

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	296	12.67	27.65	18.66
Lunch	462	26.68	42.01	23.58
Dinner	494	21.93	47.65	29.5
Snacks/Other	445	21.25	39.55	10.79
Total	1696	82.53	156.86	82.54

Monday, January 8, 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
Applegate Farms Natural Chicken & Apple Breakfast Sausage 3 links, 85 g	120	7	2	3	0	2	10	340	40	
Total	260	17	5	3	0	2	22	480	410	140
Lunch										
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
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
Total	372	17.93	2.174	36.28	8.6	21.28	18.82	2003	41	1033
Dinner										
Atkins Frozen Italian-Style Pasta Bake 1 tray, 255 g	340	20	9	14	6	3	31	870	90	

Monday, January 8, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cooked Summer Squash (from Fresh)	68	4.24	0.807	7.81	2.6	4.64	1.65	496	0	344
1 cup slices										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Total	510	35.76	17.101	21.82	8.6	7.65	32.77	1368	121	347
Snacks/Other										
Kind Nuts & Spices Madagascar Vanilla Almond	210	16	2	14	5	4	7	15	0	210
1 bar, 40 g										
Del Monte Fruit Naturals Cherry Mixed Fruit (Container)	100	0	0	24	2	21	1	25	0	135
1 container, 198 g										
Blueberries	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
1/4 cup										
The Greek Gods Traditional Plain Greek Yogurt	28	1.75	1.12	1.88	0	1.88	1.12	18.75	6.25	57.5
1/4 x 4 oz, 28 g										
Almonds	90	7.9	0.605	3.08	1.8	0.75	3.32	0	0	114
13 almonds										
Total	449	25.77	3.735	48.21	9.7	31.24	12.71	58.75	6.25	544.5
Total	1591	96.46	28.01	109.31	26.9	62.17	86.3	3909.75	578.25	2064.5

Tuesday, January 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Applegate Farms Natural Chicken & Apple Breakfast Sausage <small>3 links, 85 g</small>	120	7	2	3	0	2	10	340	40	
Kroger Eggs (Large) <small>2 x 1 egg, 100 g</small>	140	10	3	0	0	0	12	140	370	140
Total	260	17	5	3	0	2	22	480	410	140
Lunch										
Baked or Fried Coated Chicken with Skin (Skin/Coating Eaten) <small>2 medium pieces (yield after cooking, bone removed)</small>	499	29.7	7.426	17.17	0.5	0.4	38.37	519	146	327
Potato French Fries <small>1 order</small>	156	8.01	1.869	20.33	1.9	0.33	1.98	171	0	300
Total	655	37.71	9.295	37.5	2.4	0.73	40.35	690	146	627
Dinner										
Healthy Choice Cafe Steamers Asian Inspired Pineapple Chicken <small>1 meal, 280 g</small>	290	4.5	1	45	3	15	16	470	35	
Cooked Carrots (Fat Added in Cooking) <small>1 cup sliced</small>	82	3.74	0.707	12.07	4.4	5.03	1.12	462	0	343
Total	372	8.24	1.707	57.07	7.4	20.03	17.12	932	35	343
Snacks/Other										
Balance Bar Caramel Nut Blast <small>1 bar, 50 g</small>	210	7	4	23	1	14	14	160	5	115

Tuesday, January 9, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1497	69.95	20.002	120.57	10.8	36.76	93.47	2262	596	1225

Wednesday, January 10, 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										
Applegate Farms Natural Chicken & Apple Breakfast Sausage	120	7	2	3	0	2	10	340	40	
3 links, 85 g										
Total	260	17	5	3	0	2	22	480	410	140
Lunch										
Avocado	67	6.16	0.893	3.58	2.8	0.28	0.84	3	0	204
2 oz yields										
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)										
Stonewall Kitchen Spicy Corn Relish	35	0	0	8	0	6	0	140	0	
2 tbsp, 30 g										
Cooked Carrots (Fat Added in Cooking)	41	1.87	0.353	6.03	2.2	2.51	0.56	231	0	171
1/2 cup sliced										
Total	408	19.8	2.527	41.81	8.8	23.79	18.88	2374	41	1204
Dinner										
Beef Stroganoff with Noodles	503	27.61	10.621	33.95	1.9	2.84	30.03	1190	92	572

Wednesday, January 10, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 cups										
Snacks/Other										
Kind Nuts & Spices Madagascar Vanilla Almond	210	16	2	14	5	4	7	15	0	210
1 bar, 40 g										
Almonds	90	7.9	0.605	3.08	1.8	0.75	3.32	0	0	114
13 almonds										
Keebler Town House Flatbread Crisps - Italian Herb	140	4	0	22	0	2	2	240	0	
2 x 8 crackers, 32 g										
Peanut Butter	141	12.09	2.47	4.69	1.4	2.21	6.02	110	0	156
1 1/2 tbsps										
Total	581	39.99	5.075	43.77	8.2	8.96	18.34	365	0	480
Total	1752	104.4	23.223	122.53	18.9	37.59	89.25	4409	543	2396

Thursday, January 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bear Naked Peak Protein All Natural Granola	140	7	0.5	15	3	6	6	25	0	
1/4 cup, 30 g										
Blueberries	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
1/2 cup										
Dannon Activia Light Fat Free Strawberry Yogurt	70	0		13	2	8	5	80	5	220
4 oz, 113 g										
Total	251	7.24	0.52	38.51	6.7	21.22	11.54	106	5	276
Lunch										
Cooked Carrots (Fat Added in Cooking)	41	1.87	0.353	6.03	2.2	2.51	0.56	231	0	171
1/2 cup sliced										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Low Calorie Salad Dressing	147	9.98	0.803	14.69	0.5	9.42	0.75	1102	4	106
100 g										
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)										
Avocado	67	6.16	0.893	3.58	2.8	0.28	0.84	3	0	204
2 oz yields										
Sliced Ham (Regular, Approx. 11% Fat)	139	7.31	2.497	3.26	1.1	0	14.12	1109	48	244
3 oz										
Total	424	25.7	4.616	33.49	9.5	14.8	18.48	2480	52	1191
Dinner										
Lean Cuisine Comfort Chicken Parmesan	310	9	2.5	39	2	10	18	660	30	790

Thursday, January 11, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 package, 308 g										
Cooked Asparagus (Fat Added in Cooking)	72	4.09	0.819	7.46	3.5	2.33	4.31	427	0	403
1 cup										
Total	382	13.09	3.319	46.46	5.5	12.33	22.31	1087	30	1193
Snacks/Other										
Kind Nuts & Spices Madagascar Vanilla Almond	210	16	2	14	5	4	7	15	0	210
1 bar, 40 g										
New Belgium Brewing Fat Tire Amber Ale	155	0		13.7	0	13.7	0	0	0	
1 bottle, 12 oz										
Hummus	27	1.29	0.168	3.02	0.6	0.07	0.73	36	0	26
1 tbsp										
Pita Bread	31	0.14	0.019	6.27	0.2	0.15	1.02	60	0	14
1/4 medium (5-1/4" dia)										
Tortilla Corn Chips	73	3.5	0.369	9.8	0.8	0.15	1.17	63	0	32
1/2 10 chip serving										
Total	496	20.93	2.556	46.79	6.6	18.07	9.92	174	0	282
Total	1553	66.96	11.011	165.25	28.3	66.42	62.25	3847	87	2942

Friday, January 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature Valley Cranberry Almond Protein Crunchy Granola 1/2 cup, 51 g	210	5	1	32	2	14	10	140	0	115
Dannon Activia Light Fat Free Strawberry Yogurt 4 oz, 113 g	70	0		13	2	8	5	80	5	220
Blueberries 1/2 cup	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
Total	321	5.24	1.02	55.51	5.7	29.22	15.54	221	5	391
Lunch										
Mayonnaise 1 1/2 tbsps	86	7.36	1.08	5.27	0	1.41	0.2	157	6	2
StarKist Foods Chunk Light Tuna in Water 1 1/2 x 2 oz drained, 84 g	68	0.75	0	0	0	0	15	270	30	150
Cains Sweet Pickle Relish 2 x 1 tbsps, 30 g	30	0	0	8	0	8	0	260	0	0
Nabisco Triscuit Crackers Original 36 g	154	4.5	0.64	25.72	3.86	0	3.86	205.76	0	147.89
Keebler Town House Flatbread Crisps - Italian Herb 2 x 8 crackers, 32 g	140	4	0	22	0	2	2	240	0	
Total	478	16.61	1.72	60.99	3.86	11.41	21.06	1132.76	36	299.89
Dinner										
Lean Cuisine Marketplace Chicken with Almonds	290	5	0.5	44	4	8	16	490	25	350

Friday, January 12, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 package, 241 g										
Fresh & Easy Asian-Style Mixed Vegetables	30	0	0	6	2	2	2	30	0	
1 serving, 3 oz										
Butter	51	5.76	3.647	0	0	0	0.06	1	15	2
1/2 tbsp										
Skinless Chicken Breast	62	0.69	0.185	0	0	0	12.93	36	32	
2 oz boneless, cooked, skinless										
Total	433	11.45	4.332	50	6	10	30.99	557	72	352
Snacks/Other										
Kind Nuts & Spices Madagascar Vanilla Almond	210	16	2	14	5	4	7	15	0	210
1 bar, 40 g										
Deschutes Brewery Mirror Pond Pale Ale	170	0		13	0	0	0	0	0	
1 bottle, 12 g										
Great Value No Sugar Added Mixed Fruit	70	0	0	17	2	12	1	0	0	210
1 cup, 140 g										
Plain Yogurt	14	0.35	0.227	1.6	0	1.6	1.19	16	1	53
0.1 8 oz container										
Total	464	16.35	2.227	45.6	7	17.6	9.19	31	1	473
Total	1696	49.65	9.299	212.1	22.56	68.23	76.78	1941.76	114	1515.89

Saturday, January 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blueberries 1/2 cup	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
Dannon Activia Light Fat Free Strawberry Yogurt 4 oz, 113 g	70	0		13	2	8	5	80	5	220
Nature Valley Cranberry Almond Protein Crunchy Granola 1/2 cup, 51 g	210	5	1	32	2	14	10	140	0	115
Total	321	5.24	1.02	55.51	5.7	29.22	15.54	221	5	391
Lunch										
Trader Joe's Wild Pacific Salmon Wrap 1 1/2 x 1/2 wrap, 213 g	300	9	4.5	36	6	3	19.5	315	22.5	
Dinner										
Tandoor Chef Chicken Tikka Masala w/Rice 1 tray, 255 g	400	14	5	50	0	2	16	710	60	
Krinos Grilled Zucchini 4 x 1 oz	80	8	0	8	0	8	4	1000	0	
Dixie Carb Counters Breeding and Batter Mix 3 x 1 tbsp, 50.4 g	42	0	0	9	6	0	6	546	0	
Parmesan Cheese (Shredded) 2 tbsps	42	2.73	1.737	0.34	0		3.79	170	7	10
Total	564	24.73	6.737	67.34	6	10	29.79	2426	67	10

Snacks/Other

Saturday, January 13, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Almonds	160	13.98	1.071	5.45	3.3	1.32	5.87	0	0	201
23 almonds										
Pendleton Whisky	128	0		0			0			
2 x 1 fl oz										
Johnnie Walker Black Label Scotch Whisky	138	0	0	0	0	0	0	0	0	0
2 x 1 shot, 2 oz										
Total	426	13.98	1.071	5.45	3.3	1.32	5.87	0	0	201
Total	1611	52.95	13.328	164.3	21	43.54	70.7	2962	94.5	602

Sunday, January 14, 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
Franz Oregon Bread Western Hazelnut Bread 1 slice, 43 g	140	5	0	21	2	4	5	190	0	
Fresh & Easy Pepper Jack Cheese Slice 1 slice , 21 g	70	5	3.5	2	0		5	140	25	
Ikea Blueberry Jam 1 tbsp , 20 g	50	0		12		11	0	0		
Total	400	20	6.5	35	2	15	22	470	395	140
Lunch										
Sam's Club Hot Dog 2 x 1/4lb hot dog with bun	594	60	24	48	4	0	28	1880	140	
Dinner										
Meat Loaf 2 medium slices	441	26.16	8.608	14.08	0.9	3.5	34.91	894	171	594
Wild Rice (Cooked) 1 cup	166	0.56	0.08	35	3	1.2	6.54	5	0	166
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Butter 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	1	15	2
Total	692	32.61	12.364	56.92	7.6	6.24	43.51	907	186	992

Snacks/Other

Sunday, January 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Chocolate Chip Cookie	489	24.73	7.665	64.06	2.9	34.34	5.5	297	0	148
10 medium (approx 2" dia)										
Total	2175	137.34	50.529	203.98	16.5	55.58	99.01	3554	721	1280