

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	1205	47.21	108.63	43.95

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

Monday, October 2, 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)										
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	235	9.09	3.009	19.19	2	1	17.57	719	35	263
Lunch										
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										
T. Marzetti Ranch Veggie Dip	220	22	6	4	0	2	2	420	30	
2 x 2 tbsp, 60 ml										
Pringles Original Potato Crisps	150	9	2.5	15	1	1	1	150	0	
16 chips, 28 g										
Lloyd's Barbeque Company Original BBQ Sauce with Seasoned Shredded Beef	183	4.57	2.29	20.57	0	18.29	13.72	822.96	34.29	
128 g										
Total	695	38.19	11.54	63.57	1.75	22.79	21.22	1617.96	71.79	
Snacks/Other										
Alkanater Sesame Candy with Pistachios	340	17	2.5	30	2	21	9	30	0	
2 ounces, 56.7 g										

Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1270	64.28	17.049	112.76	5.75	44.79	47.79	2366.96	106.79	263

Tuesday, October 3, 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										
T. Marzetti Ranch Veggie Dip	110	11	3	2	0	1	1	210	15	
2 tbsp, 30 ml										
Total	361	26.39	6.066	16.59	0.7	1.67	13.42	655	57	461
Lunch										
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										
Total	151	4.54	2.5	24.49	1.6	21.95	4.93	62.5	17.5	167
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	681	11.41	3.54	73.2	3.66	23.04	18.94	1382.74	33.21	4005.4

Snacks/Other

Total	1193	42.34	12.106	114.28	5.96	46.66	37.29	2100.24	107.71	4633.4
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Wednesday, October 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	421	24.39	8.066	27.59	0.7	12.67	21.42	570	77	461
Lunch										
Dinner										
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										
Total	936	16.44	6.812	112.34	7.2	7.43	28.14	1290	42	164
Snacks/Other										
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										
Total	1457	46.83	16.878	151.43	8.4	30.6	50.56	1867.5	121.5	625

Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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 ml	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
Total	222	7.09	1.259	34.19	4.5	11.75	7.07	259	0	538
Lunch										
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
Total	763	39.28	22.941	58.71	2	4.01	18.18	742	106	7005

Dinner

Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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	
Total	449	11.06	2.944	27.26	2.85	9.81	9.9	811.75	8.75	635

Snacks/Other

Total	1434	57.43	27.144	120.16	9.35	25.57	35.15	1812.75	114.75	8178
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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)
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										
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										
Total	254	14.99	5.019	17.13	3.3	3.98	12.96	494	37	547
Dinner										
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										
Total	930	28.22	10.406	60.17	3.6	4.72	51.07	970	101	82

Snacks/Other

Friday, October 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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)										
Total	194	0.45	0.068	45.37	1	13	3.3	419	0	52
Total	1403	44.75	15.502	124.86	7.9	21.7	67.9	1892	138	944

Saturday, October 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	341	19.89	5.566	22.09	0.7	6.67	16.92	642.5	59.5	461
Lunch										
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										
Total	306	4.8	0.906	35.83	3.3	3.98	2.06	459	0	383
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	799	13.43	6.016	83.63	3.6	25.58	29.71	1588.52	60.1	82
Snacks/Other										
Total	1446	38.12	12.488	141.55	7.6	36.23	48.69	2690.02	119.6	926

Sunday, October 8, 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										
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										
Total	255	13.09	3.509	23.19	1	3	10.57	379	185	383
Lunch										
Dinner										
Snacks/Other										
Total	255	13.09	3.509	23.19	1	3	10.57	379	185	383

Friday, October 13, 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										
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										
Total	760	39	3.75	71.5	8.5	4.5	31	1290	80	
Dinner										
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)										
Total	382	5.22	0.905	13.34	0	5.08	16.54	562	43	273
Snacks/Other										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice, 4.5 oz										
Total	495	33	20	42	0.5	30.5	9	397.5	10	0
Total	1662	78.31	24.664	129.03	9	40.08	57.11	2258.5	133	536

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

Sunday, October 15, 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										
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										
Total	303	13.09	3.509	35.74	1.6	14.32	10.57	379	185	383
Lunch										
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	585	19.09	8.864	52.08	5.7	1.14	22.03	841	52	186
Snacks/Other										
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										
Total	230	5.5	0.63	15.84	1.25	1.66	2.6	211	0	187
Total	1118	37.68	13.003	103.66	8.55	17.12	35.2	1431	237	756

Monday, October 16, 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										
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)										
Total	162	8	3.005	12.47	1	1	11	477	30	
Dinner										
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										
Total	360	17	5.5	33	3	2	18	870	35	

Snacks/Other

Monday, October 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	312	17.05	9.005	34.09	2	20	4.28	85	15	111
Total	1085	57.44	20.576	94.15	6.7	23.67	45.7	1877	122	572

Tuesday, October 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	336	19.89	5.566	21.09	0.7	6.67	16.92	507.5	59.5	461
Lunch										
Dinner										
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										
Total	762	24.19	11.113	60	0	2	20.9	1625	37	164
Snacks/Other										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Celestial Seasonings Caffeine Free Herbal Tea	0	0		0		0	0	0		
1 tea bag, 2 g										
Total	236	8.84	0.98	35.35	3.93	0	3.93	137.48	0	
Total	1334	52.92	17.659	116.44	4.63	8.67	41.75	2269.98	96.5	625

Wednesday, October 18, 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										
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										
Dinner										
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										
Total	533	11.5	4.121	34.5	3.25	6.5	20.75	556.25	45	67.5
Snacks/Other										
Trader Joe's Pumpkin Biscotti	110	4	2	18	1	9	2	55	20	0
2 biscotti, 25 g										

Wednesday, October 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1106	44.59	11.38	86.19	7.75	29.5	39.07	1127.75	126.25	330.5

Thursday, October 19, 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)										
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
3/4 cup, 30 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										
Total	325	13.59	0.509	37.69	8.5	8	14.57	209	0	576.75
Lunch										
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										
Dinner										
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

	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	834	26	5	48	2	9	46	620	117	
Snacks/Other										
Potato French Fries	78	4.01	0.934	10.16	0.9	0.17	0.99	86	0	150
1/2 order										
Total	1447	51.6	9.443	112.85	13.4	18.17	78.56	1625	152	726.75

Friday, October 20, 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										
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										
Total	451	13.4	7.003	51.66	2.61	6.22	29.63	624.25	68	872.7
Dinner										
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										
Total	539	13	2.5	28	1	5.5	23	315	58.5	

Snacks/Other

Friday, October 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	320	7.5	6.75	33.84	0	21.91	1.6	171	0	187
Total	1335	34.99	16.262	115.69	3.61	33.63	54.8	1119.25	126.5	1322.7

Saturday, October 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Total	355	15.59	0.509	40.69	7.5	4	15.57	79	0	536.75
Lunch										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bottle, 12 oz										
Total	644	13.5	5.077	77.91	4.21	7.21	23.93	672.02	44.28	426
Dinner										
Lean Cuisine Creamy Basil Chicken with Tortellini	230	5	2.5	28	2	6	19	490	59	560
1 package										
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										
Total	449	10.99	6.83	40.83	2.94	12.79	21.6	526.23	60.66	911.7
Snacks/Other										
Total	1448	40.08	12.416	159.43	14.65	24	61.1	1277.25	104.94	1874.45

Sunday, October 22, 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										
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										
Dinner										
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										
Total	425	6	1.5	49.84	2	9.91	15.1	656	25	787
Snacks/Other										
Total	1075	37.09	9.009	117.03	9.5	9.91	35.67	1840	62.5	1050

Monday, October 23, 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)										
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										
Total	280	12.34	2.009	33.19	6	1.5	9.57	589	0	373
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										
Total	1042	49	12.62	130	7.5	31.75	27.75	1485	60	0
Snacks/Other										

Monday, October 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1322	61.34	14.629	163.19	13.5	33.25	37.32	2074	60	373

Tuesday, October 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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	
Total	235	13.09	2.509	24.19	1.5	3	5.82	309	0	313

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

Total	235	13.09	2.509	24.19	1.5	3	5.82	309	0	313
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Wednesday, October 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)										
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										
Total	342	19.37	6.799	29.26	4.07	1	12.35	544.36	37.5	307.62
Lunch										
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	750	16.2	7.385	48.16	4.81	7.84	46.69	1056.25	120	1621.7
Snacks/Other										
Nestle Vanilla Ice Cream Drumstick 1 cone, 96 g	290	16	9	32	2	20	4	80	15	
Total	1382	51.57	23.184	109.42	10.88	28.84	63.04	1680.61	172.5	1929.32

Saturday, October 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										
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										
Total	214	8.85	1.889	22.62	1	2.38	9.81	437	210	3830
Lunch										
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										
Total	247	10.8	4.396	23.12	5.3	10.86	17.1	1127.12	36.5	391.69

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										
Total	668	25.55	6.807	38.32	1.7	6.49	15.31	629.25	50.75	571
Snacks/Other										
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										
Total	350	8.5	2	54	2	34	3	270	10	
Total	1479	53.7	15.092	138.06	10	53.73	45.22	2463.37	307.25	4792.69

Sunday, October 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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, 87 g										
Total	432	35.85	3.877	18.62	2	1.38	8.81	249	210	630
Lunch										
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										
Total	465	11.25	3.12	51.2	1.25	2.5	8.75	512.5	12.5	
Dinner										
Snacks/Other										
Total	897	47.1	6.997	69.82	3.25	3.88	17.56	761.5	222.5	630