Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	167	1.24	27.63	12.14
Lunch	488	15.66	43.55	37.78
Dinner	664	34.14	41.59	47
Snacks/Other	322	12.17	45.36	11.24
Total	**1640**	**63.2**	**158.14**	**108.16**

Monday, April 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cantaloupe Melons 1 cup balls	60	0.34	0.09	14.44	1.6	13.91	1.49	28	0	473
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
Grapes 12 seedless	41	0.1	0.032	10.86	0.5	9.29	0.43	1	0	115
Instant Coffee (made from Powdered) 1 mug (8 fl oz)	5	0	0.004	0.9	0	0	0.26	5	0	76
Total	175	0.66	0.126	27.16	2.1	24.14	16.57	253	0	879
Lunch										
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
Roma Tomatoes 1 medium, 148 g	35	1	0	1	0	1	1	5	0	0
Skinless Chicken Breast 6 oz boneless, cooked, skinless	185	2.08	0.554	0	0	0	38.79	109	97	
Sweet Potato 6 oz	146	0.09	0.031	34.22	5.1	7.11	2.67	94	0	573
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Extra Virgin Olive Oil 1/2 serving (6.75g)	60	6.75	0.932	0	0	0	0	0	0	
Great Value Southwest Spicy Mustard 1 tsp, 5 g	10	0	0	1	0	1	0	50	0	

Monday, April 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Huy Fong Foods Sriracha Hot Chili Sauce	5	0		1	0	1	0	80	0	
1 tsp, 5 g										
Total	472	10.26	1.552	43.26	7.5	11.66	45.03	368	97	872
Dinner										
Chicken Thigh Meat and Skin (Broilers or Fryers, Roasted, Cooked)	536	33.61	9.396	0	0	0	54.38	182	202	482
3 1/2 thighs, bone removed										
Cooked Broccoli	128	6.36	1.195	16.49	7.6	3.17	5.43	683	0	669
1 1/4 cups, NFS										
Total	664	39.97	10.591	16.49	7.6	3.17	59.81	865	202	1151
Snacks/Other										
M&M's Peanut M&M's (Package)	250	13	5	30	2	25	5	25	5	0
1 package, 49.3 g										
Chocolate Milk (Whole)	104	4.24	2.63	12.92	1	11.92	3.96	75	15	209
1/2 cup										
Lundberg Brown Rice Organic Rice Cakes Lightly Salted	120	1	0	28	2	0	2	0	0	
2 x 1 cake, 38 g										
Perkins Restaurant Milk (2% White)	105	4	2.5	10	0	9	7	100	17.5	
1/2 x 1 serving, 169.5 g										
Total	579	22.24	10.13	80.92	5	45.92	17.96	200	37.5	209
Total	**1890**	**73.13**	**22.399**	**167.83**	**22.2**	**84.89**	**139.37**	**1686**	**336.5**	**3111**

Tuesday, April 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cantaloupe Melons 1 cup balls	60	0.34	0.09	14.44	1.6	13.91	1.49	28	0	473
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
Grapes 12 seedless	41	0.1	0.032	10.86	0.5	9.29	0.43	1	0	115
Instant Coffee (made from Powdered) 1 mug (8 fl oz)	5	0	0.004	0.9	0	0	0.26	5	0	76
Total	175	0.66	0.126	27.16	2.1	24.14	16.57	253	0	879
Lunch										
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
Roma Tomatoes 1 medium, 148 g	35	1	0	1	0	1	1	5	0	0
Skinless Chicken Breast 6 oz boneless, cooked, skinless	185	2.08	0.554	0	0	0	38.79	109	97	
Sweet Potato 6 oz	146	0.09	0.031	34.22	5.1	7.11	2.67	94	0	573
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Extra Virgin Olive Oil 1/2 serving (6.75g)	60	6.75	0.932	0	0	0	0	0	0	
Great Value Southwest Spicy Mustard 1 tsp, 5 g	10	0	0	1	0	1	0	50	0	

Tuesday, April 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Huy Fong Foods Sriracha Hot Chili Sauce	5	0		1	0	1	0	80	0	
1 tsp, 5 g										
Total	472	10.26	1.552	43.26	7.5	11.66	45.03	368	97	872
Dinner										
Chicken Thigh Meat and Skin (Broilers or Fryers, Roasted, Cooked)	651	40.82	11.41	0	0	0	66.03	221	245	585
4 1/4 thighs, bone removed										
Cooked Broccoli	128	6.36	1.195	16.49	7.6	3.17	5.43	683	0	669
1 1/4 cups, NFS										
Total	779	47.18	12.605	16.49	7.6	3.17	71.46	904	245	1254
Snacks/Other										
M&M's Peanut M&M's (Package)	188	9.75	3.75	22.5	1.5	18.75	3.75	18.75	3.75	0
3/4 x 1 package, 37 g										
Chocolate Milk (Whole)	104	4.24	2.63	12.92	1	11.92	3.96	75	15	209
1/2 cup										
Total	292	13.99	6.38	35.42	2.5	30.67	7.71	93.75	18.75	209
Total	**1718**	**72.09**	**20.663**	**122.33**	**19.7**	**69.64**	**140.77**	**1618.75**	**360.75**	**3214**

Wednesday, April 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cantaloupe Melons 1/4 melon, large (about 6-1/2" dia)	69	0.39	0.104	16.61	1.8	16	1.71	33	0	543
Instant Coffee (made from Powdered) 1 mug (8 fl oz)	5	0	0.004	0.9	0	0	0.26	5	0	76
Total	74	0.39	0.108	17.51	1.8	16	1.97	38	0	619
Lunch										
Subway 6" Double Meatball Marinara (with Cheese) 1 1/4 x 1 sandwich, 719 g	1075	52.5	22.5	102.5	13.75	22.5	46.25	3100	106.25	
Dinner										
Shrimp Creole with Rice 1 cup	294	8.68	1.56	27.68	1.7	2.38	24.76	965	262	292
Chicken Breast (Skin Not Eaten) 5 oz boneless, cooked, skinless	230	4.96	1.402	0	0	0	43.06	554	118	356
Sweet Potato 5 oz	122	0.07	0.026	28.52	4.3	5.93	2.23	78	0	478
Total	646	13.71	2.988	56.2	6	8.31	70.05	1597	380	1126
Snacks/Other										
Milk Chocolate Candies (with Almonds) 1/2 bar (1.45 oz)	108	7.05	3.481	10.91	1.3	9	1.84	15	4	91
Chocolate Milk (Whole) 1/2 cup	104	4.24	2.63	12.92	1	11.92	3.96	75	15	209
Total	212	11.29	6.111	23.83	2.3	20.92	5.8	90	19	300

Wednesday, April 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2007	77.89	31.707	200.04	23.85	67.73	124.07	4825	505.25	2045

Thursday, April 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
Cantaloupe Melons 1/4 melon, large (about 6-1/2" dia)	69	0.39	0.104	16.61	1.8	16	1.71	33	0	543
Instant Coffee (made from Powdered) 1 mug (8 fl oz)	5	0	0.004	0.9	0	0	0.26	5	0	76
Total	143	0.61	0.108	18.47	1.8	16.94	16.36	257	0	834
Lunch										
Lundberg Brown Rice Organic Rice Cakes Lightly Salted 1 cake, 19 g	60	0.5	0	14	1	0	1	0	0	
Kroger Frozen Cauliflower 1 cup, 86 g	25	0	0	3	0	2	1	25	0	
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
Roma Tomatoes 1 medium, 148 g	35	1	0	1	0	1	1	5	0	0
Skinless Chicken Breast 6 oz boneless, cooked, skinless	185	2.08	0.554	0	0	0	38.79	109	97	
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Extra Virgin Olive Oil 1/2 serving (6.75g)	60	6.75	0.932	0	0	0	0	0	0	
Great Value Southwest Spicy Mustard 1 tsp, 5 g	10	0	0	1	0	1	0	50	0	

Thursday, April 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Huy Fong Foods Sriracha Hot Chili Sauce	5	0		1	0	1	0	80	0	
1 tsp, 5 g										
Total	411	10.67	1.521	26.04	3.4	6.55	44.36	299	97	299
Dinner										
Ore-Ida Sweet Potato Fries	255	12	0.75	34.5	3	9	1.5	240	0	420
1 1/2 x 12 pieces, 4.5 oz										
Chili's Grilled Chicken Sandwich	840	47	12	57	2		48	1950		
1 sandwich										
Total	1095	59	12.75	91.5	5	9	49.5	2190	0	420
Snacks/Other										
Elmer's Candy Heavenly Hash Egg	160	6	3	27	0	24	1	15	0	
1 piece, 1.33 oz										
Perkins Restaurant Milk (2% White)	210	8	5	20	0	18	14	200	35	
1 serving, 339 g										
Lundberg Brown Rice Organic Rice Cakes Lightly Salted	120	1	0	28	2	0	2	0	0	
2 x 1 cake, 38 g										
Total	490	15	8	75	2	42	17	215	35	
Total	**2139**	**85.28**	**22.379**	**211.01**	**12.2**	**74.49**	**127.22**	**2961**	**132**	**1553**

Friday, April 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
Cantaloupe Melons 1/4 melon, large (about 6-1/2" dia)	69	0.39	0.104	16.61	1.8	16	1.71	33	0	543
Instant Coffee (made from Powdered) 1 mug (8 fl oz)	5	0	0.004	0.9	0	0	0.26	5	0	76
Total	143	0.61	0.108	18.47	1.8	16.94	16.36	257	0	834
Lunch										
Sweet Potato 6 oz	146	0.09	0.031	34.22	5.1	7.11	2.67	94	0	573
Kroger Frozen Cauliflower 1 cup, 86 g	25	0	0	3	0	2	1	25	0	
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
Roma Tomatoes 1 medium, 148 g	35	1	0	1	0	1	1	5	0	0
Skinless Chicken Breast 6 oz boneless, cooked, skinless	185	2.08	0.554	0	0	0	38.79	109	97	
Bragg Organic Apple Cider Vinegar 1 tbsp, 15 ml	0	0	0	0	0	0	0	0	0	11
Extra Virgin Olive Oil 1/2 serving (6.75g)	60	6.75	0.932	0	0	0	0	0	0	
Great Value Southwest Spicy Mustard 1 tsp, 5 g	10	0	0	1	0	1	0	50	0	

Friday, April 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Huy Fong Foods Sriracha Hot Chili Sauce	5	0		1	0	1	0	80	0	
1 tsp, 5 g										
Total	497	10.26	1.552	46.26	7.5	13.66	46.03	393	97	872
Dinner										
Potato French Fries	234	12.02	2.803	30.49	2.8	0.5	2.98	256	0	451
1 1/2 orders										
Cheeseburger (Large, Single Patty with Condiments and Vegetables)	563	32.94	15.039	38.39			28.19	1108	88	445
1 sandwich										
Total	797	44.96	17.842	68.88	2.8	0.5	31.17	1364	88	896
Snacks/Other										
Hershey's Natural Unsweetened Cocoa	30	1.5	0	9	6	0	3	0	0	
3 x 1 tbsp, 15 g										
Perkins Restaurant Milk (2% White)	210	8	5	20	0	18	14	200	35	
1 serving, 339 g										
Lundberg Brown Rice Organic Rice Cakes Lightly Salted	120	1	0	28	2	0	2	0	0	
2 x 1 cake, 38 g										
Total	360	10.5	5	57	8	18	19	200	35	
Total	**1797**	**66.33**	**24.502**	**190.61**	**20.1**	**49.1**	**112.56**	**2214**	**220**	**2602**

Saturday, April 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Fruit & Maple Oatmeal 1 serving	290	4.5	2	57	5	18	5	160	10	
Lunch										
Dinner										
Snacks/Other										
Total	290	4.5	2	57	5	18	5	160	10	