

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	389	4.54	78.4	16.26
Lunch	471	10.37	73.58	25.75
Dinner	410	5.51	62.81	29.87
Snacks/Other	373	2.77	76.89	20.01
<b>Total</b>	<b>1643</b>	<b>23.2</b>	<b>291.67</b>	<b>91.9</b>

**Monday, September 21, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Bell Plantation PB2 Powdered Peanut Butter	22	0.75	0	2.5	1	0.5	2.5	47	0	
1/2 x 2 tbsp, 6.5 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)										
Village Hearth Light Wheat Bread	80	1	0	17	4	2	5	230	0	
2 slices, 46 g										
Horizon Organic Vanilla Organic Lowfat Milk	112	1.88	1.12	16.5	0	16.5	6	86.25	7.5	
3/4 x 1 container, 177 ml										
<b>Total</b>	<b>315</b>	<b>4.17</b>	<b>1.254</b>	<b>59.49</b>	<b>7.6</b>	<b>31.35</b>	<b>15.87</b>	<b>385.25</b>	<b>7.5</b>	<b>861</b>
<b>Lunch</b>										
Maple Grove Farms Fat Free Balsamic Vinaigrette Dressing	15	0		3	0	2	0	95	0	
2 tbsp, 30 ml										
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
10 seedless										
Elli Quark	80	0		10	0	5	14			
1 container										
Good Health Natural Foods Veggie Chips	140	7	0.5	18	1	0	1	250	0	
30 chips, 28 g										
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Beef Steak	81	4.8	1.881	0	0	0	8.73	119	26	98

**Monday, September 21, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
32 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
<b>Total</b>	<b>461</b>	<b>12.34</b>	<b>2.502</b>	<b>62.13</b>	<b>11.4</b>	<b>20.74</b>	<b>29.7</b>	<b>877</b>	<b>26</b>	<b>448</b>
<b>Dinner</b>										
Green Giant Sweet Peas	88	0	0	19.25	5.25	7	5.25	507.5	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										
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										
Laughing Cow Light Creamy Swiss Cheese Wedges	35	1.5	1	1	0	1	2	180	5	
1 wedge, 21 g										
<b>Total</b>	<b>634</b>	<b>5.42</b>	<b>1.061</b>	<b>102.2</b>	<b>18.45</b>	<b>29.72</b>	<b>48.59</b>	<b>2299.5</b>	<b>72.5</b>	<b>1682.25</b>
<b>Snacks/Other</b>										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Arctic Zero Cookies & Cream Frozen Dessert	140	0	0	28	8	20	12	320	20	
4 x 1/2 cup										
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)										

**Monday, September 21, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Peach</b>	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
1 large (2-3/4" dia) (approx 2-1/2 per lb)										
<b>Total</b>	<b>361</b>	<b>3.25</b>	<b>1.589</b>	<b>72.26</b>	<b>15.5</b>	<b>55.2</b>	<b>20.98</b>	<b>522</b>	<b>30</b>	<b>525</b>
<b>Total</b>	<b>1771</b>	<b>25.18</b>	<b>6.406</b>	<b>296.08</b>	<b>52.95</b>	<b>137.01</b>	<b>115.14</b>	<b>4083.75</b>	<b>136</b>	<b>3516.25</b>

**Tuesday, September 22, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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)										
Bell Plantation PB2 Powdered Peanut Butter	22	0.75	0	2.5	1	0.5	2.5	47	0	
1/2 x 2 tbsp, 6.5 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)										
Village Hearth Light Wheat Bread	80	1	0	17	4	2	5	230	0	
2 slices, 46 g										
Horizon Organic Vanilla Organic Lowfat Milk	112	1.88	1.12	16.5	0	16.5	6	86.25	7.5	
3/4 x 1 container, 177 ml										
<b>Total</b>	<b>405</b>	<b>4.5</b>	<b>1.367</b>	<b>82.56</b>	<b>10.2</b>	<b>43.7</b>	<b>16.97</b>	<b>386.25</b>	<b>7.5</b>	<b>1223</b>
<b>Lunch</b>										
Maple Grove Farms Fat Free Balsamic Vinaigrette Dressing	15	0		3	0	2	0	95	0	
2 tbsp, 30 ml										
Elli Quark	80	0		10	0	5	14			
1 container										
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
10 seedless										
Good Health Natural Foods Veggie Chips	140	7	0.5	18	1	0	1	250	0	
30 chips, 28 g										
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254

**Tuesday, September 22, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
3/4 cup										
Beef Steak	81	4.8	1.881	0	0	0	8.73	119	26	98
32 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
<b>Total</b>	<b>461</b>	<b>12.34</b>	<b>2.502</b>	<b>62.13</b>	<b>11.4</b>	<b>20.74</b>	<b>29.7</b>	<b>877</b>	<b>26</b>	<b>448</b>
<b>Dinner</b>										
Green Giant Sweet Peas	88	0	0	19.25	5.25	7	5.25	507.5	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										
Archer Farms Farro	200	1	0	44	4	0	5	20	0	0
1 cup , 150 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										
<b>Total</b>	<b>506</b>	<b>4.75</b>	<b>0</b>	<b>76.75</b>	<b>12.25</b>	<b>14.5</b>	<b>46.25</b>	<b>1952.5</b>	<b>67.5</b>	<b>536.25</b>
<b>Snacks/Other</b>										
Oranges	62	0.16	0.02	15.39	3.1	12.25	1.23	0	0	237
1 fruit (2-5/8" dia)										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Arctic Zero Cookies & Cream Frozen Dessert	140	0	0	28	8	20	12	320	20	
4 x 1/2 cup										
Apples	110	0.36	0.059	29.28	5.1	22.03	0.55	2	0	227

**Tuesday, September 22, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1 large (3-1/4" dia) (approx 2 per lb)										
<b>Peach</b>	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
1 large (2-3/4" dia) (approx 2-1/2 per lb)										
<b>Total</b>	<b>423</b>	<b>3.41</b>	<b>1.609</b>	<b>87.65</b>	<b>18.6</b>	<b>67.45</b>	<b>22.21</b>	<b>522</b>	<b>30</b>	<b>762</b>
<b>Total</b>	<b>1795</b>	<b>25</b>	<b>5.478</b>	<b>309.09</b>	<b>52.45</b>	<b>146.39</b>	<b>115.13</b>	<b>3737.75</b>	<b>131</b>	<b>2969.25</b>

**Wednesday, September 23, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Bell Plantation PB2 Powdered Peanut Butter	22	0.75	0	2.5	1	0.5	2.5	47	0	
1/2 x 2 tbsp, 6.5 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)										
Village Hearth Light Wheat Bread	80	1	0	17	4	2	5	230	0	
2 slices, 46 g										
Horizon Organic Vanilla Organic Lowfat Milk	112	1.88	1.12	16.5	0	16.5	6	86.25	7.5	
3/4 x 1 container, 177 ml										
<b>Total</b>	<b>315</b>	<b>4.17</b>	<b>1.254</b>	<b>59.49</b>	<b>7.6</b>	<b>31.35</b>	<b>15.87</b>	<b>385.25</b>	<b>7.5</b>	<b>861</b>
<b>Lunch</b>										
Maple Grove Farms Fat Free Balsamic Vinaigrette Dressing	15	0		3	0	2	0	95	0	
2 tbsp, 30 ml										
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
10 seedless										
Elli Quark	80	0		10	0	5	14			
1 container										
Good Health Natural Foods Veggie Chips	140	7	0.5	18	1	0	1	250	0	
30 chips, 28 g										
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Beef Steak	81	4.8	1.881	0	0	0	8.73	119	26	98



**Wednesday, September 23, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
32 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
<b>Total</b>	<b>461</b>	<b>12.34</b>	<b>2.502</b>	<b>62.13</b>	<b>11.4</b>	<b>20.74</b>	<b>29.7</b>	<b>877</b>	<b>26</b>	<b>448</b>
<b>Dinner</b>										
Green Giant Sweet Peas	88	0	0	19.25	5.25	7	5.25	507.5	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										
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										
<b>Total</b>	<b>523</b>	<b>5.25</b>	<b>0.531</b>	<b>70.75</b>	<b>9.25</b>	<b>12.5</b>	<b>49.42</b>	<b>1197.5</b>	<b>93</b>	<b>536.25</b>
<b>Snacks/Other</b>										
Yasso Frozen Greek Yogurt - Chocolate Fudge	80	0	0	15	1	11	6	35	5	
1 bar, 65 g										
Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Arctic Zero Cookies & Cream Frozen Dessert	140	0	0	28	8	20	12	320	20	
4 x 1/2 cup										
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)										
Peach	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298

**Wednesday, September 23, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1 large (2-3/4" dia) (approx 2-1/2 per lb)										
<b>Total</b>	<b>441</b>	<b>3.25</b>	<b>1.589</b>	<b>87.26</b>	<b>16.5</b>	<b>66.2</b>	<b>26.98</b>	<b>557</b>	<b>35</b>	<b>525</b>
<b>Total</b>	<b>1740</b>	<b>25.01</b>	<b>5.876</b>	<b>279.63</b>	<b>44.75</b>	<b>130.79</b>	<b>121.97</b>	<b>3016.75</b>	<b>161.5</b>	<b>2370.25</b>

## Thursday, September 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Bell Plantation PB2 Powdered Peanut Butter	22	0.75	0	2.5	1	0.5	2.5	47	0	
1/2 x 2 tbsp, 6.5 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)										
Village Hearth Light Wheat Bread	80	1	0	17	4	2	5	230	0	
2 slices, 46 g										
Peach	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
1 large (2-3/4" dia) (approx 2-1/2 per lb)										
Horizon Organic Vanilla Organic Lowfat Milk	112	1.88	1.12	16.5	0	16.5	6	86.25	7.5	
3/4 x 1 container, 177 ml										
<b>Total</b>	<b>376</b>	<b>4.56</b>	<b>1.284</b>	<b>74.47</b>	<b>10</b>	<b>44.52</b>	<b>17.3</b>	<b>385.25</b>	<b>7.5</b>	<b>1159</b>
<b>Lunch</b>										
Milk (Nonfat)	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
1 cup										
Maple Grove Farms Fat Free Balsamic Vinaigrette Dressing	15	0		3	0	2	0	95	0	
2 tbsp, 30 ml										
Elli Quark	80	0		10	0	5	14			
1 container										
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
10 seedless										
General Mills Honey Nut Cheerios	165	2.25	0	33	3	13.5	3	240	0	172.5

## Thursday, September 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 1 cup, 55.5 g										
General Mills Cheerios	125	2.5	0.62	25	3.75	1.25	3.75	175	0	225
1 1/4 x 1 1/2 cups, 49 g										
Pear	121	0.25	0.013	32.31	6.5	20.48	0.79	2	0	249
1 large (approx 2 per lb)										
Good Health Natural Foods Veggie Chips	140	7	0.5	18	1	0	1	250	0	
30 chips, 28 g										
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Beef Steak	81	4.8	1.881	0	0	0	8.73	119	26	98
32 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
<b>Total</b>	<b>958</b>	<b>17.78</b>	<b>3.422</b>	<b>164.32</b>	<b>24.65</b>	<b>68.44</b>	<b>45.59</b>	<b>1421</b>	<b>31</b>	<b>1501.5</b>

## Dinner

## Snacks/Other

Frigo Light Mozzarella Cheese Stick	50	2.5	1.5	0	0	0	7	200	10	
1 piece, 1 oz										
Arctic Zero Cookies & Cream Frozen Dessert	140	0	0	28	8	20	12	320	20	
4 x 1/2 cup										
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)										
Peach	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
1 large (2-3/4" dia) (approx 2-1/2 per lb)										

**Thursday, September 24, 2015**

	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Sod (mg)</b>	<b>Chol (mg)</b>	<b>Potassium (mg)</b>
<b>Total</b>	361	3.25	1.589	72.26	15.5	55.2	20.98	522	30	525
<b>Total</b>	1695	25.59	6.295	311.05	50.15	168.16	83.87	2328.25	68.5	3185.5

## Friday, September 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Coffee	11	0.21	0.021	0.42	0	0	1.27	21	0	499
6 coffee cups (6 fl oz)										
Bell Plantation PB2 Powdered Peanut Butter	22	0.75	0	2.5	1	0.5	2.5	47	0	
1/2 x 2 tbsp, 6.5 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)										
Village Hearth Light Wheat Bread	80	1	0	17	4	2	5	230	0	
2 slices, 46 g										
Horizon Organic Vanilla Organic Lowfat Milk	112	1.88	1.12	16.5	0	16.5	6	86.25	7.5	
3/4 x 1 container, 177 ml										
<b>Total</b>	<b>315</b>	<b>4.17</b>	<b>1.254</b>	<b>59.49</b>	<b>7.6</b>	<b>31.35</b>	<b>15.87</b>	<b>385.25</b>	<b>7.5</b>	<b>861</b>
<b>Lunch</b>										
Maple Grove Farms Fat Free Balsamic Vinaigrette Dressing	15	0		3	0	2	0	95	0	
2 tbsp, 30 ml										
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
10 seedless										
Elli Quark	80	0		10	0	5	14			
1 container										
Good Health Natural Foods Veggie Chips	140	7	0.5	18	1	0	1	250	0	
30 chips, 28 g										
Mixed Vegetables (Solids and Liquids, Canned)	66	0.46	0.094	13.08	7		2.61	412	0	254
3/4 cup										
Beef Steak	81	4.8	1.881	0	0	0	8.73	119	26	98

## Friday, September 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
32 g										
Stop & Shop Mixed Salad Greens	45	0	0	9	3	6	3	0	0	
3 x 1 cup, 255 g										
<b>Total</b>	<b>461</b>	<b>12.34</b>	<b>2.502</b>	<b>62.13</b>	<b>11.4</b>	<b>20.74</b>	<b>29.7</b>	<b>877</b>	<b>26</b>	<b>448</b>
<b>Dinner</b>										
Sea Cuisine Mediterranean Crusted Salmon (140g)	230	9	1.5	20	1	1	16	840	30	
1 fillet, 140 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	19.25	5.25	7	5.25	507.5	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										
<b>Total</b>	<b>576</b>	<b>12.25</b>	<b>1.5</b>	<b>90.75</b>	<b>10.25</b>	<b>13.5</b>	<b>28.25</b>	<b>1932.5</b>	<b>30</b>	<b>536.25</b>
<b>Snacks/Other</b>										
Yasso Frozen Greek Yogurt - Chocolate Fudge	80	0	0	15	1	11	6	35	5	
1 bar, 65 g										
Arctic Zero Cookies & Cream Frozen Dessert	140	0	0	28	8	20	12	320	20	
4 x 1/2 cup										
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)										

**Friday, September 25, 2015**

	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Sod (mg)</b>	<b>Chol (mg)</b>	<b>Potassium (mg)</b>
<b>Peach</b>	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
1 large (2-3/4" dia) (approx 2-1/2 per lb)										
<b>Total</b>	<b>441</b>	<b>3.25</b>	<b>1.589</b>	<b>87.26</b>	<b>16.5</b>	<b>66.2</b>	<b>26.98</b>	<b>557</b>	<b>35</b>	<b>525</b>
<b>Total</b>	<b>1793</b>	<b>32.01</b>	<b>6.845</b>	<b>299.63</b>	<b>45.75</b>	<b>131.79</b>	<b>100.8</b>	<b>3751.75</b>	<b>98.5</b>	<b>2370.25</b>



## Saturday, September 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Bananas 1/2 small (6" to 6-7/8" long)	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
Coffee 6 coffee cups (6 fl oz)	11	0.21	0.021	0.42	0	0	1.27	21	0	499
Horizon Organic Vanilla Organic Lowfat Milk 3/4 x 1 container, 177 ml	112	1.88	1.12	16.5	0	16.5	6	86.25	7.5	
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
Quaker Organic Instant Oatmeal - Regular 1 1/2 x 1 packet, 42 g	150	3	0	28.5	4.5	0	6	0	0	150
Grapes 1 1/2 cups, seedless	166	0.38	0.13	43.44	2.2	37.15	1.73	5	0	458
Apples 1/2 large (3-1/4" dia) (approx 2 per lb)	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	113
Pears 1/2 large (approx 2 per lb)	61	0.13	0.006	16.16	3.2	10.24	0.4	1	0	124
<b>Total</b>	<b>690</b>	<b>6.28</b>	<b>1.477</b>	<b>154.26</b>	<b>16.3</b>	<b>93.43</b>	<b>17.33</b>	<b>116.25</b>	<b>7.5</b>	<b>1887</b>
<b>Lunch</b>										
<b>Dinner</b>										
Green Giant Sweet Peas 1 3/4 x 1/2 cup, 214 g	88	0	0	19.25	5.25	7	5.25	507.5	0	236.25
Green Giant Valley Fresh Steamers Broccoli & Cheese Sauce 1 1/2 x 1/2 cup cooked, 159 g	68	2.25	0	10.5	3	4.5	3	570	0	300

**Saturday, September 26, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
No Name Petite Cut Sirloin Steak	150	7	3.5	0	0	0	21	350	70	0
1 serving, 4 oz										
Sweet Potato	293	0.17	0.061	68.45	10.2	14.22	5.34	187	0	1146
3/4 lb										
Laughing Cow Light Creamy Swiss Cheese Wedges	35	1.5	1	1	0	1	2	180	5	
1 wedge, 21 g										
<b>Total</b>	<b>634</b>	<b>10.92</b>	<b>4.561</b>	<b>99.2</b>	<b>18.45</b>	<b>26.72</b>	<b>36.59</b>	<b>1794.5</b>	<b>75</b>	<b>1682.25</b>
<b>Snacks/Other</b>										
Yasso Frozen Greek Yogurt - Mint Chocolate Chip	100	1.5	1.5	15	1	13	6	60	5	
1 bar, 65 g										
Peach	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
1 large (2-3/4" dia) (approx 2-1/2 per lb)										
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)										
<b>Total</b>	<b>271</b>	<b>2.25</b>	<b>1.589</b>	<b>59.26</b>	<b>8.5</b>	<b>48.2</b>	<b>7.98</b>	<b>62</b>	<b>5</b>	<b>525</b>
<b>Total</b>	<b>1595</b>	<b>19.45</b>	<b>7.627</b>	<b>312.72</b>	<b>43.25</b>	<b>168.35</b>	<b>61.9</b>	<b>1972.75</b>	<b>87.5</b>	<b>4094.25</b>

**Sunday, September 27, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Horizon Organic Vanilla Organic Lowfat Milk 3/4 x 1 container, 177 ml	112	1.88	1.12	16.5	0	16.5	6	86.25	7.5	
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
Village Hearth Light Wheat Bread 2 slices, 46 g	80	1	0	17	4	2	5	230	0	
Bell Plantation PB2 Powdered Peanut Butter 1/2 x 2 tbsp, 6.5 g	22	0.75	0	2.5	1	0.5	2.5	47	0	
<b>Total</b>	<b>304</b>	<b>3.96</b>	<b>1.233</b>	<b>59.07</b>	<b>7.6</b>	<b>31.35</b>	<b>14.6</b>	<b>364.25</b>	<b>7.5</b>	<b>362</b>
<b>Lunch</b>										
General Mills Honey Nut Cheerios 1 1/2 x 1 cup, 55.5 g	165	2.25	0	33	3	13.5	3	240	0	172.5
Milk (Nonfat) 1 cup	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
Pear 1 large (approx 2 per lb)	121	0.25	0.013	32.31	6.5	20.48	0.79	2	0	249
General Mills Cheerios 1 1/4 x 1 1/2 cups, 49 g	125	2.5	0.62	25	3.75	1.25	3.75	175	0	225
<b>Total</b>	<b>497</b>	<b>5.44</b>	<b>0.92</b>	<b>102.19</b>	<b>13.25</b>	<b>47.7</b>	<b>15.89</b>	<b>544</b>	<b>5</b>	<b>1053.5</b>
<b>Dinner</b>										
<b>Snacks/Other</b>										
Arctic Zero Cookies & Cream Frozen Dessert	140	0	0	28	8	20	12	320	20	

**Sunday, September 27, 2015**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
4 x 1/2 cup										
<b>Apples</b>	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)										
<b>Peach</b>	61	0.39	0.03	14.98	2.4	13.17	1.43	0	0	298
1 large (2-3/4" dia) (approx 2-1/2 per lb)										
<b>Total</b>	<b>311</b>	<b>0.75</b>	<b>0.089</b>	<b>72.26</b>	<b>15.5</b>	<b>55.2</b>	<b>13.98</b>	<b>322</b>	<b>20</b>	<b>525</b>
<b>Total</b>	<b>1112</b>	<b>10.15</b>	<b>2.242</b>	<b>233.52</b>	<b>36.35</b>	<b>134.25</b>	<b>44.47</b>	<b>1230.25</b>	<b>32.5</b>	<b>1940.5</b>