

Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|----------------------|------------------------|--------------------|----------------------|---------------------|
| Breakfast | 240 | 12.55 | 20.71 | 10.34 |
| Lunch | 253 | 13 | 23.83 | 10.33 |
| Dinner | 404 | 12.77 | 22.14 | 22.86 |
| Snacks/Other | 338 | 18.17 | 29.95 | 5.2 |
| Total | 1236 | 56.49 | 96.63 | 48.73 |

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 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 |
| Breaded Chicken Patty, Fillet or Tenders 1 1/4 patties | 282 | 17.88 | 3.821 | 15.5 | 0.9 | 0.84 | 14.81 | 545 | 52 | 248 |
| Stonyfield Farm Organic Plain Whole Milk Yogurt 1/2 x 1 cup, 113.5 g | 85 | 4.5 | 2.5 | 6.5 | 0 | 6 | 4.5 | 62.5 | 17.5 | |
| 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 1 fillet, 170 g | 245 | 14 | 2 | 1 | 0 | 1 | 30 | 270 | 70 | |
| Snacks/Other | | | | | | | | | | |
| Nestle Vanilla Ice Cream Drumstick 1 cone, 96 g | 290 | 16 | 9 | 32 | 2 | 20 | 4 | 80 | 15 | |
| 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 |