Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	287	8.75	40.6	11.9
Lunch	298	8.16	26.62	32.22
Dinner	338	10.69	40.49	22.4
Snacks/Other	384	14.4	64	6.4
Total	1307	42	171.71	72.92

Saturday, June 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Richard's Cajun Favorites Crawfish Etouffee 1 bowl, 312 g	330	15	5	39	2	3	14	1030	60	
Snacks/Other										
Total	330	15	5	39	2	3	14	1030	60	

Sunday, June 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Noosa Raspberry Habanero Yoghurt 1 serving, 8 oz	290	11	6	34	1	30	12	110	30	
Bob's Red Mill 5 Grain Plus Flaxseed Rolled Whole Grain Hot Cereal 1/3 cup dry, 35 g	120	1.5		24	5	0	5	0	0	
Total	410	12.5	6	58	6	30	17	110	30	
Lunch										
Sweet Potato 3 oz	73	0.04	0.015	17.11	2.6	3.56	1.34	47	0	287
Mann's Sunny Shores Broccolini 8 stalks, 82 g	35	0	0	6	1	2	3	25	0	270
Salmon 5 oz boneless	207	8.41	1.786	0	0	0	30.65	65	64	600
Total	315	8.45	1.801	23.11	3.6	5.56	34.99	137	64	1157
Dinner										
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Tomatoes 4 oz, raw, yields	19	0.21	0.048	4.08	1.2	2.74	0.92	5	0	246
Corn 1 medium ear (6-3/4" to 7-1/2" long)	77	1.06	0.164	17.12	2.4	2.9	2.9	14	0	243
Pulled chicken sandwich 1 serving	239	2.14	0.002	26.3	1	15.3	27.76	683	65	37
Total	369	3.54	0.243	55.34	8.3	22.48	33.58	709	65	756

Sunday, June 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
kashi oatmeal raisin flax soft-baked cookie 4 x 1 cookie, 120 g	480	18		80			8	280		
Total	**1574**	**42.49**	**8.044**	**216.45**	**17.9**	**58.04**	**93.57**	**1236**	**159**	**1913**

Monday, June 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Noosa Raspberry Habanero Yoghurt 1 serving, 8 oz	290	11	6	34	1	30	12	110	30	
Bob's Red Mill 5 Grain Plus Flaxseed Rolled Whole Grain Hot Cereal 1/3 cup dry, 35 g	120	1.5		24	5	0	5	0	0	
Total	410	12.5	6	58	6	30	17	110	30	
Lunch										
Salmon 5 oz boneless	207	8.41	1.786	0	0	0	30.65	65	64	600
Mann's Sunny Shores Broccolini 8 stalks, 82 g	35	0	0	6	1	2	3	25	0	270
Sweet Potato 3 oz	73	0.04	0.015	17.11	2.6	3.56	1.34	47	0	287
Total	315	8.45	1.801	23.11	3.6	5.56	34.99	137	64	1157
Dinner										
Heart Healthy Tuna Noodle Casserole 1 serving	355	3.75	0.296	55.5	9.2	7	30.71	252	28	158
Snacks/Other										
kashi oatmeal raisin flax soft-baked cookie 4 x 1 cookie, 120 g	480	18		80			8	280		
Total	**1560**	**42.7**	**8.097**	**216.61**	**18.8**	**42.56**	**90.7**	**779**	**122**	**1315**

Saturday, June 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Summer salad 1 serving	517	22.56	5.648	46.85	8.2	30.97	33.65	510	80	371
Dinner										
Snacks/Other										
Total	517	22.56	5.648	46.85	8.2	30.97	33.65	510	80	371

Sunday, June 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Noosa Raspberry Habanero Yoghurt 1 serving, 8 oz	290	11	6	34	1	30	12	110	30	
Bob's Red Mill 5 Grain Plus Flaxseed Rolled Whole Grain Hot Cereal 1/3 cup dry, 35 g	120	1.5		24	5	0	5	0	0	
Total	410	12.5	6	58	6	30	17	110	30	
Lunch										
Sweet Potato 3 oz	73	0.04	0.015	17.11	2.6	3.56	1.34	47	0	287
Mann's Sunny Shores Broccolini 8 stalks, 82 g	35	0	0	6	1	2	3	25	0	270
Salmon 5 oz boneless	207	8.41	1.786	0	0	0	30.65	65	64	600
Total	315	8.45	1.801	23.11	3.6	5.56	34.99	137	64	1157
Dinner										
Lamb vindaloo 1 serving	361	24.23	9.85	13.58	3.6	5.46	21.79	64	74	467
Snacks/Other										
kashi oatmeal raisin flax soft-baked cookie 4 x 1 cookie, 120 g	480	18		80			8	280		
Total	1566	63.18	17.651	174.69	13.2	41.02	81.78	591	168	1624

Monday, June 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Noosa Raspberry Habanero Yoghurt 1 serving, 8 oz	290	11	6	34	1	30	12	110	30	
Bob's Red Mill 5 Grain Plus Flaxseed Rolled Whole Grain Hot Cereal 1/3 cup dry, 35 g	120	1.5		24	5	0	5	0	0	
Total	410	12.5	6	58	6	30	17	110	30	
Lunch										
Salmon 5 oz boneless	207	8.41	1.786	0	0	0	30.65	65	64	600
Mann's Sunny Shores Broccolini 8 stalks, 82 g	35	0	0	6	1	2	3	25	0	270
Sweet Potato 3 oz	73	0.04	0.015	17.11	2.6	3.56	1.34	47	0	287
Total	315	8.45	1.801	23.11	3.6	5.56	34.99	137	64	1157
Dinner										
Spinach Lasagna 1 serving	352	12.71	4.033	41.1	4.8	5.4	22.75	494	42	666
Snacks/Other										
kashi oatmeal raisin flax soft-baked cookie 4 x 1 cookie, 120 g	480	18		80			8	280		
Total	1557	51.66	11.834	202.21	14.4	40.96	82.74	1021	136	1823

Sunday, June 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Noosa Raspberry Habanero Yoghurt 1 serving, 8 oz	290	11	6	34	1	30	12	110	30	
Bob's Red Mill 5 Grain Plus Flaxseed Rolled Whole Grain Hot Cereal 1/3 cup dry, 35 g	120	1.5		24	5	0	5	0	0	
Total	410	12.5	6	58	6	30	17	110	30	
Lunch										
Roasted chicken 1 serving	297	4.13	0.689	35.37	9.3	8.3	34.1	275	65	1452
Dinner										
Dill dressing 1 serving	56	3.38	0.466	2.28	0	1.89	4.53	16	0	9
Lamb Souvlaki 1 serving	314	9.16	3.258	17.19	1.1	2.63	39.25	204	110	702
Total	370	12.54	3.724	19.47	1.1	4.52	43.78	220	110	711
Snacks/Other										
kashi oatmeal raisin flax soft-baked cookie 4 x 1 cookie, 120 g	480	18		80			8	280		
Total	**1557**	**47.17**	**10.413**	**192.84**	**16.4**	**42.82**	**102.88**	**885**	**205**	**2163**

Monday, June 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bob's Red Mill 5 Grain Plus Flaxseed Rolled Whole Grain Hot Cereal 1/3 cup dry, 35 g	120	1.5		24	5	0	5	0	0	
Noosa Raspberry Habanero Yoghurt 1 serving, 8 oz	290	11	6	34	1	30	12	110	30	
Total	410	12.5	6	58	6	30	17	110	30	
Lunch										
Roasted chicken 1 serving	297	4.13	0.689	35.37	9.3	8.3	34.1	275	65	1452
Dinner										
Enchiladas 1 serving	335	8.1	3.516	39.97	2	2.17	26.34	818	40	258
Snacks/Other										
kashi oatmeal raisin flax soft-baked cookie 4 x 1 cookie, 120 g	480	18		80			8	280		
Total	1522	42.73	10.205	213.34	17.3	40.47	85.44	1483	135	1710

Sunday, June 24, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Noosa Raspberry Habanero Yoghurt 1 serving, 8 oz	290	11	6	34	1	30	12	110	30	
Bob's Red Mill 5 Grain Plus Flaxseed Rolled Whole Grain Hot Cereal 1/3 cup dry, 35 g	120	1.5		24	5	0	5	0	0	
Total	410	12.5	6	58	6	30	17	110	30	
Lunch										
Green String Beans 6 oz	53	0.2	0.044	12.13	5.8	2.38	3.1	10	0	356
Signature Kitchens Great Northern Beans 1/4 cup, 35 g	70	0		22			8	20		
Salmon 5 oz boneless	207	8.41	1.786	0	0	0	30.65	65	64	600
Total	330	8.61	1.83	34.13	5.8	2.38	41.75	95	64	956
Dinner										
Lamb pasta 1 serving	355	11.37	4.335	50.39	7.4	4.9	18.67	55	34	217
Snacks/Other										
kashi oatmeal raisin flax soft-baked cookie 4 x 1 cookie, 120 g	480	18		80			8	280		
Total	1575	50.48	12.165	222.52	19.2	37.28	85.42	540	128	1173

Monday, June 25, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Salmon 5 oz boneless	207	8.41	1.786	0	0	0	30.65	65	64	600
Signature Kitchens Great Northern Beans 1/4 cup, 35 g	70	0		22			8	20		
Total	277	8.41	1.786	22	0	0	38.65	85	64	600
Dinner										
Curried sweet potato 1 serving	554	15.63	12.198	90.59	10.1	13.29	12.39	1066	1	726
Snacks/Other										
kashi oatmeal raisin flax soft-baked cookie 4 x 1 cookie, 120 g	480	18		80			8	280		
Total	1311	42.04	13.984	192.59	10.1	13.29	59.04	1431	65	1326