Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	34	0.5	4	1.8
Lunch	252	5.81	41.15	10.88
Dinner	132	2.66	15.42	10.83
Snacks/Other	388	11.05	54.93	17.33
Total	**807**	**20.02**	**115.5**	**40.84**

Monday, January 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Cottage Cheese 225 g	232	10.15	6.419	6.03	0	0.65	28.1	911	34	189
Sliced Ham (Extra Lean) 3 slices 1 NLEA serving	69	1.8	0.562	1.66	0	0	10.89	697	30	220
Total	301	11.95	6.981	7.69	0	0.65	38.99	1608	64	409
Snacks/Other										
Semi-Skimmed Milk 250 ml	122	4.24	2.615	12.44	0	13.36	8.58	110	18	
Flaxseed Seeds 15 g	80	6.32	0.549	4.33	4.1	0.23	2.74	4	0	122
Navitas Naturals Goji Berries 15 g	54	0	0	11.26	1.61	6.97	2.14	40.2	0	0
Granny Smith Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	433	11.18	3.335	74.04	12.11	49.33	15.11	156.2	18	544
Total	**734**	**23.13**	**10.316**	**81.73**	**12.11**	**49.98**	**54.1**	**1764.2**	**82**	**953**

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Granny Smith Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
Whole Foods Market Goji Berries 1/2 x 1 oz, 14 g	55	0.5	0	12.5	2.5	7.5	2	65	0	
Orange Juice 250 ml	118	0.52	0.063	27.25	0.5	22.01	1.83	3	0	524
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Flax Seeds 10 g	53	4.22	0.366	2.89	2.7	0.16	1.83	3	0	81
Total	403	5.86	0.6	88.65	12.1	58.44	7.31	73	0	1027
Dinner										
California Rolls 11 pieces	361	1.34	0.243	69.41	2.7	14.27	15.14	637	41	
Snacks/Other										
Presweetened with Sugar Coffee 4 mugs (8 fl oz)	152	0	0.017	38.11	0	34.7	1.04	19	0	294
Total	**916**	**7.2**	**0.86**	**196.17**	**14.8**	**107.41**	**23.49**	**729**	**41**	**1321**

Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Special K with Semi-Skimmed Milk 1 serving with 125 ml semi-skimmed milk, 30 g	172	2.5	1.5	20	1.5	11	9	0.18	0	
Lunch										
Lion's Choice Ham Sandwich on Wheat 1 sandwich	310	11	3	32	4	4	22	1110	40	
Dinner										
Snacks/Other										
Latte Coffee 4 medium	539	22.03	13.286	49.45	0	54.18	35.25	506	82	2220
Total	**1021**	**35.53**	**17.786**	**101.45**	**5.5**	**69.18**	**66.25**	**1616.18**	**122**	**2220**

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Whole Foods Market Salmon Avocado Roll 6 pieces	190	4		33	1	0	6	0	0	
Dinner										
Snacks/Other										
Coca-Cola Coke Can 1 can, 330 ml	139	0		31.8			0			
Latte Coffee 4 medium	539	22.03	13.286	49.45	0	54.18	35.25	506	82	2220
Total	678	22.03	13.286	81.25	0	54.18	35.25	506	82	2220
Total	**868**	**26.03**	**13.286**	**114.25**	**1**	**54.18**	**41.25**	**506**	**82**	**2220**

Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Starbucks Chicken Wrap 1 serving	359	8.2		52.1			19.1			
Dinner										
Snacks/Other										
Coca-Cola Coke Can 1 can, 330 ml	139	0		31.8			0			
Total	**498**	**8.2**		**83.9**			**19.1**			