Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	940	38.75	120.5	34
Lunch	672	30.32	49.6	49.28
Dinner				
Snacks/Other	168	6.25	28.36	2.33
Total	**1779**	**75.32**	**198.46**	**85.6**

Tuesday, February 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Frosted Mini-Wheats 2 x 21 biscuits, 118 g	380	2	0	92	12	22	10	0	0	400
Organic Valley Vanilla Soy Milk 1 cup , 240 ml	90	3.5	0.5	10	2	7	6	110	0	350
Total	470	5.5	0.5	102	14	29	16	110	0	750
Lunch										
Cottage Cheese 1 cup, small curd (not packed)	232	10.15	6.419	6.03	0	0.65	28.1	911	34	189
Potato Salad 1 cup	358	20.5	3.572	27.92	3.2		6.7	1322	170	635
Marketside Turkey & Bacon Club Wrap 1 wrap	385	5	0	54	8		38		75	
Total	975	35.65	9.991	87.95	11.2	0.65	72.8	2233	279	824
Dinner										
Snacks/Other										
Bananas 1 extra large (9" or longer)	135	0.5	0.17	34.72	4	18.59	1.66	2	0	544
Total	**1580**	**41.65**	**10.661**	**224.67**	**29.2**	**48.24**	**90.46**	**2345**	**279**	**2118**

Sunday, March 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Denny's Scrambled Eggs 2 eggs, 4 oz	250	21		1	0	0	13	235	450	
Perkins Restaurant Classic Eggs Benedict 1 serving, 474 g	1160	51	19	138	9	20	39	3450	515	
Total	1410	72	19	139	9	20	52	3685	965	
Lunch										
Au Bon Pain Light Ranch Dressing 1/2 x 1 serving, 32 g	60	5.5	1	1.5	0	1	1	205	7.5	
Au Bon Pain Chicken Cobb with Avocado Salad 3/4 x 1 salad, 10 oz	308	19.5	7.5	9.75	4.5	3.75	24.75	765	195	
Total	368	25	8.5	11.25	4.5	4.75	25.75	970	202.5	
Dinner										
Snacks/Other										
Reese's Milk Chocolate Peanut Butter Eggs 3 pieces, 30 g	200	12	6	22	1	20	3	75	4	
Total	**1978**	**109**	**33.5**	**172.25**	**14.5**	**44.75**	**80.75**	**4730**	**1171.5**	