Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	554	18.28	80.64	18.74
Lunch	412	15.56	56.02	13.28
Dinner	806	34.84	79.4	42.51
Snacks/Other	71	3.71	9.71	0.71
Total	**1844**	**72.4**	**225.78**	**75.25**

Monday, May 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Toasted Whole Wheat Bread 2 regular slices	135	2.12	0.468	24.63	2.6	2.87	4.78	277	0	106
Lunch										
California Rolls 4 pieces	131	0.49	0.088	25.24	1	5.19	5.51	232	15	
Blue C Sushi Inari 1 1/2 x 2 pieces	90	3	0	12	0	3	3	120	0	0
Total	221	3.49	0.088	37.24	1	8.19	8.51	352	15	0
Dinner										
Rubio's Fresh Mexican Grill Grilled Mesquite Shrimp Taco 2 x 1 taco, 262 g	460	24	4	44	6	2	18	1080	180	
Rubio's Fresh Mexican Grill Pinto Beans (Regular) 1 serving, 116 g	110	2	0.5	22	8	0	2	340	0	
Rubio's Fresh Mexican Grill Chips (Regular) 1 serving, 51 g	210	2	1	43	2	1	3	45	0	
Total	780	28	5.5	109	16	3	23	1465	180	
Snacks/Other										
Total	**1136**	**33.61**	**6.056**	**170.87**	**19.6**	**14.06**	**36.29**	**2094**	**195**	**106**

Tuesday, May 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Caffe Mocha with Soy (Grande) 1 1/4 x 1 serving, 20 oz	312	7.5	1.25	56.25	3.75	40	12.5	137.5	0	
Nickles Maple Twist Sweet Rolls 1 roll, 76 g	240	6	2.5	44	0	21	5	210	15	
Total	552	13.5	3.75	100.25	3.75	61	17.5	347.5	15	
Lunch										
Trader Joe's Shrimp & Surimi Salad with Louie Dressing 1 1/2 x 1 container, 510 g	381	9	1.5	48	6	24	27	1470	210	
Dinner										
Tortilla Corn Chips 1 10 chip serving	146	7.01	0.737	19.6	1.6	0.3	2.34	126	0	64
Taco Cabana Crispy Chicken Taco 2 x 1 taco	320	14	5	26	4	2	22	860	80	
Mexican Style Meatball Soup (Sopa De Albondigas) 2 cups	341	21.14	7.503	17.87	2.8	5.93	19.67	374	100	863
Total	807	42.15	13.24	63.47	8.4	8.23	44.01	1360	180	927
Snacks/Other										
Total	**1740**	**64.65**	**18.49**	**211.72**	**18.15**	**93.23**	**88.51**	**3177.5**	**405**	**927**

Wednesday, May 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jamba Juice Orange Dream Machine (Sixteen) 2 x 16 fl oz, 950 ml	700	3		150	0	136	16	0	0	
Costco Croissant 1 croissant, 69 g	339	17	12	35.9	2	5	7	339	50	
Total	1039	20	12	185.9	2	141	23	339	50	
Lunch										
Toasted Whole Wheat Bread 2 regular slices	135	2.12	0.468	24.63	2.6	2.87	4.78	277	0	106
Campbell's Classic Chicken Noodle Soup 1/2 cup, 240 ml	80	1	0.5	11	1	2	7	720	20	
Total	215	3.12	0.968	35.63	3.6	4.87	11.78	997	20	106
Dinner										
Round Table Pizza King Arthur Supreme Pizza (Large) 4 x 1 slice, 460 g	1080	52	24	104	8	8	48	2600	140	
Snacks/Other										
Total	**2334**	**75.12**	**36.968**	**325.53**	**13.6**	**153.87**	**82.78**	**3936**	**210**	**106**

Thursday, May 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Caffe Mocha with Soy (Grande) 1 1/4 x 1 serving, 20 oz	312	7.5	1.25	56.25	3.75	40	12.5	137.5	0	
Costco Croissant 1 croissant, 69 g	339	17	12	35.9	2	5	7	339	50	
Total	651	24.5	13.25	92.15	5.75	45	19.5	476.5	50	
Lunch										
Minute Maid Lemonade (20 oz) 1 bottle, 20 oz	260	0		70	0	67	0	80	0	
Egg Salad Sandwich 2 sandwiches	970	69.52	13.267	56.67	2.5	6.46	27.44	1412	658	315
Total	1230	69.52	13.267	126.67	2.5	73.46	27.44	1492	658	315
Dinner										
Taco Cabana Crispy Beef Taco 3 x 1 taco	540	30	10.5	33	6	3	36	1290	90	
Snacks/Other										
Total	2421	124.02	37.017	251.82	14.25	121.46	82.94	3258.5	798	315

Friday, May 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sourdough English Muffins 1 muffin, 57 g	120	1	0	23	2	1	5	210	0	
Hashed Brown Potatoes 1 cup	302	18.43	8.647	32.3			3.89	580	19	534
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
Beef Steak 3 oz boneless, cooked	214	12.77	4.998	0	0	0	23.21	317	70	259
Total	670	32.31	13.645	55.78	2	1.47	39.29	1217	89	901
Lunch										
Dinner										
Shortcake Sponge with Whipped Cream and Fruit 1 cake (3" dia) with fruit and whipped cream	211	5.06	2.36	39.71	1.3	35.74	3.89	112	109	117
Toasted Whole Wheat Bread 2 regular slices	135	2.12	0.468	24.63	2.6	2.87	4.78	277	0	106
Campbell's French Onion Soup 2 x 1/2 cup, 240 ml	120	2	0	20	2	8	4	1300	0	1120
Total	466	9.18	2.828	84.34	5.9	46.61	12.67	1689	109	1343
Snacks/Other										
Total	**1136**	**41.49**	**16.473**	**140.12**	**7.9**	**48.08**	**51.96**	**2906**	**198**	**2244**

Saturday, May 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fresh Pork Sausage 1/2 serving 2 links	85	7.43	2.464	0	0	0	4.23	178	20	69
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
Hash Brown (from Fresh) 1 large (3" to 4-1/4" dia, raw) yields	460	21.77	2.483	61.07	5.6	2.59	5.21	1010	0	1003
Total	579	29.31	4.947	61.55	5.6	3.06	16.63	1298	20	1180
Lunch										
Minute Maid Lemonade (20 oz) 1 bottle, 20 oz	260	0		70	0	67	0	80	0	
Taco Salad 1 1/2 cups	279	14.77	6.823	23.58			13.23	762	44	416
Total	539	14.77	6.823	93.58	0	67	13.23	842	44	416
Dinner										
Benihana Hibachi Scallops 1/4 x 1 meal	35	0.25		1			6.25		12.5	
Benihana Hibachi Steak 1/4 x 8 oz, 2 oz	113	8	0	0.5	0	0	9.25	0	0	77.25
Benihana Hibachi Vegetables 1/2 x 1 serving, 2 oz	76	7		3.5	0	0	0.5	0	0	
Benihana Fried Rice 1/2 cup	220	5	1	38	1	2	4	380	151	200
Cucumber Maki 2 pieces	46	0.08	0.021	10.09	0.2	1.84	0.83	139	0	
Miso Soup 1 cup	84	3.36	0.622	7.78	1.9	2.59	6.02	998	0	367

Saturday, May 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Benihana Hibachi Steak 8 oz, 8 oz	451	32	0	2	0	0	37	0	0	309
Benihana Fried Rice 1/2 cup	220	5	1	38	1	2	4	380	151	200
Benihana Hibachi Scallops 1 meal	140	1		4			25		50	
Benihana Hibachi Vegetables 1 serving, 4 oz	151	14		7	0	0	1	0	0	
Total	1536	75.69	2.643	111.87	4.1	8.43	93.85	1897	364.5	1153.25
Snacks/Other										
See's Candies Assorted Chocolate Box 2 x 2 pieces, 68 g	320	18	9	40	1.8	32	4	80	20	
See's Candies Scotchmallow 2 pieces, 35 g	150	6	4	25	0	20	1	25	10	
Total	470	24	13	65	1.8	52	5	105	30	
Total	**3124**	**143.77**	**27.413**	**332**	**11.5**	**130.49**	**128.71**	**4142**	**458.5**	**2749.25**

Sunday, May 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lactaid 2% Milk 1 cup, 240 ml	130	5	3	13	0	12	8	125	20	
Kashi Berry Blossoms 1 1/4 x 3/4 cup, 1 oz	125	1.25		31.25	6.25	8.75	2.5	156.25		100
Total	255	6.25	3	44.25	6.25	20.75	10.5	281.25	20	100
Lunch										
Minute Maid Lemonade 8 fl oz, 240 ml	100	0	0	28	0	27	0	35	0	0
Trader Joe's Asparagus Risotto 1 cup, 140 g	200	9	4.5	23	0	3	5	200	20	
Total	300	9	4.5	51	0	30	5	235	20	0
Dinner										
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Cooked Salmon 1 medium salmon steak (5/8" thick)	197	6.11	1.497	0	0	0	33.3	82	78	616
Total	432	6.89	1.652	50.12	3	1.63	40.07	689	78	959
Snacks/Other										
Pop Secret Homestyle Microwave Popcorn 1 cup popped, 8 g	30	2	0.5	3	0.5	0	0	70	0	0
Total	**1017**	**24.14**	**9.652**	**148.37**	**9.75**	**52.38**	**55.57**	**1275.25**	**118**	**1059**