Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	359	12.92	50.68	10.8
Lunch	432	16.5	48	34.5
Dinner	104	4.1	2.86	14.89
Snacks/Other	138	6.52	19.12	3.48
Total	1033	40.05	120.66	63.66

Monday, November 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Fancy Mild Cheddar Cheese Shredded	28	2.25	1.5	0.12	0	0	1.75	45	7.5	7.5
1/4 x 1/3 cup , 7 g										
Milk (2% Lowfat Without Added Vitamin A and Nonfat Solids)	27	0.97	0.604	2.69	0		1.94	29	4	89
0.2 cup										
Baby Spinach	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
1 cup										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Great Value Cinnamon Vanilla Coffee Creamer	120	4	0	20	0	20	0	0	0	140
4 x 1 tbsp, 60 ml										
Sweeteners (Saccharin)	7	0	0	1.78	0	1.7	0.02	9	0	0
2 servings 1 packet										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Cinnamon	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
1 tsp										
Bananas	26	0.1	0.033	6.74	0.8	3.61	0.32	0	0	106
1/4 medium (7" to 7-7/8" long)										
Total	**373**	**17.54**	**5.279**	**35.03**	**2.7**	**26.26**	**18.13**	**257**	**434.5**	**720.5**
Lunch										
Jack in the Box Southwest Grilled Chicken Salad	354	14	6	27	6	7	33	1007	83	979
1 bowl, 430 g										
Dinner										

Monday, November 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cabot Extra Sharp White Cheddar Cheese 1/4 x 1 " cube, 7 g	28	2.25	1.5	0.12	0	0	1.75	45	7.5	
Parmesan Cheese (Grated) 1 tbsp	22	1.43	0.865	0.2	0	0.04	1.92	76	4	6
Del Monte Diced Tomatoes 1/2 cup, 126 g	15	0	0	3	1	2	1	130	0	190
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Minced Garlic 1 tsp	5	0.03	0.004	1.32	0.1	0.04	0.25	1	0	
Olive Oil 1/4 tbsp	30	3.38	0.466	0	0	0	0	0	0	0
Kirkland Signature Boneless Skinless Chicken Breasts 4 oz, 112 g	100	1	0	0	0	0	24	75	70	0
Total	207	8.21	2.854	5.73	1.8	2.21	29.78	351	81.5	196

Snacks/Other

Tom's Nacho Cheese Tortilla Chips 1 oz, 28 g	140	7	1	18	1	0	4	140	0	
Popsicle Swirlwinds 1 pop, 48 ml	40	0	0	10	0	7	0.3	0	0	0
Chicken Liver Pate (Canned) 1 tbsp	26	1.7	0.52	0.85	0	0	1.75	50	51	12
Keebler Town House Pretzel Thins 1/2 x 6 crackers, 7.5 g	35	1.75	0.25	5	0	0.5	0.5	90	0	
Ghirardelli Dark Chocolate Minis 8 g	36	2.6	1.6	4.4	0.6	3.4	0.4	5	1	

Monday, November 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	277	13.05	3.37	38.25	1.6	10.9	6.95	285	52	12
Total	1211	52.8	17.503	106.01	12.1	46.37	87.86	1900	651	1907.5

Thursday, November 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts Apple Fritter 1/4 x 1 serving	102	3.75	1.5	15.75	0.5	5.5	1.5	132.5	0	
Cinnamon 1 tsp	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Sweeteners (Saccharin) 2 servings 1 packet	7	0	0	1.78	0	1.7	0.02	9	0	0
Great Value Cinnamon Vanilla Coffee Creamer 4 x 1 tbsp, 60 ml	120	4	0	20	0	20	0	0	0	140
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	345	8.3	1.656	66.32	4.8	41.68	3.47	152.5	0	806
Lunch										
Whataburger Grilled Chicken Sandwich 1 sandwich, 242 g	510	19	4	69	8	14	36	1140	70	
Dinner										
Snacks/Other										
Total	855	27.3	5.656	135.32	12.8	55.68	39.47	1292.5	70	806