Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	252	3.52	52.28	5.72
Lunch	468	17.66	58.09	18.71
Dinner	705	35.78	61.96	33.19
Snacks/Other	389	15	48.45	16.94
Total	**1814**	**71.96**	**220.78**	**74.56**

Monday, January 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Lunch										
Wendy's Plain Baked Potato 1 serving	270	0		61	7	3	7	25	0	
Wendy's Chili (Small) 1 serving	170	5	2	16	4	6	15	780	35	400
Total	440	5	2	77	11	9	22	805	35	400
Dinner										
Ken's Steak House Ranch Dressing 2 tbsp, 30 g	140	15	2.5	2	0	1	0	290	10	
Sonic Tater Tots (Regular) 1 serving, 84 g	200	13	2.5	20	2	0	2	440	0	
Chick-fil-A Chicken Nuggets (8 Count) 1 serving, 4 oz	270	13	2.5	10	1	1	28	1060	70	
Total	610	41	7.5	32	3	2	30	1790	80	
Snacks/Other										
Hershey's Hugs Milk Chocolate Kisses Hugged in White Creme 1/4 x 7 pieces, 8 g	52	3	1.75	6	0	5.75	0.75	12.5	2.5	
Milk (Nonfat) 1 cup	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
Body Fortress 100% Premium Chocolate Whey Protein	130	3.5	1.5	6	1	2	20	55	80	170

Monday, January 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop, 33 g										
Total	268	6.94	3.537	23.88	1	20.22	29.1	194.5	87.5	577
Total	**1423**	**53.33**	**13.169**	**159.83**	**18.1**	**45.65**	**82.39**	**2790.5**	**202.5**	**1399**

Tuesday, January 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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
Lunch										
Taco Bell Triple Layer Nachos 1 plate, 128 g	320	15	1.5	41	6	2	7	600	0	
Taco Bell Beefy Frito Burrito 1 burrito, 181 g	440	18	5	55	4	3	13	1030	20	
Total	760	33	6.5	96	10	5	20	1630	20	
Dinner										
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Chevy's Fresh Mex Flour Tortilla 1 tortilla	139	4	2	22	1	1	3	299	0	
Trader Joe's Guacamole 2 x 2 tbsp	100	8	1	4	4	0	2	150	0	380
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Total	551	36.49	14.69	28.32	5	2.58	24.98	834	429	545
Snacks/Other										
Santitas White Corn Tortilla Chips 1 1/2 x 9 chips, 1.5 oz	210	9	1.5	28.5	3	0	3	172.5	0	
York Peppermint Pattie (Fun Size) 3 x 1 piece, 39 g	150	3	0	33	0	27	0	15	0	0

Tuesday, January 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	360	12	1.5	61.5	3	27	3	187.5	0	0
Total	**1776**	**81.88**	**22.822**	**212.77**	**21.1**	**49.01**	**49.27**	**2652.5**	**449**	**967**

Wednesday, January 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
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
Total	177	0.62	0.171	46.01	6.4	28.77	1.65	2	0	570
Lunch										
Olive Garden Fettuccine Alfredo (Lunch) 1/2 x 1 serving	425	24	5	35.5	1	0	16.5	360	192.5	
Olive Garden Breadsticks 1 breadstick, 48 g	140	2.5	0.5	25	0	0	4	460	0	
Olive Garden Garden-fresh Salad with Dressing 1 serving	150	10	1.5	11	2	0	2	760	0	
Total	715	36.5	7	71.5	3	0	22.5	1580	192.5	
Dinner										
Green Giant Whole Kernel Sweet Corn 1/2 cup, 125 g	80	0.5	0	18	1	5	2	140	0	
Pasta with Meat Sauce 1 1/2 cups	493	19.58	6.51	49.99	5.7	12.7	30.33	2830	77	1216
Nabisco Triscuit Cracked Pepper & Olive Oil Crackers 1 1/2 x 6 crackers, 42 g	180	6	0.75	30	4.5	0	4.5	202.5	0	172.5
Total	753	26.08	7.26	97.99	11.2	17.7	36.83	3172.5	77	1388.5
Snacks/Other										

Wednesday, January 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Jack Link's Original Beef Jerky (Package)	120	1.5		5			22			
1 package, 35 g										
See's Candies Assorted Chocolate Box	80	4.5	2.25	10	0.45	8	1	20	5	
1/2 x 2 pieces, 17 g										
Total	200	6	2.25	15	0.45	8	23	20	5	
Total	1845	69.2	16.681	230.5	21.05	54.47	83.98	4774.5	274.5	1958.5

Thursday, January 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Krusteaz Almond Poppyseed Muffin Mix 1 serving, 40 g	170	4	1	30	1	16	2	240	0	
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
Total	275	4.39	1.132	56.95	4.1	30.43	3.29	241	0	422
Lunch										
Olive Garden Garden-fresh Salad with Dressing 1 1/2 x 1 serving	225	15	2.25	16.5	3	0	3	1140	0	
Dinner										
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Santitas White Corn Tortilla Chips 2 1/2 x 9 chips, 2.5 oz	350	15	2.5	47.5	5	0	5	287.5	0	
Sharky's Woodfired Mexican Grill Naked Chicken Enchiladas 1 serving	396	5		17	5		57			
Total	876	32	4.5	70.5	15	0	63	292.5	0	380
Snacks/Other										
Pistachio Nuts 1/2 oz (49 kernels)	79	6.3	0.771	3.96	1.5	1.08	2.92	0	0	145
See's Candies Assorted Chocolate Box 1/2 x 2 pieces, 17 g	80	4.5	2.25	10	0.45	8	1	20	5	
Total	159	10.8	3.021	13.96	1.95	9.08	3.92	20	5	145

Thursday, January 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1535	62.19	10.903	157.91	24.05	39.51	73.21	1693.5	5	947

Friday, January 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
General Mills Cheerios 1 1/2 cups, 39 g	100	2	0.5	20	3	1	3	140	0	180
Milk (Nonfat) 1/2 cup	43	0.22	0.143	5.94	0	6.24	4.18	64	2	203
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
Total	248	2.61	0.775	52.89	6.1	21.67	8.47	205	2	805
Lunch										
Wendy's Reduced Fat Sour Cream 1 package, 25 g	40	3		2			1			
Wendy's Chili (Small) 1 serving	170	5	2	16	4	6	15	780	35	400
Wendy's Plain Baked Potato 1 serving	270	0		61	7	3	7	25	0	
Total	480	8	2	79	11	9	23	805	35	400
Dinner										
Butter (Salted) 2 tbsps	204	23.04	14.589	0.02	0	0.02	0.24	164	61	7
Bunny Bread Large White Bread 1 slice	70	1	0	13	0	2	2	140	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Baked Potato (Peel Not Eaten) 1 large (3" to 4-1/4" dia, raw)	209	0.23	0.058	48.55	3.4	3.84	4.43	651	0	881

Friday, January 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	596	33.55	20.553	61.93	3.4	6.01	13.64	1129	90	915
Snacks/Other										
Milk (Nonfat) 1 cup	86	0.44	0.287	11.88	0	12.47	8.35	127	5	407
Dunkin' Donuts Chocolate Frosted Donut 3/4 x 1 serving	202	11.25	5.25	23.25	0.75	9.75	2.25	255	0	
Total	288	11.69	5.537	35.13	0.75	22.22	10.6	382	5	407
Total	**1612**	**55.85**	**28.865**	**228.95**	**21.25**	**58.9**	**55.71**	**2521**	**132**	**2527**

Saturday, January 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Orange Juice 3/4 cup	84	0.37	0.045	19.34	0.4	15.62	1.3	2	0	372
Pillsbury Sweet Rolls - Orange with Icing 1 roll, 49 g	160	6	1.5	26	1	10	2	350	0	
Smucker's Red Raspberry Jam 2 x 1 tbsp, 40 g	100	0	0	26	0	24	0	0	0	0
Aunt Jemima Homestyle French Toast 2 slices, 118 g	210	4	1	34	1	6	8	340	70	0
Total	554	10.37	2.545	105.34	2.4	55.62	11.3	692	70	372
Lunch										
Pasta with Meat Sauce 1 cup	329	13.06	4.34	33.33	3.8	8.47	20.22	1887	51	811
Dinner										
Chili's Flour Tortillas 3/4 x 4 pieces	188	5.25	2.62	30.75	1.5	0.75	5.25	427.5	0	
Chili's Classic Chicken Fajitas 1 skillet	270	9	2	15	3	8	33	1560	95	
Onion Rings (Breaded and Fried) 1 portion (8-9 onion rings)	276	15.51	6.953	31.32			3.7	430	14	129
Chili's Bottomless Tostada Chips w/ Salsa 1/4 x 1 basket, 90 g	228	11.25	1.5	28	2.5	0	3.25	400	0	
Total	962	41.01	13.073	105.07	7	8.75	45.2	2817.5	109	129

Saturday, January 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Pop Weaver Light Butter Microwave Popcorn	100	3.5	0.5	17	3	0	2	190	0	0
5 cups popped , 28 g										
Ice Cream	334	17.82	11.002	40.57	1.2	37.07	5.85	123	66	336
1 1/4 cups										
Total	434	21.32	11.502	57.57	4.2	37.07	7.85	313	66	336
Total	**2279**	**85.76**	**31.46**	**301.31**	**17.4**	**109.91**	**84.57**	**5709.5**	**296**	**1648**

Sunday, January 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon (Cured, Pan-Fried, Cooked) 1 slice cooked	42	3.18	1.05	0.12	0	0	3.03	192	9	47
English Muffin 1/2 muffin	66	0.49	0.213	12.81	1	1.02	2.57	123	0	32
Wendy's Sugar 1 packet	50	0	0	12	0	12	0	0	0	
Milk (Nonfat) 1/2 cup	43	0.22	0.143	5.94	0	6.24	4.18	64	2	203
General Mills Cheerios 1 1/2 cups, 39 g	100	2	0.5	20	3	1	3	140	0	180
Total	301	5.89	1.906	50.87	4	20.26	12.78	519	11	462
Lunch										
Pasta with Meat Sauce 1 cup	329	13.06	4.34	33.33	3.8	8.47	20.22	1887	51	811
Dinner										
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Dole Caesar Salad Kit 1 1/2 cups, 100 g	150	12	2	8	2	2	3	390	10	
Soft Taco with Beef, Cheese, Lettuce, Tomato and Sour Cream 1 taco	304	16.33	7.787	23.91	1.6	1.44	14.66	680	46	246
Total	584	40.33	11.787	37.91	8.6	3.44	18.66	1075	56	626
Snacks/Other										

Sunday, January 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cocoa and Sugar Mixture (with Lowfat Milk) 1 cup	178	2.75	1.9	30.1	1	28.95	8.6	133	13	418
Pop Weaver Light Butter Microwave Popcorn 5 cups popped , 28 g	100	3.5	0.5	17	3	0	2	190	0	0
Jack Link's Original Beef Jerky (Package) 1 package, 35 g	120	1.5		5			22			
Lindt Lindor Truffle Balls 1/4 x 3 balls, 9 g	55	4.5	3.25	4	0.25	3.5	0.5	11.25	1.25	
Santitas Tortilla Triangles 4 x 9 chips, 4 oz	560	24	4	76	8	0	8	460	0	
Total	1013	36.25	9.65	132.1	12.25	32.45	41.1	794.25	14.25	418
Total	2227	95.53	27.683	254.21	28.65	64.62	92.76	4275.25	132.25	2317