Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	364	9.02	52.08	18.53
Lunch	443	20.39	32.21	26.31
Dinner	545	23.29	46.71	30.59
Snacks/Other	529	21.12	60.7	16.81
Total	**1882**	**73.83**	**191.7**	**92.23**

Thursday, February 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Cheerios 1 cup, 28 g	100	2	0	20	3	1	3	160	0	170
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Total	155	3.25	0.75	26.5	3	7	7	222.5	5	170
Lunch										
Dunkin' Donuts Bacon, Egg & Cheese Wake-Up Wrap 2 x 1 wrap	420	26	10	28	2	2	20	960	190	
Dinner										
Panera Bread Roasted Turkey, Apple & Cheddar Sandwich (Half) 1/2 sandwich	360	16	6	33	3	8	17	630	55	
Snacks/Other										
Wendy's French Fries (Small) 1/2 x 1 serving	160	7.5	1.25	21.5	2	0	2.5	160	0	315
Great Value Mixed Nuts 1/4 cup, 1 oz	170	15	2.5	5	2	1	6	85	0	190
Orange 1 large (3-1/16" dia)	86	0.22	0.028	21.62	4.4	17.2	1.73	0	0	333
McDonald's Coca-Cola (Small) 1 serving, 16 oz	140	0	0	39	0	39	0	0	0	
Banana 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422

Thursday, February 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Zone Perfect Perfectly Simple Nutrition Bar - Oatmeal Chocolate Chunk 1 bar , 40 g	180	8	4	18	1	10	10	150	30	80
Nature Valley Crunchy Granola Bars - Oats 'N Honey 1/2 x 2 bars, 21 g	95	3.5	0.5	14.5	1	5.5	1.5	90	0	
Better Made Barbecue Potato Chips 1 oz, 28 oz	160	10	3	14	1	1	2	210	0	0
Total	1096	44.61	11.41	160.57	14.5	88.13	25.02	696	30	1340
Total	**2031**	**89.86**	**28.16**	**248.07**	**22.5**	**105.13**	**69.02**	**2508.5**	**280**	**1510**

Friday, February 2, 2018

	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 Vanilla Almond Cereal 1 cup, 40 g	150	1.5	0	33	3	12	3	220	0	0
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Total	205	2.75	0.75	39.5	3	18	7	282.5	5	0
Lunch										
Advocare Meal Replacement Shake - Chocolate 1 pouch, 59 g	220	3	1	24	6	12	24	80	40	700
Dinner										
Chicken Wing (Skin Eaten) 3 large (yield after cooking, bone removed)	372	24.9	6.972	0	0	0	34.37	521	107	236
Sheetz Grilled Chicken Caesar Salad 1 serving, 145 g	365	29	6	4	0	2	26	1361	73	
Tom Wahls Hollywood Burger 1/2 x 1 burger	335	16		26.5			19.5			
McDonald's French Fries (Small) 1 serving, 75 g	230	11	1.5	29	3	0	3	160	0	
Total	1302	80.9	14.472	59.5	3	2	82.87	2042	180	236
Snacks/Other										
Yuengling Traditional Lager 20 oz	213	0	0	16.67	0	0	2.33	0	0	0

Friday, February 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Panera Bread Kettle-Cooked Potato Chips	150	8	0.5	17	1	0	2	170	0	
1 package, 28 g										
Total	363	8	0.5	33.67	1	0	4.33	170	0	0
Total	**2090**	**94.65**	**16.722**	**156.67**	**13**	**32**	**118.2**	**2574.5**	**225**	**936**

Saturday, February 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Eggland's Best EB Egg 2 x 1 egg, 100 g	140	8	2	0	0	0	12	130	350	
Sara Lee Artesano Style Bread 1 slice, 38 g	100	1	0	20	1	2	3	190	0	3500
Total	295	10.25	2.75	26.5	1	8	19	382.5	355	3500
Lunch										
Kellogg's Special K Chocolatey Delight Cereal 1 cup, 42 g	120	2	2	25	3	9	2	180	0	85
Dinner										
Wegmans Organic Grass Fed Ground Beef (93% Lean / 7% Fat) 3 oz cooked, 84 g	160	7	3	0	0	0	22	55	70	0
Bread 1 regular slice	69	0.86	0.186	13.16	0.6	1.12	1.99	177	0	26
Parmesan Cheese (Shredded) 2 tbsps	42	2.73	1.737	0.34	0		3.79	170	7	10
Victoria All Natural Marinara Sauce 1/2 cup, 113 g	70	4	1	6	1	4	2	420	0	
Barilla Thick Spaghetti Pasta 2 oz, 56 g	200	1	0	42	2	1	7	0	0	
Panera Bread Roasted Turkey, Apple & Cheddar Sandwich (Half)	360	16	6	33	3	8	17	630	55	

Saturday, February 3, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 sandwich										
Total	901	31.59	11.923	94.5	6.6	14.12	53.78	1452	132	36
Snacks/Other										
Driscoll's Strawberries	50	0		11	2	7	1	2	0	
1 cup, 144 g										
Banana	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Zone Perfect Perfectly Simple Nutrition Bar - Oatmeal Chocolate Chunk	180	8	4	18	1	10	10	150	30	80
1 bar , 40 g										
Total	335	8.39	4.132	55.95	6.1	31.43	12.29	153	30	502
Total	**1651**	**52.23**	**20.805**	**201.95**	**16.7**	**62.55**	**87.07**	**2167.5**	**517**	**4123**

Sunday, February 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Quaker Life Cereal - Original 1 cup, 42 g	120	1.5	0	25	2	6	3	160	0	90
General Mills Cheerios 1 cup, 28 g	100	2	0	20	3	1	3	160	0	170
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Total	330	6	1.5	58	5	19	14	445	10	260
Lunch										
Dinner										
Wegmans Kaiser Roll 2 x 1 roll, 132 g	240	2	0	48	2	0	10	480	0	
Albertsons Sliced Roast Beef 3 x 2 oz	210	3	1.5	0	0	0	51	1470	105	
Wegman's Italian Wedding Soup 12oz	190	10	3.5	19	1	1	8	870	30	
Total	640	15	5	67	3	1	69	2820	135	
Snacks/Other										
Coors Blue Moon Beer 1 1/2 x 1 bottle, 18 oz	246	0	0	19.5	0	0	3	11.25	0	
Cheesecake 1 piece (1/6 17 oz cake)	257	18	7.937	20.4	0.3		4.4	166	44	72
Tortilla Corn Chips	220	10.51	1.106	29.39	2.4	0.45	3.51	189	0	97

Sunday, February 4, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 10 chip servings										
Banana	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate	190	6	5	22	1	14	12	190	5	160
1 bar, 45 g										
Total	1018	34.9	14.175	118.24	6.8	28.88	24.2	557.25	49	751
Total	**1988**	**55.9**	**20.675**	**243.24**	**14.8**	**48.88**	**107.2**	**3822.25**	**194**	**1011**

Monday, February 5, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
BurgerFi Vegifi Burger	520	25		57	11	7	18	820	60	
1 burger										
Dinner										
Snacks/Other										
Yuengling Traditional Lager	256	0	0	20	0	0	2.8	0	0	0
2 x 1 bottle, 24 oz										
Total	**776**	**25**	**0**	**77**	**11**	**7**	**20.8**	**820**	**60**	**0**

Friday, February 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kraft 2% Milk Mozzarella Cheese 1 1/4 x 1/4 cup, 35 g	100	5	3.12	2.5		0	10	237.5	18.75	
Eggland's Best EB Egg 3 x 1 egg, 150 g	210	12	3	0	0	0	18	195	525	
General Mills Cheerios 1 cup, 28 g	100	2	0	20	3	1	3	160	0	170
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Total	465	20.25	6.87	29	3	7	35	655	548.75	170
Lunch										
Dinner										
Snacks/Other										
Total	465	20.25	6.87	29	3	7	35	655	548.75	170

Saturday, February 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kraft 2% Milk Mozzarella Cheese 1 1/4 x 1/4 cup, 35 g	100	5	3.12	2.5		0	10	237.5	18.75	
Kellogg's Special K Chocolatey Delight Cereal 2 x 1 cup, 84 g	240	4	4	50	6	18	4	360	0	170
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Total	395	10.25	7.87	59	6	24	18	660	23.75	170
Lunch										
Advocare Meal Replacement Shake - Chocolate 1 pouch, 59 g	220	3	1	24	6	12	24	80	40	700
Chili's Grilled Chicken Salad 1 salad, 400 g	440	23	6	23	4	11	28	1100	105	
Chili's Chicken Enchilada Soup (Cup) 1 serving	200	13	4.54	13	1	0	10	730	0	
Total	860	39	11.54	60	11	23	62	1910	145	700
Dinner										
Victoria All Natural Marinara Sauce 1/2 cup, 113 g	70	4	1	6	1	4	2	420	0	
Boboli Mini 8" Crust 2 x 1/2 shell, 142 g	380	5	2	70	2	2	12	760	0	0
Total	450	9	3	76	3	6	14	1180	0	0
Snacks/Other										

Saturday, February 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Flipz Milk Chocolate Covered Pretzels 1/4 x 8 pretzels, 0 oz	32	1.25	0.75	5	0.25	2.75	0.5	35	0	0
Dairy Queen Dipped Chocolate Cone (Small) 1 cone	330	15	12	42	1	30	6	100	25	
Zone Perfect Perfectly Simple Nutrition Bar - Oatmeal Chocolate Chunk 1 bar , 40 g	180	8	4	18	1	10	10	150	30	80
Banana 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	647	24.64	16.882	91.95	5.35	57.18	17.79	286	55	502
Total	2352	82.89	39.292	286.95	25.35	110.18	111.79	4036	223.75	1372

Sunday, February 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sara Lee Artesano Style Bread 1 slice, 38 g	100	1	0	20	1	2	3	190	0	3500
General Mills Cheerios 1 cup, 28 g	100	2	0	20	3	1	3	160	0	170
Eggland's Best EB Egg 2 x 1 egg, 100 g	140	8	2	0	0	0	12	130	350	
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Total	395	12.25	2.75	46.5	4	9	22	542.5	355	3670
Lunch										
Chicken Thigh 1 1/2 small (yield after cooking, bone removed)	202	12.67	3.542	0	0	0	20.5	335	76	182
Dinner										
Wegmans Organic Grass Fed Ground Beef (93% Lean / 7% Fat) 3 oz cooked, 84 g	160	7	3	0	0	0	22	55	70	0
Victoria All Natural Marinara Sauce 1/2 cup, 113 g	70	4	1	6	1	4	2	420	0	
Barilla Rotini Pasta 1 1/2 x 2 oz dry, 84 g	300	1.5	0	63	3	3	10.5	0	0	0
Total	530	12.5	4	69	4	7	34.5	475	70	0
Snacks/Other										
Dairy Queen Vanilla Ice Cream Cone (Small)	240	7.5	4.5	38	0	27.5	5.5	115	23	

Sunday, February 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cone, 5 oz										
Driscoll's Blackberries	43	0.5	0	10	5	5	1	1	0	233
1 cup, 144 g										
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate	190	6	5	22	1	14	12	190	5	160
1 bar, 45 g										
Total	473	14	9.5	70	6	46.5	18.5	306	28	393
Total	**1600**	**51.42**	**19.792**	**185.5**	**14**	**62.5**	**95.5**	**1658.5**	**529**	**4245**

Monday, February 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Advocare Meal Replacement Shake - Chocolate 1 pouch, 59 g	220	3	1	24	6	12	24	80	40	700
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
General Mills Cheerios 1 cup, 28 g	100	2	0	20	3	1	3	160	0	170
Total	375	6.25	1.75	50.5	9	19	31	302.5	45	870
Lunch										
Pizza with Meat 1 1/2 pieces (1/8 12" dia)	397	18.22	7.248	41.51	2.1	2.65	15.96	915	32	272
Dinner										
Cooked Cauliflower (Fat Not Added in Cooking) 2 cups	79	1.33	0.21	14.26	9.7	4.61	6.3	1022	0	504
Texas Roadhouse Ribeye (10 oz) 2 servings, 5 oz	364	22	9	0	0	0	38	77	118	
Total	443	23.33	9.21	14.26	9.7	4.61	44.3	1099	118	504
Snacks/Other										
Orange 1 large (3-1/16" dia)	86	0.22	0.028	21.62	4.4	17.2	1.73	0	0	333
Banana 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate	190	6	5	22	1	14	12	190	5	160

Monday, February 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 45 g										
Total	381	6.61	5.16	70.57	8.5	45.63	15.02	191	5	915
Total	**1596**	**54.41**	**23.368**	**176.84**	**29.3**	**71.89**	**106.28**	**2507.5**	**200**	**2561**

Tuesday, February 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Cheerios 1 cup, 28 g	100	2	0	20	3	1	3	160	0	170
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Kellogg's Special K Chocolatey Delight Cereal 1 cup, 42 g	120	2	2	25	3	9	2	180	0	85
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Advocare Meal Replacement Shake - Chocolate 1 pouch, 59 g	220	3	1	24	6	12	24	80	40	700
Total	550	9.5	4.5	82	12	34	37	545	50	955
Lunch										
Dinner										
Tom Wahls French Fries 6 oz	240	8		42			4			
Tom Wahls Hollywood Burger 1/2 x 1 burger	335	16		26.5			19.5			
Total	575	24		68.5			23.5			
Snacks/Other										
Saranac Pale Ale 1 bottle, 12 oz	179	0		0			0			
Brooklyn Brewery Brooklyn Lager 1 bottle, 12 oz	170	0		16.3	0	0	2	0	0	

Tuesday, February 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Zone Perfect Perfectly Simple Nutrition Bar - Oatmeal Chocolate Chunk 1 bar , 40 g	180	8	4	18	1	10	10	150	30	80
Publix Red Seedless Grapes 2 x 1/2 cup, 160 g	120	0	0	28	2	24	2	0	0	0
Great Value Mixed Nuts 2 x 1/4 cup, 2 oz	340	30	5	10	4	2	12	170	0	380
Total	989	38	9	72.3	7	36	26	320	30	460
Total	**2114**	**71.5**	**13.5**	**222.8**	**19**	**70**	**86.5**	**865**	**80**	**1415**

Wednesday, February 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
General Mills Cheerios 1 cup, 28 g	100	2	0	20	3	1	3	160	0	170
Total	155	3.25	0.75	26.5	3	7	7	222.5	5	170
Lunch										
Trader Joe's Real Italian Cannoli 1/2 x 1 canoli, 30 g	110	4	1.5	16.5	1	4.5	2	90	15	0
Wegmans Chicken Ceasar Salad 3/4 x 1 salad	480	36		15			21			
Total	590	40	1.5	31.5	1	4.5	23	90	15	0
Dinner										
The Distillery Side of Rice 1 order	231	8	4	38			4	214		
P.F. Chang's Hunan Pork 1 serving, 10 oz	395	19	1	38	2	0	16	1850	0	
Total	626	27	5	76	2	0	20	2064	0	
Snacks/Other										
Schwan's Chocolate Cream Pie Slices made with Hershey's 1 slice	210	9	4	30	1	21	3	200	10	
Banana 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Driscoll's Blackberries	43	0.5	0	10	5	5	1	1	0	233

Wednesday, February 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup, 144 g										
Great Value Mixed Nuts	340	30	5	10	4	2	12	170	0	380
2 x 1/4 cup, 2 oz										
Total	698	39.89	9.132	76.95	13.1	42.43	17.29	372	10	1035
Total	2069	110.14	16.382	210.95	19.1	53.93	67.29	2748.5	30	1205

Thursday, February 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Life Cereal - Original 1 cup, 42 g	120	1.5	0	25	2	6	3	160	0	90
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Total	175	2.75	0.75	31.5	2	12	7	222.5	5	90
Lunch										
Marie's Chunky Blue Cheese Dressing 2 tbsp, 28 g	160	17	3.5	0	0	0	1	160	15	
Buffalo Wild Wings Chicken Wings (3) 3 1/4 x 6 wings	702	48.75	9.75	0	0	0	58.5	643.5	253.5	
Nature's Place Organic Old Fashioned Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	0	5	0	0	0
Total	1012	68.75	13.75	27	4	0	64.5	803.5	268.5	0
Dinner										
Salmon 5 oz boneless	207	8.41	1.786	0	0	0	30.65	65	64	600
Wegmans Summer Harvest Salad 1/2cup	180	11		15	2	3	3	340	5	
Total	387	19.41	1.786	15	2	3	33.65	405	69	600
Snacks/Other										
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate	190	6	5	22	1	14	12	190	5	160

Thursday, February 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 45 g										
Brooklyn Brewery Brooklyn Lager	170	0		16.3	0	0	2	0	0	
1 bottle, 12 oz										
Great Value Mixed Nuts	340	30	5	10	4	2	12	170	0	380
2 x 1/4 cup, 2 oz										
Total	700	36	10	48.3	5	16	26	360	5	540
Total	2274	126.91	26.286	121.8	13	31	131.15	1791	347.5	1230

Friday, February 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Life Cereal - Original 1 cup, 42 g	120	1.5	0	25	2	6	3	160	0	90
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
Toasted Bagel 1/2 regular	143	0.85	0.14	28.27	1.3	2.88	5.51	238	0	42
Total	318	3.6	0.89	59.77	3.3	14.88	12.51	460.5	5	132
Lunch										
McDonald's Hamburger 1/2 x 1 burger, 49 g	125	4	1.5	16	0.5	3	6	245	15	
McDonald's French Fries (Small) 1 serving, 75 g	230	11	1.5	29	3	0	3	160	0	
Panera Bread Roasted Turkey, Apple & Cheddar Sandwich (Half) 1/2 sandwich	360	16	6	33	3	8	17	630	55	
Total	715	31	9	78	6.5	11	26	1035	70	
Dinner										
Snacks/Other										
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate 1 bar, 45 g	190	6	5	22	1	14	12	190	5	160
Great Value Mixed Nuts 2 x 1/4 cup, 2 oz	340	30	5	10	4	2	12	170	0	380

Friday, February 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Panera Bread Kettle-Cooked Potato Chips	150	8	0.5	17	1	0	2	170	0	
1 package, 28 g										
Total	680	44	10.5	49	6	16	26	530	5	540
Total	**1713**	**78.6**	**20.39**	**186.77**	**15.8**	**41.88**	**64.51**	**2025.5**	**80**	**672**

Saturday, February 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts Bacon, Egg & Cheese Wake-Up Wrap 1 wrap	210	13	5	14	1	1	10	480	95	
Wegmans Organic Instant Oatmeal - Apple & Cinnamon 1 packet, 40 g	150	2	0	28	2	9	4	90	0	115
Total	360	15	5	42	3	10	14	570	95	115
Lunch										
Pita Pit Philly steak pita 1 Pita	600	10		40			25			
Dinner										
Wegmans Organic Grass Fed Ground Beef (93% Lean / 7% Fat) 1/2 x 3 oz cooked, 42 g	80	3.5	1.5	0	0	0	11	27.5	35	0
Barilla Rotini Pasta 2 oz dry, 56 g	200	1	0	42	2	2	7	0	0	0
Total	280	4.5	1.5	42	2	2	18	27.5	35	0
Snacks/Other										
PopCorners Popped Corn Chips - Salt of The Earth 1 bag, 1 oz	110	2.5	0	20	0	0	2	190	0	
Orange 1 large (3-1/16" dia)	86	0.22	0.028	21.62	4.4	17.2	1.73	0	0	333
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate	190	6	5	22	1	14	12	190	5	160

Saturday, February 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 45 g										
Driscoll's Blackberries	43	0.5	0	10	5	5	1	1	0	233
1 cup, 144 g										
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate	190	6	5	22	1	14	12	190	5	160
1 bar, 45 g										
Total	619	15.22	10.028	95.62	11.4	50.2	28.73	571	10	886
Total	1859	44.72	16.528	219.62	16.4	62.2	85.73	1168.5	140	1001

Sunday, February 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wegmans Organic Instant Oatmeal - Apple & Cinnamon 1 packet, 40 g	150	2	0	28	2	9	4	90	0	115
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Total	240	2.33	0.113	51.07	4.6	21.35	5.1	91	0	477
Lunch										
Panera Bread Roasted Turkey, Apple & Cheddar Sandwich (Half) 1/2 sandwich	360	16	6	33	3	8	17	630	55	
Dinner										
Victoria All Natural Marinara Sauce 1/2 cup, 113 g	70	4	1	6	1	4	2	420	0	
Parmesan Cheese (Shredded) 2 tbsps	42	2.73	1.737	0.34	0		3.79	170	7	10
Bread 1 regular slice	69	0.86	0.186	13.16	0.6	1.12	1.99	177	0	26
Barilla Thick Spaghetti Pasta 1 1/2 x 2 oz, 84 g	300	1.5	0	63	3	1.5	10.5	0	0	
Wegmans Organic Grass Fed Ground Beef (93% Lean / 7% Fat) 3 oz cooked, 84 g	160	7	3	0	0	0	22	55	70	0
Total	641	16.09	5.923	82.5	4.6	6.62	40.28	822	77	36
Snacks/Other										

Sunday, February 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Mixed Nuts 1 1/4 x 1/4 cup, 1 oz	212	18.75	3.12	6.25	2.5	1.25	7.5	106.25	0	237.5
Angie's Boom Chicka Pop Sea Salt Popcorn 1 bag, 17 g	140	7	0.5	19	4	0	3	90	0	
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate 1 bar, 45 g	190	6	5	22	1	14	12	190	5	160
Total	542	31.75	8.62	47.25	7.5	15.25	22.5	386.25	5	397.5
Total	**1783**	**66.17**	**20.656**	**213.82**	**19.7**	**51.22**	**84.88**	**1929.25**	**137**	**910.5**

Monday, February 19, 2018

	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 Little Bites - Original 1/2 x 1 cup, 28 g	100	0.5	0	23.5	3	5.5	2.5	0	0	105
Kellogg's Special K Chocolatey Delight Cereal 1 cup, 42 g	120	2	2	25	3	9	2	180	0	85
Upstate Farms 1% Fat Milk 1 cup, 240 ml	110	2.5	1.5	13	0	12	8	125	10	
Total	330	5	3.5	61.5	6	26.5	12.5	305	10	190
Lunch										
Advocare Meal Replacement Shake - Chocolate 1 pouch, 59 g	220	3	1	24	6	12	24	80	40	700
Wegmans Chicken Ceasar Salad 1 salad	640	48		20			28			
Total	860	51	1	44	6	12	52	80	40	700
Dinner										
Marie Callender's Turkey Pot Pie 3/4 x 1 pie, 212 g	472	27	10.5	44.25	3.75	4.5	12.75	802.5	15	240
Snacks/Other										
Banana 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate	190	6	5	22	1	14	12	190	5	160

Monday, February 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 45 g										
Total	295	6.39	5.132	48.95	4.1	28.43	13.29	191	5	582
Total	**1957**	**89.39**	**20.132**	**198.7**	**19.85**	**71.43**	**90.54**	**1378.5**	**70**	**1712**

Tuesday, February 20, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts Bacon, Egg & Cheese Wake-Up Wrap 2 x 1 wrap	420	26	10	28	2	2	20	960	190	
Kellogg's Special K Chocolatey Delight Cereal 1 cup, 42 g	120	2	2	25	3	9	2	180	0	85
Upstate Farms 1% Fat Milk 1 cup, 240 ml	110	2.5	1.5	13	0	12	8	125	10	
Total	650	30.5	13.5	66	5	23	30	1265	200	85
Lunch										
Pizza Hut 12" Medium Pepperoni Pan Pizza 1 slice, 102 g	250	12	4.5	27	1	2	12	640	25	
Advocare Meal Replacement Shake - Chocolate 1 pouch, 59 g	220	3	1	24	6	12	24	80	40	700
Total	470	15	5.5	51	7	14	36	720	65	700
Dinner										
Qdoba Mexican Grill Black Beans 1 serving, 113 g	140	1	0	23	13	1	9	340	0	490
Qdoba Mexican Grill Shredded Cheese 1/2 x 1 serving, 14 g	80	7	4.25	0	0	0	5	125	20	20
Qdoba Mexican Grill Brown Rice 1 serving	170	1	0.5	35	3	1	4	250	0	0
Qdoba Mexican Grill Guacamole (Cup)	42	3.5	0.5	2.25	1	0	0.25	100	0	122.5

Tuesday, February 20, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 x 1 cup, 1 oz										
Qdoba Mexican Grill Sour Cream	30	2	1.5	1.5	0	1.5	1.5	20	10	32.5
1/2 x 1 serving, 14 g										
Buffalo Wild Wings Traditional Wings	216	15	3	0	0	0	18	198	78	
3 x 1 serving										
Total	678	29.5	9.75	61.75	17	3.5	37.75	1033	108	665
Snacks/Other										
Stella Artois Lager	154	0	0	6.3	0	0	0	0	0	
1 bottle, 11.2 oz										
Zone Perfect Perfectly Simple Nutrition Bar - Oatmeal Chocolate Chunk	180	8	4	18	1	10	10	150	30	80
1 bar , 40 g										
Total	334	8	4	24.3	1	10	10	150	30	80
Total	**2132**	**83**	**32.75**	**203.05**	**30**	**50.5**	**113.75**	**3168**	**403**	**1530**

Wednesday, February 21, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wegmans Organic Instant Oatmeal - Apple & Cinnamon 1 packet, 40 g	150	2	0	28	2	9	4	90	0	115
Lunch										
Advocare Meal Replacement Shake - Chocolate 1 pouch, 59 g	220	3	1	24	6	12	24	80	40	700
Dinner										
Genuine Steak House Brand Beef Ribeye Steak 1/2 x 6 oz, 56 g	140	10	4	0	0	0	11	27.5	37.5	
Marie Callender's Turkey Pot Pie 3/4 x 1 pie, 212 g	472	27	10.5	44.25	3.75	4.5	12.75	802.5	15	240
Tom Wahls Hollywood Burger 1 burger	670	32		53			39			
Total	1282	69	14.5	97.25	3.75	4.5	62.75	830	52.5	240
Snacks/Other										
Honeycrisp Apples 1 medium (2-3/4" dia)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	
Wise Foods All Natural Potato Chips 1 bag, 21 g	120	8	2.5	11	1	0	1	120	0	
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate 1 bar, 45 g	190	6	5	22	1	14	12	190	5	160

Wednesday, February 21, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	382	14.23	7.539	52.06	5.3	28.34	13.36	311	5	160
Total	**2034**	**88.23**	**23.039**	**201.31**	**17.05**	**53.84**	**104.11**	**1311**	**97.5**	**1215**

Thursday, February 22, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Panera Bread Ham, Egg & Cheese Breakfast Power Sandwich 1 sandwich	350	15	7	31	4		16	920	220	
Lunch										
Olive Garden Grilled Chicken Parmesan 1 1/4 x 1 serving	400	12.5	4.38	30	1.25	0	40	1250	0	
Dinner										
Pepperidge Farm Seasoned Croutons 1 1/2 x 6 croutons, 10.5 g	45	1.5	0	7.5	0	0	0	112.5	0	
Snacks/Other										
Angie's Boom Chicka Pop Sweet & Salty Kettle Corn 1 1/2 x 2 cups, 42 g	210	12	0.75	27	3	12	1.5	165	0	
Nabisco Belvita Sandwich Dark Chocolate Cream Breakfast Biscuits 1 pack (2 sandwiches), 50 g	230	9	2.5	36	3	12	3	120	0	140
Genuine Steak House Brand Beef Ribeye Steak 6 oz, 112 g	280	20	8	0	0	0	22	55	75	
Zone Perfect Perfectly Simple Nutrition Bar - Oatmeal Chocolate Chunk 1 bar , 40 g	180	8	4	18	1	10	10	150	30	80
Dunkin' Donuts Chocolate Frosted Donut	270	15	7	31	1	13	3	340	0	

Thursday, February 22, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving										
Total	1170	64	22.25	112	8	47	39.5	830	105	220
Total	**1965**	**93**	**33.63**	**180.5**	**13.25**	**47**	**95.5**	**3112.5**	**325**	**220**

Friday, February 23, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Life Cereal - Original 1 cup, 42 g	120	1.5	0	25	2	6	3	160	0	90
Upstate Farms 1% Fat Milk 1 cup, 240 ml	110	2.5	1.5	13	0	12	8	125	10	
Upstate Farms 1% Fat Milk 1 cup, 240 ml	110	2.5	1.5	13	0	12	8	125	10	
Kellogg's Special K Chocolatey Delight Cereal 1 cup, 42 g	120	2	2	25	3	9	2	180	0	85
Total	460	8.5	5	76	5	39	21	590	20	175
Lunch										
McDonald's Hamburger 3/4 x 1 burger, 74 g	188	6	2.25	24	0.75	4.5	9	367.5	22.5	
McDonald's French Fries (Small) 1 serving, 75 g	230	11	1.5	29	3	0	3	160	0	
Advocare Meal Replacement Shake - Chocolate 1 pouch, 59 g	220	3	1	24	6	12	24	80	40	700
Total	638	20	4.75	77	9.75	16.5	36	607.5	62.5	700
Dinner										
SeaPak Tempura Shrimp 4 shrimp, 3 oz	190	9	1.5	17	0	1	9	370	60	
Marie Callender's Turkey Pot Pie 3/4 x 1 pie, 212 g	472	27	10.5	44.25	3.75	4.5	12.75	802.5	15	240
Dunkin' Donuts Bacon, Egg & Cheese on Bagel	345	8.25	3.38	50.25	3	5.25	17.25	900	52.5	

Friday, February 23, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3/4 x 1 sandwich										
Total	1007	44.25	15.38	111.5	6.75	10.75	39	2072.5	127.5	240
Snacks/Other										
McDonald's Coca-Cola (Small)	140	0	0	39	0	39	0	0	0	
1 serving, 16 oz										
Total	2245	72.75	25.13	303.5	21.5	105.25	96	3270	210	1115

Saturday, February 24, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Eggland's Best EB Egg 2 x 1 egg, 100 g	140	8	2	0	0	0	12	130	350	
Sara Lee Artesano Style Bread 1 slice, 38 g	100	1	0	20	1	2	3	190	0	3500
Advocare Meal Replacement Shake - Chocolate 1 pouch, 59 g	220	3	1	24	6	12	24	80	40	700
Total	460	12	3	44	7	14	39	400	390	4200
Lunch										
Uno Chicago Grill Caesar Side Salad 1 serving	220	17	3.5	10	2	1	6	370	20	
Samuel Adams Cold Snap 1 bottle, 12 oz	187	5		12			0			
Stella Artois Lager 1 bottle, 11.2 oz	154	0	0	6.3	0	0	0	0	0	
Buffalo Wild Wings Chicken Wings (3) 1 1/2 x 6 wings	324	22.5	4.5	0	0	0	27	297	117	
Total	885	44.5	8	28.3	2	1	33	667	137	
Dinner										
Cabbage Salad or Coleslaw with Dressing 3/4 cup	201	17.73	2.695	10.56	2.6	6.84	1.77	391	8	284
Beef Chuck (Arm Pot Roast, Lean Only, Trimmed to 1/8" Fat) 6 oz	225	7.13	2.642	0	0	0	37.61	126	75	573

Saturday, February 24, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Alexia Potato Puffs	150	10	1	15	1	1	1	580	0	240
14 pieces, 3 oz										
Total	576	34.86	6.337	25.56	3.6	7.84	40.38	1097	83	1097
Snacks/Other										
Great Value Mixed Nuts	170	15	2.5	5	2	1	6	85	0	190
1/4 cup, 1 oz										
Zone Perfect Perfectly Simple Nutrition Bar - Oatmeal Chocolate Chunk	180	8	4	18	1	10	10	150	30	80
1 bar , 40 g										
Total	350	23	6.5	23	3	11	16	235	30	270
Total	**2271**	**114.36**	**23.837**	**120.86**	**15.6**	**33.84**	**128.38**	**2399**	**640**	**5567**

Sunday, February 25, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sara Lee Artesano Style Bread 1 slice, 38 g	100	1	0	20	1	2	3	190	0	3500
Eggland's Best EB Egg 2 x 1 egg, 100 g	140	8	2	0	0	0	12	130	350	
Quaker Life Cereal - Original 1 cup, 42 g	120	1.5	0	25	2	6	3	160	0	90
Upstate Farms 1% Fat Milk 1 cup, 240 ml	110	2.5	1.5	13	0	12	8	125	10	
Total	470	13	3.5	58	3	20	26	605	360	3590
Lunch										
Bacon, Chicken and Tomato Club Sandwich with Lettuce and Spread 1 sandwich	549	24.48	5.321	49	3	5.41	31.02	1087	71	462
Dinner										
Wegmans Organic Grass Fed Ground Beef (93% Lean / 7% Fat) 3 oz cooked, 84 g	160	7	3	0	0	0	22	55	70	0
Bread 1 regular slice	69	0.86	0.186	13.16	0.6	1.12	1.99	177	0	26
Parmesan Cheese (Shredded) 2 tbsps	42	2.73	1.737	0.34	0		3.79	170	7	10
Victoria All Natural Marinara Sauce 1/2 cup, 113 g	70	4	1	6	1	4	2	420	0	
Barilla Thick Spaghetti Pasta 2 oz, 56 g	200	1	0	42	2	1	7	0	0	

Sunday, February 25, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	541	15.59	5.923	61.5	3.6	6.12	36.78	822	77	36
Snacks/Other										
PopCorners Popped Corn Chips - Salt of The Earth 3/4 x 1 bag, 1 oz	82	1.88	0	15	0	0	1.5	142.5	0	
Dairy Queen Dipped Chocolate Cone (Small) 1 cone	330	15	12	42	1	30	6	100	25	
Orange 1 large (3-1/16" dia)	86	0.22	0.028	21.62	4.4	17.2	1.73	0	0	333
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate 1 bar, 45 g	190	6	5	22	1	14	12	190	5	160
Total	688	23.1	17.028	100.62	6.4	61.2	21.23	432.5	30	493
Total	**2248**	**76.17**	**31.772**	**269.12**	**16**	**92.73**	**115.03**	**2946.5**	**538**	**4581**

Monday, February 26, 2018

	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 Little Bites - Original 1/2 x 1 cup, 28 g	100	0.5	0	23.5	3	5.5	2.5	0	0	105
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
General Mills Cheerios 1 cup, 28 g	100	2	0	20	3	1	3	160	0	170
Upstate Farms 1% Fat Milk 1 cup, 240 ml	110	2.5	1.5	13	0	12	8	125	10	
Wegmans Organic Instant Oatmeal Just Oats 1 packet, 40 g	150	2.5	0	27	4	0.5	6	0	0	0
Total	515	8.75	2.25	90	10	25	23.5	347.5	15	275
Lunch										
Wegmans Farm Raised Atlantic Salmon Portions 1 fillet, 6 oz	330	21	5	0	0	0	34	80	75	
Advocare Meal Replacement Shake - Chocolate 1 pouch, 59 g	220	3	1	24	6	12	24	80	40	700
Total	550	24	6	24	6	12	58	160	115	700
Dinner										
Wegmans Chicken Caesar on Ciabatta 1 package	590	0		0			0			
Snacks/Other										

Monday, February 26, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Zone Perfect Perfectly Simple Nutrition Bar - Oatmeal Chocolate Chunk 1 bar , 40 g	180	8	4	18	1	10	10	150	30	80
Banana 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	285	8.39	4.132	44.95	4.1	24.43	11.29	151	30	502
Total	1940	41.14	12.382	158.95	20.1	61.43	92.79	658.5	160	1477

Tuesday, February 27, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts Bacon, Egg & Cheese on Bagel 1 sandwich	460	11	4.5	67	4	7	23	1200	70	
Bananas 1 small (6" to 6-7/8" long)	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
Wegmans Organic Instant Oatmeal - Apple & Cinnamon 1 packet, 40 g	150	2	0	28	2	9	4	90	0	115
Upstate Farms 1% Fat Milk 1 cup, 240 ml	110	2.5	1.5	13	0	12	8	125	10	
Full Circle Honey & Oats Medley Cereal 3/4 cup, 30 g	120	1		25	2	6	2	135		50
Total	930	16.83	6.113	156.07	10.6	46.35	38.1	1551	80	527
Lunch										
Dinner										
Trader Joe's Chicken Salad with Dressing 1 container, 340 g	650	42	6.5	40	5	18	32	670	70	
Snacks/Other										
Great Value Mixed Nuts 1/4 cup, 1 oz	170	15	2.5	5	2	1	6	85	0	190
Stella Artois Lager 1 bottle, 11.2 oz	154	0	0	6.3	0	0	0	0	0	
Zone Perfect Perfectly Simple Nutrition Bar - Oatmeal Chocolate Chunk	180	8	4	18	1	10	10	150	30	80

Tuesday, February 27, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar , 40 g										
Total	504	23	6.5	29.3	3	11	16	235	30	270
Total	**2084**	**81.83**	**19.113**	**225.37**	**18.6**	**75.35**	**86.1**	**2456**	**180**	**797**

Wednesday, February 28, 2018

	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 Little Bites - Original 1/2 x 1 cup, 28 g	100	0.5	0	23.5	3	5.5	2.5	0	0	105
Upstate Farms 1% Fat Milk 1/2 x 1 cup, 120 ml	55	1.25	0.75	6.5	0	6	4	62.5	5	
General Mills Cheerios 1 cup, 28 g	100	2	0	20	3	1	3	160	0	170
Upstate Farms 1% Fat Milk 1 cup, 240 ml	110	2.5	1.5	13	0	12	8	125	10	
Total	365	6.25	2.25	63	6	24.5	17.5	347.5	15	275
Lunch										
Italian Bread 1 slice, medium	54	0.7	0.171	10	0.5	0.17	1.76	117	0	22
Chili's Grilled Chicken Salad 1 salad, 400 g	440	23	6	23	4	11	28	1100	105	
Total	494	23.7	6.171	33	4.5	11.17	29.76	1217	105	22
Dinner										
Meat Loaf 3 medium slices	661	39.24	12.911	21.12	1.3	5.25	52.36	1341	256	891
Snacks/Other										
Zone Perfect Dark Chocolate Nutrition Bar - Double Dark Chocolate 1 bar, 45 g	190	6	5	22	1	14	12	190	5	160
Dove Dark Chocolate Miniatures	100	6	3.5	11	1.5	8.5	1	0	2.5	

Wednesday, February 28, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 5 pieces										
Total	290	12	8.5	33	2.5	22.5	13	190	7.5	160
Total	**1810**	**81.19**	**29.832**	**150.12**	**14.3**	**63.42**	**112.62**	**3095.5**	**383.5**	**1348**