal	120	1	0	24	5	4	4	130	0	180
1 cup, 40 g										
Mariani Sliced Premium Almonds	85	7.5	0.5	3	2	0.5	3	0	0	110
1/2 x 1/4 cup, 15 g										
<b>Total</b>	<b>325</b>	<b>13.59</b>	<b>0.509</b>	<b>37.69</b>	<b>8.5</b>	<b>8</b>	<b>14.57</b>	<b>209</b>	<b>0</b>	<b>576.75</b>
<b>Lunch</b>										
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>Dinner</b>										
BJ's Restaurant & Brewhouse Cherry Chipotle Glazed Salmon	590	26	5	40	2	7	46	610	117	
1 serving										
Apothic Red Wine	244	0		8		2	0	10		

**Thursday, October 19, 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)
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2 x 1 cup, 10 oz

<b>Total</b>	<b>834</b>	<b>26</b>	<b>5</b>	<b>48</b>	<b>2</b>	<b>9</b>	<b>46</b>	<b>620</b>	<b>117</b>	
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**Snacks/Other**

Potato French Fries	78	4.01	0.934	10.16	0.9	0.17	0.99	86	0	150
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1/2 order

<b>Total</b>	<b>1447</b>	<b>51.6</b>	<b>9.443</b>	<b>112.85</b>	<b>13.4</b>	<b>18.17</b>	<b>78.56</b>	<b>1625</b>	<b>152</b>	<b>726.75</b>
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## Friday, October 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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>										
Lean Cuisine Simple Favorites Macaroni & Cheese	300	6	4	48	2	5	13	560	20	470
1 package, 283 g										
Ground Beef (90% Lean / 10% Fat)	130	7.4	3.003	0	0	0	14.8	49	48	238
74 g										
Mann's Sunny Shores Broccolini	21	0	0	3.66	0.61	1.22	1.83	15.25	0	164.7
50 g										
<b>Total</b>	<b>451</b>	<b>13.4</b>	<b>7.003</b>	<b>51.66</b>	<b>2.61</b>	<b>6.22</b>	<b>29.63</b>	<b>624.25</b>	<b>68</b>	<b>872.7</b>
<b>Dinner</b>										
BJ's Restaurant & Brewhouse Cherry Chipotle Glazed Salmon	295	13	2.5	20	1	3.5	23	305	58.5	
1/2 x 1 serving										
Apothic Red Wine	244	0		8		2	0	10		
2 x 1 cup, 10 oz										
<b>Total</b>	<b>539</b>	<b>13</b>	<b>2.5</b>	<b>28</b>	<b>1</b>	<b>5.5</b>	<b>23</b>	<b>315</b>	<b>58.5</b>	

## Snacks/Other

## Friday, October 20, 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)
The Snack Factory Pretzel Crisps - White Chocolate & Peppermint 1 1/2 x 4 crackers, 1.5 oz	195	7.5	6.75	30	0	21	1.5	165	0	0
Red Table Wine 1.5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
<b>Total</b>	<b>320</b>	<b>7.5</b>	<b>6.75</b>	<b>33.84</b>	<b>0</b>	<b>21.91</b>	<b>1.6</b>	<b>171</b>	<b>0</b>	<b>187</b>
<b>Total</b>	<b>1335</b>	<b>34.99</b>	<b>16.262</b>	<b>115.69</b>	<b>3.61</b>	<b>33.63</b>	<b>54.8</b>	<b>1119.25</b>	<b>126.5</b>	<b>1322.7</b>

## Saturday, October 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Better Oats Organic Old Fashioned Oats 1/2 cup, 40 g	150	3	0	27	4	0	5	0	0	140
Great Value Non-Dairy Coffee Creamer 2 x 1 tsp, 4 g	20	1	0	2	0	0	0	0	0	40
Mariani Sliced Premium Almonds 1/2 x 1/4 cup, 15 g	85	7.5	0.5	3	2	0.5	3	0	0	110
Silk Organic Unsweetened Soymilk 1 cup, 240 ml	80	4		4		1	7	70	0	
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Wyman's Fresh Frozen Wild Blueberries 1/4 x 1 cup, 35 g	15	0	0	4.5	1.5	2.5	0	0	0	23.75
<b>Total</b>	<b>355</b>	<b>15.59</b>	<b>0.509</b>	<b>40.69</b>	<b>7.5</b>	<b>4</b>	<b>15.57</b>	<b>79</b>	<b>0</b>	<b>536.75</b>
<b>Lunch</b>										
Lean Cuisine Craveables Supreme Pizza 1 package, 170 g	380	9	3	59	4	7	16	560	20	330
Ground Beef (90% Lean / 10% Fat) 30 g	53	3	1.217	0	0	0	6	20	20	96
Stella Freshly Shaved Parmesan Cheese 6 g	21	1.5	0.86	0.21	0.21	0.21	1.93	92.02	4.28	
Samuel Adams Octoberfest Beer	190	0		18.7	0	0	0	0	0	

**Saturday, October 21, 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 bottle, 12 oz										
<b>Total</b>	<b>644</b>	<b>13.5</b>	<b>5.077</b>	<b>77.91</b>	<b>4.21</b>	<b>7.21</b>	<b>23.93</b>	<b>672.02</b>	<b>44.28</b>	<b>426</b>
<b>Dinner</b>										
Lean Cuisine Creamy Basil Chicken with Tortellini	230	5	2.5	28	2	6	19	490	59	560
1 package, 241 g										
Lindt Lindor Truffle Balls	73	5.99	4.33	5.33	0.33	4.66	0.67	14.98	1.66	
12 g										
Mann's Sunny Shores Broccolini	21	0	0	3.66	0.61	1.22	1.83	15.25	0	164.7
50 g										
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>449</b>	<b>10.99</b>	<b>6.83</b>	<b>40.83</b>	<b>2.94</b>	<b>12.79</b>	<b>21.6</b>	<b>526.23</b>	<b>60.66</b>	<b>911.7</b>
<b>Snacks/Other</b>										
<b>Total</b>	<b>1448</b>	<b>40.08</b>	<b>12.416</b>	<b>159.43</b>	<b>14.65</b>	<b>24</b>	<b>61.1</b>	<b>1277.25</b>	<b>104.94</b>	<b>1874.45</b>



**Sunday, October 22, 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>										
Jose Ole Steak & Cheese Taquitos	625	30	7.5	65	7.5	0	20	1175	37.5	
2 1/2 x 2 taquitos, 212.5 g										
<b>Dinner</b>										
Lean Cuisine Marketplace Garlic Sesame Noodles with Beef	300	6	1.5	46	2	9	15	650	25	600
1 package, 226 g										
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>425</b>	<b>6</b>	<b>1.5</b>	<b>49.84</b>	<b>2</b>	<b>9.91</b>	<b>15.1</b>	<b>656</b>	<b>25</b>	<b>787</b>
<b>Snacks/Other</b>										
<b>Total</b>	<b>1075</b>	<b>37.09</b>	<b>9.009</b>	<b>117.03</b>	<b>9.5</b>	<b>9.91</b>	<b>35.67</b>	<b>1840</b>	<b>62.5</b>	<b>1050</b>

**Monday, October 23, 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)										
Mariani Sliced Premium Almonds	85	7.5	0.5	3	2	0.5	3	0	0	110
1/2 x 1/4 cup, 15 g										
Mission Flour Tortillas (Fajita Size)	110	2.5	1	19	1	1	3	310	0	
1 tortilla, 36 g										
Rosarita Refried Beans	60	1.25	0.5	9	3	0	3	270	0	
1/2 x 1/2 cup, 64 g										
<b>Total</b>	<b>280</b>	<b>12.34</b>	<b>2.009</b>	<b>33.19</b>	<b>6</b>	<b>1.5</b>	<b>9.57</b>	<b>589</b>	<b>0</b>	<b>373</b>

**Lunch****Dinner**

Panda Express Beijing Beef	470	26	5	46	1	24	13	660	25	
1 serving, 5.6 oz										
Panda Express Chow Mein	382	15	2.62	60	4.5	6.75	9.75	645	0	0
3/4 x 1 serving, 7 oz										
Panda Express Cream Cheese Rangoon	190	8	5	24	2	1	5	180	35	
3 pieces, 2.4 oz										
<b>Total</b>	<b>1042</b>	<b>49</b>	<b>12.62</b>	<b>130</b>	<b>7.5</b>	<b>31.75</b>	<b>27.75</b>	<b>1485</b>	<b>60</b>	<b>0</b>

**Snacks/Other**

**Monday, October 23, 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>Total</b>	<b>1322</b>	<b>61.34</b>	<b>14.629</b>	<b>163.19</b>	<b>13.5</b>	<b>33.25</b>	<b>37.32</b>	<b>2074</b>	<b>60</b>	<b>373</b>

**Tuesday, October 24, 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)
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**Breakfast**

Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Great Value Non-Dairy Coffee Creamer 2 x 1 tsp, 4 g	20	1	0	2	0	0	0	0	0	40
Eggo Thick & Fluffy Waffles - Original 1 waffle, 55 g	160	7	2	21	1	3	4	300	0	50
Trader Joe's California Walnut Halves & Pieces 1/4 x 1/4 cup, 8 g	50	5	0.5	1	0.5	0	1.25	0	0	
<b>Total</b>	<b>235</b>	<b>13.09</b>	<b>2.509</b>	<b>24.19</b>	<b>1.5</b>	<b>3</b>	<b>5.82</b>	<b>309</b>	<b>0</b>	<b>313</b>

**Lunch****Dinner****Snacks/Other**

<b>Total</b>	<b>235</b>	<b>13.09</b>	<b>2.509</b>	<b>24.19</b>	<b>1.5</b>	<b>3</b>	<b>5.82</b>	<b>309</b>	<b>0</b>	<b>313</b>
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**Wednesday, October 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)
<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)										
Mission Flour Tortillas (Fajita Size)	110	2.5	1	19	1	1	3	310	0	
1 tortilla, 36 g										
Kirkland Signature Goat Cheese	120	9	5.25	3	0	0	6	225	37.5	
1 1/2 x 1 oz, 42 g										
Kirkland Signature Walnuts	71	6.78	0.54	1.07	1.07	0	1.78	0.36	0	44.62
10 g										
Trader Joe's Persian Cucumber	16	0	0	4	2	0	1	0	0	0
1 cucumber										
<b>Total</b>	<b>342</b>	<b>19.37</b>	<b>6.799</b>	<b>29.26</b>	<b>4.07</b>	<b>1</b>	<b>12.35</b>	<b>544.36</b>	<b>37.5</b>	<b>307.62</b>
<b>Lunch</b>										
<b>Dinner</b>										
Red Table Wine	250	0	0	7.67	0	1.82	0.21	12	0	373
2 5 fl oz servings										
Mann's Sunny Shores Broccoli	21	0	0	3.66	0.61	1.22	1.83	15.25	0	164.7
50 g										
Green Peas (Frozen)	28	0.13	0.024	4.94	1.5	1.94	1.88	40	0	54
1/4 cup										
Meat with Gravy	295	10.44	3.828	7.03	0.5	1.81	40.65	637	105	622
1 cup										

**Wednesday, October 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)
Kerrygold Pure Irish Butter 1/2 x 1 tbsp, 7 g	50	5.5	3.5	0	0	0	0	50	15	
Boiled Potato (without Peel, Fat Not Added in Cooking) 1 small (1-3/4" to 2-1/4" dia, raw)	106	0.13	0.033	24.86	2.2	1.05	2.12	302	0	408
<b>Total</b>	<b>750</b>	<b>16.2</b>	<b>7.385</b>	<b>48.16</b>	<b>4.81</b>	<b>7.84</b>	<b>46.69</b>	<b>1056.25</b>	<b>120</b>	<b>1621.7</b>
<b>Snacks/Other</b>										
Nestle Vanilla Ice Cream Drumstick 1 cone, 96 g	290	16	9	32	2	20	4	80	15	
<b>Total</b>	<b>1382</b>	<b>51.57</b>	<b>23.184</b>	<b>109.42</b>	<b>10.88</b>	<b>28.84</b>	<b>63.04</b>	<b>1680.61</b>	<b>172.5</b>	<b>1929.32</b>

## Saturday, October 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Fried Egg	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
1 large										
Sara Lee Artesano Style Bread	100	1	0	20	1	2	3	190	0	3500
1 slice, 38 g										
<b>Total</b>	<b>214</b>	<b>8.85</b>	<b>1.889</b>	<b>22.62</b>	<b>1</b>	<b>2.38</b>	<b>9.81</b>	<b>437</b>	<b>210</b>	<b>3830</b>
<b>Lunch</b>										
Cooked Spaghetti Squash (Fat Not Added in Cooking)	63	0.6	0.145	14.95	3.3	5.86	1.53	477	0	270
1 1/2 cups of										
Ground Beef (90% Lean / 10% Fat)	65	3.7	1.501	0	0	0	7.4	24	24	119
37 g										
DiGiorno Shaved Parmesan Cheese	45	3	2.25	0.5	0	0	4.5	205	12.5	
1/2 x 1/4 cup, 14 g										
The Silver Palate San Marzano Blend Tomato Basil Whole Tomato Pasta Sauce	70	3.5	0.5	7	2	5	3	420	0	
1/2 cup , 125 g										
Dole Whole Mushrooms	4	0	0	0.67	0	0	0.67	1.12	0	2.69
19 g										
<b>Total</b>	<b>247</b>	<b>10.8</b>	<b>4.396</b>	<b>23.12</b>	<b>5.3</b>	<b>10.86</b>	<b>17.1</b>	<b>1127.12</b>	<b>36.5</b>	<b>391.69</b>

## Dinner

## Saturday, October 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breaded Chicken Patty, Fillet or Tenders	226	14.3	3.057	12.4	0.7	0.67	11.85	436	42	198
1 patty										
Red Table Wine	250	0	0	7.67	0	1.82	0.21	12	0	373
2 5 fl oz servings										
Stonyfield Farm Organic Plain Whole Milk Yogurt	42	2.25	1.25	3.25	0	3	2.25	31.25	8.75	
1/4 x 1 cup, 57 g										
Pringles Original Potato Crisps	150	9	2.5	15	1	1	1	150	0	
16 chips, 28 g										
<b>Total</b>	<b>668</b>	<b>25.55</b>	<b>6.807</b>	<b>38.32</b>	<b>1.7</b>	<b>6.49</b>	<b>15.31</b>	<b>629.25</b>	<b>50.75</b>	<b>571</b>
<b>Snacks/Other</b>										
Pillsbury Pumpkin Quick Bread & Muffin Mix	170	1.5	0	27	1	15	2	150	0	
1 serving, 33 g										
Ghirardelli Triple Chocolate Brownies	180	7	2	27	1	19	1	120	10	
2" brownie, 35 g										
<b>Total</b>	<b>350</b>	<b>8.5</b>	<b>2</b>	<b>54</b>	<b>2</b>	<b>34</b>	<b>3</b>	<b>270</b>	<b>10</b>	
<b>Total</b>	<b>1479</b>	<b>53.7</b>	<b>15.092</b>	<b>138.06</b>	<b>10</b>	<b>53.73</b>	<b>45.22</b>	<b>2463.37</b>	<b>307.25</b>	<b>4792.69</b>

**Sunday, October 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)
<b>Breakfast</b>										
Fried Egg	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
1 large										
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)										
Canola Vegetable Oil	248	28	1.988	0	0	0	0	0	0	
2 tbsps										
Ore-Ida Shredded Hash Brown Potatoes	70	0	0	16	2	1	2	2	0	300
1 1/4 cups, 85 g										
<b>Total</b>	<b>432</b>	<b>35.85</b>	<b>3.877</b>	<b>18.62</b>	<b>2</b>	<b>1.38</b>	<b>8.81</b>	<b>249</b>	<b>210</b>	<b>630</b>
<b>Lunch</b>										
Samuel Adams Octoberfest Beer	190	0		18.7	0	0	0	0	0	
1 bottle, 12 oz										
Totino's Pepperoni Pizza Rolls	275	11.25	3.12	32.5	1.25	2.5	8.75	512.5	12.5	
1 1/4 x 6 rolls, 106 g										
<b>Total</b>	<b>465</b>	<b>11.25</b>	<b>3.12</b>	<b>51.2</b>	<b>1.25</b>	<b>2.5</b>	<b>8.75</b>	<b>512.5</b>	<b>12.5</b>	
<b>Dinner</b>										
<b>Snacks/Other</b>										
<b>Total</b>	<b>897</b>	<b>47.1</b>	<b>6.997</b>	<b>69.82</b>	<b>3.25</b>	<b>3.88</b>	<b>17.56</b>	<b>761.5</b>	<b>222.5</b>	<b>630</b>