Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	948	28.21	129.65	48.2
Lunch	37	1.2	4.6	1.87
Dinner	875	34.37	82.28	58.48
Snacks/Other	455	19.8	52.07	14.23
Total	2316	83.58	268.6	122.78

Thursday, September 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream of Wheat Cream of Wheat	440	0	0	92	4		12	0	0	
4 x 3 tbsp, 120 g										
Publix Fat Free Milk	135	0	0	19.5	0	18	13.5	195	6	630
1 1/2 x 1 cup, 360 ml										
Domino Sugar Light Brown Sugar	90	0	0	24	0	24	0	0	0	
6 x 1 tsp, 24 g										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
POM Wonderful 100% Pomegranate Juice	150	0	0	36	0	31	1	0	0	600
8 fl oz, 236 ml										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Total	1073	9.28	5.906	183.86	4	85.15	53.47	669	35	1557
Lunch										
Dinner										
Ken's Steak House Honey Mustard Dressing Topping & Spread	130	11	1.5	6	0	6	0	210	15	
2 tbsp, 30 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										

Thursday, September 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
MuscleTech 100% Premium Whey Protein Plus - Chocolate 1 scoop , 33 g	120	1	1	9	0.5	2	20	95	35	0
Eat Smart Sweet Kale Vegetable Salad Kit 2 x 1 cup, 170 g	300	18	3	30	4	20	6	300	0	
My Essentials Breaded Chicken Breast Tenders 2 pieces, 76 g	210	15	3.5	9	0	0	11			
Total	850	45	9	67	4.5	40	45	735	55	410
Snacks/Other										
Chobani Nonfat Vanilla Greek Yogurt 1/2 x 8 oz, 113.5 g	90	0	0	12.5	0	10	10	47.5	5	0
Blackberries 1/2 cup	31	0.35	0.01	6.92	3.8	3.51	1	1	0	117
Blueberries 1/2 cup	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Hershey's Chocolate Syrup 1 tbsp, 19 g	100	0	0	24	1	20	1	15	0	
Publix Premium Chocolate Ice Cream 2 x 1/2 cup, 146 g	300	16	0	32	0	30	6	140	80	
Premier Nutrition Yogurt Peanut Crunch Protein Bar 1 bar, 72 g	290	8	4	25	3	9	30	440	0	190
Spring Valley Algal DHA supplement 2 capsules	25	2.6		0			0			

Thursday, September 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nature Made Fish Oil 1200Mg 2 softgels	35	3	1	1	0	0	0.5	0	25	
Total	936	30.42	5.041	117.77	11	83.27	49.55	645.5	110	479
Total	2859	84.7	19.947	368.63	19.5	208.42	148.02	2049.5	200	2446

Friday, September 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
POM Wonderful 100% Pomegranate Juice 8 fl oz, 236 ml	150	0	0	36	0	31	1	0	0	600
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Crystal Farms All Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	300
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
General Mills Cheerios Protein Oats & Honey 2 x 1 1/4 cups, 110 g	420	6	2	84	8	34	14	560	0	300
Total	1058	33.77	9.643	137.25	9.9	77.89	54.29	1165	34	1762
Lunch										
Dinner										
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
MuscleTech 100% Premium Whey Protein Plus - Chocolate 1 scoop , 33 g	120	1	1	9	0.5	2	20	95	35	0
Nabisco Premium Soup & Oyster Crackers 22 crackers, 15 g	60	1.5	0	11	0	0	1	170	0	20
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27

Friday, September 2, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wendy's Chili (Large)	250	7	3	23	5	9	23	1170	50	600
1 serving, 340 g										
Total	633	18.78	9.906	56.36	5.5	23.15	58.97	1739	119	1057
Snacks/Other										
Lindt Excellence Extra Fine Dark Chocolate 85% Cocoa	230	18	11	15	6	5	5	15	0	
4 squares, 40 g										
Body Fortress Super Amino Hydra-Blast	70	0	0	2	0	0	0	200	0	80
2 x 1 scoop, 24 g										
Premier Nutrition Chocolate Peanut Butter Protein Bar	290	8	4	25	3	8	30	440	0	240
1 bar, 59 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	650	31.6	16	43	9	13	35.5	655	25	320
Total	**2341**	**84.15**	**35.549**	**236.61**	**24.4**	**114.04**	**148.76**	**3559**	**178**	**3139**

Saturday, September 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
General Mills Cheerios Protein Oats & Honey	420	6	2	84	8	34	14	560	0	300
2 x 1 1/4 cups, 110 g										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
POM Wonderful 100% Pomegranate Juice	150	0	0	36	0	31	1	0	0	600
8 fl oz, 236 ml										
Total	1163	34.16	9.775	164.2	13	92.32	55.58	1166	34	2184
Lunch										
Dinner										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Great Value Sliced Pickled Beets	30	0	0	8	0	8	0	110	0	90
2 x 1/2 cup, 254 g										

Saturday, September 3, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Le Sueur Very Young Small Early Peas 3 1/2 x 1/2 cup, 423.5 g	210	0	0	42	10.5	14	14	1330	0	
My Essentials Breaded Chicken Breast Tenders 2 pieces, 76 g	210	15	3.5	9	0	0	11			
Total	660	16	4.5	81	11	36	53	1665	40	500
Snacks/Other										
Hershey's Chocolate Syrup 1 tbsp, 19 g	100	0	0	24	1	20	1	15	0	
Publix Premium Chocolate Ice Cream 2 x 1/2 cup, 146 g	300	16	0	32	0	30	6	140	80	
Premier Nutrition Chocolate Peanut Butter Protein Bar 1 bar, 59 g	290	8	4	25	3	8	30	440	0	240
Spring Valley Algal DHA supplement 2 capsules	25	2.6		0			0			
Nature Made Fish Oil 1200Mg 2 softgels	35	3	1	1	0	0	0.5	0	25	
Total	750	29.6	5	82	4	58	37.5	595	105	240
Total	**2573**	**79.76**	**19.275**	**327.2**	**28**	**186.32**	**146.08**	**3426**	**179**	**2924**

Sunday, September 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Florida Crystals Demerara Sugar 3 x 1 tsp, 12 g	45	0	0	12	0	12	0	0	0	0
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice 8 fl oz, 240 ml	140	0	0	33	1	27	2	25	0	470
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Crystal Farms All Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	300
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
General Mills Cheerios Protein Oats & Honey 2 x 1 1/4 cups, 110 g	420	6	2	84	8	34	14	560	0	300
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	1198	34.16	9.775	173.2	14	100.32	56.58	1191	34	2054
Lunch										
Dinner										
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
MuscleTech 100% Premium Whey Protein Plus - Chocolate 1 scoop , 33 g	120	1	1	9	0.5	2	20	95	35	0

Sunday, September 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Pear Nectar 1/2 cup	75	0.01	0.001	19.7	0.8	18.95	0.14	5	0	16
Great Value Sliced Pears No Sugar Added 1/2 cup, 122 g	40	0	0	9	2	6	0	10	0	25
Harris Teeter Blueberries 1/2 cup , 100 g	60	0	0	14	3	10	1	0	0	
Harris Teeter Blueberries 1/2 cup , 100 g	60	0	0	14	3	10	1	0	0	
Great Value Fat Free Small Curd Cottage Cheese 2 x 1/2 cup, 226 g	160	0	0	12	0	10	26	860	10	340
Nabisco Premium Soup & Oyster Crackers 22 crackers, 15 g	60	1.5	0	11	0	0	1	170	0	20
Wendy's Chili (Large) 1 serving, 340 g	250	7	3	23	5	9	23	1170	50	600
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	1028	18.79	9.907	125.06	14.3	78.1	87.11	2614	129	1438
Snacks/Other										
Spring Valley Algal DHA supplement 2 capsules	25	2.6		0			0			
Nature Made Fish Oil 1200Mg 2 softgels	35	3	1	1	0	0	0.5	0	25	
Total	60	5.6	1	1	0	0	0.5	0	25	
Total	**2286**	**58.55**	**20.682**	**299.26**	**28.3**	**178.42**	**144.19**	**3805**	**188**	**3492**

Monday, September 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
General Mills Cheerios Protein Oats & Honey	420	6	2	84	8	34	14	560	0	300
2 x 1 1/4 cups, 110 g										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Total	1198	34.16	9.775	173.2	14	100.32	56.58	1191	34	2054
Lunch										
Dinner										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										

Monday, September 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Butter (Salted)	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
1 tbsp										
Alpine Valley Organic Super Grains	160	0.1	0	28	8	8	8	130	0	
2 x 1 slice, 56 g										
King's Choice Smoked Gouda Cheese	140	12	7	0	0	0	10	480	30	
2 x 1 oz, 56 g										
Mayonnaise	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
2 tbsps										
Hass Avocado	240	21.99	3.189	12.8	10	0.99	3	10	0	
1 avocado										
Total	967	56.43	19.924	69.84	18.5	24.88	49.38	1136	109	416
Snacks/Other										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Publix Premium Chocolate Ice Cream	300	16	0	32	0	30	6	140	80	
2 x 1/2 cup, 146 g										
Premier Nutrition Chocolate Peanut Butter Protein Bar	290	8	4	25	3	8	30	440	0	240
1 bar, 59 g										
Lindt Excellence Extra Fine Dark Chocolate 85% Cocoa	115	9	5.5	7.5	3	2.5	2.5	7.5	0	
1/2 x 4 squares, 20 g										
Body Fortress Super Amino Hydra-Blast	70	0	0	2	0	0	0	200	0	80
2 x 1 scoop, 24 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										

Monday, September 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	935	38.6	10.5	91.5	7	60.5	40	802.5	105	320
Total	3100	129.19	40.199	334.54	39.5	185.7	145.96	3129.5	248	2790

Tuesday, September 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
General Mills Cheerios Protein Oats & Honey	420	6	2	84	8	34	14	560	0	300
2 x 1 1/4 cups, 110 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	1185	32.88	8.869	173.84	14	100.17	55.61	1177	30	2027
Lunch										
Dinner										
Harris Teeter Blueberries	60	0	0	14	3	10	1	0	0	
1/2 cup , 100 g										
Great Value Fat Free Small Curd Cottage Cheese	160	0	0	12	0	10	26	860	10	340

Tuesday, September 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1/2 cup, 226 g										
Pear Nectar	75	0.01	0.001	19.7	0.8	18.95	0.14	5	0	16
1/2 cup										
Great Value Sliced Pears - No Sugar Added	40	0	0	9	2	6	0	10	0	25
1/2 cup, 122 g										
Great Value Sliced Pickled Beets	30	0	0	8	0	8	0	110	0	90
2 x 1/2 cup, 254 g										
Chicken of the Sea COS SMOKED SALMON SNGL SRV PC	120	3.5	0.5	1	0	1	21	490	45	
3 oz										
Total	485	3.51	0.501	63.7	5.8	53.95	48.14	1475	55	471
Snacks/Other										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	60	5.6	1	1	0	0	0.5	0	25	
Total	**1730**	**41.99**	**10.37**	**238.54**	**19.8**	**154.12**	**104.25**	**2652**	**110**	**2498**

Wednesday, September 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
General Mills Cheerios Protein Oats & Honey	420	6	2	84	8	34	14	560	0	300
2 x 1 1/4 cups, 110 g										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Total	1185	32.88	8.869	173.84	14	100.17	55.61	1177	30	2027
Lunch										
Dinner										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0

Wednesday, September 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop , 33 g										
Wendy's Chili (Large)	250	7	3	23	5	9	23	1170	50	600
1 serving, 340 g										
Nabisco Premium Soup & Oyster Crackers	60	1.5	0	11	0	0	1	170	0	20
22 crackers, 15 g										
Great Value Fat Free Small Curd Cottage Cheese	160	0	0	12	0	10	26	860	10	340
2 x 1/2 cup, 226 g										
Pear Nectar	75	0.01	0.001	19.7	0.8	18.95	0.14	5	0	16
1/2 cup										
Great Value Sliced Pears No Sugar Added	40	0	0	9	2	6	0	10	0	25
1/2 cup, 122 g										
Total	795	9.51	4.001	96.7	8.3	57.95	78.14	2440	100	1411
Snacks/Other										
Gatorade G2 Perform 02 - Grape (20 oz)	135	0		36	0	36	0	810	0	225
3 x 1 bottle, 60 oz										
Premier Nutrition Yogurt Peanut Crunch Protein Bar	290	8	4	25	3	9	30	440	0	190
1 bar, 72 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	485	13.6	5	62	3	45	30.5	1250	25	415
Total	**2465**	**55.99**	**17.87**	**332.54**	**25.3**	**203.12**	**164.25**	**4867**	**155**	**3853**

Thursday, September 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
General Mills Cheerios Protein Oats & Honey	420	6	2	84	8	34	14	560	0	300
2 x 1 1/4 cups, 110 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	1185	32.88	8.869	173.84	14	100.17	55.61	1177	30	2027
Lunch										
Dinner										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410

Thursday, September 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup, 240 ml										
Chobani Nonfat Vanilla Greek Yogurt	180	0	0	25	0	20	20	95	10	0
8 oz, 227 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)										
Blueberries	83	0.48	0.041	21.01	3.5	14.44	1.07	1	0	112
1 cup										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Quinoa (Cooked)	229	3.55	0.361	42.17	3.6	0	8.01	314	0	
1 cup cooked										
Flora Roasted Red Peppers	25	0		5	1	1	1	240	0	
1/4 cup, 120 g										
Pompeian Canned Artichoke Hearts	35	0		6	4	1	2	420	0	180
1/2 cup, 126 g										
Sunflower Oil	240	27.2	2.802	0	0	0	0	0	0	
2 tbsps										
Cooked Green Peppers	18	0.99	0.183	2.29	0.4	1.15	0.31	86	0	56
1/4 cup										
Total	1174	34.07	4.542	162.09	19.1	73.1	62.7	1384	50	1413
Snacks/Other										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	60	5.6	1	1	0	0	0.5	0	25	

Thursday, September 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2419	72.55	14.411	336.93	33.1	173.27	118.81	2561	105	3440

Friday, September 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Chick-fil-A Chicken Sandwich 1 sandwich, 183 g	440	18	4	41	2	5	28	1390	55	
Chick-fil-A Fruit Cup (Large) 1 serving, 194 g	70	0	0	17	2	14	0	0	0	
Chick-fil-A Honey Mustard Sauce 1 serving, 28 g	45	0	0	11	0	10	0	150	0	
Total	555	18	4	69	4	29	28	1540	55	
Dinner										
Heinz 57 Steak Sauce 2 x 1 tbsp, 34 g	40	0	0	8	0	8	0	300	0	0
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
MuscleTech 100% Premium Whey Protein Plus - Chocolate 1 scoop , 33 g	120	1	1	9	0.5	2	20	95	35	0
Eat Smart Sweet Kale Vegetable Salad Kit 2 x 1 cup, 170 g	300	18	3	30	4	20	6	300	0	
Beef Tenderloin (Lean Only, Trimmed to 1/8" Fat) 4 oz	172	7.39	2.735	0	0	0	25.08	64	76	393
Total	722	26.39	6.735	60	4.5	42	59.08	889	116	803
Snacks/Other										
Reduced Sodium Colby-Jack Cheese Snacks	320	28	18	0	0	0	20	420	80	60

Friday, September 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 x 1 stick, 84 g										
POM Wonderful 100% Pomegranate Juice	150	0	0	36	0	31	1	0	0	600
8 fl oz, 236 ml										
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)										
Chobani Nonfat Vanilla Greek Yogurt	90	0	0	12.5	0	10	10	47.5	5	0
1/2 x 8 oz, 113.5 g										
Strawberries	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
1/2 cup halves										
Blueberries	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
1/2 cup										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	790	34.46	19.163	92.8	6.3	66.19	33.84	470.5	110	1254
Total	**2067**	**78.85**	**29.898**	**221.8**	**14.8**	**137.19**	**120.92**	**2899.5**	**281**	**2057**

Saturday, September 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
POM Wonderful 100% Pomegranate Juice 8 fl oz, 236 ml	150	0	0	36	0	31	1	0	0	600
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
General Mills Cheerios Protein Oats & Honey 2 x 1 1/4 cups, 110 g	420	6	2	84	8	34	14	560	0	300
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
Crystal Farms All Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	300
Florida Crystals Demerara Sugar 3 x 1 tsp, 12 g	45	0	0	12	0	12	0	0	0	0
Kraft Natural Finely Shredded Mexican Style Four Cheese 1/4 cup, 28 g	100	8	5	1	0	0	6	160	25	
Total	1195	32.88	8.869	176.84	13	104.17	54.61	1152	30	2157
Lunch										
Dinner										
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
MuscleTech 100% Premium Whey Protein Plus - Chocolate 1 scoop , 33 g	120	1	1	9	0.5	2	20	95	35	0

Saturday, September 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Goya Black Beans	315	1.75	0	66.5	21	3.5	24.5	1610	0	
3 1/2 x 1/2 cup, 455 g										
Mayonnaise	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
2 tbsps										
Hass Avocado	240	21.99	3.189	12.8	10	0.99	3	10	0	
1 avocado										
Total	880	34.56	5.63	108.33	31.5	20.37	55.76	2054	48	413
Snacks/Other										
Premier Nutrition Titan Protein Bar - Peanut Butter Crunch	300	10	5	24	3	9	30	450	0	220
1 bar, 72 g										
Brookside Dark Chocolate Covered Pomegranate	340	16	9	56	2	46	2	120	0	
2 x 12 pieces, 60 g										
Gatorade G2 Perform 02 - Grape (20 oz)	135	0		36	0	36	0	810	0	225
3 x 1 bottle, 60 oz										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Total	835	31.6	15	117	5	91	32.5	1380	25	445
Total	**2910**	**99.04**	**29.499**	**402.17**	**49.5**	**215.54**	**142.87**	**4586**	**103**	**3015**

Sunday, September 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kashi GOLEAN Crunch! Cereal 2 x 3/4 cup, 106 g	380	6	0	76	16	26	18	200	0	660
Kraft Natural Finely Shredded Mexican Style Four Cheese 1/4 cup, 28 g	100	8	5	1	0	0	6	160	25	
Florida Crystals Demerara Sugar 3 x 1 tsp, 12 g	45	0	0	12	0	12	0	0	0	0
Crystal Farms All Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	300
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
POM Wonderful 100% Pomegranate Juice 8 fl oz, 236 ml	150	0	0	36	0	31	1	0	0	600
Total	1155	32.88	6.869	168.84	21	96.17	58.61	792	30	2517
Lunch										
Dinner										
Heinz 57 Steak Sauce 2 x 1 tbsp, 34 g	40	0	0	8	0	8	0	300	0	0
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410

Sunday, September 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Eat Smart Sweet Kale Vegetable Salad Kit	300	18	3	30	4	20	6	300	0	
2 x 1 cup, 170 g										
Beef Tenderloin (Trimmed to 1/8" Fat)	280	20.59	8.309	0	0	0	22.24	57	75	342
4 oz										
Total	830	39.59	12.309	60	4.5	42	56.24	882	115	752
Snacks/Other										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Gatorade G2 Perform 02 - Grape (20 oz)	45	0		12	0	12	0	270	0	75
1 bottle, 20 oz										
Total	105	5.6	1	13	0	12	0.5	270	25	75
Total	**2090**	**78.07**	**20.178**	**241.84**	**25.5**	**150.17**	**115.35**	**1944**	**170**	**3344**

Monday, September 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
POM Wonderful 100% Pomegranate Juice 8 fl oz, 236 ml	150	0	0	36	0	31	1	0	0	600
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
Crystal Farms All Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	300
Florida Crystals Demerara Sugar 3 x 1 tsp, 12 g	45	0	0	12	0	12	0	0	0	0
Kraft Natural Finely Shredded Mexican Style Four Cheese 1/4 cup, 28 g	100	8	5	1	0	0	6	160	25	
Kashi GOLEAN Crunch! Cereal 2 x 3/4 cup, 106 g	380	6	0	76	16	26	18	200	0	660
Total	1155	32.88	6.869	168.84	21	96.17	58.61	792	30	2517
Lunch										
Dinner										
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
MuscleTech 100% Premium Whey Protein Plus - Chocolate 1 scoop , 33 g	120	1	1	9	0.5	2	20	95	35	0

Monday, September 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Ken's Steak House Honey Mustard Dressing Topping & Spread	130	11	1.5	6	0	6	0	210	15	
2 tbsp, 30 g										
Cooked Kale (from Fresh)	138	8.42	1.519	14.77	5.1	3.24	4.94	678	0	594
2 cups fresh										
Turkey Burger	217	12.16	3.135	0	0	0	25.3	400	94	
1 medium patty										
Total	695	32.58	7.154	42.77	5.6	23.24	58.24	1513	149	1004
Snacks/Other										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Total	60	5.6	1	1	0	0	0.5	0	25	
Total	**1910**	**71.06**	**15.023**	**212.61**	**26.6**	**119.41**	**117.35**	**2305**	**204**	**3521**

Tuesday, September 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
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)										
POM Wonderful 100% Pomegranate Juice	150	0	0	36	0	31	1	0	0	600
8 fl oz, 236 ml										
Total	985	29.88	7.869	134.84	9	87.17	47.61	872	30	2007
Lunch										
Dinner										
Merlot Wine	123	0		3.69	0	0.91	0.1	6		187
1 5 fl oz serving										
Garden Lites Loaded Potato Soufflé	200	5.5	3	27	3	5	11	650	15	
1 soufflé, 198 g										

Tuesday, September 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kraft Classic Balsamic Vinaigrette	90	8	1	4	0	3	0	320	0	0
2 tbsp, 31 g										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Bay Prime Mahi Mahi	110	1	0	2	0	1	20	450	85	
4 oz filet, 113 g										
Total	542	14.76	4.042	40.21	5.2	10.88	32.77	1458	100	507
Snacks/Other										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Great Value French Vanilla Ice Cream	280	14	10	32	0	26	4	110	110	
2 x 1/2 cup, 134 g										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Total	440	19.6	11	57	1	46	5.5	125	135	
Total	**1967**	**64.24**	**22.911**	**232.05**	**15.2**	**144.05**	**85.88**	**2455**	**265**	**2514**

Wednesday, September 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
MuscleTech 100% Premium Whey Protein Plus - Chocolate 1 scoop , 33 g	120	1	1	9	0.5	2	20	95	35	0
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
General Mills Cheerios Protein Oats & Honey 1 1/4 cups, 55 g	210	3	1	42	4	17	7	280	0	150
Total	800	22.88	3.869	107.84	9.5	58.17	48.61	637	45	1517
Lunch										
Dinner										
French's Classic Yellow Mustard 1 tsp, 5 g	0	0	0	0	0	0	0	55	0	
Sweet Pickle Relish 1 tbsp	20	0.07	0.008	5.26	0.2	2.4	0.06	122	0	4
Pear Nectar 1/2 cup	75	0.01	0.001	19.7	0.8	18.95	0.14	5	0	16
Great Value Sliced Pears No Sugar Added 1/2 cup, 122 g	40	0	0	9	2	6	0	10	0	25

Wednesday, September 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Fat Free Small Curd Cottage Cheese 2 x 1/2 cup, 226 g	160	0	0	12	0	10	26	860	10	340
Simply Nature 100% Grass Fed Ground Beef 4 oz, 112 g	240	17	7	0	0	0	21	65	70	0
Total	535	17.08	7.009	45.96	3	37.35	47.2	1117	80	385
Snacks/Other										
Premier Nutrition Chocolate Peanut Butter Protein Bar 1 bar, 59 g	290	8	4	25	3	8	30	440	0	240
Nature Made Fish Oil 1200Mg 2 softgels	35	3	1	1	0	0	0.5	0	25	
Spring Valley Algal DHA supplement 2 capsules	25	2.6		0			0			
Total	350	13.6	5	26	3	8	30.5	440	25	240
Total	**1685**	**53.56**	**15.878**	**179.8**	**15.5**	**103.52**	**126.31**	**2194**	**150**	**2142**

Thursday, September 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
POM Wonderful 100% Pomegranate Juice 8 fl oz, 236 ml	150	0	0	36	0	31	1	0	0	600
Crystal Farms All Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	300
Florida Crystals Demerara Sugar 3 x 1 tsp, 12 g	45	0	0	12	0	12	0	0	0	0
Kraft Natural Finely Shredded Mexican Style Four Cheese 1/4 cup, 28 g	100	8	5	1	0	0	6	160	25	
General Mills Cheerios Protein Oats & Honey 1 1/4 cups, 55 g	210	3	1	42	4	17	7	280	0	150
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	985	29.88	7.869	134.84	9	87.17	47.61	872	30	2007
Lunch										
Dinner										
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
MuscleTech 100% Premium Whey Protein Plus - Chocolate 1 scoop , 33 g	120	1	1	9	0.5	2	20	95	35	0

Thursday, September 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
Green Giant Hass Avocado 1/5 avocado, 50 g	150	14	2	8	6	1	2	5	0	460
Vegetable Classics Tomato Basil Soup 1 cup, 244 g	150	3	0.5	29	2	14	3	680	0	520
King's Choice Smoked Gouda Cheese 2 x 1 oz, 56 g	140	12	7	0	0	0	10	480	30	
Butter (Salted) 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
Alpine Valley Organic Super Grains 2 x 1 slice, 56 g	160	0.1	0	28	8	8	8	130	0	
Total	1027	51.44	19.235	94.04	16.5	38.89	51.38	1811	109	1396
Snacks/Other										
Hershey's Chocolate Syrup 1 tbsp, 19 g	100	0	0	24	1	20	1	15	0	
Breyers All Natural French Vanilla Ice Cream 2 x 1/2 cup, 240 g	280	14	9	28	0	28	6	80	90	
Nature Made Fish Oil 1200Mg 2 softgels	35	3	1	1	0	0	0.5	0	25	
Spring Valley Algal DHA supplement 2 capsules	25	2.6		0			0			
Total	440	19.6	10	53	1	48	7.5	95	115	
Total	**2452**	**100.92**	**37.104**	**281.88**	**26.5**	**174.06**	**106.49**	**2778**	**254**	**3403**

Friday, September 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
General Mills Cheerios Protein Oats & Honey 1 1/4 cups, 55 g	210	3	1	42	4	17	7	280	0	150
Kraft Natural Finely Shredded Mexican Style Four Cheese 1/4 cup, 28 g	100	8	5	1	0	0	6	160	25	
Florida Crystals Demerara Sugar 3 x 1 tsp, 12 g	45	0	0	12	0	12	0	0	0	0
Crystal Farms All Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	300
POM Wonderful 100% Pomegranate Juice 8 fl oz, 236 ml	150	0	0	36	0	31	1	0	0	600
Total	880	29.49	7.737	107.89	5.9	72.74	46.32	871	30	1585
Lunch										
Dinner										
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
MuscleTech 100% Premium Whey Protein Plus - Chocolate 1 scoop , 33 g	120	1	1	9	0.5	2	20	95	35	0
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3

Friday, September 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mission Avocado 1/3 medium, 50 g	275	25	5	15	15	0	5	0	0	850
Smucker's Concord Grape Jelly 2 x 1 tbsp, 40 g	100	0	0	26	0	24	0	10	0	0
Smucker's Natural Creamy Peanut Butter 1 1/2 x 2 tbsp, 48 g	300	24	3.75	9	3	1.5	12	157.5	0	
Alpine Valley Organic Super Grains 2 x 1 slice, 56 g	160	0.1	0	28	8	8	8	130	0	
Total	1160	59.92	11.191	107.03	26.5	49.38	53.26	731.5	48	1263
Snacks/Other										
Premier Nutrition Titan Protein Bar - Peanut Butter Crunch 1 bar, 72 g	300	10	5	24	3	9	30	450	0	220
Hershey's Chocolate Syrup 1 tbsp, 19 g	100	0	0	24	1	20	1	15	0	
Breyers All Natural French Vanilla Ice Cream 2 x 1/2 cup, 240 g	280	14	9	28	0	28	6	80	90	
Spring Valley Algal DHA supplement 2 capsules	25	2.6		0			0			
Nature Made Fish Oil 1200Mg 2 softgels	35	3	1	1	0	0	0.5	0	25	
Total	740	29.6	15	77	4	57	37.5	545	115	220
Total	**2780**	**119.01**	**33.928**	**291.92**	**36.4**	**179.12**	**137.08**	**2147.5**	**193**	**3068**

Saturday, September 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Total	870	29.49	7.737	104.89	6.9	68.74	47.32	896	30	1455
Lunch										
Dinner										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Pear Nectar	75	0.01	0.001	19.7	0.8	18.95	0.14	5	0	16

Saturday, September 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup										
Great Value Sliced Pears No Sugar Added	40	0	0	9	2	6	0	10	0	25
1/2 cup, 122 g										
Great Value Fat Free Small Curd Cottage Cheese	160	0	0	12	0	10	26	860	10	340
2 x 1/2 cup, 226 g										
Mayonnaise	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
2 tbsps										
Cheddar Cheese	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
2 slices (1 oz)										
Alpine Valley Organic Super Grains	160	0.1	0	28	8	8	8	130	0	
2 x 1 slice, 56 g										
Total	986	29.49	14.254	98.45	11.3	59.12	76.34	1787	117	849
Snacks/Other										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Breyers All Natural French Vanilla Ice Cream	420	21	13.5	42	0	42	9	120	135	
3 x 1/2 cup, 360 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	580	26.6	14.5	67	1	62	10.5	135	160	
Total	**2436**	**85.58**	**36.491**	**270.34**	**19.2**	**189.86**	**134.16**	**2818**	**307**	**2304**

Sunday, September 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
POM Wonderful 100% Pomegranate Juice	150	0	0	36	0	31	1	0	0	600
8 fl oz, 236 ml										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Total	880	29.49	7.737	107.89	5.9	72.74	46.32	871	30	1585
Lunch										
Dinner										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										

Sunday, September 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mission Avocado 1/2 x 1/3 medium, 25 g	138	12.5	2.5	7.5	7.5	0	2.5	0	0	425
Safeway Sliced Pickled Beets 2 x 4 slices, 56 g	40	0	0	8	0	8	0	120	0	0
Cooked Mature Onions (from Fresh) 1/2 cup	62	2.04	0.378	10.67	1.5	4.74	1.43	204	0	174
Ground Beef (Cooked) 4 oz cooked	309	20.81	8.055	0	0	0	28.39	448	99	321
Total	816	41.26	12.653	51.68	9.5	27.68	60.45	1102	143	1331
Snacks/Other										
Maker's Mark Bourbon Whiskey 1 shot, 1 oz	69	0		0	0	0	0	0	0	
Nature Made Fish Oil 1200Mg 2 softgels	35	3	1	1	0	0	0.5	0	25	
Spring Valley Algal DHA supplement 2 capsules	25	2.6		0			0			
Total	129	5.6	1	1	0	0	0.5	0	25	
Total	1825	76.35	21.39	160.57	15.4	100.42	107.27	1973	198	2916

Monday, September 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Total	870	29.49	7.737	104.89	6.9	68.74	47.32	896	30	1455
Lunch										
Dinner										
Bull's Eye Original BBQ Sauce	100	0	0	26	0	24	0	560	0	0
2 x 2 tbsp, 60 ml										
Smokey Bones Brunswick Stew (Bowl)	130	3.5	0.75	21.5	3.5	9.5	4.5	750	2.5	
1/2 x 1 bowl, 148 g										

Monday, September 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Smokey Bones Cinnamon Apples 1 serving, 5 oz	200	3.5	0.5	43	3	28	0	90	0	
Smokey Bones Fresh Steamed Broccoli 1 serving, 4 oz	70	3.5	2.5	5	3		3	110	10	
Smokey Bones Smoked Beef Brisket 1 platter, 236 g	660	43	16	34	1	19	40	620	130	0
Total	1160	53.5	19.75	129.5	10.5	80.5	47.5	2130	142.5	0
Snacks/Other										
Hershey's Chocolate Syrup 1 tbsp, 19 g	100	0	0	24	1	20	1	15	0	
Great Value French Vanilla Ice Cream 2 x 1/2 cup, 134 g	280	14	10	32	0	26	4	110	110	
Nature Made Fish Oil 1200Mg 2 softgels	35	3	1	1	0	0	0.5	0	25	
Spring Valley Algal DHA supplement 2 capsules	25	2.6		0			0			
Total	440	19.6	11	57	1	46	5.5	125	135	
Total	**2470**	**102.59**	**38.487**	**291.39**	**18.4**	**195.24**	**100.32**	**3151**	**307.5**	**1455**

Tuesday, September 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Total	975	29.88	7.869	131.84	10	83.17	48.61	897	30	1877
Lunch										
Dinner										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0

Tuesday, September 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop , 33 g										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
Trader Joe's Hass Avocado	250	22.5	2.5	15	10	0	0	0	0	750
5 x 1/5 medium , 150 g										
Beef Tenderloin (Trimmed to 1/8" Fat)	560	41.19	16.618	0	0	0	44.48	113	150	685
8 oz										
Total	1077	69.6	20.838	40.51	10.5	14.94	72.61	443	194	1846
Snacks/Other										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	60	5.6	1	1	0	0	0.5	0	25	
Total	**2112**	**105.08**	**29.707**	**173.35**	**20.5**	**98.11**	**121.72**	**1340**	**249**	**3723**

Wednesday, September 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
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	975	29.88	7.869	131.84	10	83.17	48.61	897	30	1877
Lunch										
Dinner										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0

Wednesday, September 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop , 33 g										
Bush's Best Country Style Baked Beans	340	2	0	66	12	28	12	1200	0	
2 x 1/2 cup, 260 g										
Trader Joe's Breaded Chicken Tenderloin Breasts	220	7	1	20	0	0	20	360	50	
2 x 3 oz, 168 g										
Total	770	10	2	108	12.5	42	60	1785	90	410
Snacks/Other										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Great Value French Vanilla Ice Cream	280	14	10	32	0	26	4	110	110	
2 x 1/2 cup, 134 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	440	19.6	11	57	1	46	5.5	125	135	
Total	**2185**	**59.48**	**20.869**	**296.84**	**23.5**	**171.17**	**114.11**	**2807**	**255**	**2287**

Thursday, September 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kashi GOLEAN Crunch! Cereal 2 x 3/4 cup, 106 g	380	6	0	76	16	26	18	200	0	660
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
Kraft Natural Finely Shredded Mexican Style Four Cheese 1/4 cup, 28 g	100	8	5	1	0	0	6	160	25	
Florida Crystals Demerara Sugar 3 x 1 tsp, 12 g	45	0	0	12	0	12	0	0	0	0
Crystal Farms All Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	300
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice 8 fl oz, 240 ml	140	0	0	33	1	27	2	25	0	470
Total	1040	32.49	6.737	138.89	18.9	77.74	58.32	816	30	1965
Lunch										
Dinner										
Ken's Steak House Honey Mustard Dressing Topping & Spread 2 tbsp, 30 g	130	11	1.5	6	0	6	0	210	15	
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410

Thursday, September 22, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Cooked Kale (from Fresh)	138	8.42	1.519	14.77	5.1	3.24	4.94	678	0	594
2 cups fresh										
Turkey Burger	217	12.16	3.135	0	0	0	25.3	400	94	
1 medium patty										
Total	695	32.58	7.154	42.77	5.6	23.24	58.24	1513	149	1004
Snacks/Other										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Breyers All Natural French Vanilla Ice Cream	420	21	13.5	42	0	42	9	120	135	
3 x 1/2 cup, 360 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	580	26.6	14.5	67	1	62	10.5	135	160	
Total	**2315**	**91.67**	**28.391**	**248.66**	**25.5**	**162.98**	**127.06**	**2464**	**339**	**2969**

Friday, September 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Kashi GOLEAN Crunch! Cereal	380	6	0	76	16	26	18	200	0	660
2 x 3/4 cup, 106 g										
Total	1040	32.49	6.737	138.89	18.9	77.74	58.32	816	30	1965
Lunch										
Dinner										
Merlot Wine	222	0		6.64	0	1.64	0.19	11		336
1.8 5 fl oz servings										
Outback Steakhouse Blue Cheese Pecan Chopped Salad	523	36.3	9	35.1	5.9	0	12.8	892.2	34.2	
1 serving										
Outback Steakhouse Sweet Potato	289	2	0	63	9	13	5	172	0	

Friday, September 23, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 potato										
Outback Steakhouse Victoria's Filet (6 oz)	218	9	4	0	0	0	36	206	77	
1 serving, 6 oz										
Total	1252	47.3	13	104.74	14.9	14.64	53.99	1281.2	111.2	336
Snacks/Other										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Great Value French Vanilla Ice Cream	280	14	10	32	0	26	4	110	110	
2 x 1/2 cup, 134 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	440	19.6	11	57	1	46	5.5	125	135	
Total	**2732**	**99.39**	**30.737**	**300.63**	**34.8**	**138.38**	**117.81**	**2222.2**	**276.2**	**2301**

Saturday, September 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 g										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Total	975	29.88	7.869	131.84	10	83.17	48.61	897	30	1877
Lunch										
Dinner										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0

Saturday, September 24, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop , 33 g										
Vegetable Classics Tomato Basil Soup	150	3	0.5	29	2	14	3	680	0	520
1 cup, 244 g										
King's Choice Smoked Gouda Cheese	140	12	7	0	0	0	10	480	30	
2 x 1 oz, 56 g										
Butter (Salted)	102	11.52	7.294	0.01	0	0.01	0.12	82	31	3
1 tbsp										
Alpine Valley Organic Super Grains	160	0.1	0	28	8	8	8	130	0	
2 x 1 slice, 56 g										
Total	762	27.62	15.794	79.01	10.5	36.01	49.12	1597	101	933
Snacks/Other										
Brookside Dark Chocolate Covered Pomegranate	340	16	9	56	2	46	2	120	0	
2 x 12 pieces, 60 g										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Great Value French Vanilla Ice Cream	280	14	10	32	0	26	4	110	110	
2 x 1/2 cup, 134 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	780	35.6	20	113	3	92	7.5	245	135	
Total	**2517**	**93.1**	**43.663**	**323.85**	**23.5**	**211.18**	**105.23**	**2739**	**266**	**2810**

Sunday, September 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 g										
Total	870	29.49	7.737	104.89	6.9	68.74	47.32	896	30	1455
Lunch										
Dinner										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Blueberries	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56

Sunday, September 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cup										
Pear Nectar	75	0.01	0.001	19.7	0.8	18.95	0.14	5	0	16
1/2 cup										
Great Value Sliced Pears No Sugar Added	40	0	0	9	2	6	0	10	0	25
1/2 cup, 122 g										
Great Value Fat Free Small Curd Cottage Cheese	80	0	0	6	0	5	13	430	5	170
1/2 cup, 113 g										
Mayonnaise	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
2 tbsps										
Green Giant Hass Avocado	300	28	4	16	12	2	4	10	0	920
2 x 1/5 avocado, 100 g										
Ken's Steak House Honey Mustard Dressing Topping & Spread	130	11	1.5	6	0	6	0	210	15	
2 tbsp, 30 g										
Trader Joe's Breaded Chicken Tenderloin Breasts	165	5.25	0.75	15	0	0	15	270	37.5	
1 1/2 x 3 oz, 126 g										
Total	1156	55.32	8.712	111.24	17	61.05	60.94	1370	105.5	1600
Snacks/Other										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Great Value French Vanilla Ice Cream	280	14	10	32	0	26	4	110	110	
2 x 1/2 cup, 134 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			

Sunday, September 25, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 capsules										
Total	440	19.6	11	57	1	46	5.5	125	135	
Total	2466	104.41	27.449	273.13	24.9	175.79	113.76	2391	270.5	3055

Monday, September 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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)										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 g										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Total	975	29.88	7.869	131.84	10	83.17	48.61	897	30	1877
Lunch										
Dinner										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0

Monday, September 26, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop , 33 g										
Eat Smart Sweet Kale Vegetable Salad Kit	300	18	3	30	4	20	6	300	0	
2 x 1 cup, 170 g										
Cooked or Sauteed Mature Onions (Fat Added in Cooking)	31	1.02	0.189	5.34	0.8	2.37	0.71	102	0	87
1/4 cup										
Simply Nature 100% Grass Fed Ground Beef	240	17	7	0	0	0	21	65	70	0
4 oz, 112 g										
Total	781	37.02	11.189	57.34	5.3	36.37	55.71	692	110	497
Snacks/Other										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Great Value French Vanilla Ice Cream	280	14	10	32	0	26	4	110	110	
2 x 1/2 cup, 134 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	440	19.6	11	57	1	46	5.5	125	135	
Total	**2196**	**86.5**	**30.058**	**246.18**	**16.3**	**165.54**	**109.82**	**1714**	**275**	**2374**

Tuesday, September 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 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	975	29.88	7.869	131.84	10	83.17	48.61	897	30	1877
Lunch										
Dinner										
Maple Grove Farms Pure Maple Syrup	210	0	0	53	0	53	0	0	0	
2 tbsp, 30 ml										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410

Tuesday, September 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Crystal Farms All Whites 100% Liquid Egg Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Land O'Lakes Spreadable Butter with Canola Oil	200	22	8	0	0	0	0	170	30	
2 x 1 tbsp, 28 g										
Eggo Whole Grain Waffles	140	2.5	0.5	27	3	3	5	390	0	115
2 waffles										
Kunzler Center Cut Bacon Thick Sliced	150	12	4.5	0	0	0	12	630	30	
3 x 1 slice										
Mayonnaise	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
2 tbsps										
Green Giant Hass Avocado	150	14	2	8	6	1	2	5	0	460
1/5 avocado, 50 g										
Total	1275	61.32	17.441	117.03	9.5	72.88	67.26	1929	108	1288
Snacks/Other										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Great Value French Vanilla Ice Cream	280	14	10	32	0	26	4	110	110	
2 x 1/2 cup, 134 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										

Tuesday, September 27, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	440	19.6	11	57	1	46	5.5	125	135	
Total	2690	110.8	36.31	305.87	20.5	202.05	121.37	2951	273	3165

Wednesday, September 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Cheerios Protein Oats & Honey	210	3	1	42	4	17	7	280	0	150
1 1/4 cups, 55 g										
Walnuts	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
1 oz (14 halves)										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Florida Crystals Demerara Sugar	45	0	0	12	0	12	0	0	0	0
3 x 1 tsp, 12 g										
Crystal Farms All Whites	100	0	0	0	0	0	20	300	0	300
4 x 3 tbsp, 184 g										
Bolthouse Farms Green Goodness Fruit Blend with 14 Powerful Nutrients Juice	140	0	0	33	1	27	2	25	0	470
8 fl oz, 240 ml										
Total	870	29.49	7.737	104.89	6.9	68.74	47.32	896	30	1455
Lunch										
Dinner										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										

Wednesday, September 28, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nabisco Premium Soup & Oyster Crackers	60	1.5	0	11	0	0	1	170	0	20
22 crackers, 15 g										
Mayonnaise	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
2 tbsps										
Green Giant Hass Avocado	150	14	2	8	6	1	2	5	0	460
1/5 avocado, 50 g										
Wendy's Chili (Large)	250	7	3	23	5	9	23	1170	50	600
1 serving, 340 g										
Total	785	33.32	7.441	71.03	11.5	25.88	54.26	1779	98	1493
Snacks/Other										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	60	5.6	1	1	0	0	0.5	0	25	
Total	**1715**	**68.41**	**16.178**	**176.92**	**18.4**	**94.62**	**102.08**	**2675**	**153**	**2948**

Thursday, September 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Crystal Farms All Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	300
Florida Crystals Demerara Sugar 3 x 1 tsp, 12 g	45	0	0	12	0	12	0	0	0	0
Kraft Natural Finely Shredded Mexican Style Four Cheese 1/4 cup, 28 g	100	8	5	1	0	0	6	160	25	
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
Walnuts 1 oz (14 halves)	185	18.49	1.737	3.89	1.9	0.74	4.32	1	0	125
General Mills Cheerios Protein Oats & Honey 1 1/4 cups, 55 g	210	3	1	42	4	17	7	280	0	150
Total	730	29.49	7.737	71.89	5.9	41.74	45.32	871	30	985
Lunch										
Dinner										
Great Value Fat Free Milk 1 cup, 240 ml	90	0	0	13	0	12	8	130	5	410
MuscleTech 100% Premium Whey Protein Plus - Chocolate 1 scoop , 33 g	120	1	1	9	0.5	2	20	95	35	0
Pear Nectar 1/2 cup	75	0.01	0.001	19.7	0.8	18.95	0.14	5	0	16
Great Value Sliced Pears No Sugar Added 1/2 cup, 122 g	40	0	0	9	2	6	0	10	0	25

Thursday, September 29, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Fat Free Small Curd Cottage Cheese	160	0	0	12	0	10	26	860	10	340
2 x 1/2 cup, 226 g										
America's Choice Bacon Thick Sliced	68	5.25	1.88	0	0	0	3.75	180	11.25	
3/4 x 1 slices, 12 g										
King's Choice Smoked Gouda Cheese	140	12	7	0	0	0	10	480	30	
2 x 1 oz, 56 g										
Alpine Valley Organic Super Grains	160	0.1	0	28	8	8	8	130	0	
2 x 1 slice, 56 g										
Total	853	18.36	9.881	90.7	11.3	56.95	75.89	1890	91.25	791
Snacks/Other										
Hershey's Chocolate Syrup	100	0	0	24	1	20	1	15	0	
1 tbsp, 19 g										
Breyers All Natural French Vanilla Ice Cream	420	21	13.5	42	0	42	9	120	135	
3 x 1/2 cup, 360 g										
Nature Made Fish Oil 1200Mg	35	3	1	1	0	0	0.5	0	25	
2 softgels										
Spring Valley Algal DHA supplement	25	2.6		0			0			
2 capsules										
Total	580	26.6	14.5	67	1	62	10.5	135	160	
Total	**2163**	**74.45**	**32.118**	**229.59**	**18.2**	**160.69**	**131.71**	**2896**	**281.25**	**1776**

Friday, September 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Chick-fil-A Fruit Cup (Large)	70	0	0	17	2	14	0	0	0	
1 serving, 194 g										
Chick-fil-A Honey Mustard Sauce	45	0	0	11	0	10	0	150	0	
1 serving, 28 g										
Chick-fil-A Chicken Sandwich	440	18	4	41	2	5	28	1390	55	
1 sandwich, 183 g										
Total	555	18	4	69	4	29	28	1540	55	
Dinner										
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)										
Planters Cashews with Sea Salt	240	19.5	3.75	13.5	1.5	3	7.5	142.5	0	285
1 1/2 x 22 pieces, 42 g										
Kraft Natural Finely Shredded Mexican Style Four Cheese	100	8	5	1	0	0	6	160	25	
1/4 cup, 28 g										
Wendy's Chili (Large)	250	7	3	23	5	9	23	1170	50	600
1 serving, 340 g										
Great Value Fat Free Milk	90	0	0	13	0	12	8	130	5	410
1 cup, 240 ml										
MuscleTech 100% Premium Whey Protein Plus - Chocolate	120	1	1	9	0.5	2	20	95	35	0
1 scoop , 33 g										
Total	905	35.89	12.882	86.45	10.1	40.43	65.79	1698.5	115	1717

Friday, September 30, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Hershey's Chocolate Syrup 1 tbsp, 19 g	100	0	0	24	1	20	1	15	0	
Breyers All Natural French Vanilla Ice Cream 3 x 1/2 cup, 360 g	420	21	13.5	42	0	42	9	120	135	
Nature Made Fish Oil 1200Mg 2 softgels	35	3	1	1	0	0	0.5	0	25	
Total	555	24	14.5	67	1	62	10.5	135	160	
Total	**2015**	**77.89**	**31.382**	**222.45**	**15.1**	**131.43**	**104.29**	**3373.5**	**330**	**1717**