Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	354	2.44	86.37	10.35
Lunch	313	10.86	45.2	11.01
Dinner	305	5.52	50.86	14.33
Snacks/Other	326	13.73	45.41	5.94
Total	**1298**	**32.54**	**227.84**	**41.63**

Monday, October 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Honey Clusters Cereal 1 cup, 52 g	170	1.5	0	44	10	9	4	220	0	200
Milk (Fat Free or Skim, Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
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	318	2.11	0.276	76.94	13.1	29.42	9.49	285	2	827
Lunch										
Four Cheese Pizza For One 1 pizza	420	19	9	22	2	4	20	580	35	
Diet Coke (Can) 1 can, 12 oz	0	0	0	0	0	0	0	40	0	
Green Peppers 1 tbsp	2	0.02	0.005	0.43	0.2	0.22	0.08	0	0	16
Total	422	19.02	9.005	22.43	2.2	4.22	20.08	620	35	16
Dinner										
Fiber One Honey Clusters Cereal 1 cup, 52 g	170	1.5	0	44	10	9	4	220	0	200
Milk (Fat Free or Skim, Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
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	318	2.11	0.276	76.94	13.1	29.42	9.49	285	2	827

Monday, October 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Alyssa's Healthy Oatmeal Bites 1/2 x 2 cookies, 0.75 oz	45	1.5	0.3	7	4	1	2	5	0	
Breyers All Natural Cookies & Cream Ice Cream 1 1/2 x 1/2 cup, 99 g	225	10.5	6.75	28.5		24	3	135	22.5	
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Total	294	12.23	7.061	41.34	5.5	28.54	5.51	141	22.5	116
Total	**1352**	**35.47**	**16.618**	**217.65**	**33.9**	**91.6**	**44.57**	**1331**	**61.5**	**1786**

Tuesday, October 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Honey Clusters Cereal 1 1/4 x 1 cup, 65 g	212	1.88	0	55	12.5	11.25	5	275	0	250
Milk (Fat Free or Skim, Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
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	360	2.49	0.276	87.94	15.6	31.67	10.49	340	2	877
Lunch										
Deli Flats 100 Calorie Thin Rolls - Whole Grain White 1 roll	100	1.5	0	20	5	3	6	170	0	
Lite Cinnamon Apple Sauce 4 oz cup, 113 g	50	0	0	12	2	8	0	10	0	
Strawberry Preserves 1 tbsp, 20 g	50	0	0	13	0	12	0	0	0	
Extra Crunchy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.25	4	1	1.5	3.5	57.5	0	0
Total	295	9.5	1.25	49	8	24.5	9.5	237.5	0	0
Dinner										
Publix Crinkle Cut Carrots 1/2 cup, 85 g	30	0	0	7	3	4	1	45	0	
Lean Cuisine Marketplace Parmesan Crusted Fish 1 container, 255 g	290	7	1.5	42	3	8	15	570	25	720
Total	320	7	1.5	49	6	12	16	615	25	720

Tuesday, October 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Alyssa's Healthy Oatmeal Bites 1/2 x 2 cookies, 0.75 oz	45	1.5	0.3	7	4	1	2	5	0	
Breyers All Natural Cookies & Cream Ice Cream 1 1/2 x 1/2 cup, 99 g	225	10.5	6.75	28.5		24	3	135	22.5	
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Total	294	12.23	7.061	41.34	5.5	28.54	5.51	141	22.5	116
Total	**1269**	**31.22**	**10.087**	**227.28**	**35.1**	**96.71**	**41.5**	**1333.5**	**49.5**	**1713**

Wednesday, October 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Honey Clusters Cereal 1 1/4 x 1 cup, 65 g	212	1.88	0	55	12.5	11.25	5	275	0	250
Milk (Fat Free or Skim, Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
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	360	2.49	0.276	87.94	15.6	31.67	10.49	340	2	877
Lunch										
Deli Flats 100 Calorie Thin Rolls - Whole Grain White 1 roll	100	1.5	0	20	5	3	6	170	0	
Lite Cinnamon Apple Sauce 4 oz cup, 113 g	50	0	0	12	2	8	0	10	0	
Strawberry Preserves 1 tbsp, 20 g	50	0	0	13	0	12	0	0	0	
Extra Crunchy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.25	4	1	1.5	3.5	57.5	0	0
Total	295	9.5	1.25	49	8	24.5	9.5	237.5	0	0
Dinner										
Lean Cuisine Culinary Collection Glazed Turkey Tenderloins 1 package, 255 g	270	5	1.5	41	3	19	13	530	25	580
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Total	285	5.17	1.518	44.02	4.2	19.77	14.28	545	25	724

Wednesday, October 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Alyssa's Healthy Oatmeal Bites 1/2 x 2 cookies, 0.75 oz	45	1.5	0.3	7	4	1	2	5	0	
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Breyers All Natural Cookies & Cream Ice Cream 2 x 1/2 cup, 132 g	300	14	9	38		32	4	180	30	
Total	369	15.73	9.311	50.84	5.5	36.54	6.51	186	30	116
Total	**1309**	**32.89**	**12.355**	**231.8**	**33.3**	**112.48**	**40.78**	**1308.5**	**57**	**1717**

Thursday, October 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Honey Clusters Cereal 1 1/4 x 1 cup, 65 g	212	1.88	0	55	12.5	11.25	5	275	0	250
Milk (Fat Free or Skim, Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
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	360	2.49	0.276	87.94	15.6	31.67	10.49	340	2	877
Lunch										
Deli Flats 100 Calorie Thin Rolls - Whole Grain White 1 roll	100	1.5	0	20	5	3	6	170	0	
Lite Cinnamon Apple Sauce 4 oz cup, 113 g	50	0	0	12	2	8	0	10	0	
Strawberry Preserves 1 tbsp, 20 g	50	0	0	13	0	12	0	0	0	
Extra Crunchy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.25	4	1	1.5	3.5	57.5	0	0
Total	295	9.5	1.25	49	8	24.5	9.5	237.5	0	0
Dinner										
Publix Crinkle Cut Carrots 1/2 cup, 85 g	30	0	0	7	3	4	1	45	0	
Lean Cuisine Marketplace Parmesan Crusted Fish 1 container, 255 g	290	7	1.5	42	3	8	15	570	25	720
Total	320	7	1.5	49	6	12	16	615	25	720

Thursday, October 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Alyssa's Healthy Oatmeal Bites 1/2 x 2 cookies, 0.75 oz	45	1.5	0.3	7	4	1	2	5	0	
Breyers All Natural Cookies & Cream Ice Cream 1 1/2 x 1/2 cup, 99 g	225	10.5	6.75	28.5		24	3	135	22.5	
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Total	294	12.23	7.061	41.34	5.5	28.54	5.51	141	22.5	116
Total	**1269**	**31.22**	**10.087**	**227.28**	**35.1**	**96.71**	**41.5**	**1333.5**	**49.5**	**1713**

Friday, October 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Honey Clusters Cereal 1 1/4 x 1 cup, 65 g	212	1.88	0	55	12.5	11.25	5	275	0	250
Milk (Fat Free or Skim, Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
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	360	2.49	0.276	87.94	15.6	31.67	10.49	340	2	877
Lunch										
Deli Flats 100 Calorie Thin Rolls - Whole Grain White 1 roll	100	1.5	0	20	5	3	6	170	0	
Lite Cinnamon Apple Sauce 4 oz cup, 113 g	50	0	0	12	2	8	0	10	0	
Strawberry Preserves 1 tbsp, 20 g	50	0	0	13	0	12	0	0	0	
Extra Crunchy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.25	4	1	1.5	3.5	57.5	0	0
Total	295	9.5	1.25	49	8	24.5	9.5	237.5	0	0
Dinner										
Lean Cuisine Culinary Collection Glazed Turkey Tenderloins 1 package, 255 g	270	5	1.5	41	3	19	13	530	25	580
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Total	285	5.17	1.518	44.02	4.2	19.77	14.28	545	25	724

Friday, October 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Alyssa's Healthy Oatmeal Bites 1/2 x 2 cookies, 0.75 oz	45	1.5	0.3	7	4	1	2	5	0	
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Breyers All Natural Cookies & Cream Ice Cream 2 x 1/2 cup, 132 g	300	14	9	38		32	4	180	30	
Total	369	15.73	9.311	50.84	5.5	36.54	6.51	186	30	116
Total	**1309**	**32.89**	**12.355**	**231.8**	**33.3**	**112.48**	**40.78**	**1308.5**	**57**	**1717**

Saturday, October 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Honey Clusters Cereal 1 1/4 x 1 cup, 65 g	212	1.88	0	55	12.5	11.25	5	275	0	250
Milk (Fat Free or Skim, Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
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	360	2.49	0.276	87.94	15.6	31.67	10.49	340	2	877
Lunch										
Deli Flats 100 Calorie Thin Rolls - Whole Grain White 1 roll	100	1.5	0	20	5	3	6	170	0	
Lite Cinnamon Apple Sauce 4 oz cup, 113 g	50	0	0	12	2	8	0	10	0	
Strawberry Preserves 1 tbsp, 20 g	50	0	0	13	0	12	0	0	0	
Extra Crunchy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.25	4	1	1.5	3.5	57.5	0	0
Total	295	9.5	1.25	49	8	24.5	9.5	237.5	0	0
Dinner										
Publix Crinkle Cut Carrots 1/2 cup, 85 g	30	0	0	7	3	4	1	45	0	
Lean Cuisine Marketplace Parmesan Crusted Fish 1 container, 255 g	290	7	1.5	42	3	8	15	570	25	720
Total	320	7	1.5	49	6	12	16	615	25	720

Saturday, October 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Alyssa's Healthy Oatmeal Bites 1/2 x 2 cookies, 0.75 oz	45	1.5	0.3	7	4	1	2	5	0	
Breyers All Natural Cookies & Cream Ice Cream 1 1/2 x 1/2 cup, 99 g	225	10.5	6.75	28.5		24	3	135	22.5	
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Total	294	12.23	7.061	41.34	5.5	28.54	5.51	141	22.5	116
Total	**1269**	**31.22**	**10.087**	**227.28**	**35.1**	**96.71**	**41.5**	**1333.5**	**49.5**	**1713**

Sunday, October 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fiber One Honey Clusters Cereal 1 1/4 x 1 cup, 65 g	212	1.88	0	55	12.5	11.25	5	275	0	250
Milk (Fat Free or Skim, Calcium Fortified) 1/2 cup	43	0.22	0.144	5.99	0	5.99	4.2	64	2	205
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	360	2.49	0.276	87.94	15.6	31.67	10.49	340	2	877
Lunch										
Deli Flats 100 Calorie Thin Rolls - Whole Grain White 1 roll	100	1.5	0	20	5	3	6	170	0	
Lite Cinnamon Apple Sauce 4 oz cup, 113 g	50	0	0	12	2	8	0	10	0	
Strawberry Preserves 1 tbsp, 20 g	50	0	0	13	0	12	0	0	0	
Extra Crunchy Peanut Butter 1/2 x 2 tbsp, 16.5 g	95	8	1.25	4	1	1.5	3.5	57.5	0	0
Total	295	9.5	1.25	49	8	24.5	9.5	237.5	0	0
Dinner										
Lean Cuisine Culinary Collection Glazed Turkey Tenderloins 1 package, 255 g	270	5	1.5	41	3	19	13	530	25	580
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Total	285	5.17	1.518	44.02	4.2	19.77	14.28	545	25	724

Sunday, October 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Alyssa's Healthy Oatmeal Bites 1/2 x 2 cookies, 0.75 oz	45	1.5	0.3	7	4	1	2	5	0	
Strawberries 1/2 cup halves	24	0.23	0.011	5.84	1.5	3.54	0.51	1	0	116
Breyers All Natural Cookies & Cream Ice Cream 2 x 1/2 cup, 132 g	300	14	9	38		32	4	180	30	
Total	369	15.73	9.311	50.84	5.5	36.54	6.51	186	30	116
Total	**1309**	**32.89**	**12.355**	**231.8**	**33.3**	**112.48**	**40.78**	**1308.5**	**57**	**1717**