

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	192	9.68	17.23	8.74
Lunch	361	14.41	36.51	16.76
Dinner	557	15.53	42.02	23.62
Snacks/Other	151	5.91	18.78	1.83
<b>Total</b>	<b>1261</b>	<b>45.53</b>	<b>114.54</b>	<b>50.95</b>

**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)
<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 (kcal)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Sod (mg)</b>	<b>Chol (mg)</b>	<b>Potassium (mg)</b>
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
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										
<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)
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>	
<b>Snacks/Other</b>										
Potato French Fries	78	4.01	0.934	10.16	0.9	0.17	0.99	86	0	150
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>

## 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	195	7.5	6.75	30	0	21	1.5	165	0	0
1 1/2 x 4 crackers, 1.5 oz										
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>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**

	<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>										
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										
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>