Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	188	8.36	18.02	10.02
Lunch	107	3.47	15.98	4.7
Dinner	683	25.48	65.78	26.6
Snacks/Other	380	14.22	30.23	5.87
Total	1357	51.54	130.02	47.2

Monday, May 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries 2 medium (1-1/4" dia)	8	0.07	0.004	1.84	0.5	1.12	0.16	0	0	37
Silk Original Soymilk 161 ml	74	3.02	0.34	6.04	1.34	4.03	5.37	70.46	0	248.27
Bob's Red Mill Steel Cut Oatmeal 1/4 cup dry, 44 g	150	2	0.5	27	2	0	5	0	0	
Nutella Hazelnut Spread 1/2 x 2 tbsp, 18.5 g	100	6	2	11.5	0.5	10.5	1	7.5	2.5	
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Aquafina Water (16.9 oz) 2 x 1 bottle, 1000 ml	0	0	0	0	0	0	0	0	0	0
Total	**339**	**11.23**	**2.858**	**46.66**	**4.34**	**15.65**	**12.38**	**91.96**	**2.5**	**630.27**
Lunch										
Claussen Kosher Dill Spears 1 spear, 34 g	5	0	0	1	0.5	0	0	320	0	
Ole Extreme Wellness High Fiber Low Carb Tortillas 1 tortilla, 45 g	50	1.5	0	16	11	0	4	310	0	
Tofurky Hickory Smoked Deli Slices 31 g	60	1.79	0	3.58	1.79	0.6	7.75	178.8	0	
Emeril's Horseradish Mustard 1 tsp, 5 g	5	0	0	0	0	0	0	60	0	0

Monday, May 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Butterhead Lettuce (Includes Boston and Bibb Types)	7	0.12	0.016	1.23	0.6	0.52	0.74	3	0	131
1 cup shredded or chopped										
Total	127	3.41	0.016	21.81	13.89	1.12	12.49	871.8	0	131
Dinner										
Ground Beef (85% Lean / 15% Fat, Crumbles, Cooked, Pan-Browned)	97	5.81	2.212	0	0	0	10.54	34	34	155
38 g										
Peter Piper Pizza The Werx Pizza	480	18	9	58	4	6	20	1000	50	
2 x 1 medium slice										
Michelob Ultra Light Beer	95	0	0	2.6	0	0	0.6	0	0	
1 bottle, 12 oz										
Boston Lettuce	7	0.12	0.016	1.23	0.6	0.52	0.74	3	0	131
1 cup shredded or chopped										
Total	679	23.93	11.228	61.83	4.6	6.52	31.88	1037	84	286
Snacks/Other										
Michelob Ultra Light Beer	95	0	0	2.6	0	0	0.6	0	0	
1 bottle, 12 oz										
Trader Joe's Hass Avocado	87	7.8	0.87	5.2	3.47	0	0	0	0	259.95
52 g										
Mission Restaurant Style Tortilla Chips	70	3.5	1	8.5	0.5	0	1	75	0	
1/2 x 12 chips, 0.5 oz										
Total	252	11.3	1.87	16.3	3.97	0	1.6	75	0	259.95
Total	**1397**	**49.87**	**15.972**	**146.6**	**26.8**	**23.29**	**58.35**	**2075.76**	**86.5**	**1307.22**

Tuesday, May 8, 2018

	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 3/4 x 1/2 cup, 30 g	112	2.25	0	20.25	3	0	3.75	0	0	105
Bananas 1/4 small (6" to 6-7/8" long)	22	0.08	0.028	5.77	0.7	3.09	0.28	0	0	90
Trader Joe's Hass Avocado 20 g	33	3	0.33	2	1.33	0	0	0	0	100.05
Aquafina Water (16.9 oz) 2 x 1 bottle, 1000 ml	0	0	0	0	0	0	0	0	0	0
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Total	172	5.42	0.367	28.21	5.03	3.09	4.6	9	0	529.05
Lunch										
Annie's Homegrown Real Aged Cheddar Macaroni & Cheese 3/4 x 1 package, 43 g	165	3.38	2.25	27.75	2.25	1.5	5.25	300	3.75	0
Dinner										
Cabernet Sauvignon Wine 2 1/2 5 fl oz servings	309	0		9.56			0.26			
Chung's White Meat Chicken Egg Rolls 1 egg roll, 86 g	160	4	0.5	24	1	6	6	450	5	
Trader Joe's Orange Chicken 1 1/2 x 1 cup, 187.5 g	480	24	5.25	36	1.5	9	31.5	495	142.5	

Tuesday, May 8, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	949	28	5.75	69.56	2.5	15	37.76	945	147.5	
Snacks/Other										
Russell Stover Milk Chocolate Marshmallow Eggs 1 egg, 28 g	110	3	2	20	0.1	14	1	30	0	22
Sandwich Bros. of Wisconsin Cheeseburgers 1 sandwich, 63 g	160	9	4	12	1	1	10	340	30	0
Hellmann's Real Mayonnaise 1 tbsp, 13 g	90	10	1.5	0	0	0	0	90	5	0
Red Table Wine 2 5 fl oz servings	250	0	0	7.67	0	1.82	0.21	12	0	373
Hershey's Payday (King Size) 1/3 bar, 25 g	440	24	5	50	4	40	12	220	0	
Total	1050	46	12.5	89.67	5.1	56.82	23.21	692	35	395
Total	**2336**	**82.8**	**20.867**	**215.19**	**14.88**	**76.41**	**70.82**	**1946**	**186.25**	**924.05**

Wednesday, May 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bragg Organic Apple Cider Vinegar	0	0	0	0	0	0	0	0	0	11
1 tbsp, 15 ml										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Aquafina Water (16.9 oz)	0	0	0	0	0	0	0	0	0	0
2 x 1 bottle, 1000 ml										
Total	5	0.09	0.009	0.19	0	0	0.57	9	0	234
Lunch										
Kroger Lite Soy Sauce	8	0	0	1.5	0	1	0.5	265	0	
1/2 x 1 tbsp, 7.5 ml										
Firm Silken Tofu	26	1.13	0.171	1.01	0	0.53	2.9	15	0	81
1/2 slice										
Vegetable Soup (Home Recipe)	49	2.22	0.429	6	1.1	1.83	2.06	291	0	254
1/2 cup										
A Taste of Thai Vermicelli Rice Noodles	50	0	0	11.5	0.5	0	0.75	0	0	
1/4 x 2 oz, 14 g										
Total	133	3.35	0.6	20.01	1.6	3.36	6.21	571	0	335
Dinner										
Stouffer's Lasagna Bake with Meat Sauce	360	12	6	42	4	6	21	850	40	0
1 package, 326 g										
Snacks/Other										

Wednesday, May 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	498	15.44	6.609	62.2	5.6	9.36	27.78	1430	40	569

Thursday, May 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Organic Brown Eggs 2 x 1 egg, 100 g	140	10	3	0	0	0	12	140	370	0
Banquet Brown 'N Serve Turkey Fully Cooked Sausage Links 3 links, 60 g	100	7	2	2	0	1	8	380	40	
Aquafina Water (16.9 oz) 2 x 1 bottle, 1000 ml	0	0	0	0	0	0	0	0	0	0
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Total	245	17.09	5.009	2.19	0	1	20.57	529	410	234
Lunch										
Dinner										
Potato Salad with Egg 1/4 cup	66	3.4	0.598	7.7	0.7	0.79	1.34	235	22	142
Michelob Ultra Light Beer 2 x 1 bottle, 24 oz	190	0	0	5.2	0	0	1.2	0	0	
American Flatbread Uncured Pepperoni & Uncured Bacon Pizza 1/2 pizza, 153 g	380	16	8	39	2	1	19	1000	45	
Ground Beef (85% Lean / 15% Fat, Crumbles, Cooked, Pan-Browned) 38 g	97	5.81	2.212	0	0	0	10.54	34	34	155

Thursday, May 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	733	25.21	10.81	51.9	2.7	1.79	32.08	1269	101	297
Snacks/Other										
Sprouts Almond Bear Claw 1 danish	370	19	4	45	1	19	6	260	15	
Total	**1348**	**61.3**	**19.819**	**99.09**	**3.7**	**21.79**	**58.65**	**2058**	**526**	**531**

Friday, May 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Silk Organic Unsweetened Soymilk	82	4.07		4.07		1.02	7.12	71.19	0	
244 ml										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Total	87	4.16	0.009	4.26	0	1.02	7.69	80.19	0	223
Lunch										
Dinner										
Sweet Onions	9	0.02		2.14	0.3	1.42	0.23	2	0	34
1 oz										
Follow Your Heart Original Vegenaise	64	6.43	0.36	0	0	0	0	60.69	0	
10 g										
Season's Choice Vegan Soy Protein Burger	100	1		6	4	0	16	320	0	
1 patty, 71 g										
Lettuce Salad with Tomato	7	0.07	0.014	1.58	0.6	0.98	0.38	7	0	
1/2 cup										
Sunbeam Hamburger Bun	140	3	1	23	1	2	6	260	0	
1 bun, 53 g										
Potato Salad with Egg	262	13.61	2.393	30.8	2.9	3.17	5.35	942	89	569
1 cup										
Total	582	24.13	3.767	63.52	8.8	7.57	27.96	1591.69	89	603
Snacks/Other										
Michelob Ultra Light Beer	190	0	0	5.2	0	0	1.2	0	0	
2 x 1 bottle, 24 oz										

Friday, May 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	859	28.29	3.776	72.98	8.8	8.59	36.85	1671.88	89	826

Saturday, May 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries	12	0.11	0.006	2.92	0.8	1.77	0.25	0	0	58
1/4 cup halves										
Garden Lites Veggie Bites	65	2.5	0.5	8	1	2	3	205	32.5	
1/2 x 4 bites, 42.5 g										
Lightlife Foods Smart Vegetable Bacon	20	1	0	0	0	0	2	140	0	40
1 slice, 10 g										
Sunny Meadow Boiled Egg	70	5	1.5	0	0	0	6	70	185	70
1 egg, 50 g										
Van's Organic All Natural Blueberry Waffles	105	3.5	0.75	15.5	3	2.5	2.5	170	0	
1/2 x 2 waffles, 40 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Total	277	12.2	2.765	26.61	4.8	6.27	14.32	594	217.5	391
Lunch										
Trader Joe's Hass Avocado	25	2.25	0.25	1.5	1	0	0	0	0	75
1/2 x 1/5 medium , 15 g										
Pasta or Macaroni Salad with Oil and Vinegar-Type Dressing	125	5.04	0.804	17.12	1.3	2.25	2.91	589	0	88
1/2 cup										
Potato Salad with Egg	66	3.4	0.598	7.7	0.7	0.79	1.34	235	22	142
1/4 cup										
Total	216	10.69	1.652	26.32	3	3.04	4.25	824	22	305
Dinner										
Yellow Cake with Icing (Home Recipe or Purchased)	400	12.47	2.774	70.49	1	51.51	3.67	157	31	112

Saturday, May 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 piece (1/12 2-layer, 8" or 9" dia)										
Mission Restaurant Style Tortilla Chips	210	10.5	3	25.5	1.5	0	3	225	0	
1 1/2 x 12 chips, 1.5 oz										
Guacamole	183	16.67	2.417	9.91	7.7	0.83	2.28	172	0	555
1/2 cup										
Total	793	39.64	8.191	105.9	10.2	52.34	8.95	554	31	667
Snacks/Other										
Michelob Ultra Light Beer	190	0	0	5.2	0	0	1.2	0	0	
2 x 1 bottle, 24 oz										
Costco Oatmeal Raisin Cookie	230	9	0	20	0	0	2	90	0	
1 cookie										
Total	420	9	0	25.2	0	0	3.2	90	0	
Total	**1706**	**71.53**	**12.608**	**184.03**	**18**	**61.65**	**30.72**	**2062**	**270.5**	**1363**