Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	340	15.4	16.68	31.09
Lunch	157	9.53	13.06	5
Dinner	38	0.5	8	0.5
Snacks/Other	70	5	5	2.5
Total	**604**	**30.42**	**42.75**	**39.1**

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Culinary Circle Shredded Three Cheese Blend 1 tbsp, 5 g	20	1	1	0	0	0	2	55	5	
Egg 1 extra large	85	5.77	1.797	0.45	0	0.45	7.3	81	245	78
Boar's Head Jerk Turkey 1 slice, 2 oz	60	1	0	0	0	0	12	370	25	170
Egg 1 extra large	85	5.77	1.797	0.45	0	0.45	7.3	81	245	78
Coffee (Brewed From Grounds) 6 cups (8 fl oz)	14	0.28	0.028	0	0	0	1.71	28	0	697
Whole Milk 1/2 cup	73	3.96	2.275	5.51	0	6.42	3.93	49	12	174
Total	337	17.78	6.897	6.41	0	7.32	34.24	664	532	1197
Lunch										
Sabra Classics Hummus Singles 1 container, 2 oz	150	11	1.5	9	3	1	4	260	0	0
Mediterranean Plain Pita Bread 1 small pita	70	0	0	14	0	0	2	39	0	
Total	220	11	1.5	23	3	1	6	299	0	0
Dinner										
Neuman's Date Nut Bread 2 slices, 1 oz	70	1		15	1	9	1	90		
Claussen Dill Pickle Spears 1/2 spear, 33 g	5	0		1			0	320		

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	75	1		16	1	9	1	410		
Snacks/Other										
Planters Trail Mix Nuts, Seeds & Raisins 3 tbsp, 31 g	140	10	1.5	10	2	6	5	10	0	190
Total	**772**	**39.78**	**9.897**	**55.41**	**6**	**23.32**	**46.24**	**1383**	**532**	**1387**

Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Vermont Bread Organic Soft Wheat 1 slice	110	2		21	2	2	3	200		
Whole Milk 1/2 cup	73	3.96	2.275	5.51	0	6.42	3.93	49	12	174
Coffee (Brewed From Grounds) 6 cups (8 fl oz)	14	0.28	0.028	0	0	0	1.71	28	0	697
Boar's Head Jerk Turkey 1 slice, 2 oz	60	1	0	0	0	0	12	370	25	170
Egg 1 extra large	85	5.77	1.797	0.45	0	0.45	7.3	81	245	78
Total	342	13.01	4.1	26.96	2	8.87	27.94	728	282	1119
Lunch										
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Dinner										
Snacks/Other										
Total	436	21.07	5.747	30.09	3	10.35	31.95	801	282	1223