

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
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
<b>Total</b>	<b>1729</b>	<b>73.08</b>	<b>165.52</b>	<b>87.53</b>

## Monday, January 22, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
Nature Valley Cranberry Almond Protein Crunchy Granola 1/2 cup, 51 g	210	5	1	32	2	14	10	140	0	115
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
<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>										
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
Sliced Ham (Regular, Approx. 11% Fat) 3 oz	139	7.31	2.497	3.26	1.1	0	14.12	1109	48	244
<b>Total</b>	<b>383</b>	<b>23.83</b>	<b>4.263</b>	<b>27.46</b>	<b>7.3</b>	<b>12.29</b>	<b>17.92</b>	<b>2249</b>	<b>52</b>	<b>1020</b>
<b>Dinner</b>										
Healthy Choice Barbeque Seasoned Steak with Red Potatoes 1 meal, 260 g	260	3.5		39	6	18	17	470	35	

**Monday, January 22, 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)
Green String Beans 1 cup	34	0.13	0.029	7.84	3.7	1.54	2	7	0	230
<b>Total</b>	<b>294</b>	<b>3.63</b>	<b>0.029</b>	<b>46.84</b>	<b>9.7</b>	<b>19.54</b>	<b>19</b>	<b>477</b>	<b>35</b>	<b>230</b>
<b>Snacks/Other</b>										
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	
<b>Total</b>	<b>639</b>	<b>39.15</b>	<b>14.931</b>	<b>44.24</b>	<b>2.8</b>	<b>4.15</b>	<b>29.1</b>	<b>980</b>	<b>90</b>	<b>375</b>
<b>Total</b>	<b>1637</b>	<b>71.85</b>	<b>20.243</b>	<b>174.05</b>	<b>25.5</b>	<b>65.2</b>	<b>81.56</b>	<b>3927</b>	<b>182</b>	<b>2016</b>

**Tuesday, January 23, 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)	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										
<b>Total</b>	<b>260</b>	<b>17</b>	<b>5</b>	<b>3</b>	<b>0</b>	<b>2</b>	<b>22</b>	<b>480</b>	<b>410</b>	<b>140</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>384</b>	<b>19.52</b>	<b>3.266</b>	<b>36.7</b>	<b>6.2</b>	<b>21.29</b>	<b>17.3</b>	<b>2360</b>	<b>49</b>	<b>776</b>
<b>Dinner</b>										
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**

	<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)
2 x 1 serving, 6 oz										
<b>Total</b>	<b>364</b>	<b>19.05</b>	<b>5.324</b>	<b>12</b>	<b>4</b>	<b>4</b>	<b>34.81</b>	<b>563</b>	<b>114</b>	<b>273</b>
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>347</b>	<b>19.9</b>	<b>3.232</b>	<b>32.8</b>	<b>7.5</b>	<b>1.69</b>	<b>12.12</b>	<b>265</b>	<b>0</b>	<b>183</b>
<b>Total</b>	<b>1355</b>	<b>75.47</b>	<b>16.822</b>	<b>84.5</b>	<b>17.7</b>	<b>28.98</b>	<b>86.23</b>	<b>3668</b>	<b>573</b>	<b>1372</b>

**Wednesday, January 24, 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>										
Nature Valley Cranberry Almond Protein Crunchy Granola <small>1/2 cup, 51 g</small>	210	5	1	32	2	14	10	140	0	115
The Greek Gods Traditional Plain Greek Yogurt <small>1/2 x 4 oz, 56.5 g</small>	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) <small>1 container, 198 g</small>	100	0	0	24	2	21	1	25	0	135
<b>Total</b>	<b>365</b>	<b>8.5</b>	<b>3.25</b>	<b>59.75</b>	<b>4</b>	<b>38.75</b>	<b>13.25</b>	<b>202.5</b>	<b>12.5</b>	<b>365</b>
<b>Lunch</b>										
Stonewall Kitchen Spicy Corn Relish <small>2 tbsp, 30 g</small>	35	0	0	8	0	6	0	140	0	
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
Farmland Foods Diced Ham <small>1 1/2 x 2 oz, 84 g</small>	105	3	1.5	4.5	0	3	13.5	1080	45	0
<b>Total</b>	<b>384</b>	<b>19.52</b>	<b>3.266</b>	<b>36.7</b>	<b>6.2</b>	<b>21.29</b>	<b>17.3</b>	<b>2360</b>	<b>49</b>	<b>776</b>

**Dinner**

**Wednesday, January 24, 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)
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	
<b>Total</b>	<b>858</b>	<b>34.79</b>	<b>7.899</b>	<b>101.69</b>	<b>5.4</b>	<b>4.96</b>	<b>32.23</b>	<b>1513</b>	<b>47</b>	<b>413</b>
<b>Snacks/Other</b>										
Almonds <small>10 almonds</small>	69	6.08	0.466	2.37	1.4	0.58	2.55	0	0	87
<b>Total</b>	<b>1676</b>	<b>68.89</b>	<b>14.881</b>	<b>200.51</b>	<b>17</b>	<b>65.58</b>	<b>65.33</b>	<b>4075.5</b>	<b>108.5</b>	<b>1641</b>

## Thursday, January 25, 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
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		
<b>Total</b>	<b>330</b>	<b>15</b>	<b>3</b>	<b>33</b>	<b>2</b>	<b>15</b>	<b>17</b>	<b>330</b>	<b>370</b>	<b>140</b>
<b>Lunch</b>										
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		
<b>Total</b>	<b>640</b>	<b>29</b>	<b>8</b>	<b>60</b>	<b>8</b>	<b>6</b>	<b>38</b>	<b>1510</b>	<b>90</b>	
<b>Dinner</b>										
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

	<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)
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										
<b>Total</b>	<b>755</b>	<b>10.06</b>	<b>3.023</b>	<b>46.88</b>	<b>4.9</b>	<b>9.25</b>	<b>45</b>	<b>522</b>	<b>85</b>	<b>1081</b>
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>524</b>	<b>22.06</b>	<b>8.147</b>	<b>63.13</b>	<b>4</b>	<b>15.48</b>	<b>17.01</b>	<b>653</b>	<b>25</b>	<b>104</b>
<b>Total</b>	<b>2249</b>	<b>76.12</b>	<b>22.17</b>	<b>203.01</b>	<b>18.9</b>	<b>45.73</b>	<b>117.01</b>	<b>3015</b>	<b>570</b>	<b>1325</b>