Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	360	22.9	16.16	25.57
Lunch	497	27.69	24.97	37.61
Dinner	611	34.57	37.13	41.31
Snacks/Other	390	21.21	15.38	12.29
Total	**1857**	**106.38**	**93.64**	**116.78**

Monday, January 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
CVS Chocolate Whey Protein Powder	150	2	1	8	1	2	26	60	45	300
1 scoop										
Silk Pure Almond Milk - Unsweetened Original	30	2.5	0	1	1	0	1	160	0	35
1 cup, 240 ml										
Healthy Life Light Multi-Grain English Muffins	80	1	0	17	4	0	5	150	0	
1 muffin, 57 g										
Swaggerty's Farm Premium Sausage	280	26	10	2	0	0	10	440	50	
2 x 1 patty, 68 g										
Total	540	31.5	11	28	6	2	42	810	95	335
Lunch										
Farmland Foods Hickory Smoked Bacon	240	21	9	0	0	0	12	780	45	
3 x 2 pan fried slices, 45 g										
Healthy Life 100% Whole Wheat Whole Grain Bread	70	0.5	0	16	5	2	5	170	0	0
2 slices, 41 g										
Total	310	21.5	9	16	5	2	17	950	45	0
Dinner										
Mt. Olive Mild Banana Pepper Rings	10	0	0	2	0	0	0	310	0	
20 rings, 1 oz										
Kraft Natural Finely Shredded Cheddar Jack Mexican Style Shredded Cheese	150	13.5	7.5	1.5	0	0	9	285	37.5	
1 1/2 x 1/4 cup, 42 g										

Monday, January 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Old El Paso Taco Seasoning Mix 2 x 2 tsp, 10 g	30	0	0	6	0	0	0	1160	0	
Mission Carb Balance Medium/Soft Taco Flour Tortillas 1 tortilla, 43 g	120	3	1.5	19	13	0	5	280	0	
Skinless Chicken Breast 1 1/2 breasts, bone and skin removed	389	4.39	1.168	0	0	0	81.74	230	205	
Great Value Romaine Lettuce 1/2 x 1 cup, 23.5 g	8	0		0	0	0	0.5	5	0	
Total	707	20.89	10.168	28.5	13	0	96.24	2270	242.5	

Snacks/Other

Total	1557	73.89	30.168	72.5	24	4	155.24	4030	382.5	335

Tuesday, January 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bob Evans Original Pork Sausage Patties (52g) 2 patties, 59 g	180	15	6	0	0	0	11	300	25	
Healthy Life Light Multi-Grain English Muffins 1 muffin, 57 g	80	1	0	17	4	0	5	150	0	
Total	260	16	6	17	4	0	16	450	25	
Lunch										
Chipotle Mexican Grill Chicken Tacos 3 tacos, 12.5 oz	615	31	16	34	2	9	45	1085	185	
Baja Fresh Mexican Grill Tortilla Chips 15 chips, 43 g	210	9	1	29	3	0	3	55	0	
Total	825	40	17	63	5	9	48	1140	185	
Dinner										
Great Value Romaine Lettuce 1 cup, 47 g	15	0		0	0	0	1	10	0	
Land O'Lakes Salted Butter 1 tbsp, 14 g	100	11	7	0	0	0	0	90	30	
Hidden Valley Fiesta Salsa Ranch 2 tbsp, 30 ml	110	11	1.5	2	0	1	0	230	10	
Great Value Hamburger Patty 1 patty, 151 g	240	17	7	0	0	0	21	90	85	330
Baked Sweetpotato (Peel Not Eaten) 1 medium (2" dia, 5" long, raw)	134	3.86	0.75	23.57	3.7	9.57	2.28	441	0	539

Tuesday, January 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	599	42.86	16.25	25.57	3.7	10.57	24.28	861	125	869
Snacks/Other										
Kirkland Signature Raw Almonds 2 x 1 oz, 56 g	320	28	2	12	6	2	12	0	0	400
Total	**2004**	**126.86**	**41.25**	**117.57**	**18.7**	**21.57**	**100.28**	**2451**	**335**	**1269**

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pure Almond Milk - Unsweetened Original 1 cup, 240 ml	30	2.5	0	1	1	0	1	160	0	35
Chocolate Whey Protein Powder 1 scoop	150	2	1	8	1	2	26	60	45	300
Light Multi-Grain English Muffins 1 muffin, 57 g	80	1	0	17	4	0	5	150	0	
Original Pork Sausage Patties (52g) 2 patties, 59 g	180	15	6	0	0	0	11	300	25	
Total	440	20.5	7	26	6	2	43	670	70	335
Lunch										
Taco Meat 4 x 2 oz, 224 g	200	6	2	12	0	4	28	1160	80	0
Hamburger Patty 1 patty, 151 g	240	17	7	0	0	0	21	90	85	330
Total	440	23	9	12	0	4	49	1250	165	330
Dinner										
Green Giant Valley Fresh Steamers Broccoli, Carrots, Cauliflower & Cheese Sauce 1 1/2 x 1/2 cup prepared, 163.5 g	68	1.5	0	12	3	6	3	450	0	390
Turkey Breast Meat 7 oz	206	3.29	0.953	8.35	1	6.97	33.88	2014	85	599
Total	274	4.79	0.953	20.35	4	12.97	36.88	2464	85	989

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Cabernet Sauvignon 2 1/2 x 1 glass, 10 oz	218	0	0	6.75	0	0	0	0	0	0
Raw Almonds 2 x 1 oz, 56 g	320	28	2	12	6	2	12	0	0	400
Total	538	28	2	18.75	6	2	12	0	0	400
Total	**1692**	**76.29**	**18.953**	**77.1**	**16**	**20.97**	**140.88**	**4384**	**320**	**2054**

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hickory Smoked Bacon 2 x 2 pan fried slices, 30 g	160	14	6	0	0	0	8	520	30	
Boiled Egg 1 large	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
Healthy Life Light Multi-Grain English Muffins 1 muffin, 57 g	80	1	0	17	4	0	5	150	0	
Bob Evans Original Pork Sausage Patties (52g) 2 patties, 59 g	180	15	6	0	0	0	11	300	25	
Total	497	35.28	13.627	17.56	4	0.56	30.26	1109	266	63
Lunch										
100% Whole Wheat Whole Grain Bread 2 slices, 41 g	70	0.5	0	16	5	2	5	170	0	0
Hickory Smoked Bacon 3 x 2 pan fried slices, 45 g	240	21	9	0	0	0	12	780	45	
Total	310	21.5	9	16	5	2	17	950	45	0
Dinner										
Hidden Valley Buttermilk Ranch Dressing 2 tbsp, 30 ml	140	14	2	2	0	1	0	230	10	
Lettuce Salad with Assorted Vegetables 1 cup	11	0.11	0.015	2.32	0.8	1.33	0.55	15	0	120
Butter (Salted) 2 tbsps	204	23.04	14.589	0.02	0	0.02	0.24	164	61	7
Baked Potato (Peel Eaten)	194	3.92	0.753	36.54	3.7	2.03	4.32	418	0	924

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium (2-1/4" to 3" dia, raw)										
Baked or Broiled Salmon	236	10.43	1.811	0.68	0	0.15	33.08	644	86	545
6 oz boneless (yield after cooking)										
Total	785	51.5	19.168	41.56	4.5	4.53	38.19	1471	157	1596
Snacks/Other										
Barefoot Cabernet Sauvignon	174	0	0	5.4	0	0	0	0	0	0
2 x 1 glass, 8 oz										
Sargento Tastings Creamy Havarti	35	3	2	0	0	0	1.5	67.5	7.5	
1/4 x 1/3 chunk, 8 g										
Hillshire Farm Beef Summer Sausage	190	16	6	0.5	0.25	0.25	11	710	45	0
2 oz, 56 g										
Total	399	19	8	5.9	0.25	0.25	12.5	777.5	52.5	0
Total	**1991**	**127.28**	**49.795**	**81.02**	**13.75**	**7.34**	**97.95**	**4307.5**	**520.5**	**1659**

Friday, January 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Healthy Life 100% Whole Wheat Whole Grain Bread 2 slices, 41 g	70	0.5	0	16	5	2	5	170	0	0
Bob Evans Original Pork Sausage Patties (52g) 2 patties, 59 g	180	15	6	0	0	0	11	300	25	
Total	250	15.5	6	16	5	2	16	470	25	0
Lunch										
Hardee's Hand Breaded Chicken Tenders (3 Piece) 1/2 x 3 strips, 72.5 g	130	6.5	1.25	6.5	1	0	12.5	389.5	39.5	
Fried Battered Catfish 2 fillet (5" x 2-1/2" x 3/8")	364	25.6	5.604	10.06	0.3	0.61	22.25	159	84	421
Total	494	32.1	6.854	16.56	1.3	0.61	34.75	548.5	123.5	421
Dinner										
Holten Meats Seasoned Beef Patties 1 1/4 x 1 patty, 140 g	412	36.25	13.75	1.25	1.25	1.25	22.5	312.5	106.25	0
Kraft Natural Finely Shredded Cheddar Jack Mexican Style Shredded Cheese 1/4 cup, 28 g	100	9	5	1	0	0	6	190	25	
Mt. Olive Mild Banana Pepper Rings 20 rings, 1 oz	10	0	0	2	0	0	0	310	0	
Lettuce Salad with Assorted Vegetables 2 cups	22	0.22	0.031	4.65	1.6	2.66	1.1	30	0	240
Total	544	45.47	18.781	8.9	2.85	3.91	29.6	842.5	131.25	240

Friday, January 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Mac's Snacks Chicharrones 2 x 1/2 oz, 28 g	160	10	3	0	0	0	16	460	40	0
Blue Diamond Whole Natural Almonds 2 x 24 nuts, 2 oz	320	28	2	12	6	2	12	0	0	420
Total	480	38	5	12	6	2	28	460	40	420
Total	**1768**	**131.07**	**36.635**	**53.46**	**15.15**	**8.52**	**108.35**	**2321**	**319.75**	**1081**

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Boiled Egg 1 large	77	5.28	1.627	0.56	0	0.56	6.26	139	211	63
Hickory Smoked Bacon 2 pan fried slices, 15 g	80	7	3	0	0	0	4	260	15	
Original Pork Sausage Patties (52g) 2 patties, 59 g	180	15	6	0	0	0	11	300	25	
Total	337	27.28	10.627	0.56	0	0.56	21.26	699	251	63
Lunch										
Pure Almond Milk - Unsweetened Original 1 cup, 240 ml	30	2.5	0	1	1	0	1	160	0	35
Vanilla Whey Protein Powder 1 scoop, 34 g	140	2	1	8	0	2	26	60	45	190
Oven Roasted Chicken Breast Salad 2 x 1 salad, 784 g	280	5	1	20	8	8	38	560	100	
Total	450	9.5	2	29	9	10	65	780	145	225
Dinner										
Tostitos Scoops! 100% White Corn Tortilla Chips 2 x 11 chips, 56 g	280	14	2	38	4	0	4	240	0	
Tostitos Medium Salsa 4 x 2 tbsp, 120 ml	40	0		8	4	4	0	300	0	
Applebee's Chicken Tortilla Soup (Bowl) 2 x 1 bowl	420	18	4	50	6	0	20	2440	0	
Total	740	32	6	96	14	4	24	2980	0	

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Red Lobster Classic Margarita - On the Rocks (Alcoholic) 2 x 1 margarita	500	0	0	44	0	0	0	1540	0	
Total	**2027**	**68.78**	**18.627**	**169.56**	**23**	**14.56**	**110.26**	**5999**	**396**	**288**

Sunday, January 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Farmland Foods Hickory Smoked Bacon 2 x 2 pan fried slices, 30 g	160	14	6	0	0	0	8	520	30	
Healthy Life 100% Whole Wheat Whole Grain Bread 1/2 x 2 slices, 20.5 g	35	0.25	0	8	2.5	1	2.5	85	0	0
Total	195	14.25	6	8	2.5	1	10.5	605	30	0
Lunch										
Mac's Snacks Chicharrones 1/2 oz, 14 g	80	5	1.5	0	0	0	8	230	20	0
Great Value Romaine Lettuce 1 cup, 47 g	15	0		0	0	0	1	10	0	
Holten Meats Seasoned Beef Patties 1 1/4 x 1 patty, 140 g	412	36.25	13.75	1.25	1.25	1.25	22.5	312.5	106.25	0
Birds Eye Steamfresh Sweet Potatoes with Brown Sugar 1 1/4 cups, 147 g	140	5	1	21	3	12	1	310	0	
Total	647	46.25	16.25	22.25	4.25	13.25	32.5	862.5	126.25	0
Dinner										
Healthy Life 100% Whole Wheat Whole Grain Bread 2 slices, 41 g	70	0.5	0	16	5	2	5	170	0	0
Skippy Creamy Peanut Butter 2 tbsp, 32 g	190	16	3	7	2	3	7	150	0	208
Chili (Bowl) 1 bowl	370	28	14	16	5	10	28	1020	0	
Total	630	44.5	17	39	12	15	40	1340	0	208

Sunday, January 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Orville Redenbacher's Movie Theater Butter Popcorn	120	4.5	2.25	9	1.5	0	1.5	110.25	0	61.5
3 x 1 cup popped, 102 g										
Jack Link's Sasquatch Big Stick - Angry (Original)	150	13	5	2	0	0	6	420	30	
1 serving, 1 oz										
Colby Jack Cheese	220	18	12	4	0	0	14	380	50	
2 x 1 oz, 56 g										
Total	490	35.5	19.25	15	1.5	0	21.5	910.25	80	61.5
Total	**1962**	**140.5**	**58.5**	**84.25**	**20.25**	**29.25**	**104.5**	**3717.75**	**236.25**	**269.5**