Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	179	5.36	8.85	22.73
Lunch	279	20.3	5.63	17.19
Dinner	305	18.82	12.03	23.03
Snacks/Other	105	6.57	6.88	4.8
Total	867	51.06	33.39	67.75

Monday, April 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Banana Puddings (Instant, Dry Mix)	5	0.01	0.001	1.38	0	1.14	0	22	0	0
0.015 package (3.5 oz)										
Centrum Chewables Multivitamin/Multimineral Supplement	5	0	0	1			0	0	0	0
1 tablet										
Pure Protein 100% Whey Protein - Vanilla Cream	160	2.5	1.5	8	0	2	25	100	85	160
1 scoop, 39 g										
Strawberries	12	0.11	0.005	2.76	0.7	1.68	0.24	0	0	55
2 large (1-3/8" dia)										
Total	182	2.62	1.506	13.14	0.7	4.82	25.24	122	85	215
Lunch										
labrada labrada lean body on the go protein nutrition shake chocolate	150	6	0.5	3	3	0	20	340	8	495
11 oz, 11 oz										
Dinner										
Panda Express Mixed Vegetables (Side)	35	0.25	0	8	2.5	2.5	2	270	0	
1/2 x 1 serving, 4.3 oz										
Vlasic Kosher Dill Wholes	0	0	0	2	0	0	0	420	0	
4 x 1 oz, 112 g										
Panda Express Mushroom Chicken	180	9	1.5	10	1	4	14	840	55	0
1 serving, 5.7 oz										
Total	215	9.25	1.5	20	3.5	6.5	16	1530	55	0

Monday, April 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Jack Link's Original Beef Jerky 1 oz, 28 g	80	1	0	4	0	4	13	590	20	
Trident Sugarless Gum with Xylitol 1 stick, 1.7 g	4	0		1	1	0	0	0	0	
Total	84	1	0	5	1	4	13	590	20	
Total	**631**	**18.87**	**3.506**	**41.14**	**8.2**	**15.32**	**74.24**	**2582**	**168**	**710**

Tuesday, April 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries 3 medium (1-1/4" dia)	12	0.11	0.005	2.76	0.7	1.68	0.24	0	0	55
Pure Protein 100% Whey Protein - Vanilla Cream 1 scoop, 39 g	160	2.5	1.5	8	0	2	25	100	85	160
Banana Puddings (Instant, Dry Mix) 0.015 package (3.5 oz)	5	0.01	0.001	1.38	0	1.14	0	22	0	0
Total	177	2.62	1.506	12.14	0.7	4.82	25.24	122	85	215
Lunch										
Labrada Lean Body on The Go Vanilla Protein Shake 1 container (11 fl oz) , 325 ml	150	6	0.5	4	3	0	20	300000		
Dinner										
Signature Cafe Grilled Chicken Caesar Salad with Salad Dressing 1 salad	550	40	9	21	2	4	28	1510	95	
Snacks/Other										
Total	877	48.62	11.006	37.14	5.7	8.82	73.24	301632	180	215

Wednesday, April 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butterball Everyday Thin & Crispy Turkey Bacon	105	7.5	1.5	0	0	0	9	540	45	
3 x 2 slices, 54 g										
Centrum Chewables Multivitamin/Multimineral Supplement	5	0	0	1			0	0	0	0
1 tablet										
Banana Puddings (Instant, Dry Mix)	5	0.01	0.001	1.38	0	1.14	0	22	0	0
0.015 package (3.5 oz)										
Pure Protein 100% Whey Protein - Vanilla Cream	160	2.5	1.5	8	0	2	25	100	85	160
1 scoop, 39 g										
Strawberries	12	0.11	0.005	2.76	0.7	1.68	0.24	0	0	55
3 medium (1-1/4" dia)										
Total	287	10.12	3.006	13.14	0.7	4.82	34.24	662	130	215
Lunch										
Dinner										
Publix Yellow Mustard	0	0	0	0	0	0	0	60	0	
1 tsp, 5 g										
Hunt's 100% Natural Tomato Ketchup	20	0	0	5	0	4	0	160	0	
1 tbsp, 17 g										
Roma Tomatoes	52	1.5	0	1.5	0	1.5	1.5	7.5	0	0
1 1/2 x 1 medium, 222 g										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										

Wednesday, April 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wish-Bone Italian dressing, House	110	10	1.5	3	0	2	0	260	5	
2 tbsp										
Jennie-O Turkey Franks with Natural Smoke Flavoring	280	24	6	4	0	0	16	1200	100	
4 x 1 frank, 136 g										
Total	471	35.63	7.521	15.26	1.1	7.98	18.34	1703.5	105	160
Snacks/Other										
Total	758	45.75	10.527	28.4	1.8	12.8	52.58	2365.5	235	375

Thursday, April 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
labrada labrada lean body on the go protein nutrition shake chocolate 11 oz, 11 oz	150	6	0.5	3	3	0	20	340	8	495
Centrum Chewables Multivitamin/Multimineral Supplement 1 tablet	5	0	0	1			0	0	0	0
Total	155	6	0.5	4	3	0	20	340	8	495
Lunch										
Subway Italian BMT Salad 1 salad, 307 g	470	42	10	10	3	5	13	1270	55	
Dinner										
Labrada Lean Body on The Go Vanilla Protein Shake 1 container (11 fl oz) , 325 ml	150	6	0.5	4	3	0	20	300000		
Snacks/Other										
Peanut Butter 3 tbsps	282	24.19	4.94	9.39	2.9	4.43	12.04	220	0	312
Red Delicious Apples 1/4 medium (2-3/4" dia)	18	0.06	0.01	4.77	0.8	3.58	0.09	0	0	
Act II Butter Popcorn 1 1/2 x 1 cup popped	38	2.25	0.75	6	1.5	0	0	67.5	0	30
Total	338	26.5	5.7	20.16	5.2	8.01	12.13	287.5	0	342
Total	**1113**	**80.5**	**16.7**	**38.16**	**14.2**	**13.01**	**65.13**	**301897.5**	**63**	**837**

Friday, April 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
labrada labrada lean body on the go protein nutrition shake chocolate 11 oz, 11 oz	150	6	0.5	3	3	0	20	340	8	495
Centrum Chewables Multivitamin/Multimineral Supplement 1 tablet	5	0	0	1			0	0	0	0
Total	155	6	0.5	4	3	0	20	340	8	495
Lunch										
Subway Italian BMT Salad 1 salad, 307 g	470	42	10	10	3	5	13	1270	55	
Dinner										
Colby Jack Cheese 1 slice (1 oz)	109	8.85	5.569	0.46	0	0.14	6.84	162	26	29
Heinz Tomato Ketchup 1/2 x 1 tbsp, 8.5 g	10	0	0	2.5	0	2	0	80	0	0
Nature's Place Boneless Skinless Chicken Breast 2 x 4 oz, 224 g	220	2	0	0			52	170	150	
Chick-fil-A Diet Lemonade (Small) 1 1/2 x 1 serving	22	0	0	6	0	3	0	15	0	
Total	361	10.85	5.569	8.96	0	5.14	58.84	427	176	29
Snacks/Other										
AMC Movie Theater Popcorn (Small)	185	10	10	20	5	0	2.5	105	0	

Friday, April 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 1 serving										
Total	**1171**	**68.85**	**26.069**	**42.96**	**11**	**10.14**	**94.34**	**2142**	**239**	**524**

Saturday, April 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butterball Everyday Thin & Crispy Turkey Bacon	105	7.5	1.5	0	0	0	9	540	45	
3 x 2 slices, 54 g										
Centrum Chewables Multivitamin/Multimineral Supplement	5	0	0	1			0	0	0	0
1 tablet										
Total	110	7.5	1.5	1	0	0	9	540	45	0
Lunch										
Dinner										
Snacks/Other										
Total	**110**	**7.5**	**1.5**	**1**	**0**	**0**	**9**	**540**	**45**	**0**

Sunday, April 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries	17	0.16	0.008	4.15	1.1	2.52	0.36	1	0	83
3 large (1-3/8" dia)										
Banana Puddings (Instant, Dry Mix)	5	0.01	0.001	1.38	0	1.14	0	22	0	0
0.015 package (3.5 oz)										
Centrum Chewables Multivitamin/Multimineral Supplement	5	0	0	1			0	0	0	0
1 tablet										
Pure Protein 100% Whey Protein - Vanilla Cream	160	2.5	1.5	8	0	2	25	100	85	160
1 scoop, 39 g										
Total	187	2.67	1.509	14.53	1.1	5.66	25.36	123	85	243
Lunch										
Vlasic Kosher Dill Wholes	0	0	0	0.5	0	0	0	105	0	
1 oz, 28 g										
Roma Tomatoes	35	1	0	1	0	1	1	5	0	0
1 medium, 148 g										
Colby Jack Cheese	218	17.69	11.137	0.92	0	0.29	13.68	323	52	59
2 slices (1 oz)										
Ground Beef (80% Lean / 20% Fat, Patty, Cooked, Broiled)	417	27.44	10.42	0	0	0	39.66	116	140	468
2 patties										
Hunt's 100% Natural Tomato Ketchup	40	0	0	10	0	8	0	320	0	
2 x 1 tbsp, 34 g										
Total	710	46.13	21.557	12.42	0	9.29	54.34	869	192	527
Dinner										

Sunday, April 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hunt's 100% Natural Tomato Ketchup	40	0	0	10	0	8	0	320	0	
2 x 1 tbsp, 34 g										
Publix Yellow Mustard	0	0	0	0	0	0	0	90	0	
1 1/2 x 1 tsp, 7.5 g										
Jennie-O Turkey Franks with Natural Smoke Flavoring	350	30	7.5	5	0	0	20	1500	125	
5 x 1 frank, 170 g										
Total	390	30	7.5	15	0	8	20	1910	125	
Snacks/Other										
Jell-O Sugar Free Strawberry Gelatin	20	0	0	0	0	0	2	90	0	0
2 x 1/4 package, 5 g										
Peter Pan Creamy Peanut Butter	105	8.5	1.5	3	1	1.5	4	70	0	90
1/2 x 2 tbsp , 16 g										
Total	125	8.5	1.5	3	1	1.5	6	160	0	90
Total	**1412**	**87.3**	**32.066**	**44.95**	**2.1**	**24.45**	**105.7**	**3062**	**402**	**860**