Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	404	18.81	54.03	9.91
Lunch	293	13.09	34.08	10.48
Dinner	314	12.93	44.85	5.62
Snacks/Other				
Total	**1011**	**44.83**	**132.95**	**26.01**

Sunday, May 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Minsley Steelcut Oatmeal 1/2 x 1 container, 70 g	85	1.5	0	15.5	2	0.5	3	0	0	
Spectrum Organic Virgin Coconut Oil 1 tbsp, 14 g	120	14	12	0	0	0	0	0	0	
Blueberries 1 cup	83	0.48	0.041	21.01	3.5	14.44	1.07	1	0	112
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Total	**362**	**20.95**	**13.591**	**36.89**	**5.5**	**15.32**	**10.36**	**71**	**212**	**179**
Lunch										
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Brown Rice 1 cup cooked	215	1.74	0.349	44.42	3.5	0.68	4.99	587	0	84
Total	**565**	**28.65**	**6.997**	**51.58**	**8.5**	**1.84**	**24.86**	**802**	**634**	**665**
Dinner										
Lemon Meringue Pie 1 piece (1/8 9" dia)	362	16.38	4.045	49.66			4.83	307	67	83
Ketchup 1 tbsp	15	0.06	0.008	3.76	0	3.42	0.26	167	0	57
Great Value Taters 10 pieces, 85 g	160	8	2	20	2	1	2	330	0	410
Total	**537**	**24.44**	**6.053**	**73.42**	**2**	**4.42**	**7.09**	**804**	**67**	**550**

Sunday, May 1, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**1464**	**74.04**	**26.641**	**161.89**	**16**	**21.58**	**42.31**	**1677**	**913**	**1394**

Thursday, May 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Banana 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Minsley Steelcut Oatmeal 1/2 x 1 container, 70 g	85	1.5	0	15.5	2	0.5	3	0	0	
Spectrum Organic Virgin Coconut Oil 1 tbsp, 14 g	120	14	12	0	0	0	0	0	0	
Blueberries 1 cup	83	0.48	0.041	21.01	3.5	14.44	1.07	1	0	112
Total	393	16.37	12.173	63.46	8.6	29.37	5.36	2	0	534
Lunch										
Dinner										
Milk Shake with Malt 1 milkshake (10 fl oz)	405	14.35	8.45	61.13	0.6	56.4	9.76	187	51	487
Snacks/Other										
Total	**798**	**30.72**	**20.623**	**124.59**	**9.2**	**85.77**	**15.12**	**189**	**51**	**1021**

Tuesday, May 31, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Snak Club Raw Almonds 1/4 cup, 30 g	180	15	1	6	4	0	6	0	0	
Peaches 1 medium (2-1/2" dia) (approx 4 per lb)	38	0.24	0.019	9.35	1.5	8.22	0.89	0	0	186
Oatmeal 1 cup cooked	145	2.39	0.421	25.37	3.7	0.56	6.06	278	0	126
Sundown Naturals Flaxseed Oil 1 softgel	10	1	0	0	0	0	0	0	0	0
Blueberries 1 cup	83	0.48	0.041	21.01	3.5	14.44	1.07	1	0	112
Total	456	19.11	1.481	61.73	12.7	23.22	14.02	279	0	424
Lunch										
Fresh Express Garden Salad 2 cups, 85 g	15	0	0	4	1	2	1	20	0	0
Green Olives 2 10 small servings	84	8.89	1.177	2.23	1.9	0.31	0.6	902	0	24
Brown Rice 1 cup cooked	215	1.74	0.349	44.42	3.5	0.68	4.99	587	0	84
Total	314	10.63	1.526	50.65	6.4	2.99	6.59	1509	0	108
Dinner										
Snacks/Other										
Total	**770**	**29.74**	**3.007**	**112.38**	**19.1**	**26.21**	**20.61**	**1788**	**0**	**532**