Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	326	16.47	36.29	11.4
Lunch	281	9.86	25.48	23.07
Dinner	316	9.02	37.33	22.49
Snacks/Other	337	9.8	55.75	10.32
Total	1260	45.15	154.85	67.28

Saturday, January 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cinnamon 2 tsps	12	0.15	0.03	3.67	2.5	0.1	0.18	1	0	23
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Bananas 2 medium (7" to 7-7/8" long)	210	0.78	0.264	53.9	6.1	28.86	2.57	2	0	845
Coffee-Mate Sugar Free French Vanilla Liquid Coffee Creamer 11 x 1 tbsp, 165 ml	165	11	0	22	0	0	0	385	0	
Decaffeinated Coffee 3 mugs (8 fl oz)	7	0	0.014	0.71	0	0	0.71	14	0	341
Total	544	14.93	0.808	107.28	12.6	29.96	8.46	402	0	1352
Lunch										
Dijon Mustard 1 tsp	4	0.19	0.009	0.47	0.2	0.17	0.24	67	0	
Hard-Boiled Egg 4 large	310	21.22	6.534	2.24	0	2.24	25.16	248	848	252
StarKist Foods Chunk Light Tuna in Water (Pouch) 1 pouch, 74 g	70	0.5	0	0	0	0	17	300	35	160
Total	384	21.91	6.543	2.71	0.2	2.41	42.4	615	883	412
Dinner										
Dijon Mustard 5 tsps	20	0.93	0.047	2.33	1	0.85	1.18	336	0	
StarKist Foods Chunk Light Tuna in Water (Pouch)	140	1	0	0	0	0	34	600	70	320

Saturday, January 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 pouch, 148 g										
Hard-Boiled Egg	232	15.92	4.9	1.68	0	1.68	18.87	186	636	189
3 large										
Total	392	17.85	4.947	4.01	1	2.53	54.05	1122	706	509
Snacks/Other										
Red Delicious Apples	145	0.46	0.077	38.12	6.6	28.67	0.71	3	0	
2 medium (2-3/4" dia)										
Total	1465	55.15	12.375	152.12	20.4	63.57	105.62	2142	1589	2273

Sunday, January 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Cinnamon 2 tsps	12	0.15	0.03	3.67	2.5	0.1	0.18	1	0	23
Total	222	10.15	6.53	30.67	6.5	1.1	5.18	1	0	166
Lunch										
McDonald's Diet Coke (Large) 1 serving, 32 oz	0	0	0	0	0	0	0	30	0	0
McDonald's Premium Southwest Salad with Grilled Chicken 1 salad, 335 g	290	8	2.5	28	7	11	27	650	70	
McDonald's Southwest Salad Dressing 1 pouch, 44.4 ml	100	6	1	11	0	3	1	340	20	
Total	390	14	3.5	39	7	14	28	1020	90	0
Dinner										
Cinnamon 2 tsps	12	0.15	0.03	3.67	2.5	0.1	0.18	1	0	23
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Total	178	3.15	0.53	34.87	6.5	5.3	5.18	1	0	166

Sunday, January 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Red Delicious Apples 2 medium (2-3/4" dia)	145	0.46	0.077	38.12	6.6	28.67	0.71	3	0	
Total	**935**	**27.76**	**10.637**	**142.66**	**26.6**	**49.07**	**39.07**	**1025**	**90**	**332**

Monday, January 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cinnamon 2 tsps	12	0.15	0.03	3.67	2.5	0.1	0.18	1	0	23
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
Total	222	10.15	6.53	30.67	6.5	1.1	5.18	1	0	166
Lunch										
StarKist Foods Chunk Light Tuna in Water (Pouch) 1 pouch, 74 g	70	0.5	0	0	0	0	17	300	35	160
Dijon Mustard 2 tsps	8	0.37	0.019	0.93	0.4	0.34	0.47	134	0	
Total	78	0.87	0.019	0.93	0.4	0.34	17.47	434	35	160
Dinner										
McDonald's Diet Coke (Large) 1 serving, 32 oz	0	0	0	0	0	0	0	30	0	0
McDonald's Southwest Salad Dressing 1 pouch, 44.4 ml	100	6	1	11	0	3	1	340	20	
McDonald's Premium Southwest Salad with Grilled Chicken 1 salad, 335 g	290	8	2.5	28	7	11	27	650	70	
Total	390	14	3.5	39	7	14	28	1020	90	0
Snacks/Other										

Monday, January 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cinnamon 2 tsps	12	0.15	0.03	3.67	2.5	0.1	0.18	1	0	23
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Sugar 1 tsp	16	0	0	4.2	0	4.2	0	0	0	0
Red Delicious Apples 2 medium (2-3/4" dia)	145	0.46	0.077	38.12	6.6	28.67	0.71	3	0	
Total	323	3.61	0.607	72.99	13.1	33.97	5.89	4	0	166
Total	1013	28.63	10.656	143.59	27	49.41	56.54	1459	125	492

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Spectrum Organic Virgin Coconut Oil	60	7	6	0	0	0	0	0	0	
1/2 x 1 tbsp, 7 g										
Quaker Old Fashioned Oats	150	3	0.5	27	4	1	5	0	0	143
1/2 cup dry, 40 g										
Cinnamon	12	0.15	0.03	3.67	2.5	0.1	0.18	1	0	23
2 tsps										
Total	222	10.15	6.53	30.67	6.5	1.1	5.18	1	0	166
Lunch										
Dijon Mustard	12	0.56	0.028	1.4	0.6	0.51	0.71	202	0	
3 tsps										
StarKist Foods Chunk Light Tuna in Water (Pouch)	70	0.5	0	0	0	0	17	300	35	160
1 pouch, 74 g										
Total	82	1.06	0.028	1.4	0.6	0.51	17.71	502	35	160
Dinner										
Great Value Sliced Beets	140	0	0	28	3.5	21	0	875	0	455
3 1/2 x 1/2 cup, 420 g										
Snacks/Other										
Sugar	33	0	0	8.4	0	8.39	0	0	0	0
2 tsps										
Quaker Old Fashioned Oats	300	6	1	54	8	2	10	0	0	286
2 x 1/2 cup dry, 80 g										
Cinnamon	24	0.29	0.06	7.35	5	0.2	0.36	2	0	46
4 tsps										

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Red Delicious Apples	145	0.46	0.077	38.12	6.6	28.67	0.71	3	0	
2 medium (2-3/4" dia)										
Total	502	6.75	1.137	107.87	19.6	39.26	11.07	5	0	332
Total	946	17.96	7.695	167.94	30.2	61.87	33.96	1383	35	1113

Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lemon 1/2 fruit (2-1/8" dia)	8	0.09	0.011	2.7	0.8	0.72	0.32	1	0	40
Green Tea 2 mugs (8 fl oz)	5	0	0.009	0.95	0	0	0	5	0	
Cinnamon 2 tsps	12	0.15	0.03	3.67	2.5	0.1	0.18	1	0	23
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
Total	235	10.24	6.55	34.32	7.3	1.82	5.5	7	0	206
Lunch										
McDonald's Southwest Salad Dressing 1 pouch, 44.4 ml	100	6	1	11	0	3	1	340	20	
McDonald's Premium Southwest Salad with Grilled Chicken 1 salad, 335 g	290	8	2.5	28	7	11	27	650	70	
McDonald's Diet Coke (Large) 1 serving, 32 oz	0	0	0	0	0	0	0	30	0	0
Total	390	14	3.5	39	7	14	28	1020	90	0
Dinner										
Wal-Mart Gala Apple 1 medium apple, 154 g	80	0	0	22	5	17	0		0	0
Weight Watchers Light String Cheese	150	7.5	3	0	0	0	18	360	15	0

Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 x 1 stick, 72 g										
Fiber One 90 Calorie Chewy Bars - Chocolate Peanut Butter	180	5	2	34	10	10	2	160	0	0
2 x 1 bar, 46 g										
Total	410	12.5	5	56	15	27	20	520	15	0
Snacks/Other										
Cream (Half & Half)	156	13.8	8.59	5.16	0	0.19	3.55	49	44	156
8 tbsps										
Coffee	7	0.14	0.014	0.28	0	0	0.85	14	0	334
3 mugs (8 fl oz)										
Total	163	13.94	8.604	5.44	0	0.19	4.4	63	44	490
Total	**1198**	**50.68**	**23.654**	**134.76**	**29.3**	**43.01**	**57.9**	**1610**	**149**	**696**

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wal-Mart Gala Apple	80	0	0	22	5	17	0		0	0
1 medium apple, 154 g										
Weight Watchers Light String Cheese	100	5	2	0	0	0	12	240	10	0
2 x 1 stick, 48 g										
Fiber One 90 Calorie Chewy Bars - Chocolate Peanut Butter	180	5	2	34	10	10	2	160	0	0
2 x 1 bar, 46 g										
Total	360	10	4	56	15	27	14	400	10	0
Lunch										
Great Value Brown Rice Boil in Bag	75	0.5	0	16.5	1	0	2	0	0	
1/2 cup dry (1 cup cooked), 50 g										
Hormel 98% Fat Free Turkey Chili with Beans	158	2.25	0.75	21	4.5	4.5	12.75	937.5	33.75	
3/4 x 1 cup, 185 g										
Total	233	2.75	0.75	37.5	5.5	4.5	14.75	937.5	33.75	
Dinner										
Brunswick Sardines in Spring Water	130	7	1.5	0	0	0	17	200	90	
1 can drained, 84 g										
Honey	32	0	0	8.65	0	8.62	0.03	0	0	5
1/2 tbsp										
Chobani 0% Plain Greek Yogurt (8 oz)	98	0	0	8.25	0	4.5	16.5	78.75	7.5	
3/4 x 8 oz, 170 g										
Weight Watchers Light String Cheese	50	2.5	1	0	0	0	6	120	5	0

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 stick, 24 g										
Total	310	9.5	2.5	16.9	0	13.12	39.53	398.75	102.5	5
Snacks/Other										
Fried Egg	277	21.13	5.926	1.21	0	1.15	18.81	282	631	203
3 large										
Green Tea	19	0	0.038	3.79	0	0	0	19	0	
8 mugs (8 fl oz)										
Lemon	4	0.04	0.006	1.35	0.4	0.36	0.16	0	0	20
1/4 fruit (2-1/8" dia)										
Weight Watchers Light String Cheese	50	2.5	1	0	0	0	6	120	5	0
1 stick, 24 g										
Wal-Mart Gala Apple	80	0	0	22	5	17	0		0	0
1 medium apple, 154 g										
Fiber One 90 Calorie Chewy Bars - Chocolate Peanut Butter	270	7.5	3	51	15	15	3	240	0	0
3 x 1 bar, 69 g										
Total	700	31.17	9.97	79.35	20.4	33.51	27.97	661	636	223
Total	**1603**	**53.42**	**17.22**	**189.75**	**40.9**	**78.13**	**96.25**	**2397.25**	**782.25**	**228**

Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Spectrum Organic Virgin Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6	0	0	0	0	0	0	
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Cinnamon 2 tsps	12	0.15	0.03	3.67	2.5	0.1	0.18	1	0	23
Green Tea 3 mugs (8 fl oz)	7	0	0.014	1.42	0	0	0	7	0	
Lemon 1/2 fruit (2-1/8" dia)	8	0.09	0.011	2.7	0.8	0.72	0.32	1	0	40
Total	237	10.24	6.555	34.79	7.3	1.82	5.5	9	0	206
Lunch										
McDonald's Diet Coke (Large) 1 serving, 32 oz	0	0	0	0	0	0	0	30	0	0
McDonald's Premium Southwest Salad with Grilled Chicken 1 salad, 335 g	290	8	2.5	28	7	11	27	650	70	
McDonald's Southwest Salad Dressing 1 pouch, 44.4 ml	100	6	1	11	0	3	1	340	20	
Total	390	14	3.5	39	7	14	28	1020	90	0
Dinner										
Great Value Brown Rice Boil in Bag 3 x 1/2 cup dry (1 cup cooked), 150 g	225	1.5	0	49.5	3	0	6	0	0	

Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hormel 98% Fat Free Turkey Chili with Beans	158	2.25	0.75	21	4.5	4.5	12.75	937.5	33.75	
3/4 x 1 cup, 185 g										
Total	383	3.75	0.75	70.5	7.5	4.5	18.75	937.5	33.75	
Snacks/Other										
Fiber One 90 Calorie Chewy Bars - Chocolate Peanut Butter	180	5	2	34	10	10	2	160	0	0
2 x 1 bar, 46 g										
Weight Watchers Light String Cheese	100	5	2	0	0	0	12	240	10	0
2 x 1 stick, 48 g										
Total	280	10	4	34	10	10	14	400	10	0
Total	1290	37.99	14.805	178.29	31.8	30.32	66.25	2366.5	133.75	206

Saturday, January 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fried Egg 3 large	277	21.13	5.926	1.21	0	1.15	18.81	282	631	203
Fiber One 90 Calorie Chewy Bars - Chocolate Peanut Butter 1 bar, 23 g	90	2.5	1	17	5	5	1	80	0	0
Weight Watchers Light String Cheese 1 stick, 24 g	50	2.5	1	0	0	0	6	120	5	0
Lemon 1/4 fruit (2-1/8" dia)	4	0.04	0.006	1.35	0.4	0.36	0.16	0	0	20
Green Tea 1 mug (8 fl oz)	2	0	0.005	0.47	0	0	0	2	0	
Total	423	26.17	7.937	20.03	5.4	6.51	25.97	484	636	223
Lunch										
Fried Egg 3 large	277	21.13	5.926	1.21	0	1.15	18.81	282	631	203
Dinner										
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Cinnamon 2 tsps	12	0.15	0.03	3.67	2.5	0.1	0.18	1	0	23
Chobani 0% Plain Greek Yogurt (8 oz) 3/4 x 8 oz, 170 g	98	0	0	8.25	0	4.5	16.5	78.75	7.5	
Honey	32	0	0	8.65	0	8.62	0.03	0	0	5

Saturday, January 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 tbsp										
Total	325	3.15	0.53	55.97	6.5	22.61	21.71	79.75	7.5	171
Snacks/Other										
Wal-Mart Gala Apple	80	0	0	22	5	17	0		0	0
1 medium apple, 154 g										
Weight Watchers Light String Cheese	250	12.5	5	0	0	0	30	600	25	0
5 x 1 stick, 120 g										
Fiber One 90 Calorie Chewy Bars - Chocolate Peanut Butter	360	10	4	68	20	20	4	320	0	0
4 x 1 bar, 92 g										
Total	690	22.5	9	90	25	37	34	920	25	0
Total	**1715**	**72.95**	**23.393**	**167.21**	**36.9**	**67.27**	**100.49**	**1765.75**	**1299.5**	**597**

Sunday, January 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Weight Watchers Light String Cheese	150	7.5	3	0	0	0	18	360	15	0
3 x 1 stick, 72 g										
Fiber One 90 Calorie Chewy Bars - Chocolate Peanut Butter	180	5	2	34	10	10	2	160	0	0
2 x 1 bar, 46 g										
Fried Egg	277	21.13	5.926	1.21	0	1.15	18.81	282	631	203
3 large										
Total	607	33.63	10.926	35.21	10	11.15	38.81	802	646	203
Lunch										
McDonald's Southwest Salad Dressing	100	6	1	11	0	3	1	340	20	
1 pouch, 44.4 ml										
McDonald's Premium Southwest Salad with Grilled Chicken	290	8	2.5	28	7	11	27	650	70	
1 salad, 335 g										
McDonald's Diet Coke (Large)	0	0	0	0	0	0	0	30	0	0
1 serving, 32 oz										
Total	390	14	3.5	39	7	14	28	1020	90	0
Dinner										
Fried Egg	370	28.17	7.901	1.62	0	1.53	25.08	375	841	270
4 large										
7-Eleven French Vanilla Cappuccino	360	13.5	2.25	58.5	0	42.75	6.75	337.5	6.75	
2 1/4 x 16 fl oz										
Total	730	41.67	10.151	60.12	0	44.28	31.83	712.5	847.75	270

Sunday, January 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Brown Sugar 9 tsps packed	156	0	0	40.29	0	39.83	0	16	0	143
Cinnamon 4 tsps	24	0.29	0.06	7.35	5	0.2	0.36	2	0	46
Quaker Old Fashioned Oats 2 x 1/2 cup dry, 80 g	300	6	1	54	8	2	10	0	0	286
Sugar 3 tsps	49	0	0	12.6	0	12.59	0	0	0	0
Weight Watchers Light String Cheese 4 x 1 stick, 96 g	200	10	4	0	0	0	24	480	20	0
Fiber One 90 Calorie Chewy Bars - Chocolate Peanut Butter 3 x 1 bar, 69 g	270	7.5	3	51	15	15	3	240	0	0
Total	999	23.79	8.06	165.24	28	69.62	37.36	738	20	475
Total	**2726**	**113.09**	**32.637**	**299.57**	**45**	**139.05**	**136**	**3272.5**	**1603.75**	**948**

Thursday, January 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jif Creamy Peanut Butter 2 x 2 tbsp, 66 g	380	32	5	16	4	6	14	280	0	
Lunch										
Great Value Cannellini Beans 1/2 cup, 130 g	100	0.5	0	20	6	0	7	260	0	270
Great Value Brown Rice Boil in Bag 2 x 1/2 cup dry (1 cup cooked), 100 g	150	1	0	33	2	0	4	0	0	
Total	250	1.5	0	53	8	0	11	260	0	270
Dinner										
Domino Sugar Light Brown Sugar 2 x 1 tsp, 8 g	30	0	0	8	0	8	0	0	0	
Cinnamon 2 tsps	12	0.15	0.03	3.67	2.5	0.1	0.18	1	0	23
Sugar 2 tsps	33	0	0	8.4	0	8.39	0	0	0	0
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Total	225	3.15	0.53	47.07	6.5	17.49	5.18	1	0	166
Snacks/Other										
Chobani Nonfat Plain Greek Yogurt 3/4 x 1 cup, 170 g	98	0	0	8.25	0	4.5	16.5	78.75	7.5	0
Honey 1/2 tbsp	32	0	0	8.65	0	8.62	0.03	0	0	5

Thursday, January 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wal-Mart Gala Apple	240	0	0	66	15	51	0		0	0
3 x 1 medium apple, 462 g										
Total	370	0	0	82.9	15	64.12	16.53	78.75	7.5	5
Total	1225	36.65	5.53	198.97	33.5	87.61	46.71	619.75	7.5	441

Tuesday, January 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cooked Mushrooms (Fat Added in Cooking)	77	4.41	0.788	8.31	3.4	3.41	3.38	404	0	554
1 cup										
Cooked Egg White	51	0.17	0	0.72	0	0.7	10.75	317	0	160
3 large										
Fried Egg	185	14.09	3.95	0.81	0	0.76	12.54	188	420	135
2 large										
Total	313	18.67	4.738	9.84	3.4	4.87	26.67	909	420	849
Lunch										
Dinner										
Snacks/Other										
Coca-Cola Diet Coke Caffeine Free (Can)	0	0		0	0	0	0	106.8	0	
2 2/3 x 1 can, 32 oz										
Pop Secret Popcorn Butter 100 Calorie Pop	100	3	1	16	3	0	2	220	0	
1 bag popped, 24 g										
Total	100	3	1	16	3	0	2	326.8	0	
Total	**413**	**21.67**	**5.738**	**25.84**	**6.4**	**4.87**	**28.67**	**1235.8**	**420**	**849**

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										
Market Pantry Half & Half	180	13.5	9	4.5	0	4.5	4.5	135	67.5	
4 1/2 x 2 tbsp, 135 ml										
Dunkin' Donuts Coffee (Extra Large)	22	0	0	3	0	0	1.5	0	0	
1 1/2 x 1 serving, 18 oz										
Green Tea	5	0	0.009	0.95	0	0	0	5	0	
2 mugs (8 fl oz)										
Lemon	4	0.04	0.006	1.35	0.4	0.36	0.16	0	0	20
1/4 fruit (2-1/8" dia)										
Total	211	13.54	9.015	9.8	0.4	4.86	6.16	140	67.5	20
Lunch										
McDonald's Newman's Own Low Fat Balsamic Vinaigrette	35	2.5	0	3	0	3	0	420	0	
1 serving, 44 ml										
McDonald's Diet Coke (Large)	0	0	0	0	0	0	0	30	0	0
1 serving, 32 oz										
McDonald's Premium Southwest Salad with Grilled Chicken	290	8	2.5	28	7	11	27	650	70	
1 salad, 335 g										
Total	325	10.5	2.5	31	7	14	27	1100	70	0
Dinner										
Domino Sugar Light Brown Sugar	90	0	0	24	0	24	0	0	0	
6 x 1 tsp, 24 g										
Quaker Old Fashioned Oats	300	6	1	54	8	2	10	0	0	286
2 x 1/2 cup dry, 80 g										
Fried Egg without Fat	438	29.6	9.224	2.29	0	2.29	37.44	1338	1259	399

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
6 large										
Total	828	35.6	10.224	80.29	8	28.29	47.44	1338	1259	685
Snacks/Other										
Peter Paul Almond Joy Chocolate Bar	220	13	8	26	2	20	2	50	0	
1 package, 45 g										
Hershey's Milk Chocolate Bar with Almonds	420	28	12	42	4	38	8	50	20	
2 x 1 bar, 82 g										
Total	640	41	20	68	6	58	10	100	20	
Total	**2004**	**100.64**	**41.739**	**189.09**	**21.4**	**105.15**	**90.6**	**2678**	**1416.5**	**705**

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										
Coffee-Mate Sugar Free French Vanilla Liquid Coffee Creamer	180	12	0	24	0	0	0	420	0	
12 x 1 tbsp, 180 ml										
Dunkin' Donuts Coffee (Extra Large)	60	0	0	8	0	0	4	0	0	
4 x 1 serving, 48 oz										
Total	240	12	0	32	0	0	4	420	0	
Lunch										
McDonald's Premium Southwest Salad with Grilled Chicken	290	8	2.5	28	7	11	27	650	70	
1 salad, 335 g										
McDonald's Diet Coke (Large)	0	0	0	0	0	0	0	30	0	0
1 serving, 32 oz										
McDonald's Newman's Own Low Fat Balsamic Vinaigrette	35	2.5	0	3	0	3	0	420	0	
1 serving, 44 ml										
Total	325	10.5	2.5	31	7	14	27	1100	70	0
Dinner										
Honey	32	0	0	8.65	0	8.62	0.03	0	0	5
1/2 tbsp										
Chobani Nonfat Plain Greek Yogurt	130	0	0	11	0	6	22	105	10	0
1 cup, 227 g										
Total	162	0	0	19.65	0	14.62	22.03	105	10	5
Snacks/Other										

Wednesday, January 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wal-Mart Gala Apple 1 medium apple, 154 g	80	0	0	22	5	17	0		0	0
Total	807	22.5	2.5	104.65	12	45.62	53.03	1625	80	5

Thursday, January 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapefruit (Pink and Red)	52	0.17	0.025	13.11	2	8.47	0.95	0	0	166
1/2 fruit (3-3/4" dia)										
Dunkin' Donuts Coffee (Extra Large)	75	0	0	10	0	0	5	0	0	
5 x 1 serving, 60 oz										
Coffee-Mate Sugar Free French Vanilla Liquid Coffee Creamer	255	17	0	34	0	0	0	595	0	
17 x 1 tbsp, 255 ml										
Total	382	17.17	0.025	57.11	2	8.47	5.95	595	0	166
Lunch										
McDonald's Newman's Own Low Fat Balsamic Vinaigrette	35	2.5	0	3	0	3	0	420	0	
1 serving, 44 ml										
McDonald's Diet Coke (Large)	0	0	0	0	0	0	0	30	0	0
1 serving, 32 oz										
McDonald's Premium Southwest Salad with Grilled Chicken	290	8	2.5	28	7	11	27	650	70	
1 salad, 335 g										
Total	325	10.5	2.5	31	7	14	27	1100	70	0
Dinner										
Chobani Nonfat Plain Greek Yogurt	130	0	0	11	0	6	22	105	10	0
1 cup, 227 g										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Total	194	0	0	28.3	0	23.25	22.06	106	10	11

Thursday, January 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Wal-Mart Gala Apple 1 medium apple, 154 g	80	0	0	22	5	17	0		0	0
Total	**981**	**27.67**	**2.525**	**138.41**	**14**	**62.72**	**55.01**	**1801**	**80**	**177**

Friday, January 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cinnamon 1 tsp	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Spectrum Organic Virgin Coconut Oil 1 tbsp, 14 g	120	14	12	0	0	0	0	0	0	
Lemon 1/2 fruit (2-1/8" dia)	8	0.09	0.011	2.7	0.8	0.72	0.32	1	0	40
Grapefruit (Pink and Red) 1/2 fruit (3-3/4" dia)	52	0.17	0.025	13.11	2	8.47	0.95	0	0	166
Total	336	17.33	12.551	44.65	8	10.24	6.36	2	0	361
Lunch										
McDonald's Premium Southwest Salad with Grilled Chicken 1 salad, 335 g	290	8	2.5	28	7	11	27	650	70	
McDonald's Diet Coke (Large) 1 serving, 32 oz	0	0	0	0	0	0	0	30	0	0
McDonald's Newman's Own Low Fat Balsamic Vinaigrette 1 serving, 44 ml	35	2.5	0	3	0	3	0	420	0	
Total	325	10.5	2.5	31	7	14	27	1100	70	0
Dinner										
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Chobani Nonfat Plain Greek Yogurt	130	0	0	11	0	6	22	105	10	0

Friday, January 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup, 227 g										
Total	194	0	0	28.3	0	23.25	22.06	106	10	11
Snacks/Other										
Lemon	8	0.09	0.011	2.7	0.8	0.72	0.32	1	0	40
1/2 fruit (2-1/8" dia)										
Green Tea	7	0	0.014	1.42	0	0	0	7	0	
3 mugs (8 fl oz)										
Wal-Mart Gala Apple	80	0	0	22	5	17	0		0	0
1 medium apple, 154 g										
Total	95	0.09	0.025	26.12	5.8	17.72	0.32	8	0	40
Total	**950**	**27.92**	**15.076**	**130.07**	**20.8**	**65.21**	**55.74**	**1216**	**80**	**412**

Saturday, January 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lemon 1/2 fruit (2-1/8" dia)	8	0.09	0.011	2.7	0.8	0.72	0.32	1	0	40
Spectrum Organic Virgin Coconut Oil 1 tbsp, 14 g	120	14	12	0	0	0	0	0	0	
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Cinnamon 1 tsp	6	0.07	0.015	1.84	1.2	0.05	0.09	1	0	12
Total	284	17.16	12.526	31.54	6	1.77	5.41	2	0	195
Lunch										
McDonald's Newman's Own Low Fat Balsamic Vinaigrette 1 serving, 44 ml	35	2.5	0	3	0	3	0	420	0	
McDonald's Diet Coke (Large) 1 serving, 32 oz	0	0	0	0	0	0	0	30	0	0
McDonald's Premium Southwest Salad with Grilled Chicken 1 salad, 335 g	290	8	2.5	28	7	11	27	650	70	
Total	325	10.5	2.5	31	7	14	27	1100	70	0
Dinner										
Chobani Nonfat Plain Greek Yogurt 1 cup, 227 g	130	0	0	11	0	6	22	105	10	0
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Total	194	0	0	28.3	0	23.25	22.06	106	10	11

Saturday, January 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Wal-Mart Gala Apple	80	0	0	22	5	17	0		0	0
1 medium apple, 154 g										
Green Tea	2	0	0.005	0.47	0	0	0	2	0	
1 mug (8 fl oz)										
Lemon	4	0.04	0.006	1.35	0.4	0.36	0.16	0	0	20
1/4 fruit (2-1/8" dia)										
Total	86	0.04	0.011	23.82	5.4	17.36	0.16	2	0	20
Total	**889**	**27.7**	**15.037**	**114.66**	**18.4**	**56.38**	**54.63**	**1210**	**80**	**226**