Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	419	12.9	67.9	11.37
Lunch	556	18.49	77.3	26.26
Dinner	518	21.38	59.62	23.71
Snacks/Other	118	3.5	18.8	4.23
Total	1610	56.27	223.62	65.58

Tuesday, May 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
International Delight French Vanilla Coffee Creamer 3 x 1 tbsp, 45 ml	105	4.5	3	18	0	18	0	0	0	
Nabisco Belvita Cinnamon Brown Sugar Breakfast Biscuits 1 pack (4 biscuits), 50 g	230	8	0.5	35	3	10	4	220	0	90
Total	335	12.5	3.5	53	3	28	4	220	0	90
Lunch										
StarKist Foods Chunk Light Tuna in Water (Pouch) 1 pouch, 74 g	70	0.5	0	0	0	0	17	300	35	160
Best Foods Mayonnaise Dressing with Extra Virgin Olive Oil 1 tbsp, 15 g	60	6	1	1	0	0	0	130	5	120
Quaker Chewy Granola Bars - Chocolate Chip 1 bar, 24 g	100	3.5	1.5	17	1	7	1	70	0	0
Gala Apples 1 medium (2-3/4" dia)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
Sara Lee 45 Calories & Delightful 100% Whole Wheat with Honey Bread 2 slices, 44 g	90	1		17	5	2	6	160	0	
Xingtea Green Tea with Pomegranate and Honey 8oz	60	0		16			0			
Total	451	11.24	2.539	70.06	9.3	23.34	24.36	661	40	280
Dinner										

Tuesday, May 1, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	786	23.74	6.039	123.06	12.3	51.34	28.36	881	40	370

Wednesday, May 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
International Delight French Vanilla Coffee Creamer	105	4.5	3	18	0	18	0	0	0	
3 x 1 tbsp, 45 ml										
Nabisco Belvita Cinnamon Brown Sugar Breakfast Biscuits	230	8	0.5	35	3	10	4	220	0	90
1 pack (4 biscuits), 50 g										
Noosa Blueberry Yoghurt (4 oz)	140	6	3	17		15	6		15	
4 oz, 113 g										
Total	475	18.5	6.5	70	3	43	10	220	15	90
Lunch										
Xingtea Green Tea with Pomegranate and Honey	60	0		16			0			
8oz										
Quaker Chewy Granola Bars - Chocolate Chip	100	3.5	1.5	17	1	7	1	70	0	0
1 bar, 24 g										
Member's Mark Oven Roasted Turkey Breast	60	0	0	1	0	1	12	490	30	0
2 oz, 56 g										
Tillamook Colby Jack Cheese Sliced	90	7	4.5	1	0	0	5	140	20	
1 slice, 1 oz										
Sara Lee 45 Calories & Delightful 100% Whole Wheat with Honey Bread	90	1		17	5	2	6	160	0	
2 slices, 44 g										
Gala Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia)										

Wednesday, May 2, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Best Foods Mayonnaise Dressing with Extra Virgin Olive Oil	30	3	0.5	0.5	0	0	0	65	2.5	60
1/2 x 1 tbsp, 7.5 g										
Total	501	14.74	6.539	71.56	9.3	24.34	24.36	926	52.5	60
Dinner										
Snacks/Other										
Total	976	33.24	13.039	141.56	12.3	67.34	34.36	1146	67.5	150

Monday, May 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature Valley Granola Protein - Peanut Butter 33 g	144	4.2	0.6	19.8	1.8	8.4	6	96		90
Noosa Blueberry Yoghurt (4 oz) 4 oz, 113 g	140	6	3	17		15	6		15	
International Delight French Vanilla Coffee Creamer 3 x 1 tbsp, 45 ml	105	4.5	3	18	0	18	0	0	0	
Total	389	14.7	6.6	54.8	1.8	41.4	12	96	15	90
Lunch										
Kirkland Signature Peanut Butter Filled Pretzels 17 g	84	4.8	0.9	7.8	1.2	0.6	3	138	0	
Red Vines Original Red Twists 3 twists, 30 g	140	0	0	34	0	16	1	20	0	0
Quaker Chewy Granola Bars - Chocolate Chip 1 bar, 24 g	100	3.5	1.5	17	1	7	1	70	0	0
Member's Mark Black Forest Ham 2 oz, 56 g	70	1.5	0	2	0	1	10	590	30	
Gala Apples 1 medium (2-3/4" dia)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
Sara Lee 45 Calories & Delightful 100% Whole Wheat with Honey Bread 2 slices, 44 g	90	1		17	5	2	6	160	0	
Tillamook Colby Jack Cheese Sliced	90	7	4.5	1	0	0	5	140	20	

Monday, May 14, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 slice, 1 oz										
Total	645	18.04	6.939	97.86	10.5	40.94	26.36	1119	50	0
Dinner										
Angry Orchard Easy Apple Cider	150	0		19	1	15	0			
1 bottle, 12 oz										
Nestle Butterfinger Ice Cream	180	9	4.5	21	0	16	3	65	20	
1/2 cup, 65 g										
Culver's Crinkle Cut Fries (Regular)	54	2.1	0.26	7.95	0.6	0	0.9	66.45	0	
21 g										
Culver's Wisconsin Cheese Curds	168	9.5	3.75	13.5	0.75	3.75	7	435	18.75	
1/4 x 1 serving										
Culver's North Atlantic Cod Filet Sandwich	600	33	7.5	48	1	7	27	865	102	
1 serving										
Total	1152	53.6	16.01	109.45	3.35	41.75	37.9	1431.45	140.75	
Snacks/Other										
Total	2186	86.34	29.549	262.11	15.65	124.09	76.26	2646.45	205.75	90

Tuesday, May 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Strawberry Cheese Coffee Cake	170	9	4	19	1	7	3	210	20	
1/8 cake, 50 g										
International Delight French Vanilla Coffee Creamer	105	4.5	3	18	0	18	0	0	0	
3 x 1 tbsp, 45 ml										
Noosa Blueberry Yoghurt (4 oz)	140	6	3	17		15	6		15	
4 oz, 113 g										
Nature Valley Granola Protein - Peanut Butter	144	4.2	0.6	19.8	1.8	8.4	6	96		90
33 g										
Total	559	23.7	10.6	73.8	2.8	48.4	15	306	35	90
Lunch										
Cafe Valley Bakery Lemon Poppyseed Mini Muffins	100	5	1	12	0	6	1	140	20	
1 muffin, 25 g										
Tillamook Colby Jack Cheese Sliced	90	7	4.5	1	0	0	5	140	20	
1 slice, 1 oz										
Sara Lee 45 Calories & Delightful 100% Whole Wheat with Honey Bread	90	1		17	5	2	6	160	0	
2 slices, 44 g										
Gala Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia)										
Member's Mark Black Forest Ham	70	1.5	0	2	0	1	10	590	30	
2 oz, 56 g										
Total	421	14.74	5.539	51.06	8.3	23.34	22.36	1031	70	

Tuesday, May 15, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Xing Tea Pomegranate Green Tea	90	0	0	24	0	24	0	30	0	0
1 1/2 x 8 fl oz, 360 ml										
Wholly Guacamole Classic Guacamole	100	9	2	6	4	0	2	260	0	340
2 x 2 tbsp, 60 g										
La Favorita Tortilla Chips	90	3.75	0	13.5	3	0	1.5	75	0	
1 1/2 x 1 oz, 42 g										
Enchilada with Beef	213	9.92	3.006	20.51	3.3	2.15	11.42	136	30	413
1 enchilada										
Total	493	22.67	5.006	64.01	10.3	26.15	14.92	501	30	753
Snacks/Other										
Total	**1473**	**61.11**	**21.145**	**188.87**	**21.4**	**97.89**	**52.28**	**1838**	**135**	**843**

Wednesday, May 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature Valley Protein Crunchy Granola Oats 'N Honey	105	3	0.25	15.5	1.5	6	5	70	0	
1/2 x 1/2 cup, 25 g										
El Monterey Egg, Sausage, Cheese & Potato Breakfast Burrito	270	12	4.5	30	1	1	11	550	85	
1 burrito, 128 g										
McDonald's Vanilla Iced Coffee (Medium)	190	8		29	0	28	1	60	30	
1 serving, 24 oz										
Noosa Blueberry Yoghurt (4 oz)	140	6	3	17		15	6		15	
4 oz, 113 g										
Total	705	29	7.75	91.5	2.5	50	23	680	130	
Lunch										
Ghirardelli Milk Chocolate Squares with Caramel Filling (1)	105	6	3.75	13.5	0	12	1.5	30	7.5	
1 1/2 x 1 square, 22.5 g										
Gala Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia)										
Tostitos Medium Salsa	20	0		4	2	2	0	150	0	
2 x 2 tbsp, 60 ml										
La Favorita Tortilla Chips	90	3.75	0	13.5	3	0	1.5	75	0	
1 1/2 x 1 oz, 42 g										
El Monterey Shredded Steak & Cheese Burrito	290	8.7	2.42	39.65	0.97	0.97	13.54	454.49	19.34	
137 g										
Total	576	18.69	6.209	89.71	9.27	29.31	16.9	710.49	26.84	

Wednesday, May 16, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Mozzarella Cheese 1 slice (1 oz)	86	5.68	3.592	1.09	0	0.17	7.36	150	15	27
Blue Parrot Spaghetti Sauce 1/2 cup, 114 g	42	1	0	8	3	6	2	490	2	
Spaghetti 1/2 cup cooked	110	0.64	0.122	21.48	1.3	0.39	4.03	162	0	32
Del Monte Cut Green Beans 1/2 cup, 121 g	20	0	0	3	1	1	1	380	0	100
Tyson Foods Chicken Breast Patty 1 patty, 80 g	180	11	2.5	12	1	1	10	390	25	
Total	438	18.32	6.214	45.57	6.3	8.56	24.39	1572	42	159
Snacks/Other										
Total	1719	66.01	20.173	226.78	18.07	87.87	64.29	2962.49	198.84	159

Friday, May 25, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Whole Milk 1/2 cup	73	3.96	2.275	5.51	0	6.42	3.93	49	12	174
Kellogg's Raisin Bran 1 1/2 x 1 cup, 88.5 g	285	1.5	0	69	10.5	27	7.5	315	0	585
Total	358	5.46	2.275	74.51	10.5	33.42	11.43	364	12	759
Lunch										
Quaker Chewy Granola Bars - Chocolate Chip 1 bar, 24 g	100	3.5	1.5	17	1	7	1	70	0	0
Pepsi Wild Cherry Pepsi 8 fl oz, 240 ml	100	0		28	0	28	0	20	0	
Taco Bell Cantina Power Bowl - Chicken 1 bowl, 370 g	490	20	6	49	8	3	29	1270	75	
Total	690	23.5	7.5	94	9	38	30	1360	75	0
Dinner										
Little Caesars Hot-N-Ready Just Cheese Pizza 2 x 1 slice, 226 g	500	18	8	64	2	6	24	880	40	
Little Caesars Hot-N-Ready Pepperoni Pizza 2 x 1 slice, 198 g	560	22	10	64	4	6	28	1120	50	
Total	1060	40	18	128	6	12	52	2000	90	
Snacks/Other										
Total	**2108**	**68.96**	**27.775**	**296.51**	**25.5**	**83.42**	**93.43**	**3724**	**177**	**759**

Saturday, May 26, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Log Cabin Maple Syrup 3/4 x 2 tbsp, 22 ml	150	0	0	37.5	0	24	0	82.5	0	0
Hormel Black Label Fully Cooked Original Bacon 3/4 x 4 slices, 11 g	60	4.5	1.5	0.75	0	0.75	3.75	217.5	15	
Krusteaz Belgian Waffles 52 g	176	7.2	1.2	24	0.8	6.4	3.2	400	16	36
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Total	585	26.91	8.484	64.21	0.8	32.58	19.96	911	431	174
Lunch										
Dairy Queen Chocolate Sundae (Small) 1 sundae	280	7	4.5	48	1	41	6	110	25	
Lipton Brisk Raspberry Iced Tea 192 ml	72	0	0	18.4	0	18.4	0	40	0	0
Dairy Queen Crispy Chicken Salad 1 salad	470	32	5	49	2	4	23	1000	65	
Total	822	39	9.5	115.4	3	63.4	29	1150	90	0
Dinner										
Kroger Fried Chicken Leg 3/4 x 1 leg	90	3	3	4.5			18	172.5		
Kroger Fried Chicken Thigh 1 piece	158	10	0	6			18	158	169	
Watermelon	91	0.46	0.049	22.95	1.2	18.85	1.85	3	0	340

Saturday, May 26, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cups diced										
Total	339	13.46	3.049	33.45	1.2	18.85	37.85	333.5	169	340
Snacks/Other										
Total	1746	79.37	21.033	213.06	5	114.83	86.81	2394.5	690	514

Sunday, May 27, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Whole Milk 1/2 cup	73	3.96	2.275	5.51	0	6.42	3.93	49	12	174
Kellogg's Raisin Bran 1 cup, 59 g	190	1	0	46	7	18	5	210	0	390
Total	263	4.96	2.275	51.51	7	24.42	8.93	259	12	564
Lunch										
Doritos Cool Ranch Tortilla Chips 2/3 x 12 chips, 1 oz	99	5.28	0.66	11.88	1.32	0.66	1.32	118.8	0	
McDonald's Vanilla Iced Coffee (Small) 1 serving, 16 oz	130	5	3.5	21	0	21	1	40	20	
Hormel Black Label Fully Cooked Original Bacon 3/4 x 4 slices, 11 g	60	4.5	1.5	0.75	0	0.75	3.75	217.5	15	
Sara Lee 45 Calories & Delightful 100% Whole Wheat Bread 3 x 2 slices, 132 g	135	1.5	0	27	6	3	9	255	0	
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Total	623	31.49	11.444	62.59	7.32	26.84	28.08	842.3	435	138
Dinner										
Pepsi Pepsi 8 fl oz, 240 ml	100	0	0	28	0	28	0	20	0	0
Taco Bell Quesadilla - Chicken 1 serving	510	28	12	38	4	3	27	1210	75	
Total	610	28	12	66	4	31	27	1230	75	0

Sunday, May 27, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Great Value Homestyle Vanilla Ice Cream	85	4.5	3	10.5	0	8	1.5	35	20	
1/2 x 1/2 cup, 33.5 g										
White Cake with Icing (Home Recipe or Purchased)	251	8.73	1.771	42.56	0.2	34.18	1.79	187	1	35
1 piece (1/10 1-layer, 8" or 9" dia)										
Harris Teeter 7 Layer Mexican Bean Dip	70	5	1.5	4	1	1	2	140	5	0
1 oz, 30 g										
Publix American Cheese Slices	120	10	6	4	0	2	6	480	20	
2 x 1 slice, 38 g										
Foster Farms Oven Roasted Turkey Slices	60	0	0	0	0	0	20	440	20	0
2 x 1 slice, 100 g										
Total	586	28.23	12.271	61.06	1.2	45.18	31.29	1282	66	35
Total	**2082**	**92.68**	**37.99**	**241.16**	**19.52**	**127.44**	**95.3**	**3613.3**	**588**	**737**

Monday, May 28, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Pears	48	0.1	0.005	12.83	2.6	8.13	0.32	1	0	99
1/2 medium (approx 2-1/2 per lb)										
Nature Valley Granola Protein - Peanut Butter	120	3.5	0.5	16.5	1.5	7	5	80		75
1/2 x 1/2 cup, 27.5 g										
Noosa Blueberry Yoghurt (4 oz)	140	6	3	17		15	6		15	
4 oz, 113 g										
Total	308	9.6	3.505	46.33	4.1	30.13	11.32	81	15	174
Lunch										
Sunbelt Sweet & Salty Almond Chewy Granola Bar	140	7	3.5	18	1	9	2	100	0	
1 bar, 35 g										
Land O'Lakes Butter with Olive Oil	22	2.5	1	0	0	0	0	22.5	3.75	
1/4 x 1 tbsp, 4 g										
Gala Apples	36	0.12	0.02	9.53	1.7	7.17	0.18	1	0	
1/2 medium (2-3/4" dia)										
Ortega Diced Green Chiles	10	0	0	2	0	1	0	120	0	
2 tbsp, 30 g										
Tillamook Pepper Jack Cheese Sliced	80	6	3.5	0	0	0	5	125	20	
1 slice, 25 oz										
Member's Mark Black Forest Ham	70	1.5	0	2	0	1	10	590	30	
2 oz, 56 g										
Sara Lee 45 Calories & Delightful 100% Whole Wheat Bread	90	1	0	18	4	2	6	170	0	
2 x 2 slices, 88 g										

Monday, May 28, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	448	18.12	8.02	49.53	6.7	20.17	23.18	1128.5	53.75	
Dinner										
AriZona Beverage Arnold Palmer Lite Half Iced Tea & Half Lemonade (Can)	80	0	0	21	0	19	0	15	0	
12 fl oz, 355 ml										
Kraft 100% Grated Parmesan Cheese	20	1.5	1	0	0	0	2	75	5	
2 tsp, 5 g										
Broccoli	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
1 cup chopped										
Barilla Creamy Alfredo	35	3	0.75	2	0	0.5	0.5	185	7.5	
1/2 x 1/4 cup, 30.5 g										
Barilla Rotini Pasta	200	1	0	42	2	2	7	0	0	0
2 oz dry, 56 g										
Tyson Foods Chicken Breast Patty	180	11	2.5	12	1	1	10	390	25	
1 patty, 80 g										
Total	546	16.84	4.285	83.04	5.4	24.05	22.07	695	37.5	288
Snacks/Other										
Kroger Cake Cones	40	0	0	8	0	0	0	10	0	0
2 x 1 cone, 9 g										
Breyers All Natural Chocolate Ice Cream	175	8.75	5.62	21.25	1.25	20	2.5	56.25	25	
1 1/4 x 1/2 cup, 82 g										
Watermelon	91	0.46	0.049	22.95	1.2	18.85	1.85	3	0	340
2 cups diced										
Total	306	9.21	5.669	52.2	2.45	38.85	4.35	69.25	25	340
Total	**1608**	**53.77**	**21.479**	**231.1**	**18.65**	**113.2**	**60.92**	**1973.75**	**131.25**	**802**

Tuesday, May 29, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Whole Milk 1/3 cup	48	2.62	1.502	3.64	0	4.24	2.59	32	8	115
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Kellogg's Raisin Bran 1 cup, 59 g	190	1	0	46	7	18	5	210	0	390
Total	343	4.01	1.634	76.59	10.1	36.67	8.88	243	8	927
Lunch										
StarKist Foods Chunk Light Tuna in Water (Pouch) 1 pouch, 74 g	70	0.5	0	0	0	0	17	300	35	160
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Barilla Creamy Alfredo 1/2 x 1/4 cup, 30.5 g	35	3	0.75	2	0	0.5	0.5	185	7.5	
Barilla Rotini Pasta 2 oz dry, 56 g	200	1	0	42	2	2	7	0	0	0
AriZona Beverage Arnold Palmer Lite Half Iced Tea & Half Lemonade (Can) 12 fl oz, 355 ml	80	0	0	21	0	19	0	15	0	
Total	400	4.67	0.768	68.02	3.2	22.27	25.78	515	42.5	304
Dinner										
Clementines 1 fruit	35	0.11		8.89	1.3	6.79	0.63	1		131
AriZona Beverage Arnold Palmer Lite Half Iced Tea & Half Lemonade (Can)	80	0	0	21	0	19	0	15	0	

Tuesday, May 29, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
12 fl oz, 355 ml										
Rosarita Refried Beans	120	2.5	1	18	6	0	6	540	0	
1/2 cup, 128 g										
Enchilada with Cheese and Beef	403	22.06	11.309	38.09			14.9	1649	50	718
1 1/4 enchiladas										
Total	638	24.67	12.309	85.98	7.3	25.79	21.53	2205	50	849
Snacks/Other										
Outshine Tangerine Fruit Bar	120	0		30		28	0	0	0	
2 x 1 bar, 140 g										
Watermelon	68	0.34	0.036	17.21	0.9	14.14	1.39	2	0	255
1 1/2 cups diced										
Total	188	0.34	0.036	47.21	0.9	42.14	1.39	2	0	255
Total	**1569**	**33.69**	**14.747**	**277.8**	**21.5**	**126.87**	**57.58**	**2965**	**100.5**	**2335**

Wednesday, May 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jamba Juice Caribbean Passion (Original)	360	1.5	0.5	82	3	73	3	50	5	
24 fl oz, 710 ml										
Lunch										
Sunbelt Sweet & Salty Almond Chewy Granola Bar	140	7	3.5	18	1	9	2	100	0	
1 bar, 35 g										
AriZona Beverage Arnold Palmer Lite Half Iced Tea & Half Lemonade (Can)	80	0	0	21	0	19	0	15	0	
12 fl oz, 355 ml										
Barilla Rotini Pasta	200	1	0	42	2	2	7	0	0	0
2 oz dry, 56 g										
Barilla Creamy Alfredo	35	3	0.75	2	0	0.5	0.5	185	7.5	
1/2 x 1/4 cup, 30.5 g										
Broccoli	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
1/2 cup chopped										
StarKist Foods Chunk Light Tuna in Water (Pouch)	70	0.5	0	0	0	0	17	300	35	160
1 pouch, 74 g										
Total	540	11.67	4.268	86.02	4.2	31.27	27.78	615	42.5	304
Dinner										
Cheetos Cheetos Puffs	75	5	0.75	6.5	0.25	0.5	1	150	0	
1/2 x 13 pieces, 0.5 oz										
Fuze Sweet Tea	85	0	0	22	0	22	0	0	0	0
1/2 x 21 floz, 310.5 ml										
Subway 6" Spicy Italian	480	24	9	46	5	8	20	1490	50	0
1 sandwich, 227 g										

Wednesday, May 30, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	640	29	9.75	74.5	5.25	30.5	21	1640	50	0
Snacks/Other										
Outshine Strawberry Fruit Bar 1 bar, 72 g	60	0	0	15	1	15	0	0	0	0
Outshine Strawberry Fruit Bar 1 bar, 72 g	60	0	0	15	1	15	0	0	0	0
Wegmans Watermelon 1 wedge	80	0.5	0	21	2	18	1	5	0	
Pistachio Nuts 0.2 oz (49 kernels)	32	2.52	0.308	1.59	0.6	0.43	1.17	0	0	58
Total	232	3.02	0.308	52.59	4.6	48.43	2.17	5	0	58
Total	**1772**	**45.19**	**14.826**	**295.11**	**17.05**	**183.2**	**53.95**	**2310**	**97.5**	**362**

Thursday, May 31, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Raisin Bran 1 cup, 59 g	190	1	0	46	7	18	5	210	0	390
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Whole Milk 1/3 cup	48	2.62	1.502	3.64	0	4.24	2.59	32	8	115
Total	343	4.01	1.634	76.59	10.1	36.67	8.88	243	8	927
Lunch										
Chick-fil-A Sweetened Iced Tea (Small) 1/3 x 1 serving, 4 oz	30	0	0	7.92	0	7.92	0	1.65	0	
Chick-fil-A Lemonade (Small) 1/3 x 1 serving, 78 g	56	0	0	14.85	0	14.19	0	3.3	0	
Chick-fil-A Fruit Cup (Medium) 1 cup, 119 g	45	0		12	2	9	0			
Chick-fil-A Grilled Chicken Club Sandwich 1 sandwich, 300 g	430	16		37	3	7	37	1120		
Total	561	16	0	71.77	5	38.11	37	1124.95	0	
Dinner										
Ortega Diced Green Chiles 2 tbsp, 30 g	10	0	0	2	0	1	0	120	0	
Del Monte Diced Tomatoes 50 g	12	0	0	2.4	0.4	1.2	0.4	52	0	104
Del Monte Canned Corn 1/2 x 1/2 cup, 62.5 g	35	0.5		6.5			0.5			

Thursday, May 31, 2018

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Bush's Best Baked Beans	70	0.5	0	14.5	2.5	6	3	275	0	
1/2 x 1/2 cup, 65 g										
Kroger New York Strip Steak	170	9		0			22			
1 serving, 4 oz										
Total	297	10	0	25.4	2.9	8.2	25.9	447	0	104
Snacks/Other										
Trader Joe's Beef Jerky	70	1	0	5	0	5	11	270	10	0
1 oz										
Watermelon	30	0.15	0.016	7.57	0.4	6.22	0.61	1	0	112
2/3 cup diced										
Total	100	1.15	0.016	12.57	0.4	11.22	11.61	271	10	112
Total	**1301**	**31.16**	**1.65**	**186.33**	**18.4**	**94.2**	**83.39**	**2085.95**	**18**	**1143**