

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	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