Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	276	12.38	26.01	15.84
Lunch	23	0.43	0.71	4.29
Dinner	49	1.14	2.11	7.01
Snacks/Other	203	4.87	38.96	3.71
Total	**550**	**18.82**	**67.79**	**30.85**

Monday, August 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Pop-Tarts Frosted - Hot Fudge Sundae (1) 1/2 x 1 pastry, 24 g	95	2.5	0.75	17	1	6	1	95	0	
Market Pantry Finely Shredded Mexican Style Four-cheese Blend Cheese 3 g	10	0.8	0.6	0.1	0	0	0.7	17	2.5	
Fresh Selections White Sliced Mushrooms 4 g	1	0	0	0.15	0.05	0.05	0.15	0.75	0	
Cooked Egg White 2 large	34	0.11	0	0.48	0	0.47	7.17	211	0	107
Total	140	3.41	1.35	17.73	1.05	6.52	9.02	323.75	2.5	107
Lunch										
Dinner										
Jennie-O Ground Turkey 93/7 1/2 x 4 oz, 56 g	85	4	1.25	0	0	0	10.5	40	40	
Snacks/Other										
Act II 100 Calorie Butter Mini Popcorn Bags 1 bag, 23 g	100	2.5	1	21	4	3	3	310	0	
Act II 100 Calorie Butter Mini Popcorn Bags 1 bag, 23 g	100	2.5	1	21	4	3	3	310	0	
Nestle Sweet Tarts 2 x 13 pieces, 30 g	120	0	0	26	0	24	0	0	0	
Total	320	5	2	68	8	30	6	620	0	

Monday, August 15, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	545	12.41	4.6	85.73	9.05	36.52	25.52	983.75	42.5	107

Tuesday, August 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Pop-Tarts Frosted - Hot Fudge Sundae (1) 1/2 x 1 pastry, 24 g	95	2.5	0.75	17	1	6	1	95	0	
Kraft 2% Low Fat Cottage Cheese 1/2 x 1/2 cup, 61 g	45	1.25	0.75	3.5	0	2.5	5.5	205	7.5	
Dole Crushed Pineapple in 100% Pineapple Juice 1/2 x 1/2 cup, 61 g	40	0	0	10	0.5	8.5	0.5	0	0	75
Butterball Everyday Turkey Bacon 6 x 1 slice , 66 g	150	12	3	0	0	0	12	810	60	0
Total	330	15.75	4.5	30.5	1.5	17	19	1110	67.5	75
Lunch										
Dinner										
Rosarita Fat Free Refried Beans 1/4 x 1/2 cup, 32 g	25	0		4.5	1.25	0.25	1.5	135	0	107.5
Snacks/Other										
Act II 100 Calorie Butter Mini Popcorn Bags 1 bag, 23 g	100	2.5	1	21	4	3	3	310	0	
Sam's Choice Sea Salt Caramel Ice Cream 1/2 cup, 87 g	230	11	8	29	0	24	5	150	40	0
Nestle Sweet Tarts 2 x 13 pieces, 30 g	120	0	0	26	0	24	0	0	0	

Tuesday, August 16, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	450	13.5	9	76	4	51	8	460	40	0
Total	**805**	**29.25**	**13.5**	**111**	**6.75**	**68.25**	**28.5**	**1705**	**107.5**	**182.5**

Wednesday, August 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Brussels Sprouts 0.1 cup	4	0.03	0.005	0.79	0.3	0.19	0.3	2	0	34
Butterball Everyday Turkey Bacon 4 x 1 slice , 44 g	100	8	2	0	0	0	8	540	40	0
Kellogg's Pop-Tarts Frosted - Hot Fudge Sundae (1) 1/2 x 1 pastry, 24 g	95	2.5	0.75	17	1	6	1	95	0	
Kraft 2% Low Fat Cottage Cheese 1/2 x 1/2 cup, 61 g	45	1.25	0.75	3.5	0	2.5	5.5	205	7.5	
Dole Crushed Pineapple in 100% Pineapple Juice 1/2 x 1/2 cup, 61 g	40	0	0	10	0.5	8.5	0.5	0	0	75
Total	284	11.78	3.505	31.29	1.8	17.19	15.3	842	47.5	109
Lunch										
Dinner										
Bush's Best Vegetarian Baked Beans 1/4 x 1/2 cup, 32 g	32	0	0	7.25	1.25	3	1.5	137.5	0	0
Pork Roast 1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")	52	3.06	1.123	0	0	0	5.67	46	17	85
Total	84	3.06	1.123	7.25	1.25	3	7.17	183.5	17	85
Snacks/Other										
Nestle Sweet Tarts 2 x 13 pieces, 30 g	120	0	0	26	0	24	0	0	0	

Wednesday, August 17, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Act II 100 Calorie Butter Mini Popcorn Bags	100	2.5	1	21	4	3	3	310	0	
1 bag, 23 g										
Act II 100 Calorie Butter Mini Popcorn Bags	100	2.5	1	21	4	3	3	310	0	
1 bag, 23 g										
Total	320	5	2	68	8	30	6	620	0	
Total	688	19.84	6.628	106.54	11.05	50.19	28.47	1645.5	64.5	194

Thursday, August 18, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Pop-Tarts - Brown Sugar Cinnamon 1/2 x 1 pastry, 25 g	105	4	1.25	17	0.5	6.5	1	95	0	
Dole Crushed Pineapple in 100% Pineapple Juice 1/4 x 1/2 cup, 30 g	20	0	0	5	0.25	4.25	0.25	0	0	37.5
Kraft 2% Low Fat Cottage Cheese 1/2 x 1/2 cup, 61 g	45	1.25	0.75	3.5	0	2.5	5.5	205	7.5	
Butterball Everyday Turkey Bacon 4 x 1 slice , 44 g	100	8	2	0	0	0	8	540	40	0
Total	270	13.25	4	25.5	0.75	13.25	14.75	840	47.5	37.5
Lunch										
Premier Nutrition High Protein Shake - Chocolate 1 shake, 11 oz	160	3	1	5	3	1	30	210	20	450
Dinner										
Snacks/Other										
Total	**430**	**16.25**	**5**	**30.5**	**3.75**	**14.25**	**44.75**	**1050**	**67.5**	**487.5**

Friday, August 19, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Pop-Tarts Low Fat Frosted - Brown Sugar Cinnamon 1/2 x 1 pastry, 25 g	90	1.25	0.5	18.5	1.5	7.5	1	95	0	
Dole Crushed Pineapple in 100% Pineapple Juice 1/4 x 1/2 cup, 30 g	20	0	0	5	0.25	4.25	0.25	0	0	37.5
Kraft 2% Low Fat Cottage Cheese 1/4 x 1/2 cup, 30 g	22	0.62	0.38	1.75	0	1.25	2.75	102.5	3.75	
Butterball Everyday Turkey Bacon 5 x 1 slice , 55 g	125	10	2.5	0	0	0	10	675	50	0
Total	257	11.87	3.38	25.25	1.75	13	14	872.5	53.75	37.5
Lunch										
Dinner										
Snacks/Other										
Act II 100 Calorie Butter Mini Popcorn Bags 1 bag, 23 g	100	2.5	1	21	4	3	3	310	0	
Total	357	14.37	4.38	46.25	5.75	16	17	1182.5	53.75	37.5

Saturday, August 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Toasted Rye Bread 2 regular slices	136	1.73	0.33	25.49	3.1	2.03	4.51	348	0	88
Simply Potatoes Shredded Hash Browns 2/3 cup, 83 g	70	0	0	16	2	0	1	55	0	
Fresh Ham 2 1/2 oz, with bone cooked (yield after bone and skin removed)	156	10.09	3.705	0	0	0	15.36	128	54	202
Total	362	11.82	4.035	41.49	5.1	2.03	20.87	531	54	290
Lunch										
Dinner										
Tuna in Water (Canned) 4 oz	132	0.93	0.265	0	0	0	28.93	383	34	269
Fresh'n Easy Garden Salad 2 cups, 85 g	15	0	0	3	1	2	1	15	0	0
Total	147	0.93	0.265	3	1	2	29.93	398	34	269
Snacks/Other										
Hershey's Good & Plenty Licorice 1/4 x 25 pieces, 8 g	35	0	0	8.75	0	6.25	0.25	30	0	
Toast Thins Crackers (Rye, Pumpernickel, White Flour) 10 crackers	95	4.12	1.036	12.98	0.9	2.61	1.72	159	0	37
479 Popcorn Fleur De Sel Caramel Popcorn 1 cup, 28 g	100	4	1	18	1	13	1	160	5	
Total	230	8.12	2.036	39.73	1.9	21.86	2.97	349	5	37

Saturday, August 20, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	**739**	**20.87**	**6.336**	**84.22**	**8**	**25.89**	**53.77**	**1278**	**93**	**596**

Sunday, August 21, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Albertsons Applewood Smoked Bacon	80	7	2.5	0	0	0	4	200	10	
2 pan fried slices, 14 g										
Poached Egg	146	9.9	3.087	0.77	0	0.77	12.53	294	421	133
2 large										
Plain Waffle	60	1.86	0.382	9.52	0.5	0.92	1.42	140	3	27
1/2 round (4" dia) (include frozen)										
Total	286	18.76	5.969	10.29	0.5	1.69	17.95	634	434	160
Lunch										
Dinner										
Snacks/Other										
Total	**286**	**18.76**	**5.969**	**10.29**	**0.5**	**1.69**	**17.95**	**634**	**434**	**160**