

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	361	13	44.04	17.13
Lunch	413	18.37	44.44	18
Dinner	412	17.49	39.32	24.9
Snacks/Other	607	31.17	48.72	20.74
<b>Total</b>	<b>1793</b>	<b>80.03</b>	<b>176.52</b>	<b>80.77</b>

**Monday, January 15, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Ikea Blueberry Jam 1 tbsp , 20 g	50	0		12		11	0	0		
Kroger Eggs (Large) 2 x 1 egg, 100 g	140	10	3	0	0	0	12	140	370	140
Thomas' Original English Muffins 1 muffin, 57 g	130	1	0	24	1	1	4	210	0	0
Brown Rice 1 cup cooked	215	1.74	0.349	44.42	3.5	0.68	4.99	587	0	84
<b>Total</b>	<b>535</b>	<b>12.74</b>	<b>3.349</b>	<b>80.42</b>	<b>4.5</b>	<b>12.68</b>	<b>20.99</b>	<b>937</b>	<b>370</b>	<b>224</b>
<b>Lunch</b>										
<b>Dinner</b>										
Meat Loaf 2 medium slices	441	26.16	8.608	14.08	0.9	3.5	34.91	894	171	594
Franz Oregon Bread Western Hazelnut Bread 2 x 1 slice, 86 g	280	10	0	42	4	8	10	380	0	
Mayonnaise 2 tbsps	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
<b>Total</b>	<b>836</b>	<b>45.98</b>	<b>10.049</b>	<b>63.11</b>	<b>4.9</b>	<b>13.38</b>	<b>45.17</b>	<b>1483</b>	<b>179</b>	<b>597</b>
<b>Snacks/Other</b>										
Cheddar Cheese 3 slices (1 oz)	339	27.84	17.717	1.08	0	0.44	20.92	522	88	82
Kirkland Signature Smoked Salmon 2 oz, 60 g	102	6	1	0	0	0	13	460	31	

**Monday, January 15, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Trader Joe's Multigrain Crackers 14 crackers, 32 g	150	6	0.5	22	3	2	2	200	0	
Philadelphia Original Cream Cheese 1 oz, 28 g	100	9	6	2	0	1	2	105	35	
Nancy's Petite Quiche Lorraine Appetizers 4 pieces, 79 g	220	13	6	15	1	3	10	360	75	
Goose Island IPA Beer 2 1/2 x 1 bottle, 30 oz	515	0	0	53.75	0	0	0	0	0	0
Almonds 15 almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
<b>Total</b>	<b>1530</b>	<b>70.96</b>	<b>31.916</b>	<b>97.38</b>	<b>6.1</b>	<b>7.3</b>	<b>51.75</b>	<b>1647</b>	<b>229</b>	<b>213</b>
<b>Total</b>	<b>2901</b>	<b>129.68</b>	<b>45.314</b>	<b>240.91</b>	<b>15.5</b>	<b>33.36</b>	<b>117.91</b>	<b>4067</b>	<b>778</b>	<b>1034</b>

**Tuesday, January 16, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Kroger Eggs (Large) 2 x 1 egg, 100 g	140	10	3	0	0	0	12	140	370	140
Kirkland Signature Smoked Salmon 1/2 x 2 oz, 30 g	51	3	0.5	0	0	0	6.5	230	15.5	
Cream Cheese 1 tbsp	51	5.06	3.185	0.39	0	0.03	1.09	43	16	17
<b>Total</b>	<b>242</b>	<b>18.06</b>	<b>6.685</b>	<b>0.39</b>	<b>0</b>	<b>0.03</b>	<b>19.59</b>	<b>413</b>	<b>401.5</b>	<b>157</b>
<b>Lunch</b>										
Grilled Cheese Sandwich 1 sandwich	291	15.77	5.978	27.85	1.2	3.98	9.16	764	22	129
<b>Dinner</b>										
Lean Cuisine Comfort Chicken Marsala 1 package, 230 g	200	3.5	1	25	2	4	17	580	35	430
Asparagus 1 cup	27	0.16	0.062	5.2	2.8	2.52	2.95	3	0	271
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Brown Rice 1 cup cooked	215	1.74	0.349	44.42	3.5	0.68	4.99	587	0	84
<b>Total</b>	<b>544</b>	<b>16.92</b>	<b>8.705</b>	<b>74.63</b>	<b>8.3</b>	<b>7.21</b>	<b>25.06</b>	<b>1172</b>	<b>66</b>	<b>788</b>
<b>Snacks/Other</b>										
Kraft Wheat Thins Original 1 1/4 x 16 crackers, 39 g	175	6.25	1.25	27.5	3.75	5	2.5	287.5	0	118.75

**Tuesday, January 16, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Peanut Butter</b>	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
1 1/2 tbsps										
<b>Almonds</b>	139	12.15	0.931	4.74	2.8	1.15	5.1	0	0	175
20 almonds										
<b>Total</b>	<b>455</b>	<b>30.49</b>	<b>4.651</b>	<b>36.93</b>	<b>7.95</b>	<b>8.36</b>	<b>13.62</b>	<b>397.5</b>	<b>0</b>	<b>449.75</b>
<b>Total</b>	<b>1532</b>	<b>81.24</b>	<b>26.019</b>	<b>139.8</b>	<b>17.45</b>	<b>19.58</b>	<b>67.43</b>	<b>2746.5</b>	<b>489.5</b>	<b>1523.75</b>

**Wednesday, January 17, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Dannon Activia Light Fat Free Strawberry Yogurt	70	0		13	2	8	5	80	5	220
4 oz, 113 g										
Blueberries	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
1/2 cup										
Nature Valley Cranberry Almond Protein Crunchy Granola	210	5	1	32	2	14	10	140	0	115
1/2 cup, 51 g										
<b>Total</b>	<b>321</b>	<b>5.24</b>	<b>1.02</b>	<b>55.51</b>	<b>5.7</b>	<b>29.22</b>	<b>15.54</b>	<b>221</b>	<b>5</b>	<b>391</b>
<b>Lunch</b>										
Tomatoes	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
1/2 medium whole (2-3/5" dia)										
Low Calorie Salad Dressing	147	9.98	0.803	14.69	0.5	9.42	0.75	1102	4	106
100 g										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Deli Turkey or Chicken Breast Meat	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
3 slices (1 oz)										
Trader Joe's Pomegranate Seeds	40	0	0	8.5	2	6	0.5	0	0	0
1/2 x 1/2 cup, 42.5 g										
Blue & Roquefort Cheese Salad Dressing	76	7.84	1.485	1.11	0	0.54	0.72	164	3	6
1 tbsp										
Kraft Wheat Thins Original	140	5	1	22	3	4	2	230	0	95
16 crackers, 31 g										
<b>Total</b>	<b>521</b>	<b>24.61</b>	<b>3.766</b>	<b>55.81</b>	<b>8.8</b>	<b>25.54</b>	<b>20.7</b>	<b>2394</b>	<b>44</b>	<b>930</b>

**Wednesday, January 17, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Dinner</b>										
Lean Cuisine Marketplace Sweet & Sour Chicken	290	2	0.5	51	2	20	16	550		
1 package, 283 g										
Green String Beans	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
1 cup										
<b>Total</b>	<b>324</b>	<b>2.13</b>	<b>0.529</b>	<b>58.84</b>	<b>5.7</b>	<b>21.54</b>	<b>18</b>	<b>557</b>	<b>0</b>	<b>230</b>
<b>Snacks/Other</b>										
Latte Coffee	135	5.51	3.322	12.36	0	13.55	8.81	126	20	555
1 medium										
Peanut Butter Cookie	119	5.9	1.121	14.72	0.4	7.96	2.4	104	0	42
1 big (3-1/2" - 4" dia) (include Grandma brand)										
Fresh & Easy Pepper Jack Cheese Slice	140	10	7	4	0		10	280	50	
2 x 1 slice , 42 g										
Pepperidge Farm Golden Butter Crackers	210	7.5	3	33	0	3	3	300	15	
3 x 4 crackers, 45 g										
<b>Total</b>	<b>604</b>	<b>28.91</b>	<b>14.443</b>	<b>64.08</b>	<b>0.4</b>	<b>24.51</b>	<b>24.21</b>	<b>810</b>	<b>85</b>	<b>597</b>
<b>Total</b>	<b>1770</b>	<b>60.89</b>	<b>19.758</b>	<b>234.24</b>	<b>20.6</b>	<b>100.81</b>	<b>78.45</b>	<b>3982</b>	<b>134</b>	<b>2148</b>

**Thursday, January 18, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Thomas' Original English Muffins	130	1	0	24	1	1	4	210	0	0
1 muffin, 57 g										
Peanut Butter	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
1 1/2 tbsps										
<b>Total</b>	<b>271</b>	<b>13.09</b>	<b>2.47</b>	<b>28.69</b>	<b>2.4</b>	<b>3.21</b>	<b>10.02</b>	<b>320</b>	<b>0</b>	<b>156</b>
<b>Lunch</b>										
Meat, Poultry or Fish, Vegetables and Rice Wrap Sandwich	805	25.68	8.998	101.15	7.4	6.28	40.62	1364	95	771
1 sandwich										
<b>Dinner</b>										
Chicken Thigh	206	12.9	3.607	0	0	0	20.87	341	77	185
1 large (yield after cooking, bone removed)										
Chicken Thigh	152	9.52	2.662	0	0	0	15.41	252	57	136
1 medium (yield after cooking, bone removed)										
<b>Total</b>	<b>358</b>	<b>22.42</b>	<b>6.269</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>36.28</b>	<b>593</b>	<b>134</b>	<b>321</b>
<b>Snacks/Other</b>										
Fresh & Easy Asian-Style Mixed Vegetables	30	0	0	6	2	2	2	30	0	
1 serving, 3 oz										
Almonds	42	3.65	0.279	1.42	0.8	0.35	1.53	0	0	52
6 almonds										
Del Monte Diced Peaches in Cups	70	0	0	17	0	16	1	10	0	120
1 cup, 113 g										



**Thursday, January 18, 2018**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
The Greek Gods Traditional Plain Greek Yogurt <small>1/4 x 4 oz, 28 g</small>	28	1.75	1.12	1.88	0	1.88	1.12	18.75	6.25	57.5
Diamond of California Chopped Walnuts <small>1/4 x 1/4 cup, 8 g</small>	50	5	0.5	1	0.5	0.25	1.25	0	0	32.5
<b>Total</b>	<b>220</b>	<b>10.4</b>	<b>1.899</b>	<b>27.3</b>	<b>3.3</b>	<b>20.48</b>	<b>6.9</b>	<b>58.75</b>	<b>6.25</b>	<b>262</b>
<b>Total</b>	<b>1654</b>	<b>71.59</b>	<b>19.636</b>	<b>157.14</b>	<b>13.1</b>	<b>29.97</b>	<b>93.82</b>	<b>2335.75</b>	<b>235.25</b>	<b>1510</b>

## Friday, January 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Kroger Eggs (Large) 2 x 1 egg, 100 g	140	10	3	0	0	0	12	140	370	140
Brown Rice 1/2 cup cooked	107	0.87	0.175	22.21	1.8	0.34	2.5	293	0	42
Ikea Blueberry Jam 1 tbsp , 20 g	50	0		12		11	0	0		
Franz Oregon Bread Western Hazelnut Bread 1 slice, 43 g	140	5	0	21	2	4	5	190	0	
<b>Total</b>	<b>437</b>	<b>15.87</b>	<b>3.175</b>	<b>55.21</b>	<b>3.8</b>	<b>15.34</b>	<b>19.5</b>	<b>623</b>	<b>370</b>	<b>182</b>
<b>Lunch</b>										
Blue & Roquefort Cheese Salad Dressing 1 tbsp	76	7.84	1.485	1.11	0	0.54	0.72	164	3	6
Trader Joe's Pomegranate Seeds 1/2 x 1/2 cup, 42.5 g	40	0	0	8.5	2	6	0.5	0	0	0
Deli Turkey or Chicken Breast Meat 3 slices (1 oz)	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
Mixed Salad Greens 2 cups shredded or chopped	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
Low Calorie Salad Dressing 100 g	147	9.98	0.803	14.69	0.5	9.42	0.75	1102	4	106
Tomatoes 1/2 medium whole (2-3/5" dia)	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
Avocado 2 oz yields	67	6.16	0.893	3.58	2.8	0.28	0.84	3	0	204

**Friday, January 19, 2018**

	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Sod (mg)</b>	<b>Chol (mg)</b>	<b>Potassium (mg)</b>
<b>Total</b>	<b>448</b>	<b>25.77</b>	<b>3.659</b>	<b>37.39</b>	<b>8.6</b>	<b>21.82</b>	<b>19.54</b>	<b>2167</b>	<b>44</b>	<b>1039</b>

**Dinner****Snacks/Other**

Peanut Butter	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
1 1/2 tbsps										
Kraft Wheat Thins Original	84	3	0.6	13.2	1.8	2.4	1.2	138	0	57
19 g										
<b>Total</b>	<b>225</b>	<b>15.09</b>	<b>3.07</b>	<b>17.89</b>	<b>3.2</b>	<b>4.61</b>	<b>7.22</b>	<b>248</b>	<b>0</b>	<b>213</b>

<b>Total</b>	<b>1110</b>	<b>56.73</b>	<b>9.904</b>	<b>110.49</b>	<b>15.6</b>	<b>41.77</b>	<b>46.26</b>	<b>3038</b>	<b>414</b>	<b>1434</b>
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