Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	555	20.73	57.26	33.15
Lunch	471	17.7	36.99	46.69
Dinner	593	23.17	58.41	42.75
Snacks/Other	350	11.24	21.5	8.11
Total	1969	72.84	174.16	130.7

Monday, March 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Orchard Choice Mission Figlets 1/4 cup, 40 g	110	0		26	5	20	1	0	0	
Kraft Natural Shredded 2% Milk Reduced Fat Mexican Style Four Cheese 1/2 x 1/4 cup, 14 g	40	2.5	1.5	0.5	0	0	3.5	110	7.5	
Coffee (Brewed From Grounds) 8 cups (8 fl oz)	19	0.38	0.038	0	0	0	2.28	38	0	929
Safeway Select Chunky Classic Salsa (Medium) 2 tbsp, 30 g	10	0		2	1		0	180		
Wholly Guacamole 100 Calorie Snack Pack 1/2 x 1 pouch, 28.5 g	50	4.5	0.75	2.5	1.5	0	0.5	100	0	165
Metamucil Sugar Free Metamucil 1 tsp, 5.8 g	20	0	0	5	3.4	0	0	5	0	30
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
Quaker Crispy Oatmeal Cookies - Peanut Butter 1 package, 38 g	170	7	2	24	2	12	3	125	0	0
Total	488	14.6	4.288	60.96	12.9	32.94	24.67	777	7.5	1339
Lunch										
MusclePharm Combat Powder - Cookies 'N' Cream 1/2 x 1 scoop, 17.5 g	70	1	0.5	2.5	0.5	1	12.5	50	22.5	100
Fiber One 90 Calorie Cinnamon Coffee Cake 1 bar, 25 g	90	3	1.5	18	5	8	1	85	0	

Monday, March 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
South Beach Diet Good to Go Bars - Cinnamon Raisin 1 bar, 35 g	130	3	2	18	3	8	9	160	5	80
Chicken Thigh (Skin Not Eaten) 2.3 oz boneless, cooked, skinless	133	6.95	1.935	0	0	0	16.56	264	61	152
Ken's Steak House Lite Northern Italian 2 tbsp, 30 g	45	4.5	1	1	0	1	0	260	0	
Mixed Salad Greens 1 cup shredded or chopped	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
Dannon Light & Fit Greek - Vanilla 1 container, 150 g	80	0	0	9	0	7	12	50	10	140
Total	**557**	**18.58**	**6.956**	**50.26**	**9.6**	**25.48**	**51.9**	**885**	**98.5**	**632**

Dinner

Chicken Breast 3 oz raw (yield after cooking, bone removed)	88	3.47	0.977	0	0	0	13.3	177	37	109
Cooked Broccoli (from Fresh) 1 cup fresh, cut stalks	87	4.33	0.815	11.24	5.2	2.16	3.7	465	0	456
Blueberry Muffins 1 medium	313	7.34	1.579	54.24	2.9	22.26	6.22	505	34	139
EAS AdvantEDGE Carb Control Shake - Chocolate Fudge 11 fl oz, 330 ml	100	2.5	1	3	1	0	17	430	0	410
Nutiva Organic Chia Seed 3 tbsp, 30 g	60	3	0	5	5	0	3	0	0	60
Cooked Broccoli (from Fresh) 1 cup fresh, cut stalks	87	4.33	0.815	11.24	5.2	2.16	3.7	465	0	456
Bob's Red Mill Flax Seed	45	4	0.25	3.5	3	0	2	2.5	0	0

Monday, March 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 2 tbsp, 10 g										
Total	780	28.97	5.436	88.22	22.3	26.58	48.92	2044.5	71	1630
Snacks/Other										
Bacardi Superior Rum	195	0	0	0	0	0	0	0	0	0
3 x 1 shot, 3 oz										
Nutiva Coconut Chips	50	5	4.5	2	2	0.25	1	0	0	
2 tbsp, 9 g										
Dannon Light & Fit Greek - Vanilla	80	0	0	9	0	7	12	50	10	140
1 container, 150 g										
Kraft Cool Whip	25	1.5	1.5	2	0	1	0	0	0	
2 tbsp, 9 g										
Total	350	6.5	6	13	2	8.25	13	50	10	140
Total	**2175**	**68.65**	**22.68**	**212.44**	**46.8**	**93.25**	**138.49**	**3756.5**	**187**	**3741**

Tuesday, March 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Crispy Oatmeal Cookies - Peanut Butter	170	7	2	24	2	12	3	125	0	0
1 package, 38 g										
Dannon Light & Fit Greek - Vanilla	80	0	0	9	0	7	12	50	10	140
1 container, 150 g										
Egg (Whole)	85	5.77	1.797	0.45	0	0.45	7.3	81	245	78
1 extra large										
Nutiva Organic Chia Seed	30	1.5	0	2.5	2.5	0	1.5	0	0	30
1/2 x 3 tbsp, 15 g										
Egg White	51	0.17	0	0.72	0	0.7	10.79	164	0	161
3 large										
Wholly Guacamole 100 Calorie Snack Pack	50	4.5	0.75	2.5	1.5	0	0.5	100	0	165
1/2 x 1 pouch, 28.5 g										
Safeway Select Chunky Classic Salsa (Medium)	10	0		2	1		0	180		
2 tbsp, 30 g										
Coffee (Brewed From Grounds)	19	0.38	0.038	0	0	0	2.28	38	0	929
8 cups (8 fl oz)										
Orchard Choice Mission Figlets	110	0		26	5	20	1	0	0	
1/4 cup, 40 g										
Total	605	19.32	4.585	67.17	12	40.15	38.37	738	255	1503
Lunch										
MusclePharm Combat Powder - Cookies 'N' Cream	140	2	1	5	1	2	25	100	45	200
1 scoop, 35 g										
South Beach Diet Good to Go Bars - Cinnamon Raisin	130	3	2	18	3	8	9	160	5	80

Tuesday, March 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 35 g										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Egg White	17	0.06	0	0.24	0	0.23	3.6	55	0	54
1 large										
Oscar Mayer P3 Portable Protein Pack	180	12	5	5	0	1	12	450	35	
1 package, 56 g										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Ken's Steak House Lite Northern Italian	45	4.5	1	1	0	1	0	260	0	
2 tbsp, 30 g										
Total	595	26.66	10.571	31.38	5.1	13.09	56.73	1111	297	561
Dinner										
Bacon, Chicken and Tomato Club Sandwich with Lettuce and Spread on Multigrain Roll	433	20.87	6.086	26.19	2.5	4.75	34.42	1075	83	514
1 sandwich										
Date	117	0.16	0.013	31.14	3.3	26.29	1.02	1	0	272
5 dates										
Premier Nutrition High Protein Shake - Vanilla	160	3	1	4	2	1	30	270	25	410
1 shake, 11 oz										
Bob's Red Mill Flax Seed	45	4	0.25	3.5	3	0	2	2.5	0	0
1/2 x 2 tbsp, 10 g										
Nutiva Organic Chia Seed	60	3	0	5	5	0	3	0	0	60
3 tbsp, 30 g										
Total	815	31.03	7.349	69.83	15.8	32.04	70.44	1348.5	108	1256

Snacks/Other

Tuesday, March 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Magnum Double Caramel Ice Cream Bar 1 bar, 79 g	320	20	14	32	1	29	3	85	25	
Skinny Pop Popcorn 3 x 1 cup, 24 g	117	6.98	0.6	10.5	2.31	0	2.32	36	0	0
Healthy Choice Premium Low Fat Fudge Bars 1 bar, 88 ml	100	1.5	1	16	5	5	4	80	5	230
Bacardi Superior Rum 3 x 1 shot, 3 oz	195	0	0	0	0	0	0	0	0	0
Total	732	28.48	15.6	58.5	8.31	34	9.32	201	30	230
Total	2747	105.49	38.105	226.88	41.21	119.28	174.86	3398.5	690	3550

Wednesday, April 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Orchard Choice Mission Figlets 1/4 cup, 40 g	110	0		26	5	20	1	0	0	
Dannon Light & Fit Greek - Vanilla 1 container, 150 g	80	0	0	9	0	7	12	50	10	140
Kraft Natural Shredded 2% Milk Reduced Fat Mexican Style Four Cheese 1/2 x 1/4 cup, 14 g	40	2.5	1.5	0.5	0	0	3.5	110	7.5	
Quaker Life Bar - Banana Walnut Bread 1 bar, 42 g	140	3.5	0.5	26	5	11	6	140	10	
Coffee (Brewed From Grounds) 8 cups (8 fl oz)	19	0.38	0.038	0	0	0	2.28	38	0	929
Egg White 2 large	34	0.11	0	0.48	0	0.47	7.19	110	0	108
Nutiva Organic Chia Seed 1/2 x 3 tbsp, 15 g	30	1.5	0	2.5	2.5	0	1.5	0	0	30
Egg (Whole) 1 extra large	85	5.77	1.797	0.45	0	0.45	7.3	81	245	78
Total	538	13.76	3.835	64.93	12.5	38.92	40.77	529	272.5	1285
Lunch										
MusclePharm Combat Powder - Cookies 'N' Cream 1 scoop, 35 g	140	2	1	5	1	2	25	100	45	200
Fiber One 90 Calorie Cinnamon Coffee Cake 1 bar, 25 g	90	3	1.5	18	5	8	1	85	0	
Chicken Thigh (Skin Not Eaten)	133	6.95	1.935	0	0	0	16.56	264	61	152

Wednesday, April 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2.3 oz boneless, cooked, skinless										
Ken's Steak House Lite Northern Italian	45	4.5	1	1	0	1	0	260	0	
2 tbsp, 30 g										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Egg White	17	0.06	0	0.24	0	0.23	3.6	55	0	54
1 large										
Level life chocolate crisp protein snack bar	130	5	3	17	7		11			
1 bar										
Total	564	21.64	8.456	43	14.1	11.71	58	780	106	566
Dinner										
Date	117	0.16	0.013	31.14	3.3	26.29	1.02	1	0	272
5 dates										
TGI Friday's Honey BBQ Wings	270	15	3.5	19	0	9	15	530	80	
3 wings, 85 g										
EAS AdvantEDGE Carb Control Shake - Chocolate Fudge	100	2.5	1	3	1	0	17	430	0	410
11 fl oz, 330 ml										
Nutiva Organic Chia Seed	60	3	0	5	5	0	3	0	0	60
3 tbsp, 30 g										
Bob's Red Mill Flax Seed	45	4	0.25	3.5	3	0	2	2.5	0	0
1/2 x 2 tbsp, 10 g										
Total	592	24.66	4.763	61.64	12.3	35.29	38.02	963.5	80	742
Snacks/Other										
Open Nature Greek Nonfat Strained Yogurt - Plain	90	0	0	8	1	2	16	50	5	260

Wednesday, April 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 container, 6 g										
Kraft Cool Whip	25	1.5	1.5	2	0	1	0	0	0	
2 tbsp, 9 g										
Nutiva Coconut Chips	50	5	4.5	2	2	0.25	1	0	0	
2 tbsp, 9 g										
Skinny Pop Popcorn	117	6.98	0.6	10.5	2.31	0	2.32	36	0	0
3 x 1 cup, 24 g										
Bacardi Superior Rum	195	0	0	0	0	0	0	0	0	0
3 x 1 shot, 3 oz										
Total	477	13.48	6.6	22.5	5.31	3.25	19.32	86	5	260
Total	2171	73.54	23.654	192.07	44.21	89.17	156.11	2358.5	463.5	2853

Thursday, April 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Toll House Peanut Butter Chocolate Chip Cookie	640	36	16	80	0	48	8	680	40	
8 x 1 cookie, 152 g										
Open Nature Greek Nonfat Strained Yogurt - Plain	90	0	0	8	1	2	16	50	5	260
1 container, 6 g										
Egg (Whole)	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
2 extra large										
Nutiva Organic Chia Seed	30	1.5	0	2.5	2.5	0	1.5	0	0	30
1/2 x 3 tbsp, 15 g										
Egg White	34	0.11	0	0.48	0	0.47	7.19	110	0	108
2 large										
Coffee (Brewed From Grounds)	19	0.38	0.038	0	0	0	2.28	38	0	929
8 cups (8 fl oz)										
Quaker Life Bar - Banana Walnut Bread	140	3.5	0.5	26	5	11	6	140	10	
1 bar, 42 g										
Total	1124	53.02	20.133	117.87	8.5	62.36	55.56	1180	546	1482
Lunch										
Trader Joe's Cheese Enchiladas	290	18	9	22	1	1	11	580		
1 enchilada, 142 g										
Dinner										
Lean Pockets Pretzel Bread Sandwiches - Roasted Turkey with Bacon & Cheese	280	9	3.5	35	1	5	14	930	50	
1 piece, 127 g										

Thursday, April 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lettuce Salad with Assorted Vegetables 2 cups	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
Hidden Valley Ranch Salad Dressing 2 tbsp, 30 ml	140	14	2.5	2	0	1	1	260	10	
Total	442	23.22	6.031	41.65	2.6	8.66	16.1	1220	60	240
Snacks/Other										
Kroger Potato Sticks 2/3 cup, 29 g	170	11	2	15	2	0	2	70	0	
Nutiva Coconut Chips 2 tbsp, 9 g	50	5	4.5	2	2	0.25	1	0	0	
Kraft Cool Whip 2 tbsp, 9 g	25	1.5	1.5	2	0	1	0	0	0	
Bacardi Superior Rum 3 x 1 shot, 3 oz	195	0	0	0	0	0	0	0	0	0
Healthy Choice Premium Low Fat Fudge Bars 1 bar, 88 ml	100	1.5	1	16	5	5	4	80	5	230
Total	540	19	9	35	9	6.25	7	150	5	230
Total	**2396**	**113.24**	**44.164**	**216.52**	**21.1**	**78.27**	**89.66**	**3130**	**611**	**1952**

Friday, April 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kraft 2% Milk American Cheese Singles	22	1.25	0.75	1	0	0.5	2	135	5	
1/2 x 1 slice, 9.5 g										
Safeway Select Chunky Classic Salsa (Medium)	10	0		2	1		0	180		
2 tbsp, 30 g										
Wholly Guacamole 100 Calorie Snack Pack	50	4.5	0.75	2.5	1.5	0	0.5	100	0	165
1/2 x 1 pouch, 28.5 g										
Coffee (Brewed From Grounds)	19	0.38	0.038	0	0	0	2.28	38	0	929
8 cups (8 fl oz)										
Egg White	69	0.22	0	0.96	0	0.94	14.39	219	0	215
4 large										
Total	170	6.35	1.538	6.46	2.5	1.44	19.17	672	5	1309
Lunch										
MusclePharm Combat Powder - Cookies 'N' Cream	92	1.32	0.66	3.3	0.66	1.32	16.5	66	29.7	132
2/3 x 1 scoop, 23 g										
Level,Life	140	6		18		4	11			
1 bad										
La Tortilla Factory Whole Wheat Low Carb High Fiber Tortillas	80	3	0	18	12	1	8	300	0	
1 tortilla, 62 g										
Kirkland Signature Sliced Oven-Roasted Turkey Breast	150	2.5	0	0	0	0	25	1150	75	
2 1/2 x 2 slices, 140 g										
Total	462	12.82	0.66	39.3	12.66	6.32	60.5	1516	104.7	132

Friday, April 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Excelline Steak & Cheese Quesadillas	280	11	6	33	1	1	12	790	20	
1 quesadilla, 116 g										
Premier Nutrition High Protein Shake - Vanilla	160	3	1	4	2	1	30	270	25	410
1 shake, 11 oz										
Bob's Red Mill Flax Seed	45	4	0.25	3.5	3	0	2	2.5	0	0
1/2 x 2 tbsp, 10 g										
Nutiva Organic Chia Seed	60	3	0	5	5	0	3	0	0	60
3 tbsp, 30 g										
Date	117	0.16	0.013	31.14	3.3	26.29	1.02	1	0	272
5 dates										
Total	662	21.16	7.263	76.64	14.3	28.29	48.02	1063.5	45	742
Snacks/Other										
Total	**1294**	**40.33**	**9.461**	**122.4**	**29.46**	**36.05**	**127.69**	**3251.5**	**154.7**	**2183**

Saturday, April 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vons Bran Muffin 1 muffin	250	11	1	25	1	16	0	170	35	0
Egg (Whole) 1 extra large	85	5.77	1.797	0.45	0	0.45	7.3	81	245	78
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Coffee (Brewed From Grounds) 8 cups (8 fl oz)	19	0.38	0.038	0	0	0	2.28	38	0	929
Total	405	17.32	2.835	26.17	1	17.15	20.37	453	280	1168
Lunch										
South Beach Diet Good to Go Bars - Cinnamon Raisin 1 bar, 35 g	130	3	2	18	3	8	9	160	5	80
Kirkland Signature Sliced Oven-Roasted Turkey Breast 2 1/2 x 2 slices, 140 g	150	2.5	0	0	0	0	25	1150	75	
La Tortilla Factory Whole Wheat Low Carb High Fiber Tortillas 1 tortilla, 62 g	80	3	0	18	12	1	8	300	0	
Total	360	8.5	2	36	15	9	42	1610	80	80
Dinner										
Nutiva Organic Chia Seed 3 tbsp, 30 g	60	3	0	5	5	0	3	0	0	60
Bob's Red Mill Flax Seed 1/2 x 2 tbsp, 10 g	45	4	0.25	3.5	3	0	2	2.5	0	0
Premier Nutrition High Protein Shake - Vanilla	160	3	1	4	2	1	30	270	25	410

Saturday, April 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 shake, 11 oz										
Total	265	10	1.25	12.5	10	1	35	272.5	25	470
Snacks/Other										
Total	1030	35.82	6.085	74.67	26	27.15	97.37	2335.5	385	1718