## Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|---|---|---|---|---|
| Breakfast | 695 | 33.48 | 50.52 | 50.32 |
| Lunch | 448 | 21.23 | 43.84 | 19.46 |
| Dinner | 639 | 33.15 | 27.66 | 48.93 |
| Snacks/Other | 219 | 14.05 | 20.25 | 3.5 |
| Total | 2001 | 101.92 | 142.27 | 122.21 |

## Tuesday, January 3, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Chicken Liver Paste or Pate<br>70 g | 141 | 9.17 | 2.8 | 4.58 | 0 | 0 | 9.42 | 270 | 274 | 66 |
| Philadelphia Herb & Garlic Cream Cheese<br>18 g | 51 | 5.14 | 2.86 | 0.57 | 0 | 0.57 | 1.14 | 79.94 | 14.28 | |
| Albertsons Sliced Roast Beef<br>2 oz | 70 | 1 | 0.5 | 0 | 0 | 0 | 17 | 490 | 35 | |
| Sara Lee Honey Wheat Thin Style Buns<br>1 1/2 x 1 bun, 64.5 g | 150 | 2.25 | 0 | 30 | 7.5 | 3 | 6 | 195 | 0 | |
| Cheddar Cheese<br>7 g | 28 | 2.32 | 1.476 | 0.09 | 0 | 0.04 | 1.74 | 43 | 7 | 7 |
| Mustard<br>9 g | 6 | 0.28 | 0.014 | 0.7 | 0.3 | 0.26 | 0.36 | 101 | 0 | 14 |
| Total | 446 | 20.16 | 7.65 | 35.94 | 7.8 | 3.87 | 35.66 | 1178.94 | 330.28 | 87 |
| **Lunch** | | | | | | | | | | |
| Yellow Cake (Without Frosting)<br>1 piece (1/12 8" dia) | 245 | 9.93 | 2.668 | 36.04 | 0.5 | | 3.6 | 233 | 37 | 62 |
| Pickles<br>60 g | 11 | 0.11 | 0.029 | 2.47 | 0.7 | 2.11 | 0.37 | 769 | 0 | 70 |
| Vlasic Sweet Gherkins<br>3 pickles, 28 g | 30 | 0 | 0 | 7 | 0 | 7 | 0 | 170 | 0 | |
| Vlasic Mildly Sweet & Spicy Bread & Butter Chip Pickles<br>1 1/2 x 3 chips, 1.5 oz | 38 | 0 | 0 | 9 | 0 | 9 | 0 | 0 | 0 | 0 |
| The Greek Gods Traditional Plain Greek Yogurt<br>2/3 cup, 170 g | 110 | 7 | 4.5 | 7.5 | 0 | 7.5 | 4.5 | 75 | 25 | 230 |

## Tuesday, January 3, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Sour Dough Bread | 82 | 0.9 | 0.192 | 15.57 | 0.9 | 0.07 | 2.64 | 183 | 0 | 34 |
| 30 g | | | | | | | | | | |
| Chicken Liver Paste or Pate | 201 | 13.1 | 4 | 6.55 | 0 | 0 | 13.45 | 386 | 391 | 95 |
| 100 g | | | | | | | | | | |
| Total | 717 | 31.04 | 11.389 | 84.13 | 2.1 | 25.68 | 24.56 | 1816 | 453 | 491 |
| **Dinner** | | | | | | | | | | |
| Chocolate Chips | 80 | 5.04 | 2.982 | 10.6 | 1 | 9.16 | 0.71 | 2 | 0 | |
| 0.1 cup | | | | | | | | | | |
| Rigatoni | 88 | 0.52 | 0.098 | 17.18 | 1 | 0.31 | 3.23 | 130 | 0 | |
| 0.4 cup cooked | | | | | | | | | | |
| Tomato Sauce | 23 | 0.12 | 0.017 | 4.52 | 0.9 | 2.59 | 0.79 | 7 | 0 | 226 |
| 1/4 cup | | | | | | | | | | |
| Lamb Leg (Sirloin Half, Trimmed to 1/8" Fat, Choice Grade) | 370 | 29.48 | 12.928 | 0 | 0 | | 24.4 | 79 | 101 | 333 |
| 5 oz | | | | | | | | | | |
| Trader Joe's Organic Whole Milk Yogurt | 255 | 13.5 | 9 | 18 | 0 | 18 | 12 | 195 | 52.5 | |
| 1 1/2 x 1 cup, 340.5 g | | | | | | | | | | |
| Total | 816 | 48.66 | 25.025 | 50.3 | 2.9 | 30.06 | 41.13 | 413 | 153.5 | 559 |
| **Snacks/Other** | | | | | | | | | | |
| Total | 1979 | 99.86 | 44.064 | 170.37 | 12.8 | 59.61 | 101.35 | 3407.94 | 936.78 | 1137 |

## Wednesday, January 4, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Pickles | 4 | 0.05 | 0.012 | 1.03 | 0.3 | 0.88 | 0.16 | 320 | 0 | 29 |
| 25 g | | | | | | | | | | |
| Oscar Mayer Classic Bun-Length Wieners | 110 | 9 | 2.5 | 2 | 0 | 0 | 6 | 510 | 50 | |
| 1 link, 57 g | | | | | | | | | | |
| Sour Dough Bread | 88 | 0.96 | 0.205 | 16.61 | 1 | 0.08 | 2.82 | 195 | 0 | 36 |
| 32 g | | | | | | | | | | |
| Tomatoes | 14 | 0.16 | 0.037 | 3.14 | 1 | 2.1 | 0.7 | 4 | 0 | 190 |
| 80 g | | | | | | | | | | |
| Kirkland Signature Extra Lean Ham | 100 | 2 | 0 | 0 | 0 | 0 | 20 | 1200 | 60 | |
| 4 x 1 slice, 112 g | | | | | | | | | | |
| Mustard | 13 | 0.62 | 0.032 | 1.56 | 0.6 | 0.57 | 0.79 | 224 | 0 | 30 |
| 20 g | | | | | | | | | | |
| Cheddar Cheese | 48 | 3.98 | 2.531 | 0.15 | 0 | 0.06 | 2.99 | 75 | 13 | 12 |
| 12 g | | | | | | | | | | |
| Sara Lee Honey Wheat Thin Style Buns | 50 | 0.75 | 0 | 10 | 2.5 | 1 | 2 | 65 | 0 | |
| 1/2 x 1 bun, 21.5 g | | | | | | | | | | |
| Chicken Liver Paste or Pate | 131 | 8.52 | 2.6 | 4.26 | 0 | 0 | 8.74 | 251 | 254 | 62 |
| 65 g | | | | | | | | | | |
| **Total** | **558** | **26.04** | **7.917** | **38.75** | **5.4** | **4.69** | **44.2** | **2844** | **377** | **359** |
| **Lunch** | | | | | | | | | | |
| Bagel | 108 | 0.68 | 0.165 | 21.21 | 0.9 | 2.12 | 4.21 | 188 | 0 | 32 |
| 42 g | | | | | | | | | | |
| Butter | 43 | 4.87 | 3.082 | 0 | 0 | 0 | 0.05 | 1 | 13 | 1 |
| 6 g | | | | | | | | | | |
| Mayonnaise | 35 | 3.01 | 0.441 | 2.15 | 0 | 0.58 | 0.08 | 64 | 2 | 1 |

## Wednesday, January 4, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 9 g | | | | | | | | | | |
| Cheddar Cheese | 64 | 5.3 | 3.375 | 0.2 | 0 | 0.08 | 3.98 | 99 | 17 | 16 |
| 16 g | | | | | | | | | | |
| Kirkland Signature Extra Lean Ham | 100 | 2 | 0 | 0 | 0 | 0 | 20 | 1200 | 60 | |
| 4 x 1 slice, 112 g | | | | | | | | | | |
| Chicken Liver Paste or Pate | 131 | 8.52 | 2.6 | 4.26 | 0 | 0 | 8.74 | 251 | 254 | 62 |
| 65 g | | | | | | | | | | |
| Sour Dough Bread | 82 | 0.9 | 0.192 | 15.57 | 0.9 | 0.07 | 2.64 | 183 | 0 | 34 |
| 30 g | | | | | | | | | | |
| The Greek Gods Traditional Plain Greek Yogurt | 110 | 7 | 4.5 | 7.5 | 0 | 7.5 | 4.5 | 75 | 25 | 230 |
| 2/3 cup, 170 g | | | | | | | | | | |
| Vlasic Mildly Sweet & Spicy Bread & Butter Chip Pickles | 38 | 0 | 0 | 9 | 0 | 9 | 0 | 0 | 0 | 0 |
| 1 1/2 x 3 chips, 1.5 oz | | | | | | | | | | |
| Pickles | 11 | 0.11 | 0.029 | 2.47 | 0.7 | 2.11 | 0.37 | 769 | 0 | 70 |
| 60 g | | | | | | | | | | |
| Total | 722 | 32.39 | 14.384 | 62.36 | 2.5 | 21.46 | 44.57 | 2830 | 371 | 446 |
| **Dinner** | | | | | | | | | | |
| Roasted Potato | 51 | 2.38 | 0.306 | 6.82 | 0.8 | 0.31 | 0.79 | 34 | 0 | 164 |
| 1/4 medium (2-1/4" to 3" dia, raw) | | | | | | | | | | |
| Tomato Sauce | 23 | 0.12 | 0.017 | 4.52 | 0.9 | 2.59 | 0.79 | 7 | 0 | 226 |
| 1/4 cup | | | | | | | | | | |
| Trader Joe's Organic Whole Milk Yogurt | 255 | 13.5 | 9 | 18 | 0 | 18 | 12 | 195 | 52.5 | |
| 1 1/2 x 1 cup, 340.5 g | | | | | | | | | | |
| Lamb Leg (Sirloin Half, Trimmed to 1/8" Fat, Choice Grade) | 259 | 20.64 | 9.049 | 0 | 0 | | 17.08 | 56 | 70 | 233 |
| 3 1/2 oz | | | | | | | | | | |

## Wednesday, January 4, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Chocolate Chips | 5 | 0.3 | 0.178 | 0.63 | 0.1 | 0.54 | 0.04 | 0 | 0 | |
| 2 pieces | | | | | | | | | | |
| Whipped Cream (Pressurized) | 62 | 5.33 | 3.319 | 3 | 0 | 1.92 | 0.77 | 31 | 18 | 35 |
| 8 tbsps | | | | | | | | | | |
| Total | 655 | 42.27 | 21.869 | 32.97 | 1.8 | 23.36 | 31.47 | 323 | 140.5 | 658 |
| **Snacks/Other** | | | | | | | | | | |
| Potato Chips | 153 | 10.49 | 3.069 | 13.93 | 1.2 | 1.15 | 1.84 | 147 | 0 | 460 |
| 1 single serving bag | | | | | | | | | | |
| Total | 2088 | 111.19 | 47.239 | 148.01 | 10.9 | 50.66 | 122.08 | 6144 | 888.5 | 1923 |

## Friday, January 6, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Clam Chowder | 327 | 11.66 | 4.68 | 38.02 | 3.9 | 10.93 | 17.67 | 2289 | 34 | 639 |
| 2 cups | | | | | | | | | | |
| Bacon | 130 | 10.03 | 3.297 | 0.34 | 0 | 0 | 8.89 | 554 | 26 | 136 |
| 24 g | | | | | | | | | | |
| Oroweat Country Buttermilk Bread | 84 | 0.84 | 0 | 16 | 0.84 | 2.53 | 2.53 | 113.67 | 0 | |
| 32 g | | | | | | | | | | |
| Albertsons Sliced Roast Beef | 122 | 1.75 | 0.88 | 0 | 0 | 0 | 29.75 | 857.5 | 61.25 | |
| 1 3/4 x 2 oz | | | | | | | | | | |
| Cheddar Cheese | 129 | 10.6 | 6.749 | 0.41 | 0 | 0.17 | 7.97 | 199 | 34 | 31 |
| 32 g | | | | | | | | | | |
| Mustard | 13 | 0.62 | 0.032 | 1.56 | 0.6 | 0.57 | 0.79 | 224 | 0 | 30 |
| 20 g | | | | | | | | | | |
| Kirkland Signature Extra Lean Ham | 50 | 1 | 0 | 0 | 0 | 0 | 10 | 600 | 30 | |
| 2 x 1 slice, 56 g | | | | | | | | | | |
| Tomatoes | 14 | 0.16 | 0.037 | 3.14 | 1 | 2.1 | 0.7 | 4 | 0 | 190 |
| 80 g | | | | | | | | | | |
| Sour Dough Bread | 88 | 0.96 | 0.205 | 16.61 | 1 | 0.08 | 2.82 | 195 | 0 | 36 |
| 32 g | | | | | | | | | | |
| Pickles | 7 | 0.08 | 0.019 | 1.65 | 0.5 | 1.4 | 0.25 | 513 | 0 | 46 |
| 40 g | | | | | | | | | | |
| Total | 964 | 37.7 | 15.899 | 77.73 | 7.84 | 17.78 | 81.37 | 5549.17 | 185.25 | 1108 |
| **Lunch** | | | | | | | | | | |
| Mezzetta Pitted Greek Kalamata Olives | 75 | 6.25 | 0 | 2.5 | 0 | 0 | 0 | 600 | 0 | |
| 2 1/2 x 4 olives, 37.5 g | | | | | | | | | | |

## Friday, January 6, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Vlasic Mildly Sweet & Spicy Bread & Butter Chip Pickles<br>2 1/2 x 3 chips, 2.5 oz | 62 | 0 | 0 | 15 | 0 | 15 | 0 | 0 | 0 | 0 |
| Philadelphia Herb & Garlic Cream Cheese<br>2 tbsp, 32 g | 90 | 9 | 5 | 1 | 0 | 1 | 2 | 140 | 25 | |
| Sour Dough Bread<br>24 g | 66 | 0.72 | 0.154 | 12.46 | 0.7 | 0.06 | 2.11 | 146 | 0 | 27 |
| Total | 293 | 15.97 | 5.154 | 30.96 | 0.7 | 16.06 | 4.11 | 886 | 25 | 27 |
| **Dinner** | | | | | | | | | | |
| Trader Joe's Organic Whole Milk Yogurt<br>1/2 x 1 cup, 113.5 g | 85 | 4.5 | 3 | 6 | 0 | 6 | 4 | 65 | 17.5 | |
| Australian Lamb Leg (Center Slice, Bone-In, Lean Only, Trimmed to 1/8" Fat)<br>8 oz | 324 | 13.79 | 5.473 | 0 | | | 46.83 | 145 | 145 | 776 |
| Total | 409 | 18.29 | 8.473 | 6 | 0 | 6 | 50.83 | 210 | 162.5 | 776 |
| **Snacks/Other** | | | | | | | | | | |
| Chocolate Chips<br>0.08 cup | 64 | 4.03 | 2.386 | 8.48 | 0.8 | 7.32 | 0.56 | 1 | 0 | |
| Albertsons Heavy Whipping Cream<br>3 x 1 tbsp, 45 ml | 135 | 13.5 | 7.5 | 3 | 0 | 3 | 0 | 15 | 45 | |
| Chocolate Chip Cookie<br>22 g | 108 | 5.44 | 1.686 | 14.09 | 0.6 | 7.55 | 1.21 | 65 | 0 | 33 |
| Frito-Lay Classic Potato Chips<br>52 g | 297 | 18.57 | 1.86 | 27.86 | 1.86 | 0 | 3.71 | 315.69 | 0 | 649.95 |
| Total | 604 | 41.54 | 13.432 | 53.43 | 3.26 | 17.87 | 5.48 | 396.69 | 45 | 682.95 |

## Friday, January 6, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 2270 | 113.5 | 42.958 | 168.12 | 11.8 | 57.71 | 141.79 | 7041.86 | 417.75 | 2593.95 |

## Saturday, January 7, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Hebrew National Beef Franks<br>29 g | 90 | 7.8 | 3 | 1.2 | 0 | 0 | 3.6 | 270 | 15 | 48 |
| Vlasic Mildly Sweet & Spicy Bread & Butter Chip Pickles<br>3 chips, 1 oz | 25 | 0 | 0 | 6 | 0 | 6 | 0 | 0 | 0 | 0 |
| Philadelphia Herb & Garlic Cream Cheese<br>18 g | 51 | 5.14 | 2.86 | 0.57 | 0 | 0.57 | 1.14 | 79.94 | 14.28 | |
| Butter<br>1/2 tbsp | 51 | 5.76 | 3.647 | 0 | 0 | 0 | 0.06 | 1 | 15 | 2 |
| Monterey Jack Cheese<br>16 g | 60 | 4.84 | 3.051 | 0.11 | 0 | 0.08 | 3.92 | 86 | 14 | |
| Trader Joe's Tuna Salad<br>1/2 cup, 100 g | 140 | 8 | 1 | 5 | 4 | 0 | 11 | 430 | 20 | |
| Boar's Head Hard Salami<br>50 g | 196 | 16.07 | 6.25 | 1.79 | 0 | 0 | 10.72 | 875.14 | 53.58 | 0 |
| Pickles<br>40 g | 7 | 0.08 | 0.019 | 1.65 | 0.5 | 1.4 | 0.25 | 513 | 0 | 46 |
| Sour Dough Bread<br>64 g | 175 | 1.92 | 0.41 | 33.22 | 1.9 | 0.15 | 5.63 | 390 | 0 | 72 |
| Tomatoes<br>80 g | 14 | 0.16 | 0.037 | 3.14 | 1 | 2.1 | 0.7 | 4 | 0 | 190 |
| Mustard<br>20 g | 13 | 0.62 | 0.032 | 1.56 | 0.6 | 0.57 | 0.79 | 224 | 0 | 30 |
| Cheddar Cheese<br>32 g | 129 | 10.6 | 6.749 | 0.41 | 0 | 0.17 | 7.97 | 199 | 34 | 31 |
| Total | 951 | 60.99 | 27.055 | 54.65 | 8 | 11.04 | 45.78 | 3072.08 | 165.86 | 419 |

## Saturday, January 7, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Lunch** | | | | | | | | | | |
| Mixed Salad Greens<br>3 cups shredded or chopped | 28 | 0.4 | 0.063 | 5.28 | 3.3 | 1.45 | 2.51 | 48 | 0 | 480 |
| Ranch Salad Dressing<br>1 tbsp | 73 | 7.71 | | 1 | 0.1 | 0.37 | 0.15 | 122 | 5 | 9 |
| Trident Seafoods Salmon Patty<br>1 oz | 43 | 1.8 | 0.2 | 0.4 | 0.3 | 0.08 | 4.8 | 25.2 | 12 | |
| Total | 144 | 9.91 | 0.263 | 6.68 | 3.7 | 1.9 | 7.46 | 195.2 | 17 | 489 |
| **Dinner** | | | | | | | | | | |
| Grilled Chicken (Skin Not Eaten)<br>1 medium piece (yield after cooking, bone and skin removed) | 98 | 3.82 | 1.052 | 0 | 0 | 0 | 14.92 | 212 | 46 | |
| Penne<br>1/4 cup cooked | 55 | 0.32 | 0.061 | 10.74 | 0.6 | 0.19 | 2.02 | 81 | 0 | |
| Qdoba Mexican Grill Grilled Vegetables<br>1 serving, 3.5 oz | 60 | 3 | 0.5 | 6 | 3 | 2 | 2 | 100 | 0 | 260 |
| Australian Lamb Leg (Center Slice, Bone-In, Lean Only, Trimmed to 1/8" Fat)<br>10 oz | 405 | 17.24 | 6.841 | 0 | | | 58.54 | 181 | 181 | 970 |
| Total | 618 | 24.38 | 8.454 | 16.74 | 3.6 | 2.19 | 77.48 | 574 | 227 | 1230 |
| **Snacks/Other** | | | | | | | | | | |
| Whole Milk<br>1 cup | 146 | 7.93 | 4.551 | 11.03 | 0 | 12.83 | 7.86 | 98 | 24 | 349 |
| **Total** | **1859** | **103.21** | **40.323** | **89.1** | **15.3** | **27.96** | **138.58** | **3939.28** | **433.86** | **2487** |

## Sunday, January 8, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Boar's Head Ovengold Roast Breast of Turkey - Skinless | 120 | 2 | 0 | 0 | 0 | 0 | 26 | 720 | 40 | 280 |
| 2 x 2 oz, 112 g | | | | | | | | | | |
| Gouda Cheese | 50 | 3.89 | 2.497 | 0.31 | 0 | 0.31 | 3.54 | 116 | 16 | 17 |
| 1/2 oz | | | | | | | | | | |
| Cheddar Cheese | 64 | 5.3 | 3.375 | 0.2 | 0 | 0.08 | 3.98 | 99 | 17 | 16 |
| 16 g | | | | | | | | | | |
| Mustard | 13 | 0.62 | 0.032 | 1.56 | 0.6 | 0.57 | 0.79 | 224 | 0 | 30 |
| 20 g | | | | | | | | | | |
| Tomatoes | 14 | 0.16 | 0.037 | 3.14 | 1 | 2.1 | 0.7 | 4 | 0 | 190 |
| 80 g | | | | | | | | | | |
| Pickles | 7 | 0.08 | 0.019 | 1.65 | 0.5 | 1.4 | 0.25 | 513 | 0 | 46 |
| 40 g | | | | | | | | | | |
| Boar's Head Hard Salami | 63 | 5.14 | 2 | 0.57 | 0 | 0 | 3.43 | 279.79 | 17.13 | 0 |
| 16 g | | | | | | | | | | |
| Monterey Jack Cheese | 60 | 4.84 | 3.051 | 0.11 | 0 | 0.08 | 3.92 | 86 | 14 | |
| 16 g | | | | | | | | | | |
| Vlasic Mildly Sweet & Spicy Bread & Butter Chip Pickles | 25 | 0 | 0 | 6 | 0 | 6 | 0 | 0 | 0 | 0 |
| 3 chips, 1 oz | | | | | | | | | | |
| Bob's Red Mill Gluten Free Pancake Mix | 140 | 0.5 | 0 | 32 | 2 | 3 | 2 | 540 | 0 | 0 |
| 2 4" pancakes, 42 g | | | | | | | | | | |
| **Total** | **556** | **22.53** | **11.011** | **45.54** | **4.1** | **13.54** | **44.61** | **2581.79** | **104.13** | **579** |
| **Lunch** | | | | | | | | | | |
| Trader Joe's Organic Whole Milk Yogurt | 128 | 6.75 | 4.5 | 9 | 0 | 9 | 6 | 97.5 | 26.25 | |
| 3/4 x 1 cup, 170 g | | | | | | | | | | |

## Sunday, January 8, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Cheese Pizza<br>1 piece (1/8 12" dia) | 237 | 10.1 | 4.304 | 26.08 | 1.6 | 3.06 | 10.6 | 462 | 21 | 138 |
| Total | 365 | 16.85 | 8.804 | 35.08 | 1.6 | 12.06 | 16.6 | 559.5 | 47.25 | 138 |
| **Dinner** | | | | | | | | | | |
| Beer<br>1 can or bottle (12 fl oz) | 155 | 0 | 0 | 12.78 | 0 | 0 | 1.66 | 14 | 0 | 97 |
| Aidells Chicken & Apple Sausage<br>1 1/2 x 1 link, 127.5 g | 270 | 19.5 | 6 | 4.5 | 0 | 3 | 19.5 | 1005 | 135 | |
| Australian Lamb Leg (Center Slice, Bone-In, Lean Only, Trimmed to 1/8" Fat)<br>3 oz | 122 | 5.17 | 2.052 | 0 | | | 17.56 | 54 | 54 | 291 |
| Qdoba Mexican Grill Grilled Vegetables<br>2 1/2 x 1 serving, 8.75 oz | 150 | 7.5 | 1.25 | 15 | 7.5 | 5 | 5 | 250 | 0 | 650 |
| Total | 697 | 32.17 | 9.302 | 32.28 | 7.5 | 8 | 43.72 | 1323 | 189 | 1038 |
| **Snacks/Other** | | | | | | | | | | |
| Sugared or Glazed Doughnuts<br>1 medium (approx 3" dia) | 192 | 10.3 | 2.667 | 22.86 | 0.7 | | 2.34 | 181 | 14 | 46 |
| Total | 1810 | 81.85 | 31.784 | 135.76 | 13.9 | 33.6 | 107.27 | 4645.29 | 354.38 | 1801 |