## Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|---|---|---|---|---|
| Breakfast | 362 | 10.05 | 45.68 | 23.98 |
| Lunch | 414 | 20.91 | 31.69 | 25.83 |
| Dinner | 491 | 24.19 | 37.36 | 30.52 |
| Snacks/Other | 376 | 2.86 | 38.56 | 4.35 |
| **Total** | **1643** | **58.01** | **153.3** | **84.68** |

## Monday, January 9, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Sugar<br>2 lump, 2 cubes | 39 | 0 | 0 | 10 | 0 | 9.99 | 0 | 0 | 0 | 0 |
| Coffee<br>2 mugs (8 fl oz) | 5 | 0.09 | 0.009 | 0.19 | 0 | 0 | 0.57 | 9 | 0 | 223 |
| Whole Milk<br>1/4 cup | 37 | 1.98 | 1.138 | 2.76 | 0 | 3.21 | 1.96 | 24 | 6 | 87 |
| Bananas<br>1 medium (7" to 7-7/8" long) | 105 | 0.39 | 0.132 | 26.95 | 3.1 | 14.43 | 1.29 | 1 | 0 | 422 |
| Blue Diamond Almond Breeze Unsweetened Coconut Milk<br>1 cup, 240 ml | 40 | 3.5 | 1 | 1 | 1 | 0 | 1 | 120 | 0 | 170 |
| Thorne Research Vegalite<br>1 1/4 x 1 scoop | 150 | 2.5 | 0 | 2.5 | 0 | 1.25 | 28.75 | 575 | 0 | |
| Total | 376 | 8.46 | 2.279 | 43.4 | 4.1 | 28.88 | 33.57 | 729 | 6 | 902 |
| **Lunch** | | | | | | | | | | |
| Cooked Beets (from Fresh)<br>1/3 cup whole | 34 | 1.26 | 0.234 | 5.37 | 1.1 | 4.27 | 0.9 | 169 | 0 | 164 |
| Cooked Eggplant (Fat Added in Cooking)<br>3 slices | 107 | 6.35 | 1.193 | 13.71 | 4 | 4.98 | 1.3 | 805 | 0 | 193 |
| Athenos Natural Crumbled Feta Cheese<br>1/2 x 1/4 cup, 14 g | 35 | 3 | 1.75 | 0.5 | 0.38 | 0 | 2.5 | 165 | 10 | |
| Roasted Broiled or Baked Chicken Breast<br>3 oz, with bone, raw (yield after cooking, bone removed) | 88 | 3.47 | 0.977 | 0 | 0 | 0 | 13.3 | 177 | 37 | 109 |
| Oil and Vinegar Salad Dressing (Home Recipe) | 144 | 16.03 | 2.912 | 0.8 | 0 | 0.8 | 0 | 0 | 0 | 3 |

## Monday, January 9, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 2 tbsps | | | | | | | | | | |
| Lettuce | 31 | 0.31 | 0.04 | 6.53 | 2.6 | 3.87 | 1.98 | 22 | 0 | 310 |
| 4 cups shredded or chopped | | | | | | | | | | |
| **Total** | **439** | **30.42** | **7.106** | **26.91** | **8.08** | **13.92** | **19.98** | **1338** | **47** | **779** |
| **Dinner** | | | | | | | | | | |
| California Pizza Kitchen Crispy Thin Crust Sicilian Recipe Pizza | 432 | 21.6 | 8.4 | 36 | 2.4 | 4.8 | 20.4 | 1044 | 54 | |
| 176 g | | | | | | | | | | |
| **Snacks/Other** | | | | | | | | | | |
| Chobani 0% Plain Greek Yogurt (8 oz) | 130 | 0 | 0 | 11 | 0 | 6 | 22 | 105 | 10 | |
| 8 oz, 227 g | | | | | | | | | | |
| **Total** | **1377** | **60.48** | **17.785** | **117.31** | **14.58** | **53.6** | **95.95** | **3216** | **117** | **1681** |

## Tuesday, January 10, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Thorne Research Vegalite<br>1 1/4 x 1 scoop | 150 | 2.5 | 0 | 2.5 | 0 | 1.25 | 28.75 | 575 | 0 | |
| Blue Diamond Almond Breeze Unsweetened Coconut Milk<br>1 cup, 240 ml | 40 | 3.5 | 1 | 1 | 1 | 0 | 1 | 120 | 0 | 170 |
| Bananas<br>1 medium (7" to 7-7/8" long) | 105 | 0.39 | 0.132 | 26.95 | 3.1 | 14.43 | 1.29 | 1 | 0 | 422 |
| Whole Milk<br>1/4 cup | 37 | 1.98 | 1.138 | 2.76 | 0 | 3.21 | 1.96 | 24 | 6 | 87 |
| Coffee<br>2 mugs (8 fl oz) | 5 | 0.09 | 0.009 | 0.19 | 0 | 0 | 0.57 | 9 | 0 | 223 |
| Sugar<br>3 lump, 2 cubes | 58 | 0 | 0 | 15 | 0 | 14.99 | 0 | 0 | 0 | 0 |
| Total | 395 | 8.46 | 2.279 | 48.4 | 4.1 | 33.88 | 33.57 | 729 | 6 | 902 |
| **Lunch** | | | | | | | | | | |
| German Style Potato Salad<br>1 cup | 154 | 2.17 | 0.705 | 29.15 | 2.6 | 3.13 | 4.41 | 416 | 5 | 560 |
| Southern Home Shredded Mild Cheddar Natural Cheese<br>1/2 x 1/4 cup | 55 | 4.5 | 2.5 | 0.5 | 0 | 0 | 3.5 | 90 | 15 | |
| Lettuce<br>4 cups shredded or chopped | 31 | 0.31 | 0.04 | 6.53 | 2.6 | 3.87 | 1.98 | 22 | 0 | 310 |
| Oil and Vinegar Salad Dressing (Home Recipe)<br>2 tbsps | 144 | 16.03 | 2.912 | 0.8 | 0 | 0.8 | 0 | 0 | 0 | 3 |
| Roasted Broiled or Baked Chicken Breast<br>4 oz, with bone, raw (yield after cooking, bone removed) | 117 | 4.63 | 1.303 | 0 | 0 | 0 | 17.73 | 236 | 50 | 146 |

## Tuesday, January 10, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 501 | 27.64 | 7.46 | 36.98 | 5.2 | 7.8 | 27.62 | 764 | 70 | 1019 |
| **Dinner** | | | | | | | | | | |
| Tostitos 100% White Corn Restaurant Style Tortilla Chips | 70 | 3.5 | 0.5 | 9.5 | 1 | 0 | 1 | 57.5 | 0 | |
| 1/2 x 7 chips, 0.5 oz | | | | | | | | | | |
| Cottage Cheese | 232 | 10.15 | 6.419 | 6.03 | 0 | 0.65 | 28.1 | 911 | 34 | 189 |
| 1 cup, small curd (not packed) | | | | | | | | | | |
| Total | 302 | 13.65 | 6.919 | 15.53 | 1 | 0.65 | 29.1 | 968.5 | 34 | 189 |
| **Snacks/Other** | | | | | | | | | | |
| Cotton Candy | 110 | 0.06 | 0 | 27.44 | 0 | 17.61 | 0 | 11 | 0 | |
| 1 stick | | | | | | | | | | |
| **Total** | **1308** | **49.81** | **16.658** | **128.35** | **10.3** | **59.94** | **90.29** | **2472.5** | **110** | **2110** |

## Wednesday, January 11, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Dole Diced Peaches in 100% Fruit Juice<br>1 container, 113 g | 80 | 0 | 0 | 19 | 1 | 18 | 1 | 5 | 0 | 90 |
| Giant Eagle Large Curd Cottage Cheese<br>1/2 cup, 113 g | 110 | 5 | 3 | 4 | 0 | 3 | 12 | 440 | 25 | 130 |
| Sugar<br>2 lump, 2 cubes | 39 | 0 | 0 | 10 | 0 | 9.99 | 0 | 0 | 0 | 0 |
| Coffee<br>2 mugs (8 fl oz) | 5 | 0.09 | 0.009 | 0.19 | 0 | 0 | 0.57 | 9 | 0 | 223 |
| Whole Milk<br>1/4 cup | 37 | 1.98 | 1.138 | 2.76 | 0 | 3.21 | 1.96 | 24 | 6 | 87 |
| Total | 271 | 7.07 | 4.147 | 35.95 | 1 | 34.2 | 15.53 | 478 | 31 | 530 |
| **Lunch** | | | | | | | | | | |
| Cucumber (with Peel)<br>1/2 cup slices | 8 | 0.06 | 0.018 | 1.89 | 0.3 | 0.87 | 0.34 | 1 | 0 | 76 |
| Tomatoes<br>1 medium whole (2-3/5" dia) | 22 | 0.25 | 0.057 | 4.82 | 1.5 | 3.23 | 1.08 | 6 | 0 | 292 |
| Au Bon Pain Roasted Carrots<br>1 serving, 1 oz | 15 | 0 | 0 | 3 | 1 | 1 | 0 | 60 | 0 | |
| Roasted Broiled or Baked Chicken Breast<br>4 oz, with bone, raw (yield after cooking, bone removed) | 117 | 4.63 | 1.303 | 0 | 0 | 0 | 17.73 | 236 | 50 | 146 |
| Oil and Vinegar Salad Dressing (Home Recipe)<br>2 tbsps | 144 | 16.03 | 2.912 | 0.8 | 0 | 0.8 | 0 | 0 | 0 | 3 |
| Lettuce<br>4 cups shredded or chopped | 31 | 0.31 | 0.04 | 6.53 | 2.6 | 3.87 | 1.98 | 22 | 0 | 310 |

## Wednesday, January 11, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 337 | 21.28 | 4.33 | 17.04 | 5.4 | 9.77 | 21.13 | 325 | 50 | 827 |
| **Dinner** | | | | | | | | | | |
| Quaker Popped Rice Crisps - Cheddar Cheese<br>3 x 16 mini cakes, 90 g | 390 | 15 | 3 | 63 | 3 | 3 | 6 | 1230 | 0 | |
| **Snacks/Other** | | | | | | | | | | |
| Chocolate Covered Caramel Candy<br>1 1/2 bars | 281 | 8.82 | 3.496 | 49.24 | 0.5 | 42.04 | 3.58 | 140 | 7 | 169 |
| **Total** | **1279** | **52.17** | **14.973** | **165.23** | **9.9** | **89.01** | **46.24** | **2173** | **88** | **1526** |

## Thursday, January 12, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Otis Spunkmeyer Banana Nut Muffin<br>1 muffin, 4 oz | 220 | 11 | 1.5 | 29 | 1 | 16 | 3 | 210 | 25 | 110 |
| Whole Milk<br>1/4 cup | 37 | 1.98 | 1.138 | 2.76 | 0 | 3.21 | 1.96 | 24 | 6 | 87 |
| Coffee<br>2 mugs (8 fl oz) | 5 | 0.09 | 0.009 | 0.19 | 0 | 0 | 0.57 | 9 | 0 | 223 |
| Sugar<br>2 lump, 2 cubes | 39 | 0 | 0 | 10 | 0 | 9.99 | 0 | 0 | 0 | 0 |
| Total | 301 | 13.07 | 2.647 | 41.95 | 1 | 29.2 | 5.53 | 243 | 31 | 420 |
| **Lunch** | | | | | | | | | | |
| Sweet Potato<br>1/4 5" long | 28 | 0.02 | 0.006 | 6.54 | 1 | 1.36 | 0.51 | 18 | 0 | 110 |
| Lettuce<br>4 cups shredded or chopped | 31 | 0.31 | 0.04 | 6.53 | 2.6 | 3.87 | 1.98 | 22 | 0 | 310 |
| Oil and Vinegar Salad Dressing (Home Recipe)<br>2 tbsps | 144 | 16.03 | 2.912 | 0.8 | 0 | 0.8 | 0 | 0 | 0 | 3 |
| Roasted Broiled or Baked Chicken Breast<br>4 oz, with bone, raw (yield after cooking, bone removed) | 117 | 4.63 | 1.303 | 0 | 0 | 0 | 17.73 | 236 | 50 | 146 |
| Au Bon Pain Roasted Carrots<br>1 serving, 1 oz | 15 | 0 | 0 | 3 | 1 | 1 | 0 | 60 | 0 | |
| Tomatoes<br>1 medium whole (2-3/5" dia) | 22 | 0.25 | 0.057 | 4.82 | 1.5 | 3.23 | 1.08 | 6 | 0 | 292 |
| Cucumber (with Peel)<br>1/2 cup slices | 8 | 0.06 | 0.018 | 1.89 | 0.3 | 0.87 | 0.34 | 1 | 0 | 76 |

## Thursday, January 12, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 365 | 21.3 | 4.336 | 23.58 | 6.4 | 11.13 | 21.64 | 343 | 50 | 937 |
| **Dinner** | | | | | | | | | | |
| White Rice<br>1/3 cup cooked | 67 | 0.15 | 0.04 | 14.55 | 0.2 | 0.03 | 1.39 | 190 | 0 | 18 |
| Panda Express Broccoli Chicken<br>1 serving, 5.5 oz | 180 | 9 | 2 | 11 | 3 | 2 | 13 | 630 | 65 | |
| Total | 247 | 9.15 | 2.04 | 25.55 | 3.2 | 2.03 | 14.39 | 820 | 65 | 18 |
| **Snacks/Other** | | | | | | | | | | |
| Cotton Candy<br>1 1/2 sticks | 165 | 0.08 | 0 | 41.16 | 0 | 26.42 | 0 | 16 | 0 | |
| **Total** | **1078** | **43.6** | **9.023** | **132.24** | **10.6** | **68.78** | **41.56** | **1422** | **146** | **1375** |

## Friday, January 13, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Bananas<br>1 medium (7" to 7-7/8" long) | 105 | 0.39 | 0.132 | 26.95 | 3.1 | 14.43 | 1.29 | 1 | 0 | 422 |
| Blue Diamond Almond Breeze Unsweetened Coconut Milk<br>1 cup, 240 ml | 40 | 3.5 | 1 | 1 | 1 | 0 | 1 | 120 | 0 | 170 |
| Thorne Research Vegalite<br>1.12 x 1 scoop | 134 | 2.24 | 0 | 2.24 | 0 | 1.12 | 25.76 | 515.2 | 0 | |
| Sugar<br>3 lump, 2 cubes | 58 | 0 | 0 | 15 | 0 | 14.99 | 0 | 0 | 0 | 0 |
| Coffee<br>2 mugs (8 fl oz) | 5 | 0.09 | 0.009 | 0.19 | 0 | 0 | 0.57 | 9 | 0 | 223 |
| Whole Milk<br>1/4 cup | 37 | 1.98 | 1.138 | 2.76 | 0 | 3.21 | 1.96 | 24 | 6 | 87 |
| Total | 379 | 8.2 | 2.279 | 48.14 | 4.1 | 33.75 | 30.58 | 669.2 | 6 | 902 |
| **Lunch** | | | | | | | | | | |
| Lean Cuisine Culinary Collection Chicken, Spinach & Mushroom Panini<br>1 package, 170 g | 300 | 7 | 2 | 40 | 5 | 6 | 20 | 500 | 30 | 340 |
| **Dinner** | | | | | | | | | | |
| Baked or Fried Coated Chicken Breast with Skin<br>1/2 small (yield after cooking, bone removed) | 313 | 15.92 | 3.654 | 11.38 | 0.4 | 0.26 | 29.36 | 340 | 88 | 257 |
| Wendy's Crispy Noodles<br>1 package, 14 g | 70 | 2.5 | 0 | 10 | 0 | 0 | 1 | 190 | 0 | |
| Thai Kitchen Hot and Sour Soup | 250 | 4.5 | 1 | 51 | 1 | 5 | 2 | 1650 | 0 | |

## Friday, January 13, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 bowl, 68 g | | | | | | | | | | |
| Total | 633 | 22.92 | 4.654 | 72.38 | 1.4 | 5.26 | 32.36 | 2180 | 88 | 257 |
| **Snacks/Other** | | | | | | | | | | |
| Quaker Popped Rice Crisps - Caramel Corn | 110 | 0.5 | 0 | 26 | 0 | 9 | 1 | 310 | 0 | |
| 13 mini cakes, 30 g | | | | | | | | | | |
| White Table Wine | 488 | 0 | 0 | 15.29 | 0 | 5.64 | 0.41 | 29 | 0 | 417 |
| 4 5 fl oz servings | | | | | | | | | | |
| Cotton Candy | 138 | 0.07 | 0 | 34.3 | 0 | 22.02 | 0 | 13 | 0 | |
| 1 1/4 sticks | | | | | | | | | | |
| Total | 736 | 0.57 | 0 | 75.59 | 0 | 36.66 | 1.41 | 352 | 0 | 417 |
| **Total** | **2048** | **38.69** | **8.933** | **236.11** | **10.5** | **81.67** | **84.35** | **3701.2** | **124** | **1916** |

## Saturday, January 14, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Quaker Popped Rice Crisps - Caramel Corn<br>1/4 x 13 mini cakes, 8 g | 28 | 0.12 | 0 | 6.5 | 0 | 2.25 | 0.25 | 77.5 | 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 |
| Honey<br>1 tbsp | 64 | 0 | 0 | 17.3 | 0 | 17.25 | 0.06 | 1 | 0 | 11 |
| Whole Milk<br>1/4 cup | 37 | 1.98 | 1.138 | 2.76 | 0 | 3.21 | 1.96 | 24 | 6 | 87 |
| Coffee<br>2 mugs (8 fl oz) | 5 | 0.09 | 0.009 | 0.19 | 0 | 0 | 0.57 | 9 | 0 | 223 |
| Sugar<br>2 lump, 2 cubes | 39 | 0 | 0 | 10 | 0 | 9.99 | 0 | 0 | 0 | 0 |
| Total | 283 | 9.19 | 5.647 | 44.25 | 0 | 40.2 | 7.34 | 186.5 | 31 | 551 |
| **Lunch** | | | | | | | | | | |
| Fresh & Easy Seafood Cocktail Sauce<br>4 x 2 tbsp, 120 g | 120 | 0 | 0 | 28 | 0 | 20 | 0 | 880 | 0 | |
| Steamed or Boiled Shrimp<br>25 medium (shelled) | 172 | 2.83 | 0.536 | 1.49 | 0 | 0 | 33.13 | 736 | 247 | 211 |
| Total | 292 | 2.83 | 0.536 | 29.49 | 0 | 20 | 33.13 | 1616 | 247 | 211 |
| **Dinner** | | | | | | | | | | |
| Gouda Cheese<br>8 oz | 807 | 62.23 | 39.949 | 5.03 | 0 | 5.03 | 56.56 | 1857 | 259 | 274 |
| **Snacks/Other** | | | | | | | | | | |

## Saturday, January 14, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Chocolate Cake (with Chocolate Frosting) | 235 | 10.5 | 3.053 | 34.94 | 1.8 | | 2.62 | 214 | 27 | 128 |
| 1 piece (1/8 18 oz cake) | | | | | | | | | | |
| White Table Wine | 488 | 0 | 0 | 15.29 | 0 | 5.64 | 0.41 | 29 | 0 | 417 |
| 4 5 fl oz servings | | | | | | | | | | |
| Total | 723 | 10.5 | 3.053 | 50.23 | 1.8 | 5.64 | 3.03 | 243 | 27 | 545 |
| Total | 2105 | 84.75 | 49.185 | 129 | 1.8 | 70.87 | 100.06 | 3902.5 | 564 | 1581 |

## Sunday, January 15, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| 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 |
| Quaker Popped Rice Crisps - Caramel Corn<br>1/4 x 13 mini cakes, 8 g | 28 | 0.12 | 0 | 6.5 | 0 | 2.25 | 0.25 | 77.5 | 0 | |
| Thorne Research Vegalite<br>1.4 x 1 scoop | 168 | 2.8 | 0 | 2.8 | 0 | 1.4 | 32.2 | 644 | 0 | |
| Blue Diamond Almond Breeze Unsweetened Coconut Milk<br>1 cup, 240 ml | 40 | 3.5 | 1 | 1 | 1 | 0 | 1 | 120 | 0 | 170 |
| Bananas<br>1 medium (7" to 7-7/8" long) | 105 | 0.39 | 0.132 | 26.95 | 3.1 | 14.43 | 1.29 | 1 | 0 | 422 |
| Sugar<br>2 lump, 2 cubes | 39 | 0 | 0 | 10 | 0 | 9.99 | 0 | 0 | 0 | 0 |
| Coffee<br>2 mugs (8 fl oz) | 5 | 0.09 | 0.009 | 0.19 | 0 | 0 | 0.57 | 9 | 0 | 223 |
| Whole Milk<br>1/4 cup | 37 | 1.98 | 1.138 | 2.76 | 0 | 3.21 | 1.96 | 24 | 6 | 87 |
| Total | 532 | 15.88 | 6.779 | 57.7 | 4.1 | 38.78 | 41.77 | 950.5 | 31 | 1132 |
| **Lunch** | | | | | | | | | | |
| Trader Joe's Tuna Salad<br>1/2 cup, 100 g | 140 | 8 | 1 | 5 | 4 | 0 | 11 | 430 | 20 | |
| Whole Wheat Bread<br>2 regular slices | 135 | 2.14 | 0.465 | 24.51 | 2.3 | 2.85 | 4.75 | 276 | 0 | 106 |
| Lettuce<br>4 cups shredded or chopped | 31 | 0.31 | 0.04 | 6.53 | 2.6 | 3.87 | 1.98 | 22 | 0 | 310 |

## Sunday, January 15, 2017

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Oil and Vinegar Salad Dressing (Home Recipe)<br>2 tbsps | 144 | 16.03 | 2.912 | 0.8 | 0 | 0.8 | 0 | 0 | 0 | 3 |
| Roasted Broiled or Baked Chicken Breast<br>3 oz, with bone, raw (yield after cooking, bone removed) | 88 | 3.47 | 0.977 | 0 | 0 | 0 | 13.3 | 177 | 37 | 109 |
| Cheddar Cheese<br>1 cubic inch | 69 | 5.63 | 3.586 | 0.22 | 0 | 0.09 | 4.23 | 106 | 18 | 17 |
| Penne<br>1/4 cup cooked | 55 | 0.32 | 0.061 | 10.74 | 0.6 | 0.19 | 2.02 | 81 | 0 | |
| Total | 662 | 35.9 | 9.041 | 47.8 | 9.5 | 7.8 | 37.28 | 1092 | 75 | 545 |
| **Dinner** | | | | | | | | | | |
| Baked or Fried Coated Chicken Breast with Skin<br>1/2 small (yield after cooking, bone removed) | 313 | 15.92 | 3.654 | 11.38 | 0.4 | 0.26 | 29.36 | 340 | 88 | 257 |
| Beef Stew with Potatoes and Vegetables in Gravy<br>1 1/2 cups | 314 | 8.85 | 2.313 | 32.66 | 4.5 | 3.55 | 25.48 | 805 | 49 | 915 |
| Total | 627 | 24.77 | 5.967 | 44.04 | 4.9 | 3.81 | 54.84 | 1145 | 137 | 1172 |
| **Snacks/Other** | | | | | | | | | | |
| White Table Wine<br>4 5 fl oz servings | 488 | 0 | 0 | 15.29 | 0 | 5.64 | 0.41 | 29 | 0 | 417 |
| **Total** | **2309** | **76.55** | **21.787** | **164.83** | **18.5** | **56.03** | **134.3** | **3216.5** | **243** | **3266** |