Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	566	12.45	101.06	14.71
Lunch	411	15.94	53.49	5.82
Dinner	677	22.24	83.93	33.7
Snacks/Other	560	3.56	60.03	2.61
Total	2213	54.2	298.5	56.84

Monday, April 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blue Bonnet 46% Vegetable Oil Spread	60	6	1	0	0	0	0	115	0	0
1 tbsp, 14 g										
Thomas' Original English Muffins	120	1	0	25	1	1	4	200	0	0
1 muffin, 61 g										
Quaker Rice Cakes - Caramel Corn	100	0	0	22	0	6	2	60	0	
2 x 1 cake, 26 g										
Snyder's of Hanover Sourdough Nibblers	120	0	0	25	0.2	0.2	3	200	0	
15 nibblers, 28 g										
Fiber One Chewy Bars - Oats & Peanut Butter	140	4.5	2	28	9	8	3	100	0	
1 bar, 40 g										
Great Value Strawberry Awake Cereal	110	0		25	1	10	3	220	0	65
1 1/4 cup, 40 g										
Total	650	11.5	3	125	11.2	25.2	15	895	0	65
Lunch										
Mango	135	0.56	0.137	35.19	3.7	30.64	1.06	4	0	323
1 mango										
Blue Diamond Habanero BBQ Almonds	255	22.5	1.5	7.5	4.5	3	9	150	0	270
1 1/2 x 28 nuts, 1.5 oz										
Total	390	23.06	1.637	42.69	8.2	33.64	10.06	154	0	593
Dinner										
Wish-Bone Balsamic Vinaigrette Salad Dressing	60	5	0.5	3	0	3	0	280	0	

Monday, April 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsp, 30 ml										
Great Value Frozen Tropical Fruit Mix	210	0	0	54	6	36	3	0	0	630
3 x 1 cup, 420 g										
Lettuce Salad with Assorted Vegetables	111	1.11	0.154	23.24	8.1	13.32	5.48	148	0	1199
10 cups										
Banquet Chicken Nuggets	350	15.75	2.62	31.5	3.5	1.75	19.25	752.5	35	490
1 3/4 x 6										
Total	731	21.86	3.274	111.74	17.6	54.07	27.73	1180.5	35	2319

Snacks/Other

Total	1771	56.42	7.911	279.43	37	112.91	52.79	2229.5	35	2977

Tuesday, April 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fritos Original Corn Chips (Package)	320	20	3	32	3	1	3	320	0	
1 package, 56.7 g										
Great Value Strawberry Awake Cereal	220	0		50	2	20	6	440	0	130
2 x 1 1/4 cup, 80 g										
Fiber One Chewy Bars - Oats & Peanut Butter	140	4.5	2	28	9	8	3	100	0	
1 bar, 40 g										
Quaker Rice Cakes - Caramel Corn	100	0	0	22	0	6	2	60	0	
2 x 1 cake, 26 g										
Total	780	24.5	5	132	14	35	14	920	0	130
Lunch										
Oreo Double Stuf Sandwich Cookies	280	14	4	42	2	26	2	180	0	70
2 x 2 cookies, 58 g										
Bananas	131	0.49	0.165	33.69	3.8	18.04	1.61	1	0	528
1 1/4 medium (7" to 7-7/8" long)										
Snyder's of Hanover Sourdough Nibblers	240	0	0	50	0.4	0.4	6	400	0	
2 x 15 nibblers, 56 g										
Total	651	14.49	4.165	125.69	6.2	44.44	9.61	581	0	598
Dinner										
Blue Bonnet 46% Vegetable Oil Spread	60	6	1	0	0	0	0	115	0	0
1 tbsp, 14 g										
Cocktail Sauce	46	0.24	0.033	11.81	0.5	10.31	0.86	491	0	188

Tuesday, April 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 oz										
Lettuce Salad with Assorted Vegetables	111	1.11	0.154	23.24	8.1	13.32	5.48	148	0	1199
10 cups										
Shrimp	161	2.63	0.5	1.39	0	0	30.9	687	231	197
4 oz cooked										
Total	378	9.98	1.687	36.44	8.6	23.63	37.24	1441	231	1584
Snacks/Other										
Yuengling Black & Tan	525	0	0	49	0	0	0	0	0	0
3 1/2 x 1 bottle, 42 oz										
Total	2334	48.97	10.852	343.13	28.8	103.07	60.85	2942	231	2312

Wednesday, April 13, 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)										
Snyder's of Hanover Sourdough Nibblers	240	0	0	50	0.4	0.4	6	400	0	
2 x 15 nibblers, 56 g										
Great Value Crunchy Granola Bars - Oats & Honey	200	7	1	29	2	12	4	150	0	105
2 x 2 bars, 84 g										
Great Value Strawberry Awake Cereal	220	0		50	2	20	6	440	0	130
2 x 1 1/4 cup, 80 g										
Total	765	7.39	1.132	155.95	7.5	46.83	17.29	991	0	657
Lunch										
Peanut Butter Cookie	203	10.04	1.907	25.05	0.8	13.54	4.08	176	0	71
1 1/2 oz										
Goetze's Original Caramel Creams	130	3	1	23	1	13	2	50	0	
3 pieces, 34 g										
Total	333	13.04	2.907	48.05	1.8	26.54	6.08	226	0	71
Dinner										
Vocelli's Small 10" Pepperoni Pizza	345	15	7.5	36	1.5	3	15	585	37.5	
1 1/2 x 1 slice										
Snacks/Other										
Total	1443	35.43	11.539	240	10.8	76.37	38.37	1802	37.5	728

Thursday, April 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Rice Cakes - Caramel Corn	100	0	0	22	0	6	2	60	0	
2 x 1 cake, 26 g										
Dannon Oikos Fruit on the Bottom Nonfat Greek Yogurt - Peach	130	0		20	0	19	12	45	5	170
1 container, 150 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)										
Great Value Crunchy Granola Bars - Oats & Honey	150	5.25	0.75	21.75	1.5	9	3	112.5	0	78.75
1 1/2 x 2 bars, 63 g										
Great Value Strawberry Awake Cereal	220	0		50	2	20	6	440	0	130
2 x 1 1/4 cup, 80 g										
Great Value 90 Calorie Chewy Granola Bar - Chocolate Chunk	180	4	1	36	2	14	2	130	0	100
2 x 1 bar, 48 g										
Total	885	9.64	1.882	176.7	8.6	82.43	26.29	788.5	5	900.75
Lunch										
Sunshine Cheez-It Original Snack Crackers (2 oz)	280	15	3.5	32	1	0	6	420	0	0
1 package, 56 g										
Dinner										
Birds Eye Voila! Sweet & Sour Chicken	575	3.75	0	105	5	55	25	1425	50	
2 1/2 x 1 1/3 cups frozen, 577.5 g										
Snacks/Other										

Thursday, April 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kraft Macaroni & Cheese - Spirals 1/2 x 1 cup, 35 g	145	1.25	0.5	24.5	0.5	3.5	4.5	290	5	0
Great Value Steak Fries 1 1/2 x 5 pieces, 4.5 oz	165	4.5	1.5	27	3	0	3	420	0	495
Yuengling Black & Tan 3 x 1 bottle, 36 oz	450	0	0	42	0	0	0	0	0	0
Total	760	5.75	2	93.5	3.5	3.5	7.5	710	5	495
Total	2500	34.14	7.382	407.2	18.1	140.93	64.79	3343.5	60	1395.75

Friday, April 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Plain French Toast	159	6.13	1.585	20.02	0.8	4.87	5.58	320	90	80
1 regular slice										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Fried Egg	89	6.76	1.88	0.43	0	0.38	6.24	238	210	67
1 large										
Total	312	12.89	3.465	37.75	0.8	22.5	11.88	559	300	158
Lunch										
Oreo Double Stuf Sandwich Cookies	140	7	2	21	1	13	1	90	0	35
2 cookies, 29 g										
Doritos Nacho Cheese Tortilla Chips (28g)	420	24	3	48	3	0	6	630	0	
3 x 12 chips, 84 g										
Total	560	31	5	69	4	13	7	720	0	35
Dinner										
Margherita Pizza	814	15.58	6.589	136.93	6	1.98	28.51	581	34	
4 pieces										
Snacks/Other										
Yuengling Black & Tan	1500	0	0	140	0	0	0	0	0	0
10 x 1 bottle, 120 oz										
Total	3186	59.47	15.054	383.68	10.8	37.48	47.39	1860	334	193

Saturday, April 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mezzetta California Hot Mix 5 x 5 pieces, 160 g	25	0	0	5	0	0	0	2050	0	0
Dannon Oikos Fruit on the Bottom Nonfat Greek Yogurt - Blueberry 1 container, 150 g	130	0	0	20	0	19	12	50	5	160
Ruffles Original Potato Chips 12 chips, 1 oz	160	10	1.5	15	1	1	2	160	0	340
Total	315	10	1.5	40	1	20	14	2260	5	500
Lunch										
Yuengling Black & Tan 3 x 1 bottle, 36 oz	450	0	0	42	0	0	0	0	0	0
Dinner										
Ruffles Original Potato Chips 12 chips, 1 oz	160	10	1.5	15	1	1	2	160	0	340
Sugardale Thick Sliced Bacon 1/2 x 2 skillet cooked slices, 9 g	45	3.5	1.25	0		0	3	150	10	
Blue Bonnet 46% Vegetable Oil Spread 1 tbsp, 14 g	60	6	1	0	0	0	0	115	0	0
Baked Potato (Peel Eaten) 1 large (3" to 4-1/4" dia, raw)	331	6.69	1.286	62.41	6.4	3.47	7.39	714	0	1578
Pork Chop 5 1/2 oz boneless, cooked	390	22.72	8.422	0	0	0	43.52	602	129	630
Kraft Original Barbecue Sauce 1 1/2 x 2 tbsp, 54 g	90	0	0	22.5	0	19.5	0	675	0	0
Total	1076	48.91	13.458	99.91	7.4	23.97	55.91	2416	139	2548

Saturday, April 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Yuengling Black & Tan 4 x 1 bottle, 48 oz	600	0	0	56	0	0	0	0	0	0
Total	2441	58.91	14.958	237.91	8.4	43.97	69.91	4676	144	3048

Sunday, April 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fritos Flavor Twists Honey BBQ	112	6.75	1.12	12	0.75	0.75	1.5	135	0	45
3/4 x 23 chips, 21 g										
Fiber One Chewy Bars - Oats & Peanut Butter	140	4.5	2	28	9	8	3	100	0	
1 bar, 40 g										
Total	252	11.25	3.12	40	9.75	8.75	4.5	235	0	45
Lunch										
Lay's Wavy Original Potato Chips	160	10	1.5	15	1	1	2	140	0	340
11 chips, 28 g										
Great Value Green Olives with Pimento	50	5	1	0	0	0	0	660	0	
2 x 5 olives, 30 g										
Total	210	15	2.5	15	1	1	2	800	0	340
Dinner										
Smith's Hot Dogs	110	9	3	2	0	1	6	460	20	0
1 hot dog, 45 g										
Lean or Extra Lean Ground Beef or Patty	259	16.86	6.45	0	0	0	25.02	390	87	295
3 1/2 oz cooked										
Sargento Sliced Pepper Jack Cheese	80	6	4	0	0	0	4	140	20	0
1 slice, 21 g										
Great Value Enriched Hamburger Buns	110	1	0	20	1	2	3	180	0	30
1 bun, 39 g										
Great Value Enriched Hot Dog Buns	110	1	0	23	1	3	4	230	0	45

Sunday, April 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bun, 39 g										
No Name Mixed Vegetables	90	0	0	16.5	4.5	4.5	4.5	52.5	0	
1 1/2 x 1/2 cup, 127.5 g										
Extra Virgin Olive Oil	60	6.75	0.932	0	0	0	0	0	0	
1/2 tbsp										
Total	819	40.61	14.382	61.5	6.5	10.5	46.52	1452.5	127	370
Snacks/Other										
Snyder's of Hanover Sourdough Nibblers	120	0	0	25	0.2	0.2	3	200	0	
15 nibblers, 28 g										
Popsicle	180	0.53		43.84	0	32.45	0	29		51
6 3/4 serving 1.2 fl oz pop										
Cashew Nuts	235	18.65	3.31	12.84	1.4	2.51	7.75	5	0	281
1 1/2 oz										
Total	535	19.18	3.31	81.68	1.6	35.16	10.75	234	0	332
Total	**1816**	**86.04**	**23.312**	**198.18**	**18.85**	**55.41**	**63.77**	**2721.5**	**127**	**1087**