Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	293	13.31	31.78	11.83
Lunch	659	24.1	77.85	35.7
Dinner	645	27.4	70.48	28.58
Snacks/Other	684	25.95	72.78	13.77
Total	2281	90.76	252.89	89.88

Monday, August 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	210	0.78	0.264	53.9	6.1	28.86	2.57	2	0	845
2 medium (7" to 7-7/8" long)										
Lunch										
Pepsi Pepsi	100	0	0	28	0	28	0	20	0	0
8 fl oz, 240 ml										
Arby's Classic Roast Beef	180	7	2.5	17.5	0.5	3	11.5	485	30	
1/2 x 1 serving, 77 g										
Arby's Classic Roast Beef	360	14	5	35	1	6	23	970	60	
1 serving, 154 g										
Arby's Arby's Sauce	4	0	0	0.86	0	0.57	0	51.48	0	
4 g										
Arby's Horsey Sauce	15	1.5	0.15	0.9	0	0.6	0	48	1.5	
4 ml										
Total	659	22.5	7.65	82.26	1.5	38.17	34.5	1574.48	91.5	0
Dinner										
White Bread	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
1 slice										
Lo Mein	310	12.04	2.89	35.04	3	2.98	14.72	492	24	334
1 cup										
Kirkwood Turkey Jalapeño Smoked Sausage	200	12	4	4	2	4	20	980	90	
2 x 1 link, 128 g										
Total	576	24.86	7.069	51.69	5.6	8.06	36.63	1642	114	359
Snacks/Other										

Monday, August 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Millville Chewy Granola Bars - Chocolate Chip 1 bar, 24 g	100	2.5	0.5	18	1	7	2	40	0	
Savoritz Mini Cheese Sandwich Crackers 3 x 12 sandwich crackers, 90 g	510	27	6	57	3	9	6	480	0	
Kraft American Cheese Slice 1 slice, 19 g	60	4	2.5	2	0	1	3	200	15	
Hershey's Milk Chocolate Bar (Snack Size) 8 g	57	3.6	2.1	6.6	0	6.3	0.9	9	3	
Total	727	37.1	11.1	83.6	4	23.3	11.9	729	18	
Total	**2172**	**85.24**	**26.083**	**271.45**	**17.2**	**98.39**	**85.6**	**3947.48**	**223.5**	**1204**

Tuesday, August 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Raspberries 10 raspberries	10	0.12	0.004	2.27	1.2	0.84	0.23	0	0	29
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Vanilla Yogurt (Lowfat) 1/2 cup (8 fl oz)	104	1.53	0.987	16.9	0	16.9	6.04	81	6	268
Total	138	1.88	1.002	25.01	2.7	21.28	6.78	82	6	413
Lunch										
Pepsi Pepsi 8 fl oz, 240 ml	100	0	0	28	0	28	0	20	0	0
Miss Vickie's Smokehouse BBQ Potato Chips 1 bag, 38.9 g	210	12	2	23	2	2	3	210	0	320
Hellmann's Real Mayonnaise 1 tbsp, 13 g	90	10	1.5	0	0	0	0	90	5	0
Jersey Mike's #2 Jersey Shore's Favorite on White (Regular) 1 sub, 440 g	570	18	8.5	67	4	9	38	1700	80	
Total	970	40	12	118	6	39	41	2020	85	320
Dinner										
Sue Bee Honey 1/2 x 1 tbsp, 10.5 g	30	0		8.5	0	8	0	0	0	
Popeyes Chicken & Biscuits Spicy Tenders 2/3 x 3 pieces, 117 g	208	10.05	4.02	10.72	1.34	0	18.76	830.8	53.6	
Popeyes Chicken & Biscuits Mashed Potatoes with Gravy	110	4	2	18	1	1	3	590	5	

Tuesday, August 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 side, 142 g										
Popeyes Chicken & Biscuits Biscuits	260	15	7	26	2	1	4	450	0	
1 serving										
Total	608	29.05	13.02	63.22	4.34	10	25.76	1870.8	58.6	
Snacks/Other										
Hershey's Milk Chocolate Bar (Snack Size)	190	12	7	22	0	21	3	30	10	
2 pieces, 26 g										
Total	1906	82.93	33.022	228.23	13.04	91.28	76.54	4002.8	159.6	733

Wednesday, August 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Windy's fritatta	320	10	3	45	3	15	5	700	45	
1 fritatta										
Lunch										
Coca-Cola Coke Zero (Can)	0	0		0			0	80		
2 x 1 can, 24 oz										
Hellmann's Real Mayonnaise	90	10	1.5	0	0	0	0	90	5	0
1 tbsp, 13 g										
Jersey Mike's #5 Super Sub on Wheat (Regular)	580	19	8.5	68	4	9	40	1800	85	
1 sub, 455 g										
Total	670	29	10	68	4	9	40	1970	90	0
Dinner										
TGI Friday's Cheeseburger	868	58.8	18.9	54.6	3.5		28.7	2436		
0.7 x 1 burger										
TGI Friday's Plain French Fries	140	8		14	1	1	2	250	0	
29 pieces										
Total	1008	66.8	18.9	68.6	4.5	1	30.7	2686	0	
Snacks/Other										
Beer	929	0	0	76.68	0	0	9.94	86	0	583
6 cans or bottles (12 fl oz)										
Taco Bell Burrito Supreme - Beef	400	15	6	51	8	4	17	1140	30	
1 serving										
Taco Bell Crunchy Taco Supreme	190	11	4.5	15	3	2	8	330	30	
1 serving										

Wednesday, August 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
M&M's Peanut M&M's (Package)	250	13	5	30	2	25	5	25	5	0
1 package, 49.3 g										
Total	1769	39	15.5	172.68	13	31	39.94	1581	65	583
Total	3767	144.8	47.4	354.28	24.5	56	115.64	6937	200	583

Thursday, August 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hardee's Low Carb Breakfast Bowl	660	52	30	10	2	2	38	1550		
1 bowl, 228 g										
Lunch										
Subway 6" Oven Roasted Chicken Breast	320	4.5	1.5	47	5	8	23	639	45	
1 sandwich, 233 g										
Dinner										
Great Value Garlic Bread	190	7	1.5	26	1	1	5	380	0	45
2 slices, 57 g										
Meatless Spaghetti with Tomato Sauce	585	7.99	1.22	107.24	5.5	22.27	19.74	1126	0	997
2 cups										
Milk (Nonfat)	257	1.32	0.86	35.65	0	37.41	25.06	382	15	1220
3 cups										
Total	1032	16.31	3.58	168.89	6.5	60.68	49.8	1888	15	2262
Snacks/Other										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
1 tbsp										
Hostess Twinkies Golden Sponge Cake with Creamy Filling	135	4.5	2.25	23	0	16.5	1	180	17.5	
1 cake, 43 g										
Hershey's Milk Chocolate Bar (Snack Size)	255	16.08	9.38	29.48	0	28.14	4.02	40.2	13.4	
35 g										

Thursday, August 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
M&M's Peanut M&M's (Package) 1 package, 49.3 g	250	13	5	30	2	25	5	25	5	0
Total	734	41.64	18.277	85.61	3	71.12	14.03	318.2	35.9	104
Total	2746	114.45	53.357	311.5	16.5	141.8	124.83	4395.2	95.9	2366

Friday, August 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vanilla Yogurt (Lowfat) 1/2 cup (8 fl oz)	104	1.53	0.987	16.9	0	16.9	6.04	81	6	268
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Raspberries 10 raspberries	10	0.12	0.004	2.27	1.2	0.84	0.23	0	0	29
Total	138	1.88	1.002	25.01	2.7	21.28	6.78	82	6	413
Lunch										
Jersey Mike's #20 Grilled Pastrami Reuben on White (Regular) 1 sub	675	24.5	8	74	4	14	40	2710	90	
Dinner										
Snacks/Other										
Total	813	26.38	9.002	99.01	6.7	35.28	46.78	2792	96	413