Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	387	10.65	55.07	19.47
Lunch	214	7.54	17.58	18.2
Dinner	301	14.68	25.53	16.96
Snacks/Other	362	12.18	56.23	9.21
Total	1263	45.04	154.4	63.84

Monday, January 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (2% Lowfat Without Added Vitamin A and Nonfat Solids)	137	4.85	3.018	13.45	0		9.68	145	20	446
1 cup										
Kellogg's Reduced Sugar Fruit Loops	120	1		28	1	10	2	180	0	
1 1/4 cup										
Quaker 100% Whole Grain Oatmeal	300	6	1	54	8	2	10	0	0	
2 x 1/2 cup dry, 80 g										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Coffee-Mate Sugar Free French Vanilla Liquid Coffee Creamer	45	3	0	6	0	0	0	105	0	
3 x 1 tbsp, 45 ml										
Total	604	14.9	4.023	101.54	9	12	21.96	435	20	557
Lunch										
Ground Turkey (Cooked)	200	11.18	2.883	0	0	0	23.27	91	87	230
3 oz										
Lean Cuisine Simple Favorites Lasagna with Meat Sauce	310	7	3.5	45	4	8	17	630	30	710
1 package, 297 g										
Total	510	18.18	6.383	45	4	8	40.27	721	117	940
Dinner										
Snacks/Other										
Total	1114	33.08	10.406	146.54	13	20	62.23	1156	137	1497

Wednesday, January 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker 100% Whole Grain Oatmeal	300	6	1	54	8	2	10	0	0	
2 x 1/2 cup dry, 80 g										
Kellogg's Reduced Sugar Fruit Loops	120	1		28	1	10	2	180	0	
1 1/4 cup										
Milk (2% Lowfat Without Added Vitamin A and Nonfat Solids)	137	4.85	3.018	13.45	0		9.68	145	20	446
1 cup										
Total	557	11.85	4.018	95.45	9	12	21.68	325	20	446
Lunch										
Flour Tortillas	94	2.32	0.566	15.4	0.9	0.58	2.49	191	0	46
1 medium (approx 6" dia)										
Chicken Breast (Skin Not Eaten)	138	2.97	0.841	0	0	0	25.84	333	71	213
3 oz boneless, cooked, skinless										
Ground Turkey	261	14.61	3.765	0	0	0	30.39	480	113	300
4 oz cooked										
Total	493	19.9	5.172	15.4	0.9	0.58	58.72	1004	184	559
Dinner										
Little Caesars Hot-N-Ready Just Cheese Pizza	500	18	8	64	2	6	24	880	40	
2 x 1 slice, 226 g										
Snacks/Other										
Sunbelt Oats & Honey Chewy Granola Bar (28g)	120	4.5	2.5	19	1	8	2	60	0	
1 bar, 27 g										

Wednesday, January 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Quaker Chewy Granola Bars - Chocolate Chip 1 bar, 24 g	100	3.5	1.5	17	1	7	1	70	0	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
Krave Basil Citrus Turkey Jerky 1 piece, 28 g	80	0.5	0	11	1	10	9	460	15	
Total	372	8.73	4.039	66.06	6.3	39.34	12.36	591	15	148
Total	1922	58.48	21.229	240.91	18.2	57.92	116.76	2800	259	1153

Friday, January 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Apple & Cinnamon Instant Oatmeal	130	1.5	0	27	3	10	3	120	0	
1 pouch, 35 g										
Quaker 100% Whole Grain Oatmeal	300	6	1	54	8	2	10	0	0	
2 x 1/2 cup dry, 80 g										
Total	430	7.5	1	81	11	12	13	120	0	
Lunch										
Dinner										
Snacks/Other										
Chicken Breast	55	2.19	0.616	0	0	0	8.38	111	24	69
1 oz boneless, cooked										
Red Delicious Apples	35	0.11	0.018	9.12	1.6	6.85	0.17	1	0	
66 g										
Total	90	2.3	0.634	9.12	1.6	6.85	8.55	112	24	69
Total	**520**	**9.8**	**1.634**	**90.12**	**12.6**	**18.85**	**21.55**	**232**	**24**	**69**

Monday, January 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Albers Quick Grits 1/4 cup	140	0.5		31	1	0	3	0	0	
Fried Egg 2 large	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
Chicken Breast (Skin Not Eaten) 3 oz boneless, cooked (yield after skin removed)	128	2.76	0.781	0	0	0	23.99	309	66	198
Total	453	17.35	4.731	31.81	1	0.76	39.53	497	486	333
Lunch										
Dinner										
Snacks/Other										
Sugar Cookies (Includes Vanilla) 1 cookie	72	3.16	0.815	10.18	0.1	5.66	0.76	54	8	9
World's Finest Chocolate Milk Chocolate W.F. Crisp Bars 1 bar, 32 g	200	10	6	25	1	23	2	45	10	
Texas Roadhouse Dinner Rolls 1 roll	227	11	0	27.7	0	0	5.2	269	0	0
Cuties Clementines 1/2 x 2 clementines, 84 g	40	0.12	0	10	2	6.5	0.71	0	0	200
Total	539	24.28	6.815	72.88	3.1	35.16	8.67	368	18	209
Total	**992**	**41.63**	**11.546**	**104.69**	**4.1**	**35.92**	**48.2**	**865**	**504**	**542**

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker 100% Whole Grain Oatmeal	150	3	0.5	27	4	1	5	0	0	
1/2 cup dry, 40 g										
Kroger Apple & Cinnamon Instant Oatmeal	130	1.5	0	27	3	10	3	120	0	
1 pouch, 35 g										
Total	280	4.5	0.5	54	7	11	8	120	0	
Lunch										
Lean Cuisine Chicken Spinach Mushroom Panini	310	7	2.5	42	6	5	22	600	30	150
1 package, 170 g										
Dinner										
KFC Biscuit	180	8		23			4	530		
1 serving										
KFC Original Recipe Chicken Wing	140	8	1.5	4	0	0	12	390	50	
1 piece										
KFC Original Recipe Chicken Wing	140	8	1.5	4	0	0	12	390	50	
1 piece										
KFC Chicken Strips	116	6.27	1.16	5.28	0	0	9.57	392.7	23.1	
1/3 x 3 strips, 50 g										
KFC Biscuit	180	8		23			4	530		
1 serving										
Total	756	38.27	4.16	59.28	0	0	41.57	2232.7	123.1	
Snacks/Other										
Red Delicious Apples	35	0.11	0.018	9.12	1.6	6.85	0.17	1	0	

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
66 g										
Sunbelt Oats & Honey Chewy Granola Bar (28g)	120	4.5	2.5	19	1	8	2	60	0	
1 bar, 27 g										
Cuties Clementines	40	0.12	0	10	2	6.5	0.71	0	0	200
1/2 x 2 clementines, 84 g										
Kellogg's Cheez-It Baked Snack Crackers	140	5	1.5	20	1	0	3	230	5	
27 crackers, 30 g										
Cuties Clementines	40	0.12	0	10	2	6.5	0.71	0	0	200
1/2 x 2 clementines, 84 g										
Total	375	9.85	4.018	68.12	7.6	27.85	6.59	291	5	400
Total	1721	59.62	11.178	223.4	20.6	43.85	78.16	3243.7	158.1	550

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker 100% Whole Grain Oatmeal 1/2 x 1/2 cup dry, 20 g	75	1.5	0.25	13.5	2	0.5	2.5	0	0	
Quaker Instant Oatmeal - Bananas & Cream 1 packet, 30 g	130	2.5	0.5	26	2	9	3	170	0	105
Total	205	4	0.75	39.5	4	9.5	5.5	170	0	105
Lunch										
KFC Grilled Chicken Thigh 1 serving	170	10	3	0	0	0	19	530	90	
Lean Cuisine Chicken Club Panini 1 package	350	9	3.5	45	4	6	23	680	40	540
Total	520	19	6.5	45	4	6	42	1210	130	540
Dinner										
Little Caesars Hot Wings 3 x 1 wing	210	15	4.5	0	0	0	18	1170	75	
Little Caesars Hot-N-Ready Pepperoni Pizza 2 x 1 slice, 198 g	560	22	10	64	4	6	28	1120	50	
Total	770	37	14.5	64	4	6	46	2290	125	
Snacks/Other										
Quaker Chewy Granola Bars - Chocolate Chip 1 bar, 24 g	100	3.5	1.5	17	1	7	1	70	0	0
Red Delicious Apples 66 g	35	0.11	0.018	9.12	1.6	6.85	0.17	1	0	

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cuties Clementines 1/2 x 2 clementines, 84 g	40	0.12	0	10	2	6.5	0.71	0	0	200
KFC Grilled Chicken DRUMSTICK 1 drumstick	90	4	1	0	0	0	13	290	60	
Great Value Chicken Strips 1/2 x 1 strip, 56 g	90	4.5	0.75	5	0	0	7	295	15	62.5
Texas Roadhouse Dinner Rolls 1/2 x 1 roll	114	5.5	0	13.85	0	0	2.6	134.5	0	0
Total	469	17.73	3.268	54.97	4.6	20.35	24.48	790.5	75	262.5
Total	**1964**	**77.73**	**25.018**	**203.47**	**16.6**	**41.85**	**117.98**	**4460.5**	**330**	**907.5**

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
American Heritage Cheddar Shredded Cheese 1/2 x 1/4 cup, 14 g	55	4.5	3	0.5	0	0	3.5	90	15	
Mission 8" Flour Soft Taco (10 ct) 1 tortilla, 49 g	140	3.5	1.5	24	1	1	4	420	0	0
Butterball Everyday Turkey Bacon 2 x 2 slices, 36 g	100	8	2	0	0	0	8	540	40	
Chicken Breast (Skin Not Eaten) 2 oz boneless, cooked (yield after skin removed)	85	1.84	0.521	0	0	0	16	206	44	132
Fried Egg 1 large	92	7.04	1.975	0.4	0	0.38	6.27	94	210	68
Total	472	24.88	8.996	24.9	1	1.38	37.77	1350	309	200
Lunch										
Dinner										
Snacks/Other										
McDonald's Caramel Mocha (Small) 1 serving, 12 oz	250	11	6	33	0	31	7	150	25	
Sunbelt Oats & Honey Chewy Granola Bar (28g) 1 bar, 27 g	120	4.5	2.5	19	1	8	2	60	0	
Quaker Chewy Granola Bars - Chocolate Chip 1 bar, 24 g	100	3.5	1.5	17	1	7	1	70	0	0

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	470	19	10	69	2	46	10	280	25	0
Total	942	43.88	18.996	93.9	3	47.38	47.77	1630	334	200

Monday, January 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee-mate Sugar Free French Vanilla	45	3	0	3		0	0	15	0	
3 x 1 tbsp (15ml)										
Coffee	2	0.05	0.005	0.09	0	0	0.28	5	0	111
1 mug (8 fl oz)										
Milk	30	1.22	0.741	2.87	0	3.15	2.01	25	4	90
1/4 cup										
Quaker Instant Oatmeal - Bananas & Cream	130	2.5	0.5	26	2	9	3	170	0	105
1 packet, 30 g										
Quaker 100% Whole Grain Oatmeal	75	1.5	0.25	13.5	2	0.5	2.5	0	0	
1/2 x 1/2 cup dry, 20 g										
Chicken Breast (Skin Not Eaten)	85	1.84	0.521	0	0	0	16	206	44	132
2 oz boneless, cooked (yield after skin removed)										
Total	367	10.11	2.017	45.46	4	12.65	23.79	421	48	438
Lunch										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Oscar Mayer 98% Fat Free Turkey Lunch Meat	50	1	0	2	0	0	8	500	20	
6 slices										
Sara Lee Honey Wheat Bread	140	1	0	26	2	4	4	200	0	0
2 slices, 52 g										
Total	303	11.28	5.906	28.36	2	4.15	18.97	874	49	27
Dinner										

Monday, January 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
King's Hawaiian Hawaiian Sweet Rolls	100	2.5	1.5	16	1	5	3	85	15	0
1 roll, 28 g										
Rice-A-Roni Rice Pilaf	310	9	1.5	52	2	1	7	1060	0	0
1 cup prepared, 168 g										
Kroger Chicken Wing Drummettes	570	42	12	0	0	0	48	600	195	
3 x 2 drummettes, 336 g										
Total	980	53.5	15	68	3	6	58	1745	210	0
Snacks/Other										
Gatorade G2 Perform 02 - Grape (12 oz)	60	0	0	14	0	14	0	320	0	90
2 x 1 bottle, 720 ml										
Cuties Clementines	79	0.25	0	20	4	13	1.42	0	0	400
2 clementines, 168 g										
Red Delicious Apples	63	0.2	0.033	16.57	2.9	12.46	0.31	1	0	
120 g										
Total	202	0.45	0.033	50.57	6.9	39.46	1.73	321	0	490
Total	**1852**	**75.34**	**22.956**	**192.39**	**15.9**	**62.26**	**102.49**	**3361**	**307**	**955**

Tuesday, January 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Texas Roadhouse BBQ Ribs 1/2 x 4 ribs	138	3		17.25	0	0	9.5	0	0	
Quaker 100% Whole Grain Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	
Milk 1/2 cup	61	2.44	1.482	5.75	0	6.3	4.01	50	9	181
Total	349	8.44	1.982	50	4	7.3	18.51	50	9	181
Lunch										
Dinner										
Snacks/Other										
Quaker Chewy Granola Bars - Chocolate Chip 1 bar, 24 g	100	3.5	1.5	17	1	7	1	70	0	0
Sunbelt Oats & Honey Chewy Granola Bar (28g) 1 bar, 27 g	120	4.5	2.5	19	1	8	2	60	0	
Honeymaid Grahamfuls S'mores 1 pack, 25 g	110	4	1.5	18	1	8	1	95	0	65
Subway Chocolate Chip Cookie 2 x 1 cookie, 90 g	440	20	10	60	2	36	4	260	30	
Red Delicious Apples 120 g	63	0.2	0.033	16.57	2.9	12.46	0.31	1	0	
Cuties Clementines 1/2 x 2 clementines, 84 g	40	0.12	0	10	2	6.5	0.71	0	0	200

Tuesday, January 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	873	32.32	15.533	140.57	9.9	77.96	9.02	486	30	265
Total	**1222**	**40.76**	**17.515**	**190.57**	**13.9**	**85.26**	**27.53**	**536**	**39**	**446**

Wednesday, January 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker 100% Whole Grain Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	
Lunch										
Dinner										
Snacks/Other										
Great Value Chicken Strips 1/2 x 1 strip, 56 g	90	4.5	0.75	5	0	0	7	295	15	62.5
Cuties Clementines 1/2 x 2 clementines, 84 g	40	0.12	0	10	2	6.5	0.71	0	0	200
King's Hawaiian Hawaiian Sweet Rolls 1 roll, 28 g	100	2.5	1.5	16	1	5	3	85	15	0
Total	230	7.12	2.25	31	3	11.5	10.71	380	30	262.5
Total	**380**	**10.12**	**2.75**	**58**	**7**	**12.5**	**15.71**	**380**	**30**	**262.5**