Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	382	15.18	37.13	29.98
Lunch	516	26.32	36.97	32.91
Dinner	635	20.86	62.76	21.52
Snacks/Other	14	0	3.71	0
Total	1547	62.36	140.57	84.41

Monday, July 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dean Foods Large Curd Cottage Cheese 2 x 1/2 cup, 226 g	220	9	6	8	0	6	24	940	70	
Eating Right Peeled Baby-cut Carrots 3 oz, 85 g	35	0	0	8	2	5	1	65	0	270
Sweet Red Peppers 1/2 cup chopped	19	0.22	0.044	4.49	1.5	3.13	0.74	1	0	157
Laughing Cow Mini Babybel Original Cheese 1 piece, 20 g	70	6	4	0	0	0	5	160	20	
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
2% Fat Milk 1/4 cup	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
EAS AdvantEDGE Carb Control Shake - Chocolate Fudge 11 fl oz, 330 ml	100	2.5	1	3	1	0	17	430	0	410
Total	512	19.01	11.82	34.93	4.5	25.61	50.32	1630	95	1152
Lunch										
Cooked Eggplant 1 slice	36	2.12	0.398	4.57	1.3	1.66	0.43	268	0	64
Beets 1/4 cup	15	0.06	0.009	3.25	1	2.3	0.55	27	0	110
Penne 1/3 cup cooked	73	0.43	0.081	14.17	0.8	0.26	2.66	107	0	

Monday, July 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Crystal Farms Shredded Cheddar Cheese 1/4 cup, 28 g	110	9	6	1	0	0	7	170		
Salad Dressing 2 tbsps	121	12.33	1.853	2.81	0	2.45	0.26	394	2	14
Lettuce 2 cups shredded or chopped	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Carrots 1/4 cup chopped	13	0.08	0.012	3.07	0.9	1.45	0.3	22	0	102
Balsamic Vinegar 1 tbsp	13	0	0	2.55	0	2.33	0	1	0	
Total	560	30.65	10.197	34.69	5.3	12.39	37.01	1330	72	649
Dinner										
Butter 1 pat (1" sq, 1/3" high)	36	4.06	2.568	0	0	0	0.04	1	11	1
Cooked Corn 1 small ear (5-1/2" to 6-1/2" long)	110	3.04	0.534	21.65	2.4	2.72	2.86	226	0	214
Cooked Salmon 1 medium salmon steak (5/8" thick)	197	6.11	1.497	0	0	0	33.3	82	78	616
Total	343	13.21	4.599	21.65	2.4	2.72	36.2	309	89	831
Snacks/Other										
Total	1415	62.87	26.616	91.27	12.2	40.72	123.53	3269	256	2632

Tuesday, July 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Angry Birds Fruit Gummies 32 g	96	0	0	22.4	0	0.01	2.4	0.01	0	
Almonds 15 almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
EAS AdvantEDGE Carb Control Shake - Chocolate Fudge 11 fl oz, 330 ml	100	2.5	1	3	1	0	17	430	0	410
2% Fat Milk 1/4 cup	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	368	12.91	2.475	40.39	3.1	12.35	25.81	464.01	5	856
Lunch										
York Peppermint Pattie (Fun Size) 1 piece, 13 g	50	1	0	11	0	9	0	5	0	0
LaBrea Bakery French Bread Baguette 2 slices, 57 g	150	0	0	31	0	0	5	370	0	
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Carrots 1/4 cup chopped	13	0.08	0.012	3.07	0.9	1.45	0.3	22	0	102
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204

Tuesday, July 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lettuce	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
2 cups shredded or chopped										
Salad Dressing	121	12.33	1.853	2.81	0	2.45	0.26	394	2	14
2 tbsps										
Crystal Farms Shredded Cheddar Cheese	110	9	6	1	0	0	7	170		
1/4 cup, 28 g										
Penne	73	0.43	0.081	14.17	0.8	0.26	2.66	107	0	
1/3 cup cooked										
Total	798	40.99	17.084	66.33	3	15.11	41.15	1411	103	478
Dinner										
Cottage Cheese	232	10.15	6.419	6.03	0	0.65	28.1	911	34	189
1 cup, small curd (not packed)										
Luigi's Real Italian Ice - Lemon	200	0	0	52	0	40	0	20	0	
2 x 1 cup, 12 oz										
Total	432	10.15	6.419	58.03	0	40.65	28.1	931	34	189
Snacks/Other										
Total	1598	64.05	25.978	164.75	6.1	68.11	95.06	2806.01	142	1523

Wednesday, July 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
2% Fat Milk 1/4 cup	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
EAS AdvantEDGE Carb Control Shake - Chocolate Fudge 11 fl oz, 330 ml	100	2.5	1	3	1	0	17	430	0	410
Almonds 30 almonds	208	18.23	1.397	7.11	4.2	1.73	7.65	0	0	262
Total	376	22.02	3.173	21.55	5.2	13.21	27.23	464	5	987
Lunch										
Beets 1/4 cup	15	0.06	0.009	3.25	1	2.3	0.55	27	0	110
Penne 1/3 cup cooked	73	0.43	0.081	14.17	0.8	0.26	2.66	107	0	
Crystal Farms Shredded Cheddar Cheese 1/4 cup, 28 g	110	9	6	1	0	0	7	170		
Salad Dressing 2 tbsps	121	12.33	1.853	2.81	0	2.45	0.26	394	2	14
Lettuce 2 cups shredded or chopped	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204

Wednesday, July 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Carrots	13	0.08	0.012	3.07	0.9	1.45	0.3	22	0	102
1/4 cup chopped										
Total	511	28.53	9.799	27.57	4	8.4	36.58	1061	72	585
Dinner										
Unbuttered Popcorn Popped in Oil	179	10.89	1.846	18.99	2.6	0.16	2.46	264	0	62
3 cups popped										
Salmon	166	6.72	1.429	0	0	0	24.52	52	51	480
4 oz boneless										
Popchips Barbeque Potato Chips (Bag)	100	3	0	15	1	2	1	180	0	115
1 bag, 23 g										
Hard Candy	189	0.1	0	47.04	0	30.19	0	18	0	2
8 pieces										
Total	634	20.71	3.275	81.03	3.6	32.35	27.98	514	51	659
Snacks/Other										
Total	1521	71.26	16.247	130.15	12.8	53.96	91.79	2039	128	2231

Thursday, July 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Almonds 15 almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
Stars Egg Salad 1.2 x 1/3 cup	180	10.8	3	13.2	0	7.2	7.2	492	234	
Nature's Own All Natural 100% Whole Wheat Bread 2 x 1 slice , 52 g	120	3	0	40	6	6	10	340	0	
2% Fat Milk 1/4 cup	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Coffee 2 mugs (8 fl oz)	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	472	24.21	4.475	68.19	8.1	25.54	23.61	866	239	446
Lunch										
Subway Cucumbers 3 slices, 14 g	3	0	0	1	0	0	0	0	0	25
Carrots 1/4 cup chopped	13	0.08	0.012	3.07	0.9	1.45	0.3	22	0	102
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Lettuce 2 cups shredded or chopped	15	0.15	0.02	3.27	1.3	1.94	0.99	11	0	155
Salad Dressing 2 tbsps	121	12.33	1.853	2.81	0	2.45	0.26	394	2	14
Crystal Farms Shredded Cheddar Cheese	110	9	6	1	0	0	7	170		

Thursday, July 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup, 28 g										
Penne	55	0.32	0.061	10.74	0.6	0.19	2.02	81	0	
1/4 cup cooked										
Total	481	28.36	9.77	21.89	2.8	6.03	35.39	1008	72	500
Dinner										
Stauffer's Original Animal Crackers	120	2	0	25	1	7	2	105	0	0
1 bag, 43 g										
Publix Egg Salad	520	44	9	6	0	6	20	580	670	
2 x 1/2 cup, 200 g										
Winn-Dixie Honey Wheat Enriched Bread	240	2	0	48	4	4	12	500	0	
4 x 1 slice										
Total	880	48	9	79	5	17	34	1185	670	0
Snacks/Other										
Total	1833	100.57	23.245	169.08	15.9	48.57	93	3059	981	946

Friday, July 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
EAS AdvantEDGE Carb Control Shake - Chocolate Fudge	100	2.5	1	3	1	0	17	430	0	410
11 fl oz, 330 ml										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Sugar	33	0	0	8.4	0	8.39	0	0	0	0
2 tsps										
2% Fat Milk	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
1/4 cup										
Almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
15 almonds										
Total	377	13.3	2.607	44.94	6.2	26.77	24.7	465	5	1278
Lunch										
Popchips Barbeque Potato Chips (Bag)	100	3	0	15	1	2	1	180	0	115
1 bag, 23 g										
Penne	55	0.32	0.061	10.74	0.6	0.19	2.02	81	0	
1/4 cup cooked										
Crystal Farms Shredded Cheddar Cheese	110	9	6	1	0	0	7	170		
1/4 cup, 28 g										
Salad Dressing	121	12.33	1.853	2.81	0	2.45	0.26	394	2	14
2 tbsps										
Lettuce	31	0.31	0.04	6.53	2.6	3.87	1.98	22	0	310
4 cups shredded or chopped										

Friday, July 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Carrots 1/4 cup chopped	13	0.08	0.012	3.07	0.9	1.45	0.3	22	0	102
Subway Cucumbers 3 slices, 14 g	3	0	0	1	0	0	0	0	0	25
Total	597	31.52	9.79	40.15	5.1	9.96	37.38	1199	72	770
Dinner										
White Table Wine 2 1/2 5 fl oz servings	305	0	0	9.56	0	3.53	0.26	18	0	261
Unbuttered Popcorn Popped in Oil 3 cups popped	179	10.89	1.846	18.99	2.6	0.16	2.46	264	0	62
Total	484	10.89	1.846	28.55	2.6	3.69	2.72	282	0	323
Snacks/Other										
Total	1458	55.71	14.243	113.64	13.9	40.42	64.8	1946	77	2371

Saturday, July 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dean Foods Large Curd Cottage Cheese	165	6.75	4.5	6	0	4.5	18	705	52.5	
1 1/2 x 1/2 cup, 169.5 g										
2% Fat Milk	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
1/4 cup										
Sugar	33	0	0	8.4	0	8.39	0	0	0	0
2 tsps										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Total	233	8.04	5.276	17.44	0	15.98	20.58	739	57.5	315
Lunch										
Butter	36	4.06	2.568	0	0	0	0.04	1	11	1
1 pat (1" sq, 1/3" high)										
LaBrea Bakery French Bread Baguette	75	0	0	15.5	0	0	2.5	185	0	
1/2 x 2 slices, 28.5 g										
On The Border Vegetables - Grilled (Side)	70	0	0	16	3		2	20		
1 serving										
Chicken Breast	164	6.48	1.824	0	0	0	24.82	330	70	204
1/2 small (yield after cooking, bone removed)										
Total	345	10.54	4.392	31.5	3	0	29.36	536	81	205
Dinner										
White Table Wine	305	0	0	9.56	0	3.53	0.26	18	0	261
2 1/2 5 fl oz servings										
McDonald's French Fries (Medium)	340	16	2.5	44	4	0	4	190	0	

Saturday, July 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving, 117 g										
Ice Cream Cone	170	7.91	4.727	22.82	0.7	17.76	3.06	55	25	160
1 cone and single dip (or 1 small cone)										
Total	815	23.91	7.227	76.38	4.7	21.29	7.32	263	25	421

Snacks/Other

Total	1393	42.49	16.895	125.32	7.7	37.27	57.26	1538	163.5	941

Sunday, July 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Power Blendz Pure Protein	150	1.5	0	3	1.5	0	33	112.5	15	225
1 1/2 x 1 scoop, 42 g										
Blue Diamond Almond Breeze Unsweetened Coconut Milk	45	3.5	1	1	1	0	1	125	0	180
1 cup, 240 ml										
Wegmans Frozen Mixed Berries	70	0.5		17	5	10	1	0	0	170
1 cup, 140 g										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Sugar	33	0	0	8.4	0	8.39	0	0	0	0
2 tsps										
2% Fat Milk	30	1.2	0.767	2.85	0	3.09	2.01	25	5	92
1/4 cup										
Total	333	6.79	1.776	32.44	7.5	21.48	37.58	271.5	20	890
Lunch										
Chocolate Coated with Coconut Granola Bar	151	9.13	6.441	15.65	1.8	9.72	1.47	43	0	72
1 oz										
Great Value Diced Pears in Light Syrup	60	0	0	17	1	14	0	10	0	70
1 bowl, 113 g										
Dean Foods Large Curd Cottage Cheese	110	4.5	3	4	0	3	12	470	35	
1/2 cup, 113 g										
Total	321	13.63	9.441	36.65	2.8	26.72	13.47	523	35	142
Dinner										
White Table Wine	122	0	0	3.82	0	1.41	0.1	7	0	104

Sunday, July 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 5 fl oz serving										
Corona Corona Extra	222	0	0	19.5	0	0	0	0	0	0
1 1/2 x 1 bottle, 18 oz										
Wegmans Pretzel Roll	200	4	1	35	1	0	6	810	0	0
1 roll, 71 g										
Spaghetti Warehouse Fried Zucchini	270	15		26			6	304		
5 pieces										
Cooked Red Cabbage (Fat Not Added in Cooking)	44	0.14	0.039	10.35	3.9	4.95	2.25	358	0	390
1 cup										
Total	858	19.14	1.039	94.67	4.9	6.36	14.35	1479	0	494
Snacks/Other										
Marinos Cherry Italian Ice	100	0	0	26	0	24	0	15	0	
1 container, 133 g										
Total	1612	39.56	12.256	189.76	15.2	78.56	65.4	2288.5	55	1526