Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	475	19.26	48.58	31.73
Lunch	519	23.72	56.49	24.28
Dinner	421	17.88	41.12	17.85
Snacks/Other	236	18.63	13.76	7.89
Total	1651	79.48	159.95	81.75

Thursday, March 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Rice Cakes - Lightly Salted	105	0	0	21	0	0	3	45	0	0
3 x 1 cake, 27 g										
Peanut Butter	282	24.19	4.94	9.39	2.9	4.43	12.04	220	0	312
3 tbsps										
Total	387	24.19	4.94	30.39	2.9	4.43	15.04	265	0	312
Lunch										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Zatarain's New Orleans Style Red Beans & Rice	238	0.62	0	57.5	7.5	0	11.25	900	0	
1 1/4 x 1 cup prepared, 61 g										
DiGiorno Shaved Parmesan Cheese	180	12	9	2	0	0	18	820	50	
2 x 1/4 cup, 56 g										
Total	606	28.74	12.293	65.76	9.4	2.95	37.28	1867	50	208
Dinner										
American Cheese	143	11.08	6.626	2.95	0	2.74	8.05	552	35	
1 1/2 slices (1 oz)										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Taco Bell Crunchy Taco (No Cheese)	210	10.5	4.5	18	4.5	1.5	9	435	30	0
1 1/2 x 1 serving, 106.5 g										
Total	541	37.7	14.419	27.21	6.4	7.19	25.08	1134	65	208

Snacks/Other

Thursday, March 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1534	90.63	31.652	123.36	18.7	14.57	77.4	3266	115	728

Friday, March 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Total	417	18.33	3.317	53.82	7	16.85	15.3	528	0	440
Lunch										
Cashew Nuts 1 oz	157	12.43	2.206	8.56	0.9	1.68	5.17	3	0	187
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Yoplait Greek 100 Yogurt - Strawberry 2 x 1 container, 300 g	200	0	0	28	0	18	20	90	10	0
Total	545	28.55	5.499	42.82	2.8	22.63	33.2	240	10	395
Dinner										
Great Value Cashew Halves & Pieces 1/4 cup, 1 oz	160	15	2.5	9	1	1	5	110	0	0
Vodka 1 1/2 fl oz (no ice)	96	0	0	0	0	0	0	0	0	1
Sprite Sprite (12 oz) 1/2 x 1 can, 6 oz	70	0	0	19	0	19	0	32.5	0	
Cheeseburger with 1/4 Lb Meat, Grilled Onions on Rye Bun	219	11.96	4.21	15.14	1.8	2.09	12	331	35	183

Friday, March 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 (1/4 lb) cheeseburger										
Total	545	26.96	6.71	43.14	2.8	22.09	17	473.5	35	184
Snacks/Other										
Skippy Creamy Peanut Butter	380	32	6	12	4	6	14	300	0	416
2 x 2 tbsp, 64 g										
Valued Naturals Natural Cashews	160	14	3	9	1	2	4	3	0	
20 whole nuts, 28 g										
Total	540	46	9	21	5	8	18	303	0	416
Total	**2047**	**119.84**	**24.526**	**160.78**	**17.6**	**69.57**	**83.5**	**1544.5**	**45**	**1435**

Saturday, March 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Scrambled Egg	149	11.41	4.338	1.47	0	1.07	9.76	158	300	104
1 1/2 eggs										
Garlic Bread	106	4.09	0.789	14.6	0.9	0.13	2.48	195	0	35
2 small slices (2-1/2" x 2" x 1")										
Kroger Finely Shredded Parmesan Cheese	100	7	4	0.5	0	0	10	350	20	
1/4 cup, 28 g										
Part Skim Mozzarella Cheese	85	5.61	3.548	1.07	0	0.17	7.27	148	15	27
1 stick										
Total	440	28.11	12.675	17.64	0.9	1.37	29.51	851	335	166
Lunch										
Subway 6" Veggie Delite	345	3.75	0.75	66	7.5	9	12	420	0	
1 1/2 x 1 sandwich, 243 g										
Dinner										
Skippy Creamy Peanut Butter	190	16	3	6	2	3	7	150	0	208
2 tbsp, 32 g										
Sun-Maid Cinnamon Swirl Raisin Bread	90	1.5	0.5	18	0.5	7	2	115	0	
1 slice, 32 g										
Navels Oranges	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
1 fruit (2-7/8" dia)										
Kroger Low Fat Cottage Cheese	90	2.5	1.5	4	0	4	12	370	15	100
1 container, 170 g										
Total	439	20.21	5.024	45.56	5.6	25.9	22.27	636	15	540
Snacks/Other										

Saturday, March 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Cashew Halves & Pieces 1/4 cup, 1 oz	160	15	2.5	9	1	1	5	110	0	0
Total	**1384**	**67.07**	**20.949**	**138.2**	**15**	**37.27**	**68.78**	**2017**	**350**	**706**

Sunday, March 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chobani Nonfat Plain Greek Yogurt (170g)	204	0	0	14.2	0	13	34.8	160	20	
2 x 3/4 cup, 340 g										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Pepperidge Farm Dark Pump Pumpernickel Bread	80	1		15	1	1	3	190	0	
1 slice, 32 g										
Total	472	17.12	3.293	35.46	2.9	16.95	45.83	497	20	208
Lunch										
Old El Paso Crunchy Taco Shells	150	8	3	19	1	0	2	130	0	
3 shells, 32 g										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Total	263	17.28	8.906	19.36	1	0.15	8.97	304	29	27
Dinner										
Sun-Maid Cinnamon Swirl Raisin Bread	180	3	1	36	1	14	4	230	0	
2 x 1 slice, 64 g										
Skippy Creamy Peanut Butter	190	16	3	6	2	3	7	150	0	208
2 tbsp, 32 g										
Total	370	19	4	42	3	17	11	380	0	208
Snacks/Other										
Valued Naturals Natural Cashews	160	14	3	9	1	2	4	3	0	
20 whole nuts, 28 g										

Sunday, March 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1265	67.4	19.199	105.82	7.9	36.1	69.8	1184	49	443

Monday, March 5, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cottage Cheese 1/2 cup large curd (not packed)	108	4.74	2.996	2.81	0	0.3	13.11	425	16	88
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Total	456	22.86	6.289	39.07	3.9	5.25	27.14	952	16	296
Lunch										
DiGiorno Shaved Parmesan Cheese 1/4 cup, 28 g	90	6	4.5	1	0	0	9	410	25	
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 1 1/2 x 1 slice, 48 g	120	1.5		22.5	1.5	1.5	4.5	285	0	
Black Beans (Canned) 3/4 cup	164	0.52	0.135	29.81	12.4		10.85	691	0	
Minute Instant Whole Grain Brown Rice 1/2 cup dry, 50 g	180	1.5	0	39	2	0	4	10	0	70
Total	742	25.64	7.928	98.57	17.8	4.45	36.38	1543	25	278
Dinner										
Skippy Creamy Peanut Butter 1/2 x 2 tbsp, 16 g	95	8	1.5	3	1	1.5	3.5	75	0	104
Sun-Maid Cinnamon Swirl Raisin Bread	90	1.5	0.5	18	0.5	7	2	115	0	

Monday, March 5, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice, 32 g										
Total	185	9.5	2	21	1.5	8.5	5.5	190	0	104
Snacks/Other										
Starbucks Skinny Vanilla Latte (Venti)	160	0	0	24	0	22	15	210	10	
1 serving, 20 oz										
Total	1543	58	16.217	182.64	23.2	40.2	84.02	2895	51	678

Tuesday, March 6, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pepperidge Farm Dark Pump Pumpernickel Bread	160	2		30	2	2	6	380	0	
2 x 1 slice, 64 g										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Chobani Nonfat Plain Greek Yogurt (170g)	204	0	0	14.2	0	13	34.8	160	20	
2 x 3/4 cup, 340 g										
Total	552	18.12	3.293	50.46	3.9	17.95	48.83	687	20	208
Lunch										
Newk's Express Cafe Pimiento Cheese (Half)	875	58		59.9	3.2	0	34.4	1644	115.1	
2 x 1/2 sandwich										
Dinner										
Toasted Garlic Bread	94	3.65	0.705	13.03	0.8	0.12	2.22	174	0	31
1 medium slice										
Kroger Low Fat Cottage Cheese	90	2.5	1.5	4	0	4	12	370	15	100
1 container, 170 g										
Navels Oranges	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
1 fruit (2-7/8" dia)										
Total	253	6.36	2.229	34.59	3.9	16.02	15.49	545	15	363
Snacks/Other										
Total	**1680**	**82.48**	**5.522**	**144.95**	**11**	**33.97**	**98.72**	**2876**	**150.1**	**571**

Wednesday, March 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Total	348	18.12	3.293	36.26	3.9	4.95	14.03	527	0	208
Lunch										
Zatarain's New Orleans Style Red Beans & Rice 1 1/4 x 1 cup prepared, 61 g	238	0.62	0	57.5	7.5	0	11.25	900	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	351	9.9	5.906	57.86	7.5	0.15	18.22	1074	29	27
Dinner										
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Kroger Low Fat Cottage Cheese 1 container, 170 g	90	2.5	1.5	4	0	4	12	370	15	100
Total	159	2.71	1.524	21.56	3.1	15.9	13.27	371	15	332
Snacks/Other										
Skippy Creamy Peanut Butter 2 x 2 tbsp, 64 g	380	32	6	12	4	6	14	300	0	416
Valued Naturals Natural Cashews 20 whole nuts, 28 g	160	14	3	9	1	2	4	3	0	

Wednesday, March 7, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	540	46	9	21	5	8	18	303	0	416
Total	1398	76.73	19.723	136.68	19.5	29	63.52	2275	44	983

Thursday, March 8, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Part Skim Mozzarella Cheese 1 stick	85	5.61	3.548	1.07	0	0.17	7.27	148	15	27
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Total	433	23.73	6.841	37.33	3.9	5.12	21.3	675	15	235
Lunch										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Zatarain's New Orleans Style Red Beans & Rice 1 1/4 x 1 cup prepared, 61 g	238	0.62	0	57.5	7.5	0	11.25	900	0	
Total	539	26.02	9.199	64.12	9.4	3.1	26.25	1221	29	235
Dinner										
American Cheese 1 1/2 slices (1 oz)	143	11.08	6.626	2.95	0	2.74	8.05	552	35	
Pumpernickel Bread 2 slices regular	130	1.61	0.227	24.7	3.4	0.28	4.52	349	0	108
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Total	342	12.9	6.877	45.21	6.5	14.92	13.84	902	35	340

Thursday, March 8, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Skippy Creamy Peanut Butter 2 tbsp, 32 g	190	16	3	6	2	3	7	150	0	208
Total	**1504**	**78.65**	**25.917**	**152.66**	**21.8**	**26.14**	**68.39**	**2948**	**79**	**1018**

Friday, March 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chobani Nonfat Plain Greek Yogurt (170g)	102	0	0	7.1	0	6.5	17.4	80	10	
3/4 cup, 170 g										
Peanut Butter	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
1 1/2 tbsps										
Pepperidge Farm Dark Pump Pumpernickel Bread	160	2		30	2	2	6	380	0	
2 x 1 slice, 64 g										
Total	403	14.09	2.47	41.79	3.4	10.71	29.42	570	10	156
Lunch										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Zatarain's New Orleans Style Red Beans & Rice	238	0.62	0	57.5	7.5	0	11.25	900	0	
1 1/4 x 1 cup prepared, 61 g										
DiGiorno Shaved Parmesan Cheese	90	6	4.5	1	0	0	9	410	25	
1/4 cup, 28 g										
Total	516	22.74	7.793	64.76	9.4	2.95	28.28	1457	25	208
Dinner										
Merlot Wine	123	0		3.69	0	0.91	0.1	6		187
1 5 fl oz serving										
Italian Bread	163	2.1	0.513	30	1.6	0.5	5.28	350	0	66
3 slices, medium										
Ground Beef (80% Lean / 20% Fat)	213	16.8	6.444	0	0	0	14.42	56	60	227
3 oz										
Total	499	18.9	6.957	33.69	1.6	1.41	19.8	412	60	480

Friday, March 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Valued Naturals Natural Cashews 20 whole nuts, 28 g	160	14	3	9	1	2	4	3	0	
Total	**1578**	**69.73**	**20.22**	**149.24**	**15.4**	**17.07**	**81.5**	**2442**	**95**	**844**

Saturday, March 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Cashew Halves & Pieces 1/4 cup, 1 oz	160	15	2.5	9	1	1	5	110	0	0
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Cottage Cheese 1/2 cup large curd (not packed)	108	4.74	2.996	2.81	0	0.3	13.11	425	16	88
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Total	685	38.07	8.813	65.63	8	18.15	33.41	1063	16	528
Lunch										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Old El Paso Crunchy Taco Shells 3 shells, 32 g	150	8	3	19	1	0	2	130	0	
Total	451	33.4	12.199	25.62	2.9	3.1	17	451	29	235
Dinner										
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Chobani Nonfat Plain Greek Yogurt (170g)	102	0	0	7.1	0	6.5	17.4	80	10	

Saturday, March 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3/4 cup, 170 g										
Merlot Wine	123	0		3.69	0	0.91	0.1	6		187
1 5 fl oz serving										
Great Value Cashew Halves & Pieces	160	15	2.5	9	1	1	5	110	0	0
1/4 cup, 1 oz										
Total	457	15.23	2.539	38.85	4.3	22.75	22.86	197	10	335
Snacks/Other										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Total	1781	102.82	26.844	136.36	17.1	46.95	81.3	1858	55	1306

Sunday, March 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Total	417	18.33	3.317	53.82	7	16.85	15.3	528	0	440
Lunch										
Pepperidge Farm Dark Pump Pumpernickel Bread 1 slice, 32 g	80	1		15	1	1	3	190	0	
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	580	41.61	14.983	23.58	2.9	5.53	31.01	722	429	373
Dinner										
Quaker Old Fashioned Oats 3/4 x 1/3 cup, 25 g	75	1.5		13.5			2.48			
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Yoplait Greek 100 Yogurt - Strawberry 1 container, 150 g	100	0	0	14	0	9	10	45	5	0

Sunday, March 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	247	1.73	0.039	46.56	3.3	23.34	12.84	46	5	148
Snacks/Other										
Valued Naturals Natural Cashews 20 whole nuts, 28 g	160	14	3	9	1	2	4	3	0	
Starbucks Iced Coffee with 2% Milk, Sweetened (Venti) 1 cup, 24 oz	180	2	1.5	36	0	36	4	50	10	
Total	340	16	4.5	45	1	38	8	53	10	
Total	1584	77.67	22.839	168.96	14.2	83.72	67.15	1349	444	961

Monday, March 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pure Protein 100% Whey Protein - Vanilla Cream	160	2.5	1.5	8	0	2	25	100	85	160
1 scoop, 39 g										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Pepperidge Farm Dark Pump Pumpernickel Bread	160	2		30	2	2	6	380	0	
2 x 1 slice, 64 g										
Total	508	20.62	4.793	44.26	3.9	6.95	39.03	627	85	368
Lunch										
Panera Bread Fontina Grilled Cheese (Half)	840	42		74	2	4	40	1540		
2 x 1/2 sandwich, 10 oz										
Dinner										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
1 tbsp										
Buitoni Three Cheese Tortellini	310	8	2.5	48	3	1	12	440	35	
1 cup, 106 g										
Total	404	16.06	4.147	51.13	4	2.48	16.01	513	35	104
Snacks/Other										
Starbucks Coffee Frappuccino (Grande)	240	3	2	50	0	49	3	210	10	0
1 serving, 16 oz										
Skippy Creamy Peanut Butter	285	24	4.5	9	3	4.5	10.5	225	0	312
1 1/2 x 2 tbsp, 48 g										
Total	525	27	6.5	59	3	53.5	13.5	435	10	312

Monday, March 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2277	105.68	15.44	228.39	12.9	66.93	108.54	3115	130	784

Tuesday, March 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Yoplait Greek 100 Yogurt - Strawberry	100	0	0	14	0	9	10	45	5	0
1 container, 150 g										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Pepperidge Farm Dark Pump Pumpernickel Bread	160	2		30	2	2	6	380	0	
2 x 1 slice, 64 g										
Total	448	18.12	3.293	50.26	3.9	13.95	24.03	572	5	208
Lunch										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
DiGiorno Shaved Parmesan Cheese	90	6	4.5	1	0	0	9	410	25	
1/4 cup, 28 g										
Zatarain's New Orleans Style Red Beans & Rice	332	0.88	0	80.5	10.5	0	15.75	1260	0	
1 3/4 x 1 cup prepared, 86 g										
Total	610	23	7.793	87.76	12.4	2.95	32.78	1817	25	208
Dinner										
Parmesan Cheese (Grated)	43	2.86	1.73	0.41	0	0.09	3.85	153	9	12
2 tbsps										
Multigrain Bread	65	0.99	0.21	12.06	1.7	2.61	2.6	127	0	53
1 regular slice										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
1 tbsp										
Navels Oranges	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232

Tuesday, March 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 fruit (2-7/8" dia)										
High Protein Nutrient Supplement Powder	100	2	0.191	5	0.3	4.72	15.01	104	0	160
1 packet										
Total	371	14.12	3.802	38.16	6.1	20.8	26.74	458	9	561
Snacks/Other										
Valued Naturals Natural Cashews	160	14	3	9	1	2	4	3	0	
20 whole nuts, 28 g										
Skippy Creamy Peanut Butter	285	24	4.5	9	3	4.5	10.5	225	0	312
1 1/2 x 2 tbsp, 48 g										
Total	445	38	7.5	18	4	6.5	14.5	228	0	312
Total	**1874**	**93.24**	**22.388**	**194.18**	**26.4**	**44.2**	**98.05**	**3075**	**39**	**1289**

Wednesday, March 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Pepperidge Farm Dark Pump Pumpernickel Bread 1 slice, 32 g	80	1		15	1	1	3	190	0	
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Cottage Cheese 1 cup large curd (not packed)	216	9.47	5.991	5.63	0	0.61	26.23	850	32	176
Total	462	18.76	7.677	42.82	5.3	17.43	33.6	1114	32	428
Lunch										
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Spaghetti 2 cups cooked	440	2.58	0.49	85.9	5	1.57	16.13	650	0	126
Total	553	11.86	6.396	86.26	5	1.72	23.1	824	29	153
Dinner										
Peanut Butter 3 tbsps	282	24.19	4.94	9.39	2.9	4.43	12.04	220	0	312
Pumpernickel Bread 2 slices regular	130	1.61	0.227	24.7	3.4	0.28	4.52	349	0	108
Total	412	25.8	5.167	34.09	6.3	4.71	16.56	569	0	420
Snacks/Other										
Skippy Creamy Peanut Butter 1 1/2 x 2 tbsp, 48 g	285	24	4.5	9	3	4.5	10.5	225	0	312

Wednesday, March 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Valued Naturals Natural Cashews	160	14	3	9	1	2	4	3	0	
20 whole nuts, 28 g										
Total	445	38	7.5	18	4	6.5	14.5	228	0	312
Total	1872	94.42	26.74	181.17	20.6	30.36	87.76	2735	61	1313

Thursday, March 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Greek Yogurt 2/3 cup, 170 g	100	0		6	1	5	18	70	0	
Peanut Butter 1 1/2 tbsps	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Total	401	14.09	2.47	40.69	4.4	9.21	30.02	560	0	156
Lunch										
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Total	472	26.49	11.69	32.32	2	3.58	25.98	765	429	165
Dinner										
Cottage Cheese 1 cup, small curd (not packed)	232	10.15	6.419	6.03	0	0.65	28.1	911	34	189
Quaker Rice Cakes - Lightly Salted 4 x 1 cake, 36 g	140	0	0	28	0	0	4	60	0	0
Peanut Butter 3 tbsps	282	24.19	4.94	9.39	2.9	4.43	12.04	220	0	312
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148

Thursday, March 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (2-3/4" dia) (approx 3 per lb)										
Total	726	34.57	11.398	62.48	6.2	19.42	44.5	1192	34	649
Snacks/Other										
Great Value Cashew Halves & Pieces	160	15	2.5	9	1	1	5	110	0	0
1/4 cup, 1 oz										
Total	1759	90.15	28.058	144.49	13.6	33.21	105.5	2627	463	970

Friday, March 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Total	348	18.12	3.293	36.26	3.9	4.95	14.03	527	0	208
Lunch										
HEB Fat Free Cheese 3 x 1 slice, 63 g	90	0	0	9	0	3	15	930	0	0
Zatarain's New Orleans Style Red Beans & Rice 1 3/4 x 1 cup prepared, 86 g	332	0.88	0	80.5	10.5	0	15.75	1260	0	
Total	422	0.88	0	89.5	10.5	3	30.75	2190	0	0
Dinner										
Valued Naturals Natural Cashews 1 1/2 x 20 whole nuts, 42 g	240	21	4.5	13.5	1.5	3	6	4.5	0	
Merlot Wine 1 5 fl oz serving	123	0		3.69	0	0.91	0.1	6		187
Large Cheeseburger 1/2 sandwich	304	16.49	7.422	23.71			15.07	795	48	322
Total	667	37.49	11.922	40.9	1.5	3.91	21.17	805.5	48	509
Snacks/Other										
Great Value Cashew Halves & Pieces 1/4 cup, 1 oz	160	15	2.5	9	1	1	5	110	0	0

Friday, March 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1597	71.49	17.715	175.66	16.9	12.86	70.95	3632.5	48	717

Saturday, March 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pure Protein 100% Whey Protein - Vanilla Cream	160	2.5	1.5	8	0	2	25	100	85	160
1 scoop, 39 g										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Kirkland Signature Greek Yogurt	100	0		6	1	5	18	70	0	
2/3 cup, 170 g										
Total	332	2.73	1.539	33.06	4.3	21.34	43.36	171	85	308
Lunch										
Newk's Express Cafe Pimiento Cheese (Half)	547	36.25		37.44	2	0	21.5	1027.5	71.94	
1 1/4 x 1/2 sandwich										
Dinner										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Pepperidge Farm Dark Pump Pumpernickel Bread	80	1		15	1	1	3	190	0	
1 slice, 32 g										
Chobani Nonfat Plain Greek Yogurt (170g)	102	0	0	7.1	0	6.5	17.4	80	10	
3/4 cup, 170 g										
Oranges	62	0.16	0.02	15.39	3.1	12.25	1.23	0	0	237
1 fruit (2-5/8" dia)										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Total	481	17.74	3.336	55.42	9	29.78	30.68	419	10	678

Saturday, March 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Great Value Mixed Nuts 1 1/2 x 1/4 cup, 1.5 oz	255	22.5	3.75	7.5	3	1.5	9	127.5	0	285
Total	**1615**	**79.22**	**8.625**	**133.42**	**18.3**	**52.62**	**104.54**	**1745**	**166.94**	**1271**

Sunday, March 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nonfat or Fat Free American or Cheddar Type Processed Cheese	124	0.67	0.423	11.26	0	8.36	18.9	1284	9	242
4 slices, NFS (.75 oz)										
Whole Wheat Bread	135	2.14	0.465	24.51	2.3	2.85	4.75	276	0	106
2 regular slices										
Scrambled Egg	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
2 eggs										
Total	458	18.02	6.672	37.73	2.3	12.64	36.66	1771	409	486
Lunch										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
DiGiorno Shaved Parmesan Cheese	180	12	9	2	0	0	18	820	50	
2 x 1/4 cup, 56 g										
Old El Paso Crunchy Taco Shells	150	8	3	19	1	0	2	130	0	
3 shells, 32 g										
Total	518	36.12	15.293	27.26	2.9	2.95	28.03	1097	50	208
Dinner										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Navels Oranges	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
1 fruit (2-7/8" dia)										
Total	257	16.33	3.317	23.82	5	14.85	9.3	148	0	440
Snacks/Other										

Sunday, March 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Cashew Halves & Pieces 2 x 1/4 cup, 2 oz	320	30	5	18	2	2	10	220	0	0
Total	1553	100.47	30.282	106.81	12.2	32.44	83.99	3236	459	1134

Monday, March 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Strawberries 1 cup halves	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
Cottage Cheese 1 1/2 cups, small curd (not packed)	348	15.22	9.629	9.04	0	0.98	42.15	1367	51	284
Total	585	31.8	12.945	26.97	4.9	11.01	51.2	1516	51	725
Lunch										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Cheese Filled Tortellini 1 cup	354	8.34	4.154	54.22	2.2	1.1	15.57	198	48	32
Total	542	24.46	7.447	60.48	4.1	4.05	23.6	345	48	240
Dinner										
Cheesecake Factory Skinnylicious Roasted Pear & Blue Cheese Flatbread 1 flatbread, 7.05 oz	470	9	0	43	0	0	12	751	0	0
Snacks/Other										
Roasted Salted Cashew Nuts 1 oz (18 kernels)	165	13.54	2.404	8.55	0.9	1.42	4.77	87	0	179
Total	1762	78.8	22.796	139	9.9	16.48	91.57	2699	99	1144

Tuesday, March 20, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Doubleshot Expresso Cubano	60	0	0	15	0	14	0	0	0	
1 can, 6.5 oz										
Navels Oranges	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
1 fruit (2-7/8" dia)										
Pepperidge Farm Dark Pump Pumpernickel Bread	160	2		30	2	2	6	380	0	
2 x 1 slice, 64 g										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Total	477	18.33	3.317	68.82	7	30.85	15.3	528	0	440
Lunch										
White Bread	133	1.64	0.358	25.3	1.2	2.16	3.82	340	0	50
2 slices										
Mozzarella Cheese (Part Skim Milk)	72	4.51	2.867	0.79	0	0.32	6.88	175	18	24
1 oz										
Gouda Cheese	101	7.78	4.994	0.63	0	0.63	7.07	232	32	34
1 oz										
American Cheese	96	7.39	4.417	1.97	0	1.83	5.37	368	23	
1 slice (1 oz)										
Total	402	21.32	12.636	28.69	1.2	4.94	23.14	1115	73	108
Dinner										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Old El Paso Yellow Corn Taco Shells	195	9	3	24	1.5	0	3	172.5	0	

Tuesday, March 20, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 3 shells, 40.5 g										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Total	571	41.24	9.586	36.52	5.3	5.9	19.06	466.5	0	416
Snacks/Other										
Skippy Creamy Peanut Butter	285	24	4.5	9	3	4.5	10.5	225	0	312
1 1/2 x 2 tbsp, 48 g										
Total	1735	104.89	30.039	143.03	16.5	46.19	68	2334.5	73	1276

Wednesday, March 21, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Total	417	18.33	3.317	53.82	7	16.85	15.3	528	0	440
Lunch										
Ground Beef (85% Lean / 15% Fat, Patty, Cooked, Broiled) 1 1/2 servings (3 oz)	319	19.74	7.512	0	0	0	33.06	92	115	405
Dinner										
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Spaghetti 2 cups cooked	440	2.58	0.49	85.9	5	1.57	16.13	650	0	126
Total	506	3.4	0.669	98.55	5.6	2.65	18.04	820	0	151
Snacks/Other										
Ocean Spray Craisins Dried Cranberries 1/4 cup, 40 g	130	0	0	33	3	26	0	0	0	0
Great Value Cashew Halves & Pieces 1/4 cup, 1 oz	160	15	2.5	9	1	1	5	110	0	0
Total	290	15	2.5	42	4	27	5	110	0	0

Wednesday, March 21, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1532	56.47	13.998	194.37	16.6	46.5	71.4	1550	115	996

Thursday, March 22, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 2 1/2 x 1 slice, 80 g	200	2.5		37.5	2.5	2.5	7.5	475	0	
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Cottage Cheese 1 cup large curd (not packed)	216	9.47	5.991	5.63	0	0.61	26.23	850	32	176
Total	673	28.3	9.308	66.95	7.5	17.96	43.03	1473	32	616
Lunch										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Zatarain's New Orleans Style Red Beans & Rice 1 3/4 x 1 cup prepared, 86 g	332	0.88	0	80.5	10.5	0	15.75	1260	0	
Total	520	17	3.293	86.76	12.4	2.95	23.78	1407	0	208
Dinner										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Old El Paso Yellow Corn Taco Shells 1 1/2 x 3 shells, 40.5 g	195	9	3	24	1.5	0	3	172.5	0	
Total	496	34.4	12.199	30.62	3.4	3.1	18	493.5	29	235

Thursday, March 22, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Great Value Cashew Halves & Pieces 1/4 cup, 1 oz	160	15	2.5	9	1	1	5	110	0	0
Total	**1849**	**94.7**	**27.3**	**193.33**	**24.3**	**25.01**	**89.81**	**3483.5**	**61**	**1059**

Friday, March 23, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Whole Wheat Bread 1 1/2 regular slices	101	1.6	0.349	18.38	1.7	2.14	3.56	207	0	80
Pure Protein 100% Whey Protein - Vanilla Cream 1 1/4 x 1 scoop, 49 g	200	3.12	1.88	10	0	2.5	31.25	125	106.25	200
Total	489	20.84	5.522	34.64	3.6	7.59	42.84	479	106.25	488
Lunch										
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Quaker Rice Cakes - Lightly Salted 2 x 1 cake, 18 g	70	0	0	14	0	0	2	30	0	0
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Total	327	16.33	3.317	37.82	5	14.85	11.3	178	0	440
Dinner										
Cheese Filled Tortellini 1 cup	354	8.34	4.154	54.22	2.2	1.1	15.57	198	48	32
Merlot Wine 1 5 fl oz serving	123	0		3.69	0	0.91	0.1	6		187
Total	477	8.34	4.154	57.91	2.2	2.01	15.67	204	48	219
Snacks/Other										
Great Value Mixed Nuts	255	22.5	3.75	7.5	3	1.5	9	127.5	0	285

Friday, March 23, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 1/4 cup, 1.5 oz										
Total	1548	68.01	16.743	137.87	13.8	25.95	78.81	988.5	154.25	1432

Saturday, March 24, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Strawberries 1 cup halves	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
Pepperidge Farm Dark Pump Pumpernickel Bread 1 slice, 32 g	80	1		15	1	1	3	190	0	
Kirkland Signature Greek Yogurt 2 x 2/3 cup, 340 g	200	0		12	2	10	36	140	0	
Total	517	17.58	3.316	44.93	7.9	21.03	48.05	479	0	441
Lunch										
Ground Beef (85% Lean / 15% Fat) 3 oz	181	12.6	4.927	0	0	0	15.62	55	57	248
Great Value Enriched Hamburger Buns 1 bun, 39 g	110	1	0	20	1	2	3	180	0	30
Total	291	13.6	4.927	20	1	2	18.62	235	57	278
Dinner										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 1 slice, 32 g	80	1		15	1	1	3	190	0	
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27

Saturday, March 24, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice (1 oz)										
Merlot Wine	123	0		3.69	0	0.91	0.1	6		187
1 5 fl oz serving										
Total	573	26.61	9.223	42.87	6	16.91	19.37	518	29	654
Snacks/Other										
Starbucks Iced Coffee + Milk Low Calorie	50	0.5		5	0	3	1	20	5	
1 bottle, 11 oz										
Great Value Cashew Halves & Pieces	240	22.5	3.75	13.5	1.5	1.5	7.5	165	0	0
1 1/2 x 1/4 cup, 1.5 oz										
Total	290	23	3.75	18.5	1.5	4.5	8.5	185	5	0
Total	**1671**	**80.79**	**21.216**	**126.3**	**16.4**	**44.44**	**94.54**	**1417**	**91**	**1373**

Sunday, March 25, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Zatarain's New Orleans Style Red Beans & Rice 2 1/4 x 1 cup prepared, 110 g	428	1.12	0	103.5	13.5	0	20.25	1620	0	
Total	616	17.24	3.293	109.76	15.4	2.95	28.28	1767	0	208
Lunch										
Baguette 1 medium slice	175	1.92	0.41	33.22	1.9	0.15	5.63	390	0	
Cheese 1 slice	84	6.46	3.986	1.13	0	0.85	5.33	229	20	45
Publix Baking Potatoes 2 x 1 medium potato, 296 g	220	0	0	52	4	2	6	0	0	1240
Total	479	8.38	4.396	86.35	5.9	3	16.96	619	20	1285
Dinner										
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 2 x 1 slice, 64 g	160	2		30	2	2	6	380	0	
Total	530	27.61	9.223	54.18	7	17	22.27	702	29	467

Sunday, March 25, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	1625	53.23	16.912	250.29	28.3	22.95	67.51	3088	49	1960

Monday, March 26, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cottage Cheese 1 cup large curd (not packed)	216	9.47	5.991	5.63	0	0.61	26.23	850	32	176
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Whole Wheat Bread 1 regular slice	67	1.07	0.233	12.26	1.1	1.43	2.37	138	0	53
Total	540	26.87	9.541	41.71	6.1	16.89	37.9	1136	32	669
Lunch										
Cheesecake Factory Brown Bread 1/2 x 1 slice, 14.5 g	44	0.5		9.5	1	0.5	1	142	0	
Cheesecake Factory Skinnylicious Roasted Pear & Blue Cheese Flatbread 1 flatbread, 7.05 oz	470	9	0	43	0	0	12	751	0	0
Total	514	9.5	0	52.5	1	0.5	13	893	0	0
Dinner										
Valued Naturals Natural Cashews 1 1/2 x 20 whole nuts, 42 g	240	21	4.5	13.5	1.5	3	6	4.5	0	
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Chobani Nonfat Plain Greek Yogurt (170g) 2 x 3/4 cup, 340 g	204	0	0	14.2	0	13	34.8	160	20	
Total	632	37.12	7.793	33.96	3.4	18.95	48.83	311.5	20	208

Monday, March 26, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Great Value Mixed Nuts	255	22.5	3.75	7.5	3	1.5	9	127.5	0	285
1 1/2 x 1/4 cup, 1.5 oz										
Total	443	38.62	7.043	13.76	4.9	4.45	17.03	274.5	0	493
Total	**2129**	**112.11**	**24.377**	**141.93**	**15.4**	**40.79**	**116.76**	**2615**	**52**	**1370**

Tuesday, March 27, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Greek Yogurt 2 x 2/3 cup, 340 g	200	0		12	2	10	36	140	0	
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Pepperidge Farm Dark Pump Pumpernickel Bread 1 1/2 x 1 slice, 48 g	120	1.5		22.5	1.5	1.5	4.5	285	0	
Total	508	17.62	3.293	40.76	5.4	14.45	48.53	572	0	208
Lunch										
Newk's Express Cafe Pimiento Cheese (Half) 2 x 1/2 sandwich	875	58		59.9	3.2	0	34.4	1644	115.1	
Dinner										
Baguette 1 medium slice	175	1.92	0.41	33.22	1.9	0.15	5.63	390	0	
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots) 1 cup	12	0.12	0.022	2.77	1	1.66	0.63	14	0	145
Total	187	2.04	0.432	35.99	2.9	1.81	6.26	404	0	145
Snacks/Other										
Cashew Nuts 1 oz	157	12.43	2.206	8.56	0.9	1.68	5.17	3	0	187
Total	1727	90.09	5.931	145.21	12.4	17.94	94.36	2623	115.1	540

Wednesday, March 28, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Zatarain's New Orleans Style Red Beans & Rice	428	1.12	0	103.5	13.5	0	20.25	1620	0	
2 1/4 x 1 cup prepared, 110 g										
Lunch										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Subway 6" Veggie Delite	460	5	1	88	10	12	16	560	0	
2 x 1 sandwich, 324 g										
Total	648	21.12	4.293	94.26	11.9	14.95	24.03	707	0	208
Dinner										
Cheesecake Factory Four Cheese Pasta	620	15	15	67	0	0	0	965	0	
1/2 x 1 serving										
Snacks/Other										
Total	1696	37.24	19.293	264.76	25.4	14.95	44.28	3292	0	208

Thursday, March 29, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Greek Yogurt	75	0		4.5	0.75	3.75	13.5	52.5	0	
3/4 x 2/3 cup, 128 g										
Starbucks Doubleshot Expresso Cubano	60	0	0	15	0	14	0	0	0	
1 can, 6.5 oz										
Navels Oranges	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
1 fruit (2-7/8" dia)										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Whole Wheat Bread	135	2.14	0.465	24.51	2.3	2.85	4.75	276	0	106
2 regular slices										
Total	527	18.47	3.782	67.83	8.05	35.45	27.55	476.5	0	546
Lunch										
Beans and Brews Frozen Mocha	350	11	7	54	0	52	10	160	40	
1 serving, 16 oz										
Kroger Blueberry Muffin	450	21	4	60	1	35	5	370	70	
1 muffin, 113 g										
Total	800	32	11	114	1	87	15	530	110	
Dinner										
Fat Free American Cheese	62	0.34	0.212	5.63	0	4.18	9.45	642	5	
2 slices (.75 oz)										
Wal-Mart 6" Flour Tortillas	160	2	0	32	2	0	6	192	0	
2 x 1 tortilla, 66 g										
Total	222	2.34	0.212	37.63	2	4.18	15.45	834	5	

Thursday, March 29, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Peanut Butter 2 tbsps	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
Total	**1737**	**68.93**	**18.287**	**225.72**	**12.95**	**129.58**	**66.03**	**1987.5**	**115**	**754**

Friday, March 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Cashew Halves & Pieces	160	15	2.5	9	1	1	5	110	0	0
1/4 cup, 1 oz										
Kirkland Signature Greek Yogurt	200	0		12	2	10	36	140	0	
2 x 2/3 cup, 340 g										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Navels Oranges	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
1 fruit (2-7/8" dia)										
Total	478	15.67	2.547	50.23	9.1	29.98	43.29	253	0	465
Lunch										
Mozzarella Cheese (Part Skim Milk)	72	4.51	2.867	0.79	0	0.32	6.88	175	18	24
1 oz										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Zatarain's New Orleans Style Red Beans & Rice	332	0.88	0	80.5	10.5	0	15.75	1260	0	
1 3/4 x 1 cup prepared, 86 g										
Total	592	21.51	6.16	87.55	12.4	3.27	30.66	1582	18	232
Dinner										
HEB Fat Free Cheese	30	0	0	3	0	1	5	310	0	0
1 slice, 21 g										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Old El Paso Yellow Corn Taco Shells	195	9	3	24	1.5	0	3	172.5	0	

Friday, March 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 3 shells, 40.5 g										
Merlot Wine	123	0		3.69	0	0.91	0.1	6		187
1 5 fl oz serving										
Total	422	13.97	4.55	31.07	1.5	2.29	14.39	558.5	212	254
Snacks/Other										
Peanut Butter	188	16.12	3.293	6.26	1.9	2.95	8.03	147	0	208
2 tbsps										
Cashew Nuts	157	12.43	2.206	8.56	0.9	1.68	5.17	3	0	187
1 oz										
Total	345	28.55	5.499	14.82	2.8	4.63	13.2	150	0	395
Total	**1837**	**79.7**	**18.756**	**183.67**	**25.8**	**40.17**	**101.54**	**2543.5**	**230**	**1346**

Saturday, March 31, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Peanut Butter 1 1/2 tbsps	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
Pepperidge Farm Dark Pump Pumpernickel Bread 1 slice, 32 g	80	1		15	1	1	3	190	0	
Kirkland Signature Greek Yogurt 2 x 2/3 cup, 340 g	200	0		12	2	10	36	140	0	
Total	490	13.3	2.494	49.25	7.5	25.11	46.29	441	0	388
Lunch										
Dinner										
Snacks/Other										
Total	490	13.3	2.494	49.25	7.5	25.11	46.29	441	0	388