Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	237	12.35	13.54	16.5
Lunch	375	7.74	55.84	20.54
Dinner	698	21.57	89.98	33.72
Snacks/Other	457	15.57	60.78	20.96
Total	**1768**	**57.22**	**220.14**	**91.72**

Monday, January 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Egg 2 extra large	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
Total	237	12.35	3.774	13.54	0.6	1.97	16.5	332	491	180
Lunch										
Lean Cuisine Culinary Collection Glazed Chicken 1 package, 240 g	250	4.5	1	31	2	7	22	470	35	390
Dinner										
Nature's Own 100% Whole Wheat Hamburger Bun 1 bun, 53 g	130	2	0.05	24	4	2	6	190	0	
Pork 1 cup cooked, diced	363	22.83	8.265	0	0	0	36.64	515	121	470
Total	493	24.83	8.315	24	4	2	42.64	705	121	470
Snacks/Other										
Taffy 1 candy	44	0.89	0.24	9.2	0	6.81	0.09	13	0	4
Cello Chocolate Covered Cherry 1 piece	55	2		9	1		0		0	
Old Dutch Original Puffcorn 2 x 2 1/2 cups, 2.2 oz	340	22	3	32	2	0	2	420	0	
T. Marzetti Ranch Veggie Dip 2 tbsp, 31 g	110	11	3	2	0	1	1	210	15	

Monday, January 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
See's Candies Molasses Chips	108	4.8	3	18	0.6	15	0.6	36	3	0
24 g										
Hard Salted Pretzels	108	0.75	0.142	22.61	0.9	0.78	2.93	385	0	41
1 oz										
Total	765	41.44	9.382	92.81	4.5	23.59	6.62	1064	18	45
Total	1745	83.12	22.471	161.35	11.1	34.56	87.76	2571	665	1085

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 2 extra large	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Total	237	12.35	3.774	13.54	0.6	1.97	16.5	332	491	180
Lunch										
Jimmy John's #2 Big John (No Mayo) 1 sandwich, 238 g	437	8.34	1.13	65.71	6.51	59	29.72	1066.32	59.4	
Dinner										
Meat Free Fried Rice 3 servings	516	8.31	1.274	90.09	5.3	3.8	18.87	2085	87	549
Snacks/Other										
Deli Sliced Ham 5 slices (4-1/4" sq) (0.75 oz)	170	8.81	2.835	2.39	0	0	19.17	1342	56	312
Lay's Baked Ruffles Cheddar and Sour Cream 1-1/8 oz 31.8g	130	4	0.5	24	1	2	2	270	0	230
Eillien's Salt Water Taffy 1/2 x 4 pieces, 14 g	55	1.25	0.5	10.5		6.5	0	85		
Strawberries 10 extra large (1-5/8" dia)	86	0.81	0.04	20.74	5.4	12.58	1.81	3	0	413
Hard Salted Pretzels 1 oz	108	0.75	0.142	22.61	0.9	0.78	2.93	385	0	41
See's Candies Molasses Chips	36	1.6	1	6	0.2	5	0.2	12	1	0

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
8 g										
Total	585	17.22	5.017	86.24	7.5	26.86	26.11	2097	57	996
Total	**1775**	**46.22**	**11.195**	**255.58**	**19.91**	**91.63**	**91.2**	**5580.32**	**694.4**	**1725**

Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Egg 2 extra large	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
Total	237	12.35	3.774	13.54	0.6	1.97	16.5	332	491	180
Lunch										
Asian Veggi Stir Fry 1 serving	228	11.1	5.548	19.32	3	9.82	9.93	1116	145	
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Total	432	11.54	5.668	63.4	3.6	9.9	14.13	1693	145	55
Dinner										
Moxie's Beef Vindaloo 3/4 x 1 serving, 338 g	675	41.25		22.5			52.5	202.5	150	
White Rice 2 cups cooked	408	0.89	0.24	88.16	1.3	0.16	8.41	1153	0	111
Total	1083	42.14	0.24	110.66	1.3	0.16	60.91	1355.5	150	111
Snacks/Other										
Twix Twix Minis 1 bar	50	2.33	1.33	6.5	0	5	0.33	18.33	0	
Hard Salted Pretzels 1 oz	108	0.75	0.142	22.61	0.9	0.78	2.93	385	0	41
Strawberries 5 extra large (1-5/8" dia)	43	0.4	0.02	10.37	2.7	6.29	0.9	1	0	207
Eillien's Salt Water Taffy	55	1.25	0.5	10.5		6.5	0	85		

Wednesday, January 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/2 x 4 pieces, 14 g										
Total	256	4.73	1.992	49.98	3.6	18.57	4.16	489.33	0	248
Total	**2008**	**70.76**	**11.674**	**237.58**	**9.1**	**30.6**	**95.7**	**3869.83**	**786**	**594**

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Egg 2 extra large	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
Total	237	12.35	3.774	13.54	0.6	1.97	16.5	332	491	180
Lunch										
Lean Cuisine Culinary Collection Chicken Carbonara 1 package, 9 oz	240	6	1.5	29	2	4	18	660	30	640
Dinner										
Cabbage, Potato and Kielbasa 3/4 servings	247	12.26	4.55	27.6	6.3	6.32	8.95	388	26	775
Meat Free Fried Rice 3 servings	516	8.31	1.274	90.09	5.3	3.8	18.87	2085	87	549
Total	763	20.57	5.824	117.69	11.6	10.12	27.82	2473	113	1324
Snacks/Other										
Twix Twix Minis 1 bar	50	2.33	1.33	6.5	0	5	0.33	18.33	0	
Jack Link's Teriyaki Beef Jerky 4 x 1 oz, 112 g	320	4	0	20	0	20	56	2400	80	
Hard Salted Pretzels 1 oz	108	0.75	0.142	22.61	0.9	0.78	2.93	385	0	41
Skittles Original 1/2 x 1 oz (27 pieces), 14 g	80	0.75	0.75	18.5	0	15	0	5	0	0
Oil Popped White Popcorn	55	3.09	0.538	6.29	1.1		0.99	97	0	25

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Total	613	10.92	2.76	73.9	2	40.78	60.25	2905.33	80	66
Total	**1853**	**49.84**	**13.858**	**234.13**	**16.2**	**56.87**	**122.57**	**6370.33**	**714**	**2210**

Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
White Bread 1 slice	66	0.82	0.179	12.65	0.6	1.08	1.91	170	0	25
Egg 2 extra large	171	11.53	3.595	0.89	0	0.89	14.59	162	491	155
Total	237	12.35	3.774	13.54	0.6	1.97	16.5	332	491	180
Lunch										
Meat Free Fried Rice 3 servings	516	8.31	1.274	90.09	5.3	3.8	18.87	2085	87	549
Dinner										
Asian Veggi Stir Fry 1 serving	228	11.1	5.548	19.32	3	9.82	9.93	1116	145	
White Rice 2 cups cooked	408	0.89	0.24	88.16	1.3	0.16	8.41	1153	0	111
Total	636	11.99	5.788	107.48	4.3	9.98	18.34	2269	145	111
Snacks/Other										
Deli Sliced Ham 2 slices (4-1/4" sq) (0.75 oz)	68	3.52	1.134	0.96	0	0	7.67	537	22	125
Total	**1457**	**36.17**	**11.97**	**212.07**	**10.2**	**15.75**	**61.38**	**5223**	**745**	**965**