Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	785	27.33	122.5	18.01
Lunch	384	11.64	60.48	12.36
Dinner	399	15.58	55.98	10.66
Snacks/Other	934	39.69	113.56	30.44
Total	**2501**	**94.23**	**352.52**	**71.47**

Monday, June 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Marie Callender's Baked Ziti Marinara 132 g	170	6.29	2.2	20.13	1.89	3.14	7.55	345.95	12.58	289.34
Welch's Grape Jelly 1 tbsp, 20 g	50	0		13	0	13	0	15	0	
Great Value Chunky Peanut Butter 2 tbsp, 32 g	180	15	2	8	2	3	8	130	0	190
Great Harvest Bread Co Honey Whole Wheat Bread 58 g	116	0	0	26.68	3.48	8.12	4.64	406	0	0
Malt-O-Meal Frosted Mini Spooners Whole Grain Wheat Cereal 2 x 21 biscuits, 120 g	380	2	0	90	12	22	10	20	0	
Clover Farms 1% Lowfat Milk 2 x 1 cup, 480 ml	220	5	3	26	0	24	16	260	30	
Millville Corn Squares 3 x 1 1/4 cups, 117 g	330	0	0	78	3	9	6	840	0	75
Total	1446	28.29	7.2	261.81	22.37	82.26	52.19	2016.95	42.58	554.34
Lunch										
Great Harvest Bread Co Honey Whole Wheat Bread 58 g	116	0	0	26.68	3.48	8.12	4.64	406	0	0
Great Value Chunky Peanut Butter 2 tbsp, 32 g	180	15	2	8	2	3	8	130	0	190
Welch's Grape Jelly 1 tbsp, 20 g	50	0		13	0	13	0	15	0	

Monday, June 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	346	15	2	47.68	5.48	24.12	12.64	551	0	190
Dinner										
Olive Garden Italian Salad Dressing 2 tbsp, 30 ml	80	8	1.5	2	0	2	0	520	5	
Maruchan Ramen Noodle Soup - Chicken Flavor 2 x 1/2 block noodles with seasoning, 86 g	380	14	7	52	2	2	8	1660	0	
Millville Corn Squares 203 g	572	0	0	135.2	5.2	15.6	10.4	1456	0	130
Total	1032	22	8.5	189.2	7.2	19.6	18.4	3636	5	130
Snacks/Other										
Girl Scout Cookies Samoas 3 1/2 x 2 cookies, 108.5 g	490	28	21	63	3.5	38.5	3.5	210	0	
Turkey Enchilada 2 x 1 Enchilada, 300 g	632	38.8	19	33	2.8	2	37	1122	122	
Peanut Butter Corn Flake cookies 2 x 1 cookie	383	16.2	3.4	35	2.4	21.2	9	248.2	0	232.2
Total	1505	83	43.4	131	8.7	61.7	49.5	1580.2	122	232.2
Total	**4329**	**148.29**	**61.1**	**629.69**	**43.75**	**187.68**	**132.73**	**7784.15**	**169.58**	**1106.54**

Tuesday, June 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Welch's Grape Jelly 1 tbsp, 20 g	50	0		13	0	13	0	15	0	
Great Value Chunky Peanut Butter 2 tbsp, 32 g	180	15	2	8	2	3	8	130	0	190
Great Harvest Bread Co Honey Whole Wheat Bread 55 g	110	0	0	25.3	3.3	7.7	4.4	385	0	0
Great Harvest Bread Co Honey Whole Wheat Bread 55 g	110	0	0	25.3	3.3	7.7	4.4	385	0	0
Great Value Chunky Peanut Butter 2 tbsp, 32 g	180	15	2	8	2	3	8	130	0	190
Welch's Grape Jelly 1 tbsp, 20 g	50	0		13	0	13	0	15	0	
Total	680	30	4	92.6	10.6	47.4	24.8	1060	0	380
Lunch										
Dinner										
Kettle Brand Sea Salt & Vinegar Potato Chips 1 oz, 28 g	150	9	1	16	2	0	2	180	0	
Great Harvest Bread Co Honey Whole Wheat Bread 62 g	124	0	0	28.52	3.72	8.68	4.96	434	0	0
Total	274	9	1	44.52	5.72	8.68	6.96	614	0	0
Snacks/Other										

Tuesday, June 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wendy's Asiago Ranch Chicken Club	211	11.02	3.67	17.14	1.22	2.75	10.71	498.78	29.07	0
89 g										
Mrs. Fields Chocolate Chip Cookies (34g)	160	8	4	21	0	14	2	150	15	
1 cookie, 34 g										
Total	371	19.02	7.67	38.14	1.22	16.75	12.71	648.78	44.07	0
Total	**1325**	**58.02**	**12.67**	**175.26**	**17.54**	**72.83**	**44.47**	**2322.78**	**44.07**	**380**

Wednesday, June 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Maruchan Ramen Noodle Soup - Chicken Flavor 2 x 1/2 block noodles with seasoning, 86 g	380	14	7	52	2	2	8	1660	0	
Malt-O-Meal Frosted Mini Spooners Whole Grain Wheat Cereal 21 biscuits, 60 g	190	1	0	45	6	11	5	10	0	
Berkeley Farms 1% Low Fat Chocolate Milk 1/4 x 1 cup, 60 ml	38	0.62	0.38	6.75	0.25	6.5	2.25	37.5	2.5	97.5
Total	608	15.62	7.38	103.75	8.25	19.5	15.25	1707.5	2.5	97.5
Lunch										
Sara Lee 100% Whole Wheat with Honey Bread 62 g	163	1.63		32.64	4.9	6.53	8.16			
Tuna Fish Salad 100 g	187	9.26	1.544	9.41	0		16.04	402	13	178
Sara Lee 100% Whole Wheat with Honey Bread 81 g	213	2.13		42.64	6.4	8.53	10.66			
Total	563	13.02	1.544	84.69	11.3	15.06	34.86	402	13	178
Dinner										
Snacks/Other										
Shur Savings Creamed Corn 3 1/2 x 1/2 cup, 437.5 g	315	0		70	7	21	7	1260		472.5
Total	1486	28.64	8.924	258.44	26.55	55.56	57.11	3369.5	15.5	748

Thursday, June 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nabisco Chicken in a Biskit - Original 12 crackers, 31 g	160	8	1	19	0.5	2	2	240	0	25
Berkeley Farms 1% Low Fat Chocolate Milk 91 ml	57	0.95	0.57	10.26	0.38	9.88	3.42	57	3.8	148.2
Malt-O-Meal Frosted Mini Spooners Whole Grain Wheat Cereal 21 biscuits, 60 g	190	1	0	45	6	11	5	10	0	
Total	407	9.95	1.57	74.26	6.88	22.88	10.42	307	3.8	173.2
Lunch										
Nissin Chow Mein Teriyaki Beef Flavor 2 x 1 container, 226 g	520	20	8	68	4	4	14	1300	0	0
Dinner										
Great Value Chunky Peanut Butter 1 1/2 x 2 tbsp, 48 g	270	22.5	3	12	3	4.5	12	195	0	285
Snacks/Other										
Doritos Spicy Nacho Tortilla Chips (28g) 12 chips, 28 g	140	8	1	16	1	0	2	190	0	
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Potato Salad with Egg 1/4 cup	66	3.4	0.598	7.7	0.7	0.79	1.34	235	22	142

Thursday, June 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Steph's Pasta Salad 1 Cup, 8 oz	172	6.8	0.8	24	1.1	0.5	5	88	4.3	0
Safeway Hamburger Bun 2 x 1 bun, 86 g	220	3	0	40	2	4	8	360	0	0
Publix Shredded Pork with Sweet BBQ Sauce 1/2 cup, 140 g	270	8		24	1	18	23	490	70	
Lofthouse Cookies Frosted Sugar Cookies 3 x 1 cookie, 129 g	480	18	7.5	78	0	48	3	315	30	
Lofthouse Cookies Reese's Peanut Butter Cookies 1 Cookie, 31 g	140	6	2.5	19	0.5	12	3	140	5	
Ketchup 2 tbsps	29	0.11	0.016	7.52	0.1	6.83	0.52	334	0	115
Bar-S Foods Hot Dog Franks 2 x 1 frank, 84 g	240	20	6	8	0	4	6	760	70	
Total	1785	73.71	18.477	229.5	9.7	95.57	54.37	2960	201.3	737
Total	**2982**	**126.16**	**31.047**	**383.76**	**23.58**	**126.95**	**90.79**	**4762**	**205.1**	**1195.2**

Friday, June 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Girl Scout Cookies Thin Mints 8 x 4 cookies, 248 g	1280	64	40	176	6	80	8	1000	0	0
Lunch										
Powerade Mountain Blast 3 1/2 x 12 fl oz, 1260 ml	280	0		73.5		73.5	0	525		122.5
Dinner										
Snacks/Other										
Little Caesars Hot-N-Ready Pepperoni Pizza 2 x 1 slice, 198 g	560	22	10	64	4	6	28	1120	50	
Peanut Butter Corn Flake cookies 1 cookie	192	8.1	1.7	17.5	1.2	10.6	4.5	124.1	0	116.1
Total	752	30.1	11.7	81.5	5.2	16.6	32.5	1244.1	50	116.1
Total	**2312**	**94.1**	**51.7**	**331**	**11.2**	**170.1**	**40.5**	**2769.1**	**50**	**238.6**

Saturday, June 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries 2 large (1-3/8" dia)	12	0.11	0.005	2.76	0.7	1.68	0.24	0	0	55
Raspberries 13 raspberries	13	0.16	0.005	2.95	1.6	1.09	0.3	0	0	37
Plain Waffles 1 round (7" dia)	218	10.58	2.15	24.68			5.92	383	52	119
Reddi-wip Extra Creamy Whipped Cream 8 x 2 tbsp, 40 g	120	8	4	8	0	8	0	0	40	40
Reddi-wip Extra Creamy Whipped Cream 8 x 2 tbsp, 40 g	120	8	4	8	0	8	0	0	40	40
Plain Waffles 1 round (7" dia)	218	10.58	2.15	24.68			5.92	383	52	119
Tampico Orange Juice 8 fl oz, 240 ml	110	0		28	0	27	1	65	0	
Total	811	37.43	12.31	99.07	2.3	45.77	13.38	831	184	410
Lunch										
Girl Scout Cookies Thin Mints 4 cookies, 31 g	160	8	5	22	0.75	10	1	125	0	0
Powerade Mountain Blast 2 1/2 x 12 fl oz, 900 ml	200	0		52.5		52.5	0	375		87.5
Heinz Mayonnaise Packet 1 packet, 12 g	77	9.43	1.29	0	0	0	0	60	9	
Carl Buddig Deli Thin Ham 9 pieces, 56 g	90	5	2	1		1	10	760	35	
Little Caesars Hot-N-Ready Pepperoni Pizza	280	11	5	32	2	3	14	560	25	

Saturday, June 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice, 99 g										
Uno Chicago Grill Raspberry Lime Ricky	170	0	0	42	0	35	0	0	0	
1 serving, 153 g										
Total	977	33.43	13.29	149.5	2.75	101.5	25	1880	69	87.5
Dinner										
Snacks/Other										
Panda Express Soy Sauce	5	0	0	0	0	0	0	375	0	
1 serving, 0.21 oz										
Papa John's 10" Original Crust Pizza - Spinach Alfredo	380	14	6	48	2	6	16	840	30	
2 x 1 slice, 156 g										
Panda Express Chow Mein	490	22	4	65	4	8	13	1060	0	
1 serving, 9.4 oz										
Panda Express Broccoli Beef	150	7	1.5	13	2	7	9	520	12	
1 serving, 5.4 oz										
Panda Express Orange Chicken	380	18	4	45	0	18	14	620	95	
1 serving, 5.7 oz										
Total	1405	61	15.5	171	8	39	52	3415	137	
Total	**3193**	**131.86**	**41.1**	**419.57**	**13.05**	**186.27**	**90.38**	**6126**	**390**	**497.5**

Sunday, June 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Cinnamon Toast Crunch Cereal 2 x 1 cup, 82 g	260	6	1	50	4	18	2	360	0	110
Lunch										
Dinner										
Sweet Pickle Relish 2 tbsps	39	0.14	0.016	10.52	0.3	4.79	0.11	243	0	8
Gossner Cookies & Cream Milk 1 container, 8 oz	200	4.5	3	34		33	8	220	20	
Great Value Hot Dog Buns 2 x 1 bun, 78 g	180	3	0	32	0	4	6	300	0	60
Mayonnaise 1 tbsp	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
Baked Beans 1 cup	382	13.03	4.928	54.12	13.9		14.02	1068	13	906
Bar-S Foods Hot Dog Franks 3 x 1 frank, 126 g	360	30	9	12	0	6	9	1140	105	
Total	1218	55.58	17.664	146.15	14.2	48.73	37.26	3076	142	975
Snacks/Other										
Hershey's Milk Chocolate Bar 1/4 x 1 bar, 11 g	52	3.25	2	6.5	0.25	6	0.75	8.75	2.5	
Hershey's Rolo Milk Chocolate Chewy Caramels 13 g	82	3.44	2.58	11.61		10.75	0.86	32.25	2.15	
Graham Crackers (Plain or Honey, Includes Cinnamon)	178	4.24	0.638	32.26	1.2	13.06	2.9	254	0	57

Sunday, June 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 large rectangular piece or 2 squares or 4 small rectangular pieces servings										
Marshmallows	92	0.06	0.016	23.41	0	16.58	0.52	23	0	1
4 regular										
Total	404	10.99	5.234	73.78	1.45	46.39	5.03	318	4.65	58
Total	1882	72.57	23.898	269.93	19.65	113.12	44.29	3754	146.65	1143