Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	436	14.87	63.88	12.52
Lunch	262	9.23	27.21	15.37
Dinner	77	3.13	2.93	9.46
Snacks/Other	93	4.83	11.33	1.33
Total	868	32.06	105.34	38.68

Monday, August 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
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										
Cinnamon	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
1 tsp										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Total	243	4.55	0.156	50.57	4.3	36.18	1.97	20	0	806
Lunch										
Ball Park Bun Size Beef Franks	180	15	6	4	0	1	6	510	30	230
1 frank, 57 g										
Great Value Hot Dog Buns	90	1.5	0	16	0	2	3	150	0	30
1 bun, 39 g										
Total	270	16.5	6	20	0	3	9	660	30	260
Dinner										
Stir Fried Vegetables	122	6.9	2.523	8.78	1.7	4.93	7.38	867	150	
1 cup										
Kirkland Signature Rotisserie Chicken Breast Meat	110	2.5	0.5	0	0	0	21	380	60	0
3 oz, 85 g										
Total	232	9.4	3.023	8.78	1.7	4.93	28.38	1247	210	0

Monday, August 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kettle Brand Jalapeño Popcorn 3 cups, 28 g	150	10	1	14	3	1	2	240	0	0
Corn Nuts Barbecue Corn Nuts 1/3 cup, 28 g	130	4.5	0.5	20	1	1	2	160	0	75
Total	280	14.5	1.5	34	4	2	4	400	0	75
Total	1025	44.95	10.679	113.35	10	46.11	43.35	2327	240	1141

Tuesday, August 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Oven-Toasted Old Fashioned Oats	150	3	0.5	27	4	1	5	0	0	
1/2 cup dry, 40 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Cinnamon	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
1 tsp										
Sweeteners (Saccharin)	7	0	0	1.78	0	1.7	0.02	9	0	0
2 servings 1 packet										
Great Value Cinnamon Vanilla Coffee Creamer	120	4	0	20	0	20	0	0	0	140
4 x 1 tbsp, 60 ml										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Total	393	7.55	0.656	77.57	8.3	37.18	6.97	20	0	806
Lunch										
Chicken & Garlic Mini Wontons	60	0.5	0	9	1	1	3	150	5	
4 pieces, 36 g										
Vegetable Spring Roll	125	5.68	1.115	14.88	1.3	1.51	3.97	415	46	
2 spring rolls										
Lettuce Wraps	300	5		32	2	18	28	1280	70	
2 x 2 wraps, 226 g										
Teriyaki Sauce	30	0	0	5.74	0	4.7	2.13	1380	0	81
2 tbsps										
Total	515	11.18	1.115	61.62	4.3	25.21	37.1	3225	121	81
Dinner										

Tuesday, August 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	908	18.73	1.771	139.19	12.6	62.39	44.07	3245	121	887

Saturday, August 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Banquet Brown 'N Serve Beef Sausage Links	90	8	3.5	0	0	0	4	220	15	
1/2 x 3 links, 27 g										
Mission Flour Tortillas (Fajita Size)	220	5	2	38	2	2	6	620	0	
2 x 1 tortilla, 66 g										
Cabot Extra Sharp White Cheddar Cheese	55	4.5	3	0.25	0	0	3.5	90	15	
1/2 x 1 " cube, 14 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										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Sweeteners (Saccharin)	7	0	0	1.78	0	1.7	0.02	9	0	0
2 servings 1 packet										
Great Value Cinnamon Vanilla Coffee Creamer	120	4	0	20	0	20	0	0	0	140
4 x 1 tbsp, 60 ml										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Total	671	32.5	12.212	63.49	2	24.47	28.61	1117	457	595
Lunch										
Dinner										
Snacks/Other										
Total	**671**	**32.5**	**12.212**	**63.49**	**2**	**24.47**	**28.61**	**1117**	**457**	**595**