

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	1793	80.03	176.52	80.77

Monday, January 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Total	535	12.74	3.349	80.42	4.5	12.68	20.99	937	370	224
Lunch										
Dinner										
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
Total	836	45.98	10.049	63.11	4.9	13.38	45.17	1483	179	597
Snacks/Other										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	1530	70.96	31.916	97.38	6.1	7.3	51.75	1647	229	213
Total	2901	129.68	45.314	240.91	15.5	33.36	117.91	4067	778	1034

Tuesday, January 16, 2018

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

Tuesday, January 16, 2018

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

Wednesday, January 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	321	5.24	1.02	55.51	5.7	29.22	15.54	221	5	391
Lunch										
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										
Total	521	24.61	3.766	55.81	8.8	25.54	20.7	2394	44	930

Wednesday, January 17, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
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										
Total	324	2.13	0.529	58.84	5.7	21.54	18	557	0	230
Snacks/Other										
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										
Total	604	28.91	14.443	64.08	0.4	24.51	24.21	810	85	597
Total	1770	60.89	19.758	234.24	20.6	100.81	78.45	3982	134	2148

Thursday, January 18, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	271	13.09	2.47	28.69	2.4	3.21	10.02	320	0	156
Lunch										
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										
Dinner										
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)										
Total	358	22.42	6.269	0	0	0	36.28	593	134	321
Snacks/Other										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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
Total	220	10.4	1.899	27.3	3.3	20.48	6.9	58.75	6.25	262
Total	1654	71.59	19.636	157.14	13.1	29.97	93.82	2335.75	235.25	1510

Friday, January 19, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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	
Total	437	15.87	3.175	55.21	3.8	15.34	19.5	623	370	182
Lunch										
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

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

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										
Total	225	15.09	3.07	17.89	3.2	4.61	7.22	248	0	213

Total	1110	56.73	9.904	110.49	15.6	41.77	46.26	3038	414	1434
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