

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	1261	45.53	114.54	50.95

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	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										
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, 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										
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