Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	571	10.44	67.64	52.25
Lunch	313	6.14	42.5	23.22
Dinner	391	5.99	60.77	29.17
Snacks/Other	270	4.15	47.49	13.88
Total	1544	26.72	218.4	118.51

Friday, August 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Laughing Cow Cinnamon Cream Cheese Spread 1 wedge, 21 g	45	4	2.5	2	0	1	2	110	10	
Horizon Organic Horizon Organic Vanilla Organic Lowfat Milk 1 container, 236 ml	150	2.5	1.5	22	0	22	8	115	10	
Thomas' Thomas' Bagel Thins - 100% Whole Wheat 1 bagel, 46 g	110	1	0	24	5	4	6	190	0	
Egg Beaters Egg Beaters All Natural 100% Egg Whites 9 x 3 tbsp, 414 g	225	0	0	8.1	0	0	45	810	0	540
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
Total	541	7.71	4.021	56.52	5	27	62.27	1246	20	1039
Lunch										
Kemps Kemps 2% Lowfat Cottage Cheese 1/2 cup, 113 g	90	2.5	1.5	4	0	3	13	450	15	
Stop & Shop Stop & Shop Mixed Salad Greens 3 x 1 cup, 255 g	45	0	0	9	3	6	3	0	0	
Kraft Kraft Light Balsamic Vinaigrette 2 tbsp, 31 g	30	1	0	4	0	4	0	210	0	0
Laughing Cow Laughing Cow Original Creamy Swiss Cheese 1 wedge, 21 g	50	4	2.5	1	0	1	2	210	10	0

Friday, August 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
StarKist Foods StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										
Baby Carrots	45	0.17	0.029	10.51	2.3	6.07	0.82	99	0	302
1 1/2 NLEA servings										
Mixed Vegetables (Solids and Liquids, Canned)	44	0.31	0.062	8.72	4.7		1.74	274	0	169
1/2 cup										
Celery	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
2 stalks medium (7-1/2" - 8" long)										
Total	365	8.62	4.125	39.61	11.3	21.53	33.11	1497	45	829
Dinner										
Green Giant Valley Fresh Steamers Niblets Corn	60	0.5	0	11	2	5	2	50	0	125
1/2 cup cooked										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Kraft Singles Fat Free American Cheese Slices	12	0	0	1	0	0.5	2	125	2.5	
1/2 x 1 slice, 9.5 g										
Alexia 98% Fat Free Smart Classics Crinkle Cut Fries	200	3	0	42	4	2	2	520	0	760
2 x 12 pieces, 168 g										
Jennie-O Lean Ground Turkey	212	10	3.12	0	0	0	26.25	100	100	
1 1/4 x 4 oz, 140 g										
Total	552	15.75	3.12	64.5	9	12	35.25	1365	102.5	1185
Snacks/Other										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227

Friday, August 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 large (3-1/4" dia) (approx 2 per lb)										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips	100	1.5	1	13	0	13	8	40	0	
1 container, 100 g										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Total	320	5.36	2.559	54.28	5.1	41.03	16.05	297	10	244.5
Total	**1778**	**37.44**	**13.825**	**214.91**	**30.4**	**101.56**	**146.68**	**4405**	**177.5**	**3297.5**

Saturday, August 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Cinnamon Cream Cheese Spread	45	4	2.5	2	0	1	2	110	10	
1 wedge, 21 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Thomas' Bagel Thins - 100% Whole Wheat	110	1	0	24	5	4	6	190	0	
1 bagel, 46 g										
Pears	48	0.1	0.005	12.83	2.6	8.13	0.32	1	0	99
1/2 medium (approx 2-1/2 per lb)										
Bananas	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
1/2 small (6" to 6-7/8" long)										
Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
1/2 large (3-1/4" dia) (approx 2 per lb)										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Grapes	166	0.38	0.13	43.44	2.2	37.15	1.73	5	0	458
1 1/2 cups, seedless										
Total	630	8.54	4.243	130.86	13.6	89.47	20.15	444	20	1350
Lunch										
Oatmeal	109	1.79	0.316	19.02	2.8	0.42	4.55	209	0	95
3/4 cup cooked										
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	
28 chips										
Udi's Gluten Free Cinnamon Raisin Bread	110	0	0	25	1	9	4	200	0	
2 slices, 60 g										

Saturday, August 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	339	3.79	0.316	66.02	4.8	10.42	10.55	579	0	95
Dinner										
Snacks/Other										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Peach	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
1 medium (2-1/2" dia) (approx 4 per lb)										
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips	100	1.5	1	13	0	13	8	40	0	
1 container, 100 g										
Total	228	6.24	1.019	34.35	3.5	21.22	10.89	95	0	186
Total	**1197**	**18.57**	**5.578**	**231.23**	**21.9**	**121.11**	**41.59**	**1118**	**20**	**1631**

Sunday, August 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Grapes	166	0.38	0.13	43.44	2.2	37.15	1.73	5	0	458
1 1/2 cups, seedless										
Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
1/2 large (3-1/4" dia) (approx 2 per lb)										
Bananas	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
1/2 small (6" to 6-7/8" long)										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Pears	48	0.1	0.005	12.83	2.6	8.13	0.32	1	0	99
1/2 medium (approx 2-1/2 per lb)										
Total	700	3.54	1.743	112.96	8.6	84.47	57.15	954	10	1890
Lunch										
Peach	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
1 medium (2-1/2" dia) (approx 4 per lb)										
Laughing Cow Cinnamon Cream Cheese Spread	45	4	2.5	2	0	1	2	110	10	
1 wedge, 21 g										
Udi's Gluten Free Cinnamon Raisin Bread	110	0	0	25	1	9	4	200	0	
2 slices, 60 g										
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	
28 chips										

Sunday, August 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	313	6.24	2.519	58.35	3.5	19.22	8.89	480	10	186
Dinner										
Kraft Singles Fat Free American Cheese Slices	12	0	0	1	0	0.5	2	125	2.5	
1/2 x 1 slice, 9.5 g										
Jennie-O Lean Ground Turkey	212	10	3.12	0	0	0	26.25	100	100	
1 1/4 x 4 oz, 140 g										
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	
28 chips										
Total	344	12	3.12	23	1	1.5	30.25	395	102.5	
Snacks/Other										
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips	100	1.5	1	13	0	13	8	40	0	
1 container, 100 g										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Total	250	7	1	37	2	19	10.5	150	0	17.5
Total	**1607**	**28.78**	**8.382**	**231.31**	**15.1**	**124.19**	**106.79**	**1979**	**122.5**	**2093.5**

Monday, August 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Laughing Cow Cinnamon Cream Cheese Spread 1 wedge, 21 g	45	4	2.5	2	0	1	2	110	10	
Horizon Organic Horizon Organic Vanilla Organic Lowfat Milk 1 container, 236 ml	150	2.5	1.5	22	0	22	8	115	10	
Thomas' Thomas' Bagel Thins - 100% Whole Wheat 1 bagel, 46 g	110	1	0	24	5	4	6	190	0	
Egg Beaters Egg Beaters All Natural 100% Egg Whites 9 x 3 tbsp, 414 g	225	0	0	8.1	0	0	45	810	0	540
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
Total	541	7.71	4.021	56.52	5	27	62.27	1246	20	1039
Lunch										
Kemps Kemps 2% Lowfat Cottage Cheese 1/2 cup, 113 g	90	2.5	1.5	4	0	3	13	450	15	
Stop & Shop Stop & Shop Mixed Salad Greens 3 x 1 cup, 255 g	45	0	0	9	3	6	3	0	0	
Kraft Kraft Light Balsamic Vinaigrette 2 tbsp, 31 g	30	1	0	4	0	4	0	210	0	0
Laughing Cow Laughing Cow Original Creamy Swiss Cheese 1 wedge, 21 g	50	4	2.5	1	0	1	2	210	10	0

Monday, August 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
StarKist Foods StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										
Baby Carrots	45	0.17	0.029	10.51	2.3	6.07	0.82	99	0	302
1 1/2 NLEA servings										
Mixed Vegetables (Solids and Liquids, Canned)	44	0.31	0.062	8.72	4.7		1.74	274	0	169
1/2 cup										
Celery	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
2 stalks medium (7-1/2" - 8" long)										
Total	365	8.62	4.125	39.61	11.3	21.53	33.11	1497	45	829
Dinner										
Laughing Cow Light Creamy Swiss Cheese	35	1.5	1	1	0	1	2	210	5	
1 wedge, 21 g										
Jennie-O Lemon Garlic Turkey Breast Tenderloin	150	1.5	0	3	0	3	33	855	67.5	0
1 1/2 x 1 serving, 168 g										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Sweet Potato	293	0.17	0.061	68.45	10.2	14.22	5.34	187	0	1146
3/4 lb										
Total	634	5.42	1.061	103.95	18.45	31.47	50.34	2189.5	72.5	1682.25
Snacks/Other										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	

Monday, August 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 piece, 1 oz										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips	100	1.5	1	13	0	13	8	40	0	
1 container, 100 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Total	320	5.36	2.559	54.28	5.1	41.03	16.05	297	10	244.5
Total	1860	27.11	11.766	254.36	39.85	121.03	161.77	5229.5	147.5	3794.75

Tuesday, August 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Laughing Cow Cinnamon Cream Cheese Spread 1 wedge, 21 g	45	4	2.5	2	0	1	2	110	10	
Horizon Organic Horizon Organic Vanilla Organic Lowfat Milk 1 container, 236 ml	150	2.5	1.5	22	0	22	8	115	10	
Thomas' Thomas' Bagel Thins - 100% Whole Wheat 1 bagel, 46 g	110	1	0	24	5	4	6	190	0	
Egg Beaters Egg Beaters All Natural 100% Egg Whites 9 x 3 tbsp, 414 g	225	0	0	8.1	0	0	45	810	0	540
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
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	631	8.04	4.134	79.59	7.6	39.35	63.37	1247	20	1401
Lunch										
Kemps Kemps 2% Lowfat Cottage Cheese 1/2 cup, 113 g	90	2.5	1.5	4	0	3	13	450	15	
Stop & Shop Stop & Shop Mixed Salad Greens 3 x 1 cup, 255 g	45	0	0	9	3	6	3	0	0	
Kraft Kraft Light Balsamic Vinaigrette 2 tbsp, 31 g	30	1	0	4	0	4	0	210	0	0

Tuesday, August 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Laughing Cow Laughing Cow Original Creamy Swiss Cheese	50	4	2.5	1	0	1	2	210	10	0
1 wedge, 21 g										
StarKist Foods StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										
Baby Carrots	45	0.17	0.029	10.51	2.3	6.07	0.82	99	0	302
1 1/2 NLEA servings										
Mixed Vegetables (Solids and Liquids, Canned)	44	0.31	0.062	8.72	4.7		1.74	274	0	169
1/2 cup										
Celery	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
2 stalks medium (7-1/2" - 8" long)										
Total	365	8.62	4.125	39.61	11.3	21.53	33.11	1497	45	829
Dinner										
Jennie-O Lemon Garlic Turkey Breast Tenderloin	150	1.5	0	3	0	3	33	855	67.5	0
1 1/2 x 1 serving, 168 g										
Archer Farms Wild Rice	190	1	0	41	1	1	4	15	0	
1 cup, 140 oz										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Total	496	4.75	0	75.5	9.25	17.25	47	1807.5	67.5	536.25
Snacks/Other										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227

Tuesday, August 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 large (3-1/4" dia) (approx 2 per lb)										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips	100	1.5	1	13	0	13	8	40	0	
1 container, 100 g										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Total	320	5.36	2.559	54.28	5.1	41.03	16.05	297	10	244.5
Total	1812	26.77	10.818	248.98	33.25	119.16	159.53	4848.5	142.5	3010.75

Wednesday, August 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Laughing Cow Cinnamon Cream Cheese Spread 1 wedge, 21 g	45	4	2.5	2	0	1	2	110	10	
Horizon Organic Horizon Organic Vanilla Organic Lowfat Milk 1 container, 236 ml	150	2.5	1.5	22	0	22	8	115	10	
Thomas' Thomas' Bagel Thins - 100% Whole Wheat 1 bagel, 46 g	110	1	0	24	5	4	6	190	0	
Egg Beaters Egg Beaters All Natural 100% Egg Whites 9 x 3 tbsp, 414 g	225	0	0	8.1	0	0	45	810	0	540
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
Total	541	7.71	4.021	56.52	5	27	62.27	1246	20	1039
Lunch										
Kemps Kemps 2% Lowfat Cottage Cheese 1/2 cup, 113 g	90	2.5	1.5	4	0	3	13	450	15	
Stop & Shop Stop & Shop Mixed Salad Greens 3 x 1 cup, 255 g	45	0	0	9	3	6	3	0	0	
Kraft Kraft Light Balsamic Vinaigrette 2 tbsp, 31 g	30	1	0	4	0	4	0	210	0	0
Laughing Cow Laughing Cow Original Creamy Swiss Cheese 1 wedge, 21 g	50	4	2.5	1	0	1	2	210	10	0

Wednesday, August 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
StarKist Foods StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										
Baby Carrots	45	0.17	0.029	10.51	2.3	6.07	0.82	99	0	302
1 1/2 NLEA servings										
Mixed Vegetables (Solids and Liquids, Canned)	44	0.31	0.062	8.72	4.7		1.74	274	0	169
1/2 cup										
Celery	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
2 stalks medium (7-1/2" - 8" long)										
Total	365	8.62	4.125	39.61	11.3	21.53	33.11	1497	45	829
Dinner										
Skinless Chicken Breast	177	2	0.531	0	0	0	37.17	105	93	
5 3/4 oz boneless, cooked, skinless										
Archer Farms Farro	200	1	0	44	4	0	5	20	0	0
1 cup , 150 g										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Total	533	5.25	0.531	75.5	12.25	13.25	52.17	1062.5	93	536.25
Snacks/Other										
Chobani Simply 100 Strawberry	100	0	0	15	5	7	12	65	5	
1 container, 150 g										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	

Wednesday, August 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 piece, 1 oz										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Total	320	3.86	1.559	56.28	10.1	35.03	20.05	322	15	244.5
Total	1759	25.44	10.236	227.91	38.65	96.81	167.6	4127.5	173	2648.75

Thursday, August 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Laughing Cow Cinnamon Cream Cheese Spread 1 wedge, 21 g	45	4	2.5	2	0	1	2	110	10	
Horizon Organic Horizon Organic Vanilla Organic Lowfat Milk 1 container, 236 ml	150	2.5	1.5	22	0	22	8	115	10	
Thomas' Thomas' Bagel Thins - 100% Whole Wheat 1 bagel, 46 g	110	1	0	24	5	4	6	190	0	
Egg Beaters Egg Beaters All Natural 100% Egg Whites 9 x 3 tbsp, 414 g	225	0	0	8.1	0	0	45	810	0	540
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
Total	541	7.71	4.021	56.52	5	27	62.27	1246	20	1039
Lunch										
Kemps Kemps 2% Lowfat Cottage Cheese 1/2 cup, 113 g	90	2.5	1.5	4	0	3	13	450	15	
Stop & Shop Stop & Shop Mixed Salad Greens 3 x 1 cup, 255 g	45	0	0	9	3	6	3	0	0	
Kraft Kraft Light Balsamic Vinaigrette 2 tbsp, 31 g	30	1	0	4	0	4	0	210	0	0
Laughing Cow Laughing Cow Original Creamy Swiss Cheese 1 wedge, 21 g	50	4	2.5	1	0	1	2	210	10	0

Thursday, August 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
StarKist Foods StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										
Baby Carrots	45	0.17	0.029	10.51	2.3	6.07	0.82	99	0	302
1 1/2 NLEA servings										
Mixed Vegetables (Solids and Liquids, Canned)	44	0.31	0.062	8.72	4.7		1.74	274	0	169
1/2 cup										
Celery	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
2 stalks medium (7-1/2" - 8" long)										
Total	365	8.62	4.125	39.61	11.3	21.53	33.11	1497	45	829
Dinner										
Vitalicious Vitapizza	190	3	1.5	38	19	4	15	460	10	
1 pizza, 152 g										
Pears	121	0.25	0.013	32.31	6.5	20.48	0.79	2	0	249
1 large (approx 2 per lb)										
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	
28 chips										
Total	431	5.25	1.513	92.31	26.5	25.48	17.79	632	10	249
Snacks/Other										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips	100	1.5	1	13	0	13	8	40	0	

Thursday, August 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 container, 100 g										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Total	320	5.36	2.559	54.28	5.1	41.03	16.05	297	10	244.5
Total	1657	26.94	12.218	242.72	47.9	115.04	129.22	3672	85	2361.5

Friday, August 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Laughing Cow Cinnamon Cream Cheese Spread 1 wedge, 21 g	45	4	2.5	2	0	1	2	110	10	
Horizon Organic Horizon Organic Vanilla Organic Lowfat Milk 1 container, 236 ml	150	2.5	1.5	22	0	22	8	115	10	
Thomas' Thomas' Bagel Thins - 100% Whole Wheat 1 bagel, 46 g	110	1	0	24	5	4	6	190	0	
Egg Beaters Egg Beaters All Natural 100% Egg Whites 9 x 3 tbsp, 414 g	225	0	0	8.1	0	0	45	810	0	540
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
Total	541	7.71	4.021	56.52	5	27	62.27	1246	20	1039
Lunch										
Kemps Kemps 2% Lowfat Cottage Cheese 1/2 cup, 113 g	90	2.5	1.5	4	0	3	13	450	15	
Stop & Shop Stop & Shop Mixed Salad Greens 3 x 1 cup, 255 g	45	0	0	9	3	6	3	0	0	
Kraft Kraft Light Balsamic Vinaigrette 2 tbsp, 31 g	30	1	0	4	0	4	0	210	0	0
Laughing Cow Laughing Cow Original Creamy Swiss Cheese 1 wedge, 21 g	50	4	2.5	1	0	1	2	210	10	0

Friday, August 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
StarKist Foods StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										
Baby Carrots	45	0.17	0.029	10.51	2.3	6.07	0.82	99	0	302
1 1/2 NLEA servings										
Mixed Vegetables (Solids and Liquids, Canned)	44	0.31	0.062	8.72	4.7		1.74	274	0	169
1/2 cup										
Celery	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
2 stalks medium (7-1/2" - 8" long)										
Total	365	8.62	4.125	39.61	11.3	21.53	33.11	1497	45	829
Dinner										
Laughing Cow Light Creamy Swiss Cheese	35	1.5	1	1	0	1	2	210	5	
1 wedge, 21 g										
Petite Steak	188	7.5	3.75	1.25	0	1.25	27.5	600	62.5	
1 1/4 x 1 Steak, 5 oz										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Sweet Potato	293	0.17	0.061	68.45	10.2	14.22	5.34	187	0	1146
3/4 lb										
Total	672	11.42	4.811	102.2	18.45	29.72	44.84	1934.5	67.5	1682.25
Snacks/Other										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	

Friday, August 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 piece, 1 oz										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips	100	1.5	1	13	0	13	8	40	0	
1 container, 100 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Total	320	5.36	2.559	54.28	5.1	41.03	16.05	297	10	244.5
Total	1898	33.11	15.516	252.61	39.85	119.28	156.27	4974.5	142.5	3794.75

Saturday, August 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Thomas' Bagel Thins - 100% Whole Wheat	110	1	0	24	5	4	6	190	0	
1 bagel, 46 g										
Laughing Cow Cinnamon Cream Cheese Spread	45	4	2.5	2	0	1	2	110	10	
1 wedge, 21 g										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Total	335	5.66	2.726	72.14	10.2	29.7	10.2	302	10	724
Lunch										
Peach	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
1 medium (2-1/2" dia) (approx 4 per lb)										
Pears	121	0.25	0.013	32.31	6.5	20.48	0.79	2	0	249
1 large (approx 2 per lb)										
Udi's Gluten Free Cinnamon Raisin Bread	110	0	0	25	1	9	4	200	0	
2 slices, 60 g										
Laughing Cow Cinnamon Cream Cheese Spread	45	4	2.5	2	0	1	2	110	10	
1 wedge, 21 g										
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	
28 chips										
Total	434	6.49	2.532	90.66	10	39.7	9.68	482	10	435
Dinner										

Saturday, August 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
UCAN Generation	68	0	0	16.5	0	0	0	11.25	0	0
3/4 x 1 scoop, 19 g										
Total	178	0.36	0.059	45.78	5.1	22.03	0.55	13.25	0	227
Total	947	12.51	5.317	208.58	25.3	91.43	20.43	797.25	20	1386

Sunday, August 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Pears	48	0.1	0.005	12.83	2.6	8.13	0.32	1	0	99
1/2 medium (approx 2-1/2 per lb)										
Bananas	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
1/2 small (6" to 6-7/8" long)										
Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
1/2 large (3-1/4" dia) (approx 2 per lb)										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Grapes	166	0.38	0.13	43.44	2.2	37.15	1.73	5	0	458
1 1/2 cups, seedless										
Total	475	3.54	1.743	104.86	8.6	84.47	12.15	144	10	1350
Lunch										
Dinner										
Skinless Chicken Breast	177	2	0.531	0	0	0	37.17	105	93	
5 3/4 oz boneless, cooked, skinless										
Archer Farms Farro	200	1	0	44	4	0	5	20	0	0
1 cup , 150 g										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Total	533	5.25	0.531	75.5	12.25	13.25	52.17	1062.5	93	536.25

Sunday, August 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips	100	1.5	1	13	0	13	8	40	0	
1 container, 100 g										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Total	250	7	1	37	2	19	10.5	150	0	17.5
Total	1258	15.79	3.274	217.36	22.85	116.72	74.82	1356.5	103	1903.75

Monday, August 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Cinnamon Cream Cheese Spread	22	2	1.25	1	0	0.5	1	55	5	
1/2 x 1 wedge, 10.5 g										
Horizon Organic Vanilla Organic Lowfat Milk	90	1.5	0.9	13.2	0	13.2	4.8	69	6	
142 ml										
Thomas' Bagel Thins - 100% Whole Wheat	110	1	0	24	5	4	6	190	0	
1 bagel, 46 g										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Total	458	4.71	2.171	46.72	5	17.7	58.07	1145	11	1039
Lunch										
Dinner										
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	
28 chips										
Vitalicious Vitapizza	190	3	1.5	38	19	4	15	460	10	
1 pizza, 152 g										
Pears	121	0.25	0.013	32.31	6.5	20.48	0.79	2	0	249
1 large (approx 2 per lb)										
Total	431	5.25	1.513	92.31	26.5	25.48	17.79	632	10	249
Snacks/Other										

Monday, August 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips 1 container, 100 g	100	1.5	1	13	0	13	8	40	0	
Nabisco Nilla Wafers Reduced Fat 1/2 x 8 wafers, 14.5 g	60	1	0	12	0	6	0.5	55	0	17.5
Frigo Light Mozzarella Cheese Stick 1 piece, 1 oz	50	2.5	1.5	0	0	0	7	200	10	
Apples 1 large (3-1/4" dia) (approx 2 per lb)	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
Total	320	5.36	2.559	54.28	5.1	41.03	16.05	297	10	244.5
Total	1209	15.32	6.243	193.31	36.6	84.21	91.91	2074	31	1532.5

Tuesday, August 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Cinnamon Cream Cheese Spread	45	4	2.5	2	0	1	2	110	10	
1 wedge, 21 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Thomas' Bagel Thins - 100% Whole Wheat	110	1	0	24	5	4	6	190	0	
1 bagel, 46 g										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Total	631	8.04	4.134	79.59	7.6	39.35	63.37	1247	20	1401
Lunch										
Kemps 2% Lowfat Cottage Cheese	90	2.5	1.5	4	0	3	13	450	15	
1/2 cup, 113 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
Kraft Light Balsamic Vinaigrette	30	1	0	4	0	4	0	210	0	0
2 tbsp, 31 g										
Laughing Cow Original Creamy Swiss Cheese	50	4	2.5	1	0	1	2	210	10	0
1 wedge, 21 g										

Tuesday, August 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										
Baby Carrots	45	0.17	0.029	10.51	2.3	6.07	0.82	99	0	302
1 1/2 NLEA servings										
Mixed Vegetables (Solids and Liquids, Canned)	44	0.31	0.062	8.72	4.7		1.74	274	0	169
1/2 cup										
Celery	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
2 stalks medium (7-1/2" - 8" long)										
Total	365	8.62	4.125	39.61	11.3	21.53	33.11	1497	45	829
Dinner										
Snacks/Other										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Total	160	2.86	1.559	29.28	5.1	22.03	7.55	202	10	227
Total	1156	19.52	9.818	148.48	24	82.91	104.03	2946	75	2457

Wednesday, August 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Cinnamon Cream Cheese Spread	45	4	2.5	2	0	1	2	110	10	
1 wedge, 21 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Thomas' Bagel Thins - 100% Whole Wheat	110	1	0	24	5	4	6	190	0	
1 bagel, 46 g										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Total	541	7.71	4.021	56.52	5	27	62.27	1246	20	1039
Lunch										
Kemps 2% Lowfat Cottage Cheese	90	2.5	1.5	4	0	3	13	450	15	
1/2 cup, 113 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
Kraft Light Balsamic Vinaigrette	30	1	0	4	0	4	0	210	0	0
2 tbsp, 31 g										
Laughing Cow Original Creamy Swiss Cheese	50	4	2.5	1	0	1	2	210	10	0
1 wedge, 21 g										
StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										

Wednesday, August 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Baby Carrots	45	0.17	0.029	10.51	2.3	6.07	0.82	99	0	302
1 1/2 NLEA servings										
Mixed Vegetables (Solids and Liquids, Canned)	44	0.31	0.062	8.72	4.7		1.74	274	0	169
1/2 cup										
Celery	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
2 stalks medium (7-1/2" - 8" long)										
Total	365	8.62	4.125	39.61	11.3	21.53	33.11	1497	45	829
Dinner										
Petite Steak	188	7.5	3.75	1.25	0	1.25	27.5	600	62.5	
1 1/4 x 1 Steak, 5 oz										
Archer Farms Farro	200	1	0	44	4	0	5	20	0	0
1 cup , 150 g										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Total	544	10.75	3.75	76.75	12.25	14.5	42.5	1557.5	62.5	536.25
Snacks/Other										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips	100	1.5	1	13	0	13	8	40	0	
1 container, 100 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										

Wednesday, August 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Total	320	5.36	2.559	54.28	5.1	41.03	16.05	297	10	244.5
Total	1770	32.44	14.455	227.16	33.65	104.06	153.93	4597.5	137.5	2648.75

Thursday, August 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Cinnamon Cream Cheese Spread 1 wedge, 21 g	45	4	2.5	2	0	1	2	110	10	
Horizon Organic Vanilla Organic Lowfat Milk 1 container, 236 ml	150	2.5	1.5	22	0	22	8	115	10	
Thomas' Bagel Thins - 100% Whole Wheat 1 bagel, 46 g	110	1	0	24	5	4	6	190	0	
Egg Beaters All Natural 100% Egg Whites 9 x 3 tbsp, 414 g	225	0	0	8.1	0	0	45	810	0	540
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
Total	541	7.71	4.021	56.52	5	27	62.27	1246	20	1039
Lunch										
Kemps 2% Lowfat Cottage Cheese 1/2 cup, 113 g	90	2.5	1.5	4	0	3	13	450	15	
Stop & Shop Mixed Salad Greens 3 x 1 cup, 255 g	45	0	0	9	3	6	3	0	0	
Kraft Light Balsamic Vinaigrette 2 tbsp, 31 g	30	1	0	4	0	4	0	210	0	0
Laughing Cow Original Creamy Swiss Cheese 1 wedge, 21 g	50	4	2.5	1	0	1	2	210	10	0
StarKist Foods Solid White Albacore Tuna in Water 3 oz drained, 79 g	50	0.5	0	0	0	0	12	190	20	150

Thursday, August 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Baby Carrots	45	0.17	0.029	10.51	2.3	6.07	0.82	99	0	302
1 1/2 NLEA servings										
Mixed Vegetables (Solids and Liquids, Canned)	44	0.31	0.062	8.72	4.7		1.74	274	0	169
1/2 cup										
Celery	11	0.14	0.034	2.38	1.3	1.46	0.55	64	0	208
2 stalks medium (7-1/2" - 8" long)										
Total	365	8.62	4.125	39.61	11.3	21.53	33.11	1497	45	829
Dinner										
Pears	121	0.25	0.013	32.31	6.5	20.48	0.79	2	0	249
1 large (approx 2 per lb)										
Vitalicious Vitapizza	190	3	1.5	38	19	4	15	460	10	
1 pizza, 152 g										
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	
28 chips										
Total	431	5.25	1.513	92.31	26.5	25.48	17.79	632	10	249
Snacks/Other										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Chobani Greek Yogurt Bite Raspberry with Dark Chocolate Chips	100	1.5	1	13	0	13	8	40	0	
1 container, 100 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										

Thursday, August 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	320	5.36	2.559	54.28	5.1	41.03	16.05	297	10	244.5
Total	1657	26.94	12.218	242.72	47.9	115.04	129.22	3672	85	2361.5

Friday, August 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Laughing Cow Cinnamon Cream Cheese Spread	45	4	2.5	2	0	1	2	110	10	
1 wedge, 21 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Thomas' Bagel Thins - 100% Whole Wheat	110	1	0	24	5	4	6	190	0	
1 bagel, 46 g										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Total	541	7.71	4.021	56.52	5	27	62.27	1246	20	1039
Lunch										
Dinner										
Snacks/Other										
Total	**541**	**7.71**	**4.021**	**56.52**	**5**	**27**	**62.27**	**1246**	**20**	**1039**

Tuesday, August 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ener-G Foods Light Brown Rice Loaf 1 slice, 19 g	50	2		7	1	1	0	75	0	15
Kirkland Signature Natural Creamy Peanut Butter 1/2 x 2 tbsp, 16 g	92	8	1	3.5	1.5	1	4	75	0	
Horizon Organic Vanilla Organic Lowfat Milk 1 container, 236 ml	150	2.5	1.5	22	0	22	8	115	10	
Egg Beaters All Natural 100% Egg Whites 9 x 3 tbsp, 414 g	225	0	0	8.1	0	0	45	810	0	540
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
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	618	13.04	2.634	64.09	5.1	36.35	59.37	1097	10	1416
Lunch										
Market Pantry Fat Free Cottage Cheese 1/2 cup, 113 g	70	0	0	6	0	4	11	450	5	160
Angie's Boom Chicka Pop (17g) 1 bag, 17 g	90	4.5	0	12	2	0	2	55	0	
Stop & Shop Mixed Salad Greens 3 x 1 cup, 255 g	45	0	0	9	3	6	3	0	0	
Kraft Light Balsamic Vinaigrette 2 tbsp, 31 g	30	1	0	4	0	4	0	210	0	0

Tuesday, August 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Total	351	6.46	0.094	44.08	12	14	30.61	1317	25	564
Dinner										
Jennie-O Lemon Garlic Turkey Breast Tenderloin	150	1.5	0	3	0	3	33	855	67.5	0
1 1/2 x 1 serving, 168 g										
Archer Farms Wild Rice	190	1	0	41	1	1	4	15	0	
1 cup, 140 oz										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Total	496	4.75	0	75.5	9.25	17.25	47	1807.5	67.5	536.25
Snacks/Other										
Chobani Simply 100 Strawberry	100	0	0	15	5	7	12	65	5	
1 container, 150 g										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	

Tuesday, August 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 piece, 1 oz										
Total	320	3.86	1.559	56.28	10.1	35.03	20.05	322	15	244.5
Total	1785	28.11	4.287	239.95	36.45	102.63	157.03	4543.5	117.5	2760.75

Wednesday, August 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Total	578	14.71	2.521	48.02	3.5	25	58.27	1171	10	1069
Lunch										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Market Pantry Fat Free Cottage Cheese	70	0	0	6	0	4	11	450	5	160
1/2 cup, 113 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
Kraft Light Balsamic Vinaigrette	30	1	0	4	0	4	0	210	0	0
2 tbsp, 31 g										
StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										

Wednesday, August 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Total	351	6.46	0.094	44.08	12	14	30.61	1317	25	564
Dinner										
Jennie-O Lemon Garlic Turkey Breast Tenderloin	150	1.5	0	3	0	3	33	855	67.5	0
1 1/2 x 1 serving, 168 g										
Archer Farms Farro	200	1	0	44	4	0	5	20	0	0
1 cup , 150 g										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Total	506	4.75	0	78.5	12.25	16.25	48	1812.5	67.5	536.25
Snacks/Other										
Chobani Simply 100 Strawberry	100	0	0	15	5	7	12	65	5	
1 container, 150 g										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Total	320	3.86	1.559	56.28	10.1	35.03	20.05	322	15	244.5

Wednesday, August 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1755	29.78	4.174	226.88	37.85	90.28	156.93	4622.5	117.5	2413.75

Thursday, August 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Total	578	14.71	2.521	48.02	3.5	25	58.27	1171	10	1069
Lunch										
Dinner										
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	
28 chips										
Vitalicious Vitapizza	190	3	1.5	38	19	4	15	460	10	
1 pizza, 152 g										
Pears	121	0.25	0.013	32.31	6.5	20.48	0.79	2	0	249
1 large (approx 2 per lb)										
Total	431	5.25	1.513	92.31	26.5	25.48	17.79	632	10	249
Snacks/Other										

Thursday, August 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chobani Simply 100 Strawberry 1 container, 150 g	100	0	0	15	5	7	12	65	5	
Nabisco Nilla Wafers Reduced Fat 1/2 x 8 wafers, 14.5 g	60	1	0	12	0	6	0.5	55	0	17.5
Apples 1 large (3-1/4" dia) (approx 2 per lb)	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
Frigo Light Mozzarella Cheese Stick 1 piece, 1 oz	50	2.5	1.5	0	0	0	7	200	10	
Total	320	3.86	1.559	56.28	10.1	35.03	20.05	322	15	244.5
Total	**1329**	**23.82**	**5.593**	**196.61**	**40.1**	**85.51**	**96.11**	**2125**	**35**	**1562.5**

Friday, August 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Total	578	14.71	2.521	48.02	3.5	25	58.27	1171	10	1069
Lunch										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Market Pantry Fat Free Cottage Cheese	70	0	0	6	0	4	11	450	5	160
1/2 cup, 113 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
Kraft Light Balsamic Vinaigrette	30	1	0	4	0	4	0	210	0	0
2 tbsp, 31 g										
StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										

Friday, August 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Total	351	6.46	0.094	44.08	12	14	30.61	1317	25	564
Dinner										
Snacks/Other										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Total	160	2.86	1.559	29.28	5.1	22.03	7.55	202	10	227
Total	**1089**	**24.03**	**4.174**	**121.38**	**20.6**	**61.03**	**96.43**	**2690**	**45**	**1860**

Saturday, August 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pears	48	0.1	0.005	12.83	2.6	8.13	0.32	1	0	99
1/2 medium (approx 2-1/2 per lb)										
Bananas	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
1/2 small (6" to 6-7/8" long)										
Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
1/2 large (3-1/4" dia) (approx 2 per lb)										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Grapes	166	0.38	0.13	43.44	2.2	37.15	1.73	5	0	458
1 1/2 cups, seedless										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Total	667	15.54	2.743	122.36	12.1	87.47	16.15	369	10	1380
Lunch										
Clif Bar Clif Mojo Fruit & Nut Wild Blueberry Almond Trailmix Bar	160	8	1	23	4	12	4	110	0	
1 bar										
Peach	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
1 medium (2-1/2" dia) (approx 4 per lb)										
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	

Saturday, August 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
28 chips										
Total	318	10.24	1.019	54.35	6.5	21.22	6.89	280	0	186
Dinner										
Snacks/Other										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Total	1075	30.28	3.762	188.71	20.6	108.69	25.04	704	10	1566

Sunday, August 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pears	48	0.1	0.005	12.83	2.6	8.13	0.32	1	0	99
1/2 medium (approx 2-1/2 per lb)										
Grapes	166	0.38	0.13	43.44	2.2	37.15	1.73	5	0	458
1 1/2 cups, seedless										
Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
1/2 large (3-1/4" dia) (approx 2 per lb)										
Bananas	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
1/2 small (6" to 6-7/8" long)										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Total	667	15.54	2.743	122.36	12.1	87.47	16.15	369	10	1380
Lunch										
Peach	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
1 medium (2-1/2" dia) (approx 4 per lb)										
Udi's Gluten Free Cinnamon Raisin Bread	110	0	0	25	1	9	4	200	0	
2 slices, 60 g										
Laughing Cow Cinnamon Cream Cheese Spread	45	4	2.5	2	0	1	2	110	10	
1 wedge, 21 g										

Sunday, August 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	
28 chips										
Total	313	6.24	2.519	58.35	3.5	19.22	8.89	480	10	186
Dinner										
Skinless Chicken Breast	177	2	0.531	0	0	0	37.17	105	93	
5 3/4 oz boneless, cooked, skinless										
Archer Farms Wild Rice	190	1	0	41	1	1	4	15	0	
1 cup, 140 oz										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Total	523	5.25	0.531	72.5	9.25	14.25	51.17	1057.5	93	536.25
Snacks/Other										
Chobani Simply 100 Strawberry	100	0	0	15	5	7	12	65	5	
1 container, 150 g										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Total	360	5.86	0.059	68.28	12.1	35.03	15.05	177	5	244.5

Sunday, August 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1863	32.89	5.852	321.49	36.95	155.97	91.26	2083.5	118	2346.75

Monday, August 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Village Hearth Light Wheat Bread	80	1	0	17	4	2	5	230	0	
2 slices, 46 g										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Total	558	11.71	2.521	51.02	5.5	25	63.27	1251	10	1039
Lunch										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Market Pantry Fat Free Cottage Cheese	70	0	0	6	0	4	11	450	5	160
1/2 cup, 113 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
Kraft Light Balsamic Vinaigrette	30	1	0	4	0	4	0	210	0	0
2 tbsp, 31 g										
StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										

Monday, August 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Total	351	6.46	0.094	44.08	12	14	30.61	1317	25	564
Dinner										
Jennie-O Lemon Garlic Turkey Breast Tenderloin	150	1.5	0	3	0	3	33	855	67.5	0
1 1/2 x 1 serving, 168 g										
Sweet Potato	293	0.17	0.061	68.45	10.2	14.22	5.34	187	0	1146
3/4 lb										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Laughing Cow Light Creamy Swiss Cheese	35	1.5	1	1	0	1	2	210	5	
1 wedge, 21 g										
Total	634	5.42	1.061	103.95	18.45	31.47	50.34	2189.5	72.5	1682.25
Snacks/Other										
Chobani Simply 100 Strawberry	100	0	0	15	5	7	12	65	5	
1 container, 150 g										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227

Monday, August 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 large (3-1/4" dia) (approx 2 per lb)										
Total	320	3.86	1.559	56.28	10.1	35.03	20.05	322	15	244.5
Total	1863	27.45	5.235	255.33	46.05	105.5	164.27	5079.5	122.5	3529.75

Tuesday, August 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Bananas	90	0.33	0.113	23.07	2.6	12.35	1.1	1	0	362
1 small (6" to 6-7/8" long)										
Total	668	15.04	2.634	71.09	6.1	37.35	59.37	1172	10	1431
Lunch										
Dinner										
Jennie-O Lemon Garlic Turkey Breast Tenderloin	150	1.5	0	3	0	3	33	855	67.5	0
1 1/2 x 1 serving, 168 g										
Archer Farms Wild Rice	190	1	0	41	1	1	4	15	0	
1 cup, 140 oz										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										

Tuesday, August 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Total	496	4.75	0	75.5	9.25	17.25	47	1807.5	67.5	536.25
Snacks/Other										
Chobani Simply 100 Strawberry	100	0	0	15	5	7	12	65	5	
1 container, 150 g										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Total	320	3.86	1.559	56.28	10.1	35.03	20.05	322	15	244.5
Total	**1484**	**23.65**	**4.193**	**202.87**	**25.45**	**89.63**	**126.42**	**3301.5**	**92.5**	**2211.75**

Wednesday, August 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Total	578	14.71	2.521	48.02	3.5	25	58.27	1171	10	1069
Lunch										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Market Pantry Fat Free Cottage Cheese	70	0	0	6	0	4	11	450	5	160
1/2 cup, 113 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
Kraft Light Balsamic Vinaigrette	30	1	0	4	0	4	0	210	0	0
2 tbsp, 31 g										
StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										

Wednesday, August 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Total	351	6.46	0.094	44.08	12	14	30.61	1317	25	564
Dinner										
Archer Farms Farro	200	1	0	44	4	0	5	20	0	0
1 cup , 150 g										
Skinless Chicken Breast	177	2	0.531	0	0	0	37.17	105	93	
5 3/4 oz boneless, cooked, skinless										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Total	533	5.25	0.531	75.5	12.25	13.25	52.17	1062.5	93	536.25
Snacks/Other										
Chobani Simply 100 Strawberry	100	0	0	15	5	7	12	65	5	
1 container, 150 g										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Total	320	3.86	1.559	56.28	10.1	35.03	20.05	322	15	244.5

Wednesday, August 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1782	30.28	4.705	223.88	37.85	87.28	161.1	3872.5	143	2413.75

Thursday, August 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Total	578	14.71	2.521	48.02	3.5	25	58.27	1171	10	1069
Lunch										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Market Pantry Fat Free Cottage Cheese	70	0	0	6	0	4	11	450	5	160
1/2 cup, 113 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
Kraft Light Balsamic Vinaigrette	30	1	0	4	0	4	0	210	0	0
2 tbsp, 31 g										
StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										

Thursday, August 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Total	351	6.46	0.094	44.08	12	14	30.61	1317	25	564
Dinner										
Pears	121	0.25	0.013	32.31	6.5	20.48	0.79	2	0	249
1 large (approx 2 per lb)										
Vitalicious Vitapizza	190	3	1.5	38	19	4	15	460	10	
1 pizza, 152 g										
Kellogg's Special K Popcorn Chips	120	2	0	22	1	1	2	170	0	
28 chips										
Total	431	5.25	1.513	92.31	26.5	25.48	17.79	632	10	249
Snacks/Other										
Chobani Simply 100 Strawberry	100	0	0	15	5	7	12	65	5	
1 container, 150 g										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Total	320	3.86	1.559	56.28	10.1	35.03	20.05	322	15	244.5
Total	**1680**	**30.28**	**5.687**	**240.69**	**52.1**	**99.51**	**126.72**	**3442**	**60**	**2126.5**

Friday, August 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Total	578	14.71	2.521	48.02	3.5	25	58.27	1171	10	1069
Lunch										
Angie's Boom Chicka Pop (17g)	90	4.5	0	12	2	0	2	55	0	
1 bag, 17 g										
Market Pantry Fat Free Cottage Cheese	70	0	0	6	0	4	11	450	5	160
1/2 cup, 113 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
Kraft Light Balsamic Vinaigrette	30	1	0	4	0	4	0	210	0	0
2 tbsp, 31 g										
StarKist Foods Solid White Albacore Tuna in Water	50	0.5	0	0	0	0	12	190	20	150
3 oz drained, 79 g										

Friday, August 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Total	351	6.46	0.094	44.08	12	14	30.61	1317	25	564
Dinner										
Petite Steak	188	7.5	3.75	1.25	0	1.25	27.5	600	62.5	
1 1/4 x 1 Steak, 5 oz										
Archer Farms Farro	200	1	0	44	4	0	5	20	0	0
1 cup , 150 g										
Green Giant Sweet Peas	88	0	0	21	5.25	8.75	7	367.5	0	236.25
1 3/4 x 1/2 cup, 214 g										
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce	68	2.25	0	10.5	3	4.5	3	570	0	300
1 1/2 x 1/2 cup cooked, 159 g										
Total	544	10.75	3.75	76.75	12.25	14.5	42.5	1557.5	62.5	536.25
Snacks/Other										
Chobani Simply 100 Strawberry	100	0	0	15	5	7	12	65	5	
1 container, 150 g										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227
1 large (3-1/4" dia) (approx 2 per lb)										
Total	320	3.86	1.559	56.28	10.1	35.03	20.05	322	15	244.5

Friday, August 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1793	35.78	7.924	225.13	37.85	88.53	151.43	4367.5	112.5	2413.75

Saturday, August 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Total	578	14.71	2.521	48.02	3.5	25	58.27	1171	10	1069
Lunch										
Special K	235	0.96	0.217	44.02	1.5	8	13.95	447	0	122
2 cups										
Milk (Nonfat)	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
1 cup										
Market Pantry Fat Free Cottage Cheese	70	0	0	6	0	4	11	450	5	160
1/2 cup, 113 g										
Total	391	1.4	0.504	61.9	1.5	24.47	33.3	1024	10	689
Dinner										
California Pizza Kitchen Grilled Chicken Pizza	750	30	11.25	85	5	10	35	1300	75	
2 1/2 x 1/3 pizza, 332.5 g										

Saturday, August 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Yasso Frozen Greek Yogurt - Strawberry	80	0	0	15	0	12	6	50	5	
1 bar, 75 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)										
Total	185	0.39	0.132	41.95	3.1	26.43	7.29	51	5	422
Total	**1904**	**46.5**	**14.407**	**236.87**	**13.1**	**85.9**	**133.86**	**3546**	**100**	**2180**

Sunday, August 31, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Horizon Organic Vanilla Organic Lowfat Milk	150	2.5	1.5	22	0	22	8	115	10	
1 container, 236 ml										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Egg Beaters All Natural 100% Egg Whites	225	0	0	8.1	0	0	45	810	0	540
9 x 3 tbsp, 414 g										
Total	578	14.71	2.521	48.02	3.5	25	58.27	1171	10	1069
Lunch										
Ener-G Foods Light Brown Rice Loaf	100	4		14	2	2	0	150	0	30
2 x 1 slice, 38 g										
Kirkland Signature Natural Creamy Peanut Butter	92	8	1	3.5	1.5	1	4	75	0	
1/2 x 2 tbsp, 16 g										
Special K	235	0.96	0.217	44.02	1.5	8	13.95	447	0	122
2 cups										
Milk (Nonfat)	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
1 cup										
Market Pantry Fat Free Cottage Cheese	70	0	0	6	0	4	11	450	5	160
1/2 cup, 113 g										

Sunday, August 31, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Milk (Nonfat)	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
1 cup										
Special K	235	0.96	0.217	44.02	1.5	8	13.95	447	0	122
2 cups										
Total	904	14.8	2.008	135.3	6.5	47.94	59.6	1823	15	1248
Dinner										
Snacks/Other										
Nabisco Nilla Wafers Reduced Fat	60	1	0	12	0	6	0.5	55	0	17.5
1/2 x 8 wafers, 14.5 g										
Yasso Frozen Greek Yogurt - Strawberry	80	0	0	15	0	12	6	50	5	
1 bar, 75 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)										
Total	245	1.39	0.132	53.95	3.1	32.43	7.79	106	5	439.5
Total	**1727**	**30.9**	**4.661**	**237.27**	**13.1**	**105.37**	**125.66**	**3100**	**30**	**2756.5**