

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	1208	43.83	112.6	42.56

Monday, October 2, 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 2 x 1 tsp, 4 g	20	1	0	2	0	0	0	0	0	40
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Dietz & Watson All Natural Uncured Dinner Ham with Baby Swiss Sandwich 1/2 sandwich, 114 g	210	8	3	17	2	1	17	710	35	
Total	235	9.09	3.009	19.19	2	1	17.57	719	35	263
Lunch										
Dinner										
Panera Bread Soft Dinner Roll 3/4 x 1 roll	142	2.62	0.75	24	0.75	1.5	4.5	225	7.5	
T. Marzetti Ranch Veggie Dip 2 x 2 tbsp, 60 ml	220	22	6	4	0	2	2	420	30	
Pringles Original Potato Crisps 16 chips, 28 g	150	9	2.5	15	1	1	1	150	0	
Lloyd's Barbeque Company Original BBQ Sauce with Seasoned Shredded Beef 128 g	183	4.57	2.29	20.57	0	18.29	13.72	822.96	34.29	
Total	695	38.19	11.54	63.57	1.75	22.79	21.22	1617.96	71.79	
Snacks/Other										
Alkanater Sesame Candy with Pistachios 2 ounces, 56.7 g	340	17	2.5	30	2	21	9	30	0	

Monday, October 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1270	64.28	17.049	112.76	5.75	44.79	47.79	2366.96	106.79	263

Tuesday, October 3, 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										
T. Marzetti Ranch Veggie Dip	110	11	3	2	0	1	1	210	15	
2 tbsp, 30 ml										
Total	361	26.39	6.066	16.59	0.7	1.67	13.42	655	57	461
Lunch										
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										
Total	151	4.54	2.5	24.49	1.6	21.95	4.93	62.5	17.5	167
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	681	11.41	3.54	73.2	3.66	23.04	18.94	1382.74	33.21	4005.4

Snacks/Other

Total	1193	42.34	12.106	114.28	5.96	46.66	37.29	2100.24	107.71	4633.4
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Wednesday, October 4, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	421	24.39	8.066	27.59	0.7	12.67	21.42	570	77	461
Lunch										
Dinner										
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										
Total	936	16.44	6.812	112.34	7.2	7.43	28.14	1290	42	164
Snacks/Other										
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										
Total	1457	46.83	16.878	151.43	8.4	30.6	50.56	1867.5	121.5	625

Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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 ml	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
Total	222	7.09	1.259	34.19	4.5	11.75	7.07	259	0	538
Lunch										
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
Total	763	39.28	22.941	58.71	2	4.01	18.18	742	106	7005

Dinner

Thursday, October 5, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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	
Total	449	11.06	2.944	27.26	2.85	9.81	9.9	811.75	8.75	635

Snacks/Other

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

Snacks/Other

Friday, October 6, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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)										
Total	194	0.45	0.068	45.37	1	13	3.3	419	0	52
Total	1403	44.75	15.502	124.86	7.9	21.7	67.9	1892	138	944

Saturday, October 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	341	19.89	5.566	22.09	0.7	6.67	16.92	642.5	59.5	461
Lunch										
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										
Total	306	4.8	0.906	35.83	3.3	3.98	2.06	459	0	383
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	799	13.43	6.016	83.63	3.6	25.58	29.71	1588.52	60.1	82
Snacks/Other										
Total	1446	38.12	12.488	141.55	7.6	36.23	48.69	2690.02	119.6	926

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