

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	266	14.43	20.72	12.51
Lunch	211	9.09	19.45	5.45
Dinner	641	16.96	60.02	22.71
Snacks/Other	91	3.35	12.41	1.9
<b>Total</b>	<b>1208</b>	<b>43.83</b>	<b>112.6</b>	<b>42.56</b>

**Monday, October 2, 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)										
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>Total</b>	<b>235</b>	<b>9.09</b>	<b>3.009</b>	<b>19.19</b>	<b>2</b>	<b>1</b>	<b>17.57</b>	<b>719</b>	<b>35</b>	<b>263</b>
<b>Lunch</b>										
<b>Dinner</b>										
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										
<b>Total</b>	<b>695</b>	<b>38.19</b>	<b>11.54</b>	<b>63.57</b>	<b>1.75</b>	<b>22.79</b>	<b>21.22</b>	<b>1617.96</b>	<b>71.79</b>	
<b>Snacks/Other</b>										
Alkanater Sesame Candy with Pistachios	340	17	2.5	30	2	21	9	30	0	
2 ounces, 56.7 g										

**Monday, October 2, 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>1270</b>	<b>64.28</b>	<b>17.049</b>	<b>112.76</b>	<b>5.75</b>	<b>44.79</b>	<b>47.79</b>	<b>2366.96</b>	<b>106.79</b>	<b>263</b>

**Tuesday, October 3, 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										
T. Marzetti Ranch Veggie Dip	110	11	3	2	0	1	1	210	15	
2 tbsp, 30 ml										
<b>Total</b>	<b>361</b>	<b>26.39</b>	<b>6.066</b>	<b>16.59</b>	<b>0.7</b>	<b>1.67</b>	<b>13.42</b>	<b>655</b>	<b>57</b>	<b>461</b>
<b>Lunch</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										
Medjool Dates	66	0.04		17.99	1.6	15.95	0.43	0		167
1 date, pitted										
<b>Total</b>	<b>151</b>	<b>4.54</b>	<b>2.5</b>	<b>24.49</b>	<b>1.6</b>	<b>21.95</b>	<b>4.93</b>	<b>62.5</b>	<b>17.5</b>	<b>167</b>
<b>Dinner</b>										
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**

	<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)
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										
<b>Total</b>	<b>681</b>	<b>11.41</b>	<b>3.54</b>	<b>73.2</b>	<b>3.66</b>	<b>23.04</b>	<b>18.94</b>	<b>1382.74</b>	<b>33.21</b>	<b>4005.4</b>

**Snacks/Other**

<b>Total</b>	<b>1193</b>	<b>42.34</b>	<b>12.106</b>	<b>114.28</b>	<b>5.96</b>	<b>46.66</b>	<b>37.29</b>	<b>2100.24</b>	<b>107.71</b>	<b>4633.4</b>
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**Wednesday, October 4, 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>										
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										
<b>Total</b>	<b>421</b>	<b>24.39</b>	<b>8.066</b>	<b>27.59</b>	<b>0.7</b>	<b>12.67</b>	<b>21.42</b>	<b>570</b>	<b>77</b>	<b>461</b>
<b>Lunch</b>										
<b>Dinner</b>										
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										
<b>Total</b>	<b>936</b>	<b>16.44</b>	<b>6.812</b>	<b>112.34</b>	<b>7.2</b>	<b>7.43</b>	<b>28.14</b>	<b>1290</b>	<b>42</b>	<b>164</b>
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>1457</b>	<b>46.83</b>	<b>16.878</b>	<b>151.43</b>	<b>8.4</b>	<b>30.6</b>	<b>50.56</b>	<b>1867.5</b>	<b>121.5</b>	<b>625</b>

**Thursday, October 5, 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>										
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 g	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
<b>Total</b>	<b>222</b>	<b>7.09</b>	<b>1.259</b>	<b>34.19</b>	<b>4.5</b>	<b>11.75</b>	<b>7.07</b>	<b>259</b>	<b>0</b>	<b>538</b>
<b>Lunch</b>										
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
<b>Total</b>	<b>763</b>	<b>39.28</b>	<b>22.941</b>	<b>58.71</b>	<b>2</b>	<b>4.01</b>	<b>18.18</b>	<b>742</b>	<b>106</b>	<b>7005</b>

**Dinner**

**Thursday, October 5, 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)
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	
<b>Total</b>	<b>449</b>	<b>11.06</b>	<b>2.944</b>	<b>27.26</b>	<b>2.85</b>	<b>9.81</b>	<b>9.9</b>	<b>811.75</b>	<b>8.75</b>	<b>635</b>

**Snacks/Other**

<b>Total</b>	<b>1434</b>	<b>57.43</b>	<b>27.144</b>	<b>120.16</b>	<b>9.35</b>	<b>25.57</b>	<b>35.15</b>	<b>1812.75</b>	<b>114.75</b>	<b>8178</b>
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**Friday, October 6, 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)										
<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>										
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										
<b>Total</b>	<b>254</b>	<b>14.99</b>	<b>5.019</b>	<b>17.13</b>	<b>3.3</b>	<b>3.98</b>	<b>12.96</b>	<b>494</b>	<b>37</b>	<b>547</b>
<b>Dinner</b>										
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										
<b>Total</b>	<b>930</b>	<b>28.22</b>	<b>10.406</b>	<b>60.17</b>	<b>3.6</b>	<b>4.72</b>	<b>51.07</b>	<b>970</b>	<b>101</b>	<b>82</b>

**Snacks/Other**

**Friday, October 6, 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)
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)										
<b>Total</b>	<b>194</b>	<b>0.45</b>	<b>0.068</b>	<b>45.37</b>	<b>1</b>	<b>13</b>	<b>3.3</b>	<b>419</b>	<b>0</b>	<b>52</b>
<b>Total</b>	<b>1403</b>	<b>44.75</b>	<b>15.502</b>	<b>124.86</b>	<b>7.9</b>	<b>21.7</b>	<b>67.9</b>	<b>1892</b>	<b>138</b>	<b>944</b>

**Saturday, October 7, 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>										
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										
<b>Total</b>	<b>341</b>	<b>19.89</b>	<b>5.566</b>	<b>22.09</b>	<b>0.7</b>	<b>6.67</b>	<b>16.92</b>	<b>642.5</b>	<b>59.5</b>	<b>461</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>306</b>	<b>4.8</b>	<b>0.906</b>	<b>35.83</b>	<b>3.3</b>	<b>3.98</b>	<b>2.06</b>	<b>459</b>	<b>0</b>	<b>383</b>
<b>Dinner</b>										
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**

	<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 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										
<b>Total</b>	<b>799</b>	<b>13.43</b>	<b>6.016</b>	<b>83.63</b>	<b>3.6</b>	<b>25.58</b>	<b>29.71</b>	<b>1588.52</b>	<b>60.1</b>	<b>82</b>
<b>Snacks/Other</b>										
<b>Total</b>	<b>1446</b>	<b>38.12</b>	<b>12.488</b>	<b>141.55</b>	<b>7.6</b>	<b>36.23</b>	<b>48.69</b>	<b>2690.02</b>	<b>119.6</b>	<b>926</b>

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