

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	319	11.44	37.82	16.95
Lunch	448	22.97	40.22	22.63
Dinner	568	16.88	51.85	32.76
Snacks/Other	395	21.8	35.64	15.2
Total	1729	73.08	165.52	87.53

Monday, January 22, 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 <small>1/2 cup, 51 g</small>	210	5	1	32	2	14	10	140	0	115
Blueberries <small>1/2 cup</small>	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
Dannon Activia Light Fat Free Strawberry Yogurt <small>4 oz, 113 g</small>	70	0		13	2	8	5	80	5	220
Total	321	5.24	1.02	55.51	5.7	29.22	15.54	221	5	391
Lunch										
Avocado <small>2 oz yields</small>	67	6.16	0.893	3.58	2.8	0.28	0.84	3	0	204
Tomatoes <small>1/2 medium whole (2-3/5" dia)</small>	11	0.12	0.028	2.41	0.7	1.62	0.54	3	0	146
Low Calorie Salad Dressing <small>100 g</small>	147	9.98	0.803	14.69	0.5	9.42	0.75	1102	4	106
Mixed Salad Greens <small>2 cups shredded or chopped</small>	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
Sliced Ham (Regular, Approx. 11% Fat) <small>3 oz</small>	139	7.31	2.497	3.26	1.1	0	14.12	1109	48	244
Total	383	23.83	4.263	27.46	7.3	12.29	17.92	2249	52	1020
Dinner										
Healthy Choice Barbeque Seasoned Steak with Red Potatoes <small>1 meal, 260 g</small>	260	3.5		39	6	18	17	470	35	

Monday, January 22, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
Total	294	3.63	0.029	46.84	9.7	19.54	19	477	35	230
Snacks/Other										
Almonds 20 almonds	139	12.15	0.931	4.74	2.8	1.15	5.1	0	0	175
Frigo 100% Natural String Cheese 1 piece, 1 oz	80	6	3.5	0.5			6	200	15	200
Keebler Town House Flatbread Crisps - Italian Herb 3 x 8 crackers, 48 g	210	6	0	33	0	3	3	360	0	
Fresh & Easy Pepper Jack Cheese Slice 3 x 1 slice, 63 g	210	15	10.5	6	0		15	420	75	
Total	639	39.15	14.931	44.24	2.8	4.15	29.1	980	90	375
Total	1637	71.85	20.243	174.05	25.5	65.2	81.56	3927	182	2016

Tuesday, January 23, 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										
Farmland Foods Diced Ham	105	3	1.5	4.5	0	3	13.5	1080	45	0
1 1/2 x 2 oz, 84 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										
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										
Stonewall Kitchen Spicy Corn Relish	35	0	0	8	0	6	0	140	0	
2 tbsp, 30 g										
Total	384	19.52	3.266	36.7	6.2	21.29	17.3	2360	49	776
Dinner										
Chicken Thigh	304	19.05	5.324	0	0	0	30.81	503	114	273
2 medium (yield after cooking, bone removed)										
Fresh & Easy Asian-Style Mixed Vegetables	60	0	0	12	4	4	4	60	0	

Tuesday, January 23, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 serving, 6 oz										
Total	364	19.05	5.324	12	4	4	34.81	563	114	273
Snacks/Other										
Doctor Kracker Organic & Artisan-Baked Whole Grain Classic 3 Seed	100	4	0.5	11	3	0	5	190	0	
1 flatbread										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
1 tbsp										
Air Popped Popcorn	93	1.09	0.153	18.67	3.5	0.21	3.11	2	0	79
3 cups										
Olive Oil	60	6.75	0.932	0	0	0	0	0	0	0
1/2 tbsp										
PAM Butter Cooking Spray	0	0	0	0	0		0	0		
1/3 second spray										
Total	347	19.9	3.232	32.8	7.5	1.69	12.12	265	0	183
Total	1355	75.47	16.822	84.5	17.7	28.98	86.23	3668	573	1372

Wednesday, January 24, 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
The Greek Gods Traditional Plain Greek Yogurt 1/2 x 4 oz, 56.5 g	55	3.5	2.25	3.75	0	3.75	2.25	37.5	12.5	115
Del Monte Fruit Naturals Cherry Mixed Fruit (Container) 1 container, 198 g	100	0	0	24	2	21	1	25	0	135
Total	365	8.5	3.25	59.75	4	38.75	13.25	202.5	12.5	365
Lunch										
Stonewall Kitchen Spicy Corn Relish 2 tbsp, 30 g	35	0	0	8	0	6	0	140	0	
Avocado 2 oz yields	67	6.16	0.893	3.58	2.8	0.28	0.84	3	0	204
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
Low Calorie Salad Dressing 100 g	147	9.98	0.803	14.69	0.5	9.42	0.75	1102	4	106
Mixed Salad Greens 2 cups shredded or chopped	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
Farmland Foods Diced Ham 1 1/2 x 2 oz, 84 g	105	3	1.5	4.5	0	3	13.5	1080	45	0
Total	384	19.52	3.266	36.7	6.2	21.29	17.3	2360	49	776

Dinner

Wednesday, January 24, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Hello Fresh Thai-Spiced Pork Meatballs <small>1/2 x 1 entree, 238.5 g</small>	415	23	6	35.5	2.5	4	18	535	45	315
Flavored Rice Mixture <small>1 cup</small>	277	8.79	1.899	44.19	0.9	0.96	4.23	628	2	98
Berryhill Grilled Fish Taco <small>1 taco</small>	166	3		22	2	0	10	350	0	
Total	858	34.79	7.899	101.69	5.4	4.96	32.23	1513	47	413
Snacks/Other										
Almonds <small>10 almonds</small>	69	6.08	0.466	2.37	1.4	0.58	2.55	0	0	87
Total	1676	68.89	14.881	200.51	17	65.58	65.33	4075.5	108.5	1641

Thursday, January 25, 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	
Ikea Blueberry Jam 1 tbsp , 20 g	50	0		12		11	0	0		
Total	330	15	3	33	2	15	17	330	370	140
Lunch										
Macayo's Grilled Salmon Tacos 1 serving, 387 g	390	16	1.5	36	6	4	29	1140	65	
Fresh & Easy Pepper Jack Cheese Slice 1 slice , 21 g	70	5	3.5	2	0		5	140	25	
Dare Breton Multigrain Crackers 2 x 4 crackers, 36 g	180	8	3	22	2	2	4	230		
Total	640	29	8	60	8	6	38	1510	90	
Dinner										
Kirkland Signature Steelhead Trout 1 portion , 7 oz	270	10	3	0	0	0	39	413	85	
Sierra Nevada Pale Ale 1/2 x 1 bottle, 6 oz	88	0	0	7.05	0	0	0.75	0	0	
Red Table Wine 2 5 fl oz servings	250	0	0	7.67	0	1.82	0.21	12	0	373

Thursday, January 25, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Mann's Sunny Shores Broccolini	35	0	0	6	1	2	3	25	0	270
8 stalks, 82 g										
Sweet Potato	112	0.06	0.023	26.16	3.9	5.43	2.04	72	0	438
1 5" long										
Total	755	10.06	3.023	46.88	4.9	9.25	45	522	85	1081
Snacks/Other										
Thomas' Original English Muffins	130	1	0	24	1	1	4	210	0	0
1 muffin, 57 g										
Fresh & Easy Pepper Jack Cheese Slice	70	5	3.5	2	0		5	140	25	
1 slice , 21 g										
Dare Breton Multigrain Crackers	180	8	3	22	2	2	4	230		
2 x 4 crackers, 36 g										
Peanut Butter	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
1 tbsp										
Ikea Blueberry Jam	50	0		12		11	0	0		
1 tbsp , 20 g										
Total	524	22.06	8.147	63.13	4	15.48	17.01	653	25	104
Total	2249	76.12	22.17	203.01	18.9	45.73	117.01	3015	570	1325