Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	262	10.24	32.95	11.16
Lunch	381	17.05	35.05	19.2
Dinner	912	27.94	54.02	37.24
Snacks/Other	184	4.3	11.19	2.58
Total	1738	59.53	133.22	70.18

Monday, June 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cheddar or American Type Cheese	86	6.81	4.176	1.22	0	1.08	5.02	258	22	52
1 slice										
Toasted Whole Wheat Bread (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Total	210	8.04	4.436	28.13	1.9	11.59	7.85	414	22	139
Lunch										
Costco Quinoa Salad	280	9	1	39	7	1	12	200	0	0
1 cup, 100 g										
Ham and Cheese Sandwich	352	15.48	6.437	33.35			20.69	771	58	291
1 sandwich										
Total	632	24.48	7.437	72.35	7	1	32.69	971	58	291
Dinner										
Atlantic and Pacific Halibut (Fish) (Cooked, Dry Heat)	198	4.17	0.591	0	0		37.81	98	58	816
5 oz										
Cooked Vegetables (Fat Not Added in Cooking)	115	0.27	0.055	23.03	7.8	5.56	5.03	471	0	297
1 cup										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Sauvignon Blanc Wine	121	0		3.01			0.1			

Monday, June 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 5 fl oz serving										
Total	486	8.74	1.325	29.33	8.9	7.26	43.84	828	58	1273
Snacks/Other										
Vanilla Ice Creams	114	6.24	3.85	13.38	0.4	12.03	1.98	45	25	113
2 oz										
Apple Pie	150	7.09	1.729	21.04			1.36	120	0	45
2 oz										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	411	13.33	5.579	34.42	0.4	12.03	3.34	166	25	159
Total	1739	54.59	18.777	164.23	18.2	31.88	87.72	2379	163	1862

Tuesday, June 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Toasted Whole Wheat Bread (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Cheddar or American Type Cheese	86	6.81	4.176	1.22	0	1.08	5.02	258	22	52
1 slice										
Total	210	8.04	4.436	28.13	1.9	11.59	7.85	414	22	139
Lunch										
Whole Wheat Dinner Rolls	114	2.02	0.359	21.97	3.2	3.64	3.74	206	0	117
1 roll (hamburger, frankfurter roll)										
Vegetable Soup (Home Recipe)	147	6.67	1.288	18.01	3.2	5.48	6.18	874	0	762
1 1/2 cups										
Total	261	8.69	1.647	39.98	6.4	9.12	9.92	1080	0	879
Dinner										
Flatout Flatbread	140	2	0.3	25	3	2	7	310	0	
1 flatbread, 32 g										
Lilydale Chicken Breast Boneless Skinless	105	1	0.1	1	0	1	22	45	65	0
100 g										
Avocados	45	4.16	0.603	2.42	1.9	0.19	0.57	2	0	137
1 oz										
Sauvignon Blanc Wine	301	0		7.53			0.26			
2 1/2 5 fl oz servings										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160

Tuesday, June 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup shredded or chopped										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Cooked Vegetables (Fat Not Added in Cooking)	115	0.27	0.055	23.03	7.8	5.56	5.03	471	0	297
1 cup										
Total	758	11.73	1.737	62.27	13.8	10.45	35.76	1087	65	594

Snacks/Other

Total	1229	28.46	7.82	130.38	22.1	31.16	53.53	2581	87	1612

Wednesday, June 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cheddar or American Type Cheese 1 slice	86	6.81	4.176	1.22	0	1.08	5.02	258	22	52
Toasted Whole Wheat Bread (Commercial) 1 slice	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
Jam Preserves 1 tbsp	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
Total	210	8.04	4.436	28.13	1.9	11.59	7.85	414	22	139
Lunch										
Chicken Salad or Chicken Spread Sandwich 1 sandwich	333	16.06	2.989	27.52	1.6	2.72	18.61	565	49	210
Dinner										
Chicken Schnitzel 6 oz	505	32.01	6.841	27.76	1.5	1.5	26.52	976	94	
Vinaigrette Dressing 1 tbsp	43	4.17	0.658	1.53	0	1.22	0.06	243	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
Sauvignon Blanc Wine 2 1/2 5 fl oz servings	301	0		7.53			0.26			
Flatout Flatbread 1 flatbread, 32 g	140	2	0.3	25	3	2	7	310	0	
Total	998	38.31	7.82	63.58	5.6	5.2	34.68	1545	94	160
Snacks/Other										

Wednesday, June 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1541	62.41	15.245	119.23	9.1	19.51	61.14	2524	165	509

Thursday, June 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Toasted Whole Wheat Bread (Commercial)	111	1.92	0.412	20.68	3	2.5	4.36	237	0	113
1.6 slices										
Cheddar or American Type Cheese	86	6.81	4.176	1.22	0	1.08	5.02	258	22	52
1 slice										
Total	252	8.76	4.59	35.89	3.1	12.53	9.49	503	22	181
Lunch										
Chicken Breast	221	8.75	2.463	0	0	0	33.51	446	94	276
4 oz boneless, cooked										
Mixed Vegetables (with Salt, Frozen, Drained, Cooked, Boiled)	82	0.21	0.043	18	6	4.34	3.93	373	0	232
1/2 package (10 oz) yields										
Oil and Vinegar Salad Dressing (Home Recipe)	72	8.02	1.456	0.4	0	0.4	0	0	0	1
1 tbsp										
Lettuce Salad with Assorted Vegetables	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
1 cup										
Total	386	17.09	3.977	20.72	6.8	6.07	37.99	834	94	629
Dinner										
Chardonnay Wine	243	0	0	6.86	0	1.42	0.21	7	0	
2 5 fl oz servings										
President's Choice Cooked Peeled Pacific White Shrimp	140	2	1	0			32	600	380	

Thursday, June 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 8 shrimp, 200 g										
Thousand Island Salad Dressing	59	5.61	0.815	2.34	0.1	2.43	0.17	138	4	17
1 tbsp										
Avocados	136	12.47	1.808	7.25	5.7	0.56	1.7	6	0	412
3 oz										
Flatout Flatbread	140	2	0.3	25	3	2	7	310	0	
1 flatbread, 32 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										
Total	727	22.21	3.944	43.21	9.9	6.89	41.92	1077	384	589
Snacks/Other										
Rickard's Red Beer	221	0	0	11.3			0		0	
1 pint										
Total	1586	48.06	12.511	111.12	19.8	25.49	89.4	2414	500	1399

Friday, June 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cheddar or American Type Cheese	86	6.81	4.176	1.22	0	1.08	5.02	258	22	52
1 slice										
Toasted Whole Wheat Bread (Commercial)	111	1.92	0.412	20.68	3	2.5	4.36	237	0	113
1.6 slices										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Total	252	8.76	4.59	35.89	3.1	12.53	9.49	503	22	181
Lunch										
Tim Hortons Egg Salad Sandwich	175	6.5	1.5	21.5	2.5	1.5	8.5	370	120	
1/2 x 1 sandwich, 109 g										
Dinner										
Toasted Whole Wheat Bread	256	4.96	0.734	47.38	5.6	3.54	7.73	320	0	290
2 slices										
Turkey Chili	448	15.5	3.876	39.36	12.2	11.41	39.51	2000	111	
2 cups										
Total	704	20.46	4.61	86.74	17.8	14.95	47.24	2320	111	290
Snacks/Other										
Atkins Chocolate Hazelnut Bar	180	4	4	18	1	1	6	95	0	
40 g										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	327	4	4	18	1	1	6	96	0	1

Friday, June 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1458	39.72	14.7	162.13	24.4	29.98	71.23	3289	253	472

Saturday, June 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jam Preserves 1 tbsp	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
Toasted Whole Wheat Bread (Commercial) 1.6 slices	111	1.92	0.412	20.68	3	2.5	4.36	237	0	113
Cheddar or American Type Cheese 1 slice	86	6.81	4.176	1.22	0	1.08	5.02	258	22	52
Total	252	8.76	4.59	35.89	3.1	12.53	9.49	503	22	181
Lunch										
Miss Vickie's Jalapeno Chips 28 chips, 50 g	260	15		29			4			
Dinner										
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Paneer 2 servings (30 g per serve)	176	15.08	9.504	1.78	0	0.13	8.41	339	48	
Lamb Loin Chop (Lean Only Eaten) 2 small (4 oz, with bone, raw) (yield after cooking, bone and fat removed)	214	9.65	3.451	0	0	0	29.74	406	94	373
Cabernet Sauvignon Wine 2 5 fl oz servings	247	0		7.64			0.21			
Cracked Wheat Bread 2 slices regular	130	1.95	0.458	24.75	2.8		4.35	269	0	88
Vinaigrette Dressing 1 tbsp	43	4.17	0.658	1.53	0	1.22	0.06	243	0	

Saturday, June 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Chardonnay Wine	243	0	0	6.86	0	1.42	0.21	7	0	
2 5 fl oz servings										
Total	1175	40.26	19.998	44.68	3.9	3.4	50.79	1454	171	648
Snacks/Other										
Mixed Nuts	62	5.63	0.88	2.16	0.8	0.42	1.65	40	0	57
10 g										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Butter Pound Cake	58	2.98	1.734	7.32	0.1		0.82	60	33	18
1/2 piece (1/10 cake)										
Total	380	17.89	8.52	9.84	0.9	0.57	9.44	275	62	103
Total	**2067**	**81.91**	**33.108**	**119.41**	**7.9**	**16.5**	**73.72**	**2232**	**255**	**932**

Sunday, June 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fruit Smoothie Drink (with Fruit Juice and Dairy Products)	99	1.62	0.955	20.57	1.5	16.84	1.71	27	5	182
1/2 cup										
Lunch										
Dinner										
Merlot Wine	309	0		9.22	0	2.28	0.26	15		467
2 1/2 5 fl oz servings										
Chicken Schnitzel	300	19.01	4.062	16.48	0.9	0.89	15.75	580	56	
1 fillet										
Fried Egg	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
2 large										
Cooked Asparagus (from Fresh, Fat Added in Cooking)	31	1.77	0.354	3.22	1.5	1.01	1.86	185	0	174
4 large spears (7-1/4" to 8-1/2" long)										
Total	818	34.29	8.176	29.78	2.4	4.94	30.35	1257	476	774
Snacks/Other										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	**1064**	**35.91**	**9.131**	**50.35**	**3.9**	**21.78**	**32.06**	**1285**	**481**	**957**

Monday, June 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hollandaise Sauce 2 tbsps	134	14.25	8.386	0.58	0	0.13	1.53	89	140	17
Toasted English Muffin 1 muffin	135	1.01	0.266	26.32	1.4	1.74	5.16	238	0	64
Poached Egg 2 large	146	9.9	3.087	0.77	0	0.77	12.53	294	421	133
Toasted Whole Wheat Bread (Commercial) 1.6 slices	111	1.92	0.412	20.68	3	2.5	4.36	237	0	113
Jam Preserves 1 tbsp	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
Total	581	27.11	12.153	62.34	4.5	14.09	23.69	866	561	343
Lunch										
Atkins Chocolate Hazelnut Bar 20 g	90	2	2	9	0.5	0.5	3	47.5	0	
Dinner										
Cooked Spinach (Fat Added in Cooking) 1 cup, NS as to from fresh, frozen, or canned of	78	4.39	0.809	7.18	4.5	0.82	5.62	556	0	881
Butter Sauce 1 tbsp	67	7.12	4.193	0.29	0	0.06	0.77	45	70	
Fried Battered Flounder 1 fillet (6-1/2" x 4" x 3/8")	318	17.98	3.824	10.4	0.3	0.64	27.34	201	88	518
Flatout Flatbread 1 flatbread, 32 g	140	2	0.3	25	3	2	7	310	0	
Chardonnay Wine	243	0	0	6.86	0	1.42	0.21	7	0	

Monday, June 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 5 fl oz servings										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Total	898	35.79	9.805	53.02	8.9	6.64	41.84	1378	158	1559
Snacks/Other										
Mixed Nuts	62	5.63	0.88	2.16	0.8	0.42	1.65	40	0	57
10 g										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	209	5.63	0.88	2.16	0.8	0.42	1.65	41	0	58
Total	**1778**	**70.53**	**24.838**	**126.52**	**14.7**	**21.65**	**70.18**	**2332.5**	**719**	**1960**

Tuesday, June 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kirkland Signature Fully-Cooked Bacon	80	6	2.5	0	0	0	6	350	20	
2 slices, 18 g										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Toasted Whole Wheat Bread (Commercial)	111	1.92	0.412	20.68	3	2.5	4.36	237	0	113
1.6 slices										
Poached Egg	146	9.9	3.087	0.77	0	0.77	12.53	294	421	133
2 large										
Total	392	17.85	6.001	35.44	3.1	12.22	23	889	441	262
Lunch										
Grilled Ham and Cheese Sandwich	410	18.26	9.329	41.02	1.9	4.94	19.66	1079	58	
1 sandwich										
Dinner										
Cabernet Sauvignon Wine	432	0		13.38			0.36			
3 1/2 5 fl oz servings										
Chardonnay Wine	304	0	0	8.57	0	1.77	0.26	9	0	
2 1/2 5 fl oz servings										
Boiled Potato (without Peel, Fat Not Added in Cooking)	106	0.13	0.033	24.86	2.2	1.05	2.12	302	0	408
1 small (1-3/4" to 2-1/4" dia, raw)										
Beef Tenderloin (Trimmed to 1/8" Fat, Prime Grade)	311	24.76	10.161	0	0		20.58	56	79	345
4 oz										
Smoked Salmon	100	3.67	0.79	0	0	0	15.55	667	20	149
3 oz boneless										

Tuesday, June 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1253	28.56	10.984	46.81	2.2	2.82	38.87	1034	99	902
Snacks/Other										
Lay's Classic Chips 1 package , 66 g	280	18	2	26	1	0	3	330	0	0
Total	2335	82.67	28.314	149.27	8.2	19.98	84.53	3332	598	1164

Wednesday, June 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Liberte Greek Yogurt 0%	100	0	0	6	1	5	18	70		
3/4 cup, 175 g										
Toasted Whole Wheat Bread (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Total	224	1.23	0.26	32.91	2.9	15.51	20.83	226	0	87
Lunch										
Lettuce Salad with Assorted Vegetables	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
1 cup										
Oil and Vinegar Salad Dressing (Home Recipe)	72	8.02	1.456	0.4	0	0.4	0	0	0	1
1 tbsp										
Grilled Ham and Cheese Sandwich	410	18.26	9.329	41.02	1.9	4.94	19.66	1079	58	
1 sandwich										
Total	493	26.39	10.8	43.74	2.7	6.67	20.21	1094	58	121
Dinner										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Flatout Flatbread	140	2	0.3	25	3	2	7	310	0	
1 flatbread, 32 g										
Baked or Broiled Haddock	97	2.82	0.524	0.36	0.1	0.08	16.78	306	50	282

Wednesday, June 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 oz, with bone (yield after bone removed)										
Smoked Salmon	66	2.45	0.527	0	0	0	10.36	445	13	99
2 oz boneless										
Chardonnay Wine	608	0	0	17.15	0	3.54	0.52	18	0	
5 5 fl oz servings										
Total	963	11.57	2.03	45.8	4.2	7.32	35.56	1338	63	541
Snacks/Other										
Whole Wheat Bread	67	1.07	0.233	12.26	1.1	1.43	2.37	138	0	53
1 regular slice										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Total	180	10.35	6.139	12.62	1.1	1.58	9.34	312	29	80
Total	**1860**	**49.54**	**19.229**	**135.07**	**10.9**	**31.08**	**85.94**	**2970**	**150**	**829**

Thursday, June 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Jam Preserves 1 tbsp	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
Toasted Whole Wheat Bread (Commercial) 1 slice	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Feta Cheese 2 oz	150	12.07	8.474	2.32	0	2.32	8.06	633	50	35
Cooked Beets (from Fresh) 1/2 cup whole	51	1.92	0.355	8.14	1.6	6.47	1.37	255	0	249
Cooked Red Peppers 1 cup	54	2.24	0.424	8.77	3	6.08	1.44	18	0	306
Oil and Vinegar Salad Dressing (Home Recipe) 1 tbsp	72	8.02	1.456	0.4	0	0.4	0	0	0	1
Lettuce Salad with Assorted Vegetables 1 cup	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
Total	338	24.36	10.724	21.95	5.4	16.6	11.42	921	50	711
Dinner										
Turkey Sausage (Reduced Fat, Cooked) 3 oz	170	8.76	2.442	9.16	0.3	0	14.46	525	49	176
Ground Beef (90% Lean / 10% Fat)	148	8.4	3.409	0	0	0	16.8	55	55	270

Thursday, June 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 oz										
Cabernet Sauvignon Wine	123	0		3.82			0.1			
1 5 fl oz serving										
Chardonnay Wine	122	0	0	3.43	0	0.71	0.1	4	0	
1 5 fl oz serving										
Flatout Flatbread	140	2	0.3	25	3	2	7	310	0	
1 flatbread, 32 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										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Total	755	23.46	6.83	44.7	4.4	4.41	39.36	1153	104	606

Snacks/Other

Total	1330	58.33	23.72	93.92	11.7	31.67	60.58	2404	183	1431

Friday, June 12, 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 (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
Toasted 100% Whole Wheat Bread	138	2.4	0.515	25.85	3.7	3.13	5.45	296	0	142
2 regular slices										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Ground Beef (90% Lean / 10% Fat)	148	8.4	3.409	0	0	0	16.8	55	55	270
3 oz										
Total	456	24.99	10.55	29.72	3.7	4.22	29.35	630	88	440
Dinner										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Flatout Flatbread	140	2	0.3	25	3	2	7	310	0	
1 flatbread, 32 g										

Friday, June 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chardonnay Wine	304	0	0	8.57	0	1.77	0.26	9	0	
2 1/2 5 fl oz servings										
Chicken Schnitzel	337	21.34	4.561	18.51	1	1	17.68	651	62	
4 oz										
Total	833	27.64	5.54	55.37	5.1	6.47	25.84	1229	62	160
Snacks/Other										
Chicken or Turkey Salad	65	4.91	0.882	0.4	0.1	0.15	4.59	45	16	50
1 oz										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Whole Wheat Bread	67	1.07	0.233	12.26	1.1	1.43	2.37	138	0	53
1 regular slice										
Total	279	5.98	1.115	12.66	1.2	1.58	6.96	184	16	104
Total	**1805**	**69.12**	**23.371**	**125.02**	**11.9**	**22.93**	**71.95**	**2373**	**195**	**818**

Saturday, June 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Toasted Whole Wheat Bread (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
Toasted Whole Wheat Bread	256	4.96	0.734	47.38	5.6	3.54	7.73	320	0	290
2 slices										
Fried Egg	178	13.51	3.76	0.86	0	0.76	12.48	477	420	133
2 large										
Total	491	23.38	5.214	51.75	5.6	5.24	20.34	902	424	424
Dinner										
Tartar Sauce	74	7.39	1.109	2.12	0	0.56	0.15	98	4	5
1 tbsp										
Brioche	266	10.15	2.211	35.78	1.1	6.38	7.5	286	72	91
1 piece										
Avocados	136	12.47	1.808	7.25	5.7	0.56	1.7	6	0	412
3 oz										
Baked or Broiled Salmon	194	8.57	1.488	0.56	0	0.12	27.18	530	70	448
4 oz boneless										
Chardonnay Wine	426	0	0	12	0	2.48	0.36	13	0	

Saturday, June 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 1/2 5 fl oz servings										
Flatout Flatbread	140	2	0.3	25	3	2	7	310	0	
1 flatbread, 32 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										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Total	1288	44.88	7.595	86	10.9	13.8	44.79	1502	146	1116
Snacks/Other										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	2163	78.77	18.975	165.02	18.4	29.7	74.93	2735	599	1655

Sunday, June 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Milk (Nonfat)	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
1 cup										
Kellogg's Vector	215	2.8	0.5	44	2.7	11	5.5	365		140
1 1/4 cups, 55 g										
Total	301	3.24	0.787	55.88	2.7	23.47	13.85	492	5	547
Lunch										
Avocados	161	14.73	2.137	8.57	6.7	0.66	2.01	7	0	487
1/2 avocado, NS as to Florida or California										
Litehouse Ranch Yogurt Dressing	30	2.5	0	2	0	1	0	115	5	0
1 tbsp, 15 ml										
Chicken Schnitzel	168	10.67	2.28	9.25	0.5	0.5	8.84	325	31	
2 oz										
Lettuce Salad with Assorted Vegetables	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
2 cups										
Total	381	28.12	4.448	24.47	8.8	4.82	11.95	477	36	727
Dinner										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Chardonnay Wine	426	0	0	12	0	2.48	0.36	13	0	
3 1/2 5 fl oz servings										
Baked or Broiled Tuna	145	3.76	0.77	0.39	0	0.09	25.94	348	50	498
5 oz, with bone, cooked (yield after bone removed)										

Sunday, June 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Boiled Potato (Fat Added in Cooking)	106	2.44	0.464	19.87	1.7	0.86	1.85	258	0	373
2 baby potatoes										
Cooked Green String Beans (from Fresh)	77	4.03	0.771	9.89	4	1.92	2.37	402	0	182
1 cup fresh										
Crab Cake Entrees	160	10.35	2.244	5.11	0.2		11.25	491	82	162
1 cake										
Tartar Sauce	74	7.39	1.109	2.12	0	0.56	0.15	98	4	5
1 tbsp										
Total	1040	32.27	6.037	52.67	7	7.61	42.82	1869	136	1380
Snacks/Other										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Cheddar Cheese	56	4.64	2.953	0.18	0	0.07	3.49	87	15	14
1/2 slice (1 oz)										
Breakfast Bars (Oats, Sugar, Raisins, Coconut, Include Granola Bar)	132	4.99	3.598	18.91	0.9	7.8	2.78	79	0	92
1 oz										
Total	335	9.63	6.551	19.09	0.9	7.87	6.27	167	15	107
Total	**2057**	**73.26**	**17.823**	**152.11**	**19.4**	**43.77**	**74.89**	**3005**	**192**	**2761**

Monday, June 15, 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 (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Whole Wheat Bread (Commercial)	69	1.18	0.257	12.91	1.9	1.56	2.72	148	0	71
1 slice										
Chili Con Carne with Beans	264	10.82	3.99	22	6.9	6.38	20.52	1275	53	693
1 cup										
Total	333	12	4.247	34.91	8.8	7.94	23.24	1423	53	764
Dinner										
Chicken Breast (Skin Not Eaten)	128	2.76	0.781	0	0	0	23.99	309	66	198
3 oz boneless, cooked (yield after skin removed)										
Litehouse Ranch Yogurt Dressing	30	2.5	0	2	0	1	0	115	5	0
1 tbsp, 15 ml										
Cooked Green String Beans (from Fresh)	77	4.03	0.771	9.89	4	1.92	2.37	402	0	182
1 cup fresh										
Boiled Potato (Fat Added in Cooking)	106	2.44	0.464	19.87	1.7	0.86	1.85	258	0	373
2 baby potatoes										

Monday, June 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chardonnay Wine	304	0	0	8.57	0	1.77	0.26	9	0	
2 1/2 5 fl oz servings										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Total	664	11.99	2.058	43.85	7.9	6.52	30.14	1125	71	1073

Snacks/Other

Total	1234	34.5	12.471	106.03	18.6	25.12	63.18	2878	153	1951

Tuesday, June 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Jam Preserves 1 tbsp	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
Toasted Whole Wheat Bread (Commercial) 1 slice	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Beer 1 can or bottle (12 fl oz)	155	0	0	12.78	0	0	1.66	14	0	97
Cheetos Puffs (Package) 1 package, 28 g	160	10	1.5	15		1	2	270	0	
Whole Wheat Bread 1 regular slice	67	1.07	0.233	12.26	1.1	1.43	2.37	138	0	53
President's Choice Blue Menu Original Smokies 100 g	170	10	3	6	0	1	14	490	50	430
Total	552	21.07	4.733	46.04	1.1	3.43	20.03	912	50	580
Dinner										
Baby Carrots 2 medium	7	0.03	0.005	1.65	0.4	0.95	0.13	16	0	47
Asparagus 2 spears medium (5-1/4" to 7" long)	6	0.04	0.015	1.24	0.7	0.6	0.7	1	0	65
Beef Steak 3 oz boneless, cooked	214	12.77	4.998	0	0	0	23.21	317	70	259

Tuesday, June 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Baked or Broiled Salmon	171	7.56	1.312	0.49	0	0.11	23.97	467	62	395
100 g										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Chardonnay Wine	487	0	0	13.72	0	2.83	0.41	15	0	
4 5 fl oz servings										
Total	947	24.83	7.03	22.15	3.3	6.68	50.15	1091	132	1086
Snacks/Other										
Kellogg's Vector Protein Bar	170	8	3	17	5	8	11	190	0	95
1 bar, 40 g										
Cabernet Sauvignon Wine	123	0		3.82			0.1			
1 5 fl oz serving										
Total	293	8	3	20.82	5	8	11.1	190	0	95
Total	2029	64.41	20.929	116.28	11.3	28.77	91.08	2523	211	1875

Wednesday, June 17, 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 (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Caesar Salad Dressing	78	8.48	1.292	0.46	0	0.19	0.18	158	0	4
1 tbsp										
Dole Chopped Romaine Lettuce	15	0		3	2	1	1	5		
2 cups, 85 g										
Fried Calamari	121	2.1	0.552	9.6	0.4	0.64	14.67	325	211	
10 pieces										
Total	214	10.58	1.844	13.06	2.4	1.83	15.85	488	211	4
Dinner										
Chardonnay Wine	487	0	0	13.72	0	2.83	0.41	15	0	
4 5 fl oz servings										
Mashed Potato	105	3.72	0.831	16.51	1.4	1.45	1.89	243	1	273
1/2 cup										
Hollandaise Sauce	67	7.12	4.193	0.29	0	0.06	0.77	44	70	8
1 tbsp										
Green Giant French Style Green Beans	35	0		7	2	2	1	4		
100 g										

Wednesday, June 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Puff Pastry 2 pastries	123	8.47	1.21	10.05	0.3	0.16	1.63	56	0	14
Sockeye Salmon 5 oz	238	12.13	2.118	0	0		30.18	67	88	554
Thousand Island Salad Dressing 1 tbsp	59	5.61	0.815	2.34	0.1	2.43	0.17	138	4	17
President's Choice Cooked Peeled Pacific White Shrimp 8 shrimp, 100 g	70	1	0.5	0			16	300	190	
Avocados 1/4 avocado, NS as to Florida or California	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
Total	1264	45.42	10.735	54.2	7.2	9.26	53.05	871	353	1110
Snacks/Other										
Cabernet Sauvignon Wine 1 5 fl oz serving	123	0		3.82			0.1			
Total	1838	66.51	18.745	98.35	11.5	21.75	78.8	1689	593	1228

Thursday, June 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Toasted Whole Wheat Bread (Commercial) 1 slice	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
Total	246	10.48	6.164	30.58	1.8	18.96	9.75	323	29	109
Lunch										
Chicken Salad or Chicken Spread Sandwich 1 sandwich	333	16.06	2.989	27.52	1.6	2.72	18.61	565	49	210
Dinner										
Syrah Wine 3 1/2 5 fl oz servings	432	0		13.27			0.36			
Old Mill Whole Wheat Bread 2 slices, 75 g	150	2	0.5	28	3	2	6	300	0	115
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Parmesan Cheese (Grated) 1 tbsp	22	1.43	0.865	0.2	0	0.04	1.92	76	4	6
Fettuccine 1 cup cooked	220	1.29	0.245	42.95	2.5	0.78	8.07	326	0	
Beef Ribs (Whole, Lean Only, Trimmed to 1/4" Fat, Select Grade) 4 oz	168	7.97	3.198	0	0		22.49	74	67	401

Thursday, June 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fried Calamari	48	0.84	0.221	3.84	0.2	0.26	5.87	130	84	
4 pieces										
Mixed Salad Greens	9	0.13	0.021	1.76	1.1	0.48	0.84	16	0	160
1 cup shredded or chopped										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Shrimp (Mixed Species, Moist Heat, Cooked)	22	0.24	0.064	0	0	0	4.6	49	43	40
4 large										
Total	1216	29.59	13.066	91.56	6.8	4.79	50.33	1216	229	725
Snacks/Other										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	1942	56.13	22.219	149.66	10.2	26.47	78.69	2105	307	1045

Friday, June 19, 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 (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Total	246	10.48	6.164	30.58	1.8	18.96	9.75	323	29	109
Lunch										
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										
Dinner										
Sauvignon Blanc Wine	241	0		6.03			0.21			
2 5 fl oz servings										
Avocados	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
1/4 avocado, NS as to Florida or California										
Quinoa (Cooked)	57	0.89	0.09	10.54	0.9	0	2	79	0	
1/4 cup cooked										
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	
1 tbsp										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Ground Beef (90% Lean / 10% Fat)	148	8.4	3.409	0	0	0	16.8	55	55	270
3 oz										

Friday, June 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Farmers Market Quiche Lorraine	290	18		22	2		11			
1/4 quiche, 125 g										
Total	878	39.09	5.267	47.91	8.5	2.52	32.74	413	55	834
Snacks/Other										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	1704	70.44	17.517	104.68	12.8	26.23	76.91	1812	167	1458

Saturday, June 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jam Preserves 1 tbsp	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Toasted Whole Wheat Bread (Commercial) 2 slices	138	2.4	0.515	25.85	3.7	3.13	5.45	296	0	142
Total	306	11.71	6.423	40.2	3.8	12.23	12.53	478	29	185
Lunch										
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Gala Apples 1 medium (2-3/4" dia)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
Honey 1 tbsp	64	0	0	17.3	0	17.25	0.06	1	0	11
Pumpkin Bread 1 slice	179	4.2	0.681	33.75	1	21.7	2.48	151	26	86
Total	427	13.72	6.626	70.47	4.3	53.44	9.87	327	55	124
Dinner										
Chicken Schnitzel 5 oz	421	26.68	5.701	23.13	1.3	1.25	22.1	814	78	
Boiled Potato 1 medium (2-1/4" to 3" dia, raw)	211	4.59	0.877	40.02	3.5	1.72	3.71	486	0	752
Mixed Salad Greens 2 cups shredded or chopped	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
Vinaigrette Dressing	43	4.17	0.658	1.53	0	1.22	0.06	243	0	

Saturday, June 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tbsp										
Quinoa (Cooked)	57	0.89	0.09	10.54	0.9	0	2	79	0	
1/4 cup cooked										
Avocados	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
1/4 avocado, NS as to Florida or California										
Sauvignon Blanc Wine	241	0		6.03			0.21			
2 5 fl oz servings										
Total	1072	43.96	8.436	89.06	11.3	5.49	30.75	1658	78	1316
Snacks/Other										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	1952	69.39	21.485	199.73	19.4	71.16	53.15	2464	162	1626

Sunday, June 21, 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 (Commercial)	138	2.4	0.515	25.85	3.7	3.13	5.45	296	0	142
2 slices										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Total	306	11.71	6.423	40.2	3.8	12.23	12.53	478	29	185
Lunch										
Beer	155	0	0	12.78	0	0	1.66	14	0	97
1 can or bottle (12 fl oz)										
Tim Hortons Egg Salad Sandwich	175	6.5	1.5	21.5	2.5	1.5	8.5	370	120	
1/2 x 1 sandwich, 109 g										
Total	330	6.5	1.5	34.28	2.5	1.5	10.16	384	120	97
Dinner										
Sauvignon Blanc Wine	482	0		12.05			0.41			
4 5 fl oz servings										
Cooked Asparagus (from Fresh)	23	1.33	0.266	2.42	1.1	0.76	1.4	139	0	131
3 large spears (7-1/4" to 8-1/2" long)										
Cooked Red Peppers (Fat Added in Cooking)	70	3.96	0.731	9.17	1.7	5.95	1.26	343	0	226
1 cup										
Green Giant Niblets Corn	90	0.5	0	19	1	7	2	240	0	
1/2 cup, 125 ml										
Crab Cake Entrees	80	5.18	1.122	2.56	0.1		5.62	246	41	81

Sunday, June 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 cake										
Prawns	118	1.92	0.364	1.01	0	0	22.56	526	169	
4 oz cooked										
Cooked Flounder	151	4.81	0.983	0.46	0	0.1	24.95	473	64	484
4 oz boneless										
Total	1014	17.7	3.466	46.67	3.9	13.81	58.2	1967	274	922
Snacks/Other										
Chocolate Cake (with Chocolate Frosting)	235	10.5	3.053	34.94	1.8		2.62	214	27	128
1 piece (1/8 18 oz cake)										
Vanilla Ice Creams	145	7.92	4.889	16.99	0.5	15.28	2.52	58	32	143
1/2 cup										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	527	18.42	7.942	51.93	2.3	15.28	5.14	273	59	272
Total	**2177**	**54.33**	**19.331**	**173.08**	**12.5**	**42.82**	**86.03**	**3102**	**482**	**1476**

Monday, June 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jam Preserves 1 tbsp	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Toasted Whole Wheat Bread (Commercial) 1 slice	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Dempster's 100% Whole Wheat Bread 1 slice, 43 g	100	1	0.2	19	3	2	4	170	0	90
Chenin Blanc Wine 1 1/2 5 fl oz servings	180	0		7.35			0.16			
Egg Yolk 1 large	55	4.51	1.624	0.61	0	0.1	2.7	8	210	19
Avocados 1/4 avocado, NS as to Florida or California	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
Bean Sprouts 1 cup	62	0.37	0.094	12.18	3.7	8.47	6.23	12	0	
Carrots 1 cup chopped	52	0.31	0.047	12.26	3.6	5.81	1.19	88	0	410
Brown Rice 1/2 cup cooked	107	0.87	0.175	22.21	1.8	0.34	2.5	293	0	42
Steamed or Poached Pompano 5 oz boneless	291	16.78	6.217	0	0	0	32.74	103	88	574
Total	927	31.21	9.425	77.9	15.5	17.05	50.52	678	298	1379

Monday, June 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Cabernet Sauvignon Wine	309	0		9.56			0.26			
2 1/2 5 fl oz servings										
Dempster's 100% Whole Wheat Bread	100	1	0.2	19	3	2	4	170	0	90
1 slice, 43 g										
Tartar Sauce	74	7.39	1.109	2.12	0	0.56	0.15	98	4	5
1 tbsp										
Prawns	118	1.92	0.364	1.01	0	0	22.56	526	169	
4 oz cooked										
Crab Cake Entrees	160	10.35	2.244	5.11	0.2		11.25	491	82	162
1 cake										
Green Giant Niblets Corn	45	0.25	0	9.5	0.5	3.5	1	120	0	
1/2 x 1/2 cup, 62.5 ml										
Cooked Red Peppers (Fat Added in Cooking)	35	1.98	0.366	4.58	0.8	2.98	0.63	171	0	113
1/2 cup										
Total	841	22.89	4.283	50.88	4.5	9.04	39.85	1576	255	370
Snacks/Other										
Total	2005	64.61	19.874	156.05	21.9	36.75	100.17	2584	582	1863

Tuesday, June 23, 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 (Commercial)	138	2.4	0.515	25.85	3.7	3.13	5.45	296	0	142
2 slices										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Total	306	11.71	6.423	40.2	3.8	12.23	12.53	478	29	185
Lunch										
Havarti Cheese	105	8.41	5.32	0.79	0	0.14	6.59	159	27	
1 slice (1 oz)										
Toasted Rye Bread	136	1.73	0.33	25.49	3.1	2.03	4.51	348	0	88
2 slices regular										
Piller's Montreal Smoked Meat	125	6.25	2.5	2.5	0	2.5	17.5	725	50	
2 1/2 x 2-3 slices, 100 g										
Total	366	16.39	8.15	28.78	3.1	4.67	28.6	1232	77	88
Dinner										
Sauvignon Blanc Wine	241	0		6.03			0.21			
2 5 fl oz servings										
Hidden Valley Light Ranch Dressing	40	3.5	0.5	2	0	1	0.2	150	5	0
1 tbsp, 15 ml										
Quinoa (Cooked)	57	0.89	0.09	10.54	0.9	0	2	79	0	
1/4 cup cooked										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										

Tuesday, June 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chicken Schnitzel	300	19.01	4.062	16.48	0.9	0.89	15.75	580	56	
1 fillet										
Total	657	23.66	4.694	38.57	4	2.86	19.83	841	61	320
Snacks/Other										
Rose Wine	73	0	0	4.24	0	1.11	0.25	254	0	
1 glass (3.5 fl oz)										
Toasted Whole Wheat Bread	256	4.96	0.734	47.38	5.6	3.54	7.73	320	0	290
2 slices										
Total	329	4.96	0.734	51.62	5.6	4.65	7.98	574	0	290
Total	1658	56.72	20.001	159.17	16.5	24.41	68.94	3125	167	883

Wednesday, June 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Toasted Whole Wheat Bread (Commercial)	138	2.4	0.515	25.85	3.7	3.13	5.45	296	0	142
2 slices										
Total	306	11.71	6.423	40.2	3.8	12.23	12.53	478	29	185
Lunch										
Sauvignon Blanc Wine	121	0		3.01			0.1			
1 5 fl oz serving										
Dempster's Mini Buns	80	1		15	1	1	2	150	0	
1 bun, 32 g										
Chicken Noodle Soup (Home Recipe)	128	2.72	0.696	6.92	1	1.42	17.81	798	60	284
1 cup										
The Chopped Leaf Southwest Salad (Full Size)	394	29		23	9	4	13			
1 serving										
Total	723	32.72	0.696	47.93	11	6.42	32.91	948	60	284
Dinner										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Dempster's 100% Whole Wheat Bread	100	1	0.2	19	3	2	4	170	0	90
1 slice, 43 g										
Chicken Schnitzel	300	19.01	4.062	16.48	0.9	0.89	15.75	580	56	

Wednesday, June 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 fillet										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Quinoa (Cooked)	57	0.89	0.09	10.54	0.9	0	2	79	0	
1/4 cup cooked										
Hidden Valley Light Ranch Dressing	40	3.5	0.5	2	0	1	0.2	150	5	0
1 tbsp, 15 ml										
Sauvignon Blanc Wine	241	0		6.03			0.21			
2 5 fl oz servings										
Total	859	36.18	12.188	57.58	7	4.87	23.95	1013	92	413
Snacks/Other										
Oatmeal Cookies (Soft Type)	61	2.2	0.544	9.86	0.4		0.92	52	1	20
1 cookie										
Total	1949	82.81	19.851	155.57	22.2	23.52	70.31	2491	182	902

Thursday, June 25, 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 (Commercial)	138	2.4	0.515	25.85	3.7	3.13	5.45	296	0	142
2 slices										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Total	306	11.71	6.423	40.2	3.8	12.23	12.53	478	29	185
Lunch										
Whole Wheat Bread (Commercial)	69	1.18	0.257	12.91	1.9	1.56	2.72	148	0	71
1 slice										
Chili Con Carne with Beans	264	10.82	3.99	22	6.9	6.38	20.52	1275	53	693
1 cup										
Total	333	12	4.247	34.91	8.8	7.94	23.24	1423	53	764
Dinner										
Sauvignon Blanc Wine	241	0		6.03			0.21			
2 5 fl oz servings										
Hidden Valley Light Ranch Dressing	40	3.5	0.5	2	0	1	0.2	150	5	0
1 tbsp, 15 ml										
Quinoa (Cooked)	57	0.89	0.09	10.54	0.9	0	2	79	0	
1/4 cup cooked										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Chicken Schnitzel	300	19.01	4.062	16.48	0.9	0.89	15.75	580	56	
1 fillet										

Thursday, June 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dempster's 100% Whole Wheat Bread	100	1	0.2	19	3	2	4	170	0	90
1 slice, 43 g										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Total	859	36.18	12.188	57.58	7	4.87	23.95	1013	92	413

Snacks/Other

Total	1498	59.89	22.858	132.69	19.6	25.04	59.72	2914	174	1362

Friday, June 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jam Preserves 1 tbsp	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Toasted Whole Wheat Bread (Commercial) 1 slice	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Ham and Cheese Sandwich 1/2 sandwich	176	7.74	3.219	16.67			10.34	385	29	145
Dinner										
Pinot Noir Wine 4 5 fl oz servings	488	0		13.58			0.41			
Mushroom Sauce (Dry, Dehydrated) 1 cup (8 fl oz)	80	2.18	0.327	12.59			3.31	1433	0	100
Penne 1/2 cup cooked	110	0.65	0.122	21.47	1.3	0.39	4.04	163	0	
Veal Schnitzel 1 cutlet	194	7.8	2.601	8.37	0.3	0	23.2	386	95	
Smoked Salmon 2 pieces	47	1.73	0.372	0	0	0	7.31	314	9	70
Potato Pancakes 1 medium 3-1/4 in. x 3-5/8 in., 5/8 in. thick.	100	5.46	0.922	10.32	1.2	0.67	2.24	283	35	230
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320

Friday, June 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cups shredded or chopped										
Total	1038	18.08	4.386	69.85	5	2.03	42.18	2611	139	720
Snacks/Other										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	1598	36.33	13.771	113.79	6.9	12.69	62.32	3327	197	980

Saturday, June 27, 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 (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
Cheddar Cheese	56	4.64	2.953	0.18	0	0.07	3.49	87	15	14
1/2 slice (1 oz)										
Chicken Schnitzel	253	16.01	3.421	13.88	0.8	0.75	13.26	488	47	
3 oz										
Whole Wheat Bread (Commercial)	69	1.18	0.257	12.91	1.9	1.56	2.72	148	0	71
1 slice										
Total	435	26.74	7.351	30.48	2.7	3.32	19.6	828	66	86
Dinner										
Thin Crust Pizza with Meat and Vegetables	536	26.58	10.707	51.08	3.7	5.36	22.98	1350	48	489
1/2 pizza (9" dia)										
Rose Wine	293	0	0	16.97	0	4.45	0.99	1018	0	
4 glasses (3.5 fl oz)										
Hidden Valley Light Ranch Dressing	40	3.5	0.5	2	0	1	0.2	150	5	0

Saturday, June 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 tbsp, 15 ml										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Total	888	30.34	11.249	73.57	5.9	11.78	25.84	2550	53	809
Snacks/Other										
Potato Chips	153	10.49	3.069	13.93	1.2	1.15	1.84	147	0	460
1 single serving bag										
Beer	155	0	0	12.78	0	0	1.66	14	0	97
1 can or bottle (12 fl oz)										
Gin	147	0	0	0	0	0	0	1	0	1
2 fl oz (no ice)										
Total	455	10.49	3.069	26.71	1.2	1.15	3.5	162	0	558
Total	**2015**	**78.08**	**27.835**	**158.03**	**11.7**	**26.91**	**58.74**	**3870**	**148**	**1567**

Sunday, June 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Toasted Whole Wheat Bread (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Ham and Cheese Sandwich	176	7.74	3.219	16.67			10.34	385	29	145
1/2 sandwich										
Total	248	7.97	3.258	35.73	3.3	14.34	10.7	386	29	293
Dinner										
Dempster's 100% Whole Wheat Bread	100	1	0.2	19	3	2	4	170	0	90
1 slice, 43 g										
Chicken Schnitzel	300	19.01	4.062	16.48	0.9	0.89	15.75	580	56	
1 fillet										
Quinoa (Cooked)	57	0.89	0.09	10.54	0.9	0	2	79	0	
1/4 cup cooked										
Hidden Valley Light Ranch Dressing	40	3.5	0.5	2	0	1	0.2	150	5	0
1 tbsp, 15 ml										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										

Sunday, June 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chardonnay Wine	365	0	0	10.29	0	2.12	0.31	11	0	
3 5 fl oz servings										
Total	881	24.66	4.894	61.83	7	6.98	23.93	1022	61	410
Snacks/Other										
Mott's Clamato Juice	60	0	0	12	0	10	1	830	0	0
1 cup, 250 ml										
Beer	155	0	0	12.78	0	0	1.66	14	0	97
1 can or bottle (12 fl oz)										
Total	215	0	0	24.78	0	10	2.66	844	0	97
Total	1581	43.14	14.318	149.61	12.2	41.98	47.09	2582	119	914

Monday, June 29, 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 (Commercial)	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
1 slice										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Jam Preserves	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
1 tbsp										
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Baked or Broiled Shrimp	49	1.61	0.304	0.37	0	0	7.83	164	59	72
2 oz, with shell raw (yield after cooking, shell removed)										
Lettuce Salad with Assorted Vegetables (Including Tomatoes and/or Carrots)	25	0.25	0.045	5.55	2	3.33	1.27	28	0	291
2 cups										
Oil and Vinegar Salad Dressing (Home Recipe)	72	8.02	1.456	0.4	0	0.4	0	0	0	1
1 tbsp										
Earls Prawn Dynamite Roll	223	9.95		25.6	2.2		7.1	266.8		
1/2 x 1 serving, 141.75 g										
Total	369	19.83	1.805	31.92	4.2	3.73	16.2	458.8	59	364
Dinner										
Chardonnay Wine	365	0	0	10.29	0	2.12	0.31	11	0	
3 5 fl oz servings										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										

Monday, June 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hidden Valley Light Ranch Dressing	40	3.5	0.5	2	0	1	0.2	150	5	0
1 tbsp, 15 ml										
Crab Cake Entrees	160	10.35	2.244	5.11	0.2		11.25	491	82	162
1 cake										
Fried Floured or Breaded Oysters	95	6.04	1.38	5.74	0.2	0.39	4.28	256	35	86
6 oyster, NFS										
Total	679	20.15	4.166	26.66	2.6	4.48	17.71	940	122	568

Snacks/Other

Total	1285	50.49	12.137	85.85	8.7	18.87	43.71	1728.8	210	1046

Tuesday, June 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jam Preserves 1 tbsp	55	0.03	0.002	13.99	0.1	8.95	0.11	8	0	16
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Toasted Whole Wheat Bread (Commercial) 1 slice	69	1.2	0.258	12.92	1.8	1.56	2.72	148	0	71
Total	237	10.51	6.166	27.27	1.9	10.66	9.8	330	29	114
Lunch										
Vegetable Rice Soup (Prepared with Water) 1 cup	106	1.76	0.28	19.88	0.7	3.3	2.72	839	0	193
Chocolate Chip Cookies (Soft Type) 1 cookie	69	3.64	1.112	8.86	0.5		0.52	49	0	14
Ham and Cheese Sandwich 1 sandwich	352	15.48	6.437	33.35			20.69	771	58	291
Total	527	20.88	7.829	62.09	1.2	3.3	23.93	1659	58	498
Dinner										
Chardonnay Wine 2 1/2 5 fl oz servings	304	0	0	8.57	0	1.77	0.26	9	0	
Whole Wheat Bread 1 regular slice	67	1.07	0.233	12.26	1.1	1.43	2.37	138	0	53
Ham (Whole, Cured, Roasted) 1 cup	340	23.48	8.372	0	0	0	30.2	1662	87	400
Vegetable Soup (Home Recipe)	197	8.89	1.718	24.01	4.2	7.3	8.24	1165	0	1016

Tuesday, June 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cups										
Total	908	33.44	10.323	44.84	5.3	10.5	41.07	2974	87	1469
Snacks/Other										
Total	1672	64.83	24.318	134.2	8.4	24.46	74.8	4963	174	2081