Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	455	25.94	30.77	22.58
Lunch	318	4.12	39.59	30.44
Dinner	470	27.14	29.68	23.64
Snacks/Other	186	1.68	40.81	5.77
Total	**1429**	**58.89**	**140.84**	**82.43**

Saturday, July 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Alpine Valley Breads Multi grain with omega 3 bread 2 x 1 slice, 74 g	178	2	0	30	6	4	10	240	0	
Nutiva Organic Extra Virgin Coconut Oil 1 tbsp, 15 ml	130	14	13	0	0	0	0	0	0	0
Total	455	25.94	16.099	30.77	6	4.77	22.58	380	423	134
Lunch										
Deli Turkey or Chicken Breast Meat 4 slices (1 oz)	118	1.88	0.544	4.77	0.6	3.98	19.36	1151	49	342
Alpine Valley Breads Multi grain with omega 3 bread 2 x 1 slice, 74 g	178	2	0	30	6	4	10	240	0	
Total	296	3.88	0.544	34.77	6.6	7.98	29.36	1391	49	342
Dinner										
Pizza with Meat 2 pieces (1/8 12" dia)	530	24.29	9.664	55.35	2.8	3.54	21.28	1220	42	363
Snacks/Other										
Bananas 1 extra large (9" or longer)	135	0.5	0.17	34.72	4	18.59	1.66	2	0	544
1% Fat Milk 1/2 cup	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
Total	186	1.68	0.942	40.81	4	24.93	5.77	56	6	727

Saturday, July 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1467	55.79	27.249	161.7	19.4	41.22	78.99	3047	520	1566

Sunday, July 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nutiva Organic Extra Virgin Coconut Oil 1 tbsp, 15 ml	130	14	13	0	0	0	0	0	0	0
Alpine Valley Breads Multi grain with omega 3 bread 2 x 1 slice, 74 g	178	2	0	30	6	4	10	240	0	
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Total	455	25.94	16.099	30.77	6	4.77	22.58	380	423	134
Lunch										
Tomatoes 2 medium whole (2-3/5" dia)	44	0.49	0.113	9.64	3	6.47	2.16	12	0	583
Alpine Valley Breads Multi grain with omega 3 bread 2 x 1 slice, 74 g	178	2	0	30	6	4	10	240	0	
Deli Turkey or Chicken Breast Meat 4 slices (1 oz)	118	1.88	0.544	4.77	0.6	3.98	19.36	1151	49	342
Total	340	4.37	0.657	44.41	9.6	14.45	31.52	1403	49	925
Dinner										
Earth Island Veganaise 3 x 1 tbsp, 45 ml	270	27	1.5	0	0	0	0	255	0	
Kirkland Signature Wild Alaskan Smoked Sockeye Salmon 2 x 2 oz, 112 g	140	3	0	4	0	0	26	1300	20	
Total	410	30	1.5	4	0	0	26	1555	20	

Sunday, July 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
1% Fat Milk	51	1.18	0.772	6.09	0	6.34	4.11	54	6	183
1/2 cup										
Bananas	135	0.5	0.17	34.72	4	18.59	1.66	2	0	544
1 extra large (9" or longer)										
Total	186	1.68	0.942	40.81	4	24.93	5.77	56	6	727
Total	**1391**	**61.99**	**19.198**	**119.99**	**19.6**	**44.15**	**85.87**	**3394**	**498**	**1786**