Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	277	13.45	31.67	10.37
Lunch	343	17.53	29.42	17.52
Dinner	294	10.54	34.48	14.71
Snacks/Other	433	22.17	52.66	9.64
Total	1347	63.69	148.23	52.24

Monday, December 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Maranatha Coconut Almond Butter 1/2 x 2 tbsp, 16 g	95	8.5	2	3.5	2	1.5	3	27.5	0	
Nature's Promise Organic Gala Apples 1 medium, 154 g	80	0	0	22	5	16	0	0	0	170
Quaker Old Fashioned Oats 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	143
Bragg Organic Apple Cider Vinegar 1/2 x 1 tbsp, 7.5 ml	0	0	0	0	0	0	0	0	0	5.5
Total	325	11.5	2.5	52.5	11	18.5	8	27.5	0	318.5
Lunch										
Wild Planet Wild Sardines in Water 3 oz, 85 g	73	2	1	0	0	0	13	194	48	
Bragg Organic Vinaigrette Salad Dressing 2 tbsp, 30 ml	90	9	1.5	3	0	2	0	60	0	
Fresh Express Organic Baby Spinach 1/2 x 3 cups, 42.5 g	10	0	0	1.5	1	0	1	32.5	0	
Total	173	11	2.5	4.5	1	2	14	286.5	48	
Dinner										
Dona Maria Mole 2 x 2 tbsp, 60 g	340	26	4	20	4	12	6	800	0	0
Green Peas (Frozen) 1/2 cup	55	0.27	0.048	9.87	3	3.87	3.75	81	0	107

Monday, December 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nature's Place Organic Sweet Corn 1/2 cup, 125 g	60	1.5	0	9	2	7	2	270	0	0
White Rice 1 cup cooked	204	0.44	0.12	44.08	0.6	0.08	4.2	577	0	55
Chicken Drumstick (Skin Not Eaten) 2 medium (yield after cooking, bone and skin removed)	144	4.71	1.233	0	0	0	23.56	350	77	205
Total	803	32.92	5.401	82.95	9.6	22.95	39.51	2078	77	367
Snacks/Other										
Cuties Clementines 2 clementines, 168 g	79	0.25	0	20	4	13	1.42	0	0	400
Unroasted Almonds 30 almonds	208	18.23	1.397	7.11	4.2	1.73	7.65	0	0	262
Nature's Path Honey Oat Crunch Flax Plus Crunchy Granola Bars 2 bars, 40 g	190	7	1	28	3	9	3	60	0	115
Total	477	25.48	2.397	55.11	11.2	23.73	12.07	60	0	777
Total	**1778**	**80.9**	**12.798**	**195.06**	**32.8**	**67.18**	**73.58**	**2452**	**125**	**1462.5**

Tuesday, December 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Unroasted Almonds 15 almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
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
Bragg Organic Apple Cider Vinegar 1/2 x 1 tbsp, 7.5 ml	0	0	0	0	0	0	0	0	0	5.5
Silk Silk Unsweetened Coconut Milk 1/4 x 1 cup (240 ml)	11	1.12	1	0	0	0	0	10	0	
Coffee (Brewed From Grounds) 1 1/2 cups (8 fl oz)	4	0.07	0.007	0	0	0	0.43	7	0	174
Total	224	10.7	1.838	30.5	5.2	15.29	5.55	18	0	732.5
Lunch										
Baby Carrots 6 medium	21	0.08	0.014	4.94	1.1	2.86	0.38	47	0	142
Grape Tomatoes 8 grape	11	0.13	0.029	2.48	0.8	1.66	0.56	3	0	
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Trader Joe's Orange Chicken 1 cup, 125 g	190	7	1.5	16	0	7	14	270	60	
Total	352	19.21	3.543	29.42	6.9	11.52	15.94	325	60	522
Dinner										
Calavo Avocado 1/2 x 1/2 medium avocado, 37.5 g	65	6	1	3	2.5	0	0.5	2.5	0	190

Tuesday, December 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cooked Spinach 1/2 cup, NS as to from fresh, frozen, or canned of	39	2.19	0.404	3.59	2.2	0.41	2.81	278	0	441
Chicken Drumstick (Skin Not Eaten) 1 medium (yield after cooking, bone and skin removed)	72	2.36	0.616	0	0	0	11.78	175	39	102
White Rice (Long-Grain, Cooked) 1/2 cup	103	0.22	0.061	22.25	0.3	0.04	2.13	1	0	28
Total	279	10.77	2.081	28.84	5	0.45	17.22	456.5	39	761
Snacks/Other										
Hometown Buffet Pecan Pie 1 slice, 74 g	310	19	4	33	1	18	3	230	50	
Hormel Pizza Toppings Pepperoni 1/4 x 15 slices, 7 g	35	3.25	1.5	0			1.25	122.5	8.75	
Taylor Farms Turkey Club Pinwheels 1/2 x 3 pinwheels, 42.5 g	105	5	2	11	1.5	1	4.5	340	12.5	
Eckrich Li'l Smokies Cocktail Smoked Sausage 1/2 x 6 links, 28.5 g	90	7.5	3	2	0	2	3	245	17.5	
Great Value Colby Monterey Jack Cheese 1 oz, 28 g	110	9	5	1	0	0	7	180	30	20
White Cake with Icing (Home Recipe or Purchased) 1 piece (1/10 1-layer, 8" or 9" dia)	251	8.73	1.771	42.56	0.2	34.18	1.79	187	1	35
Boar's Head Roasted Chipotle Pepper Hummus 1 1/2 x 2 tbsp, 42 g	68	3.75	0	7.5	1.5	3	1.5	225	0	67.5

Tuesday, December 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Blue Diamond Almond Nut-Thins - Hint of Sea Salt Nut & Rice Cracker Snacks 19 crackers, 30 g	130	2.5	0	24	1	0	3	80	0	
Total	1099	58.73	17.271	121.06	5.2	58.18	25.04	1609.5	119.75	122.5
Total	1954	99.41	24.733	209.82	22.3	85.44	63.75	2409	218.75	2138

Wednesday, December 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Whole Foods Market Liquid Stevia Drops 2-4 drops	0	0		0	0	0	0	0	0	0
Coffee (Brewed From Grounds) 1 cup (8 fl oz)	2	0.05	0.005	0	0	0	0.28	5	0	116
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
Unroasted Almonds 15 almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
Total	211	9.56	0.836	30.5	5.2	15.29	5.4	6	0	669
Lunch										
Great Value Homestyle Meatballs 6 meatballs, 85 g	260	21	8	5	2	1	12	520	45	180
Boar's Head Roasted Chipotle Pepper Hummus 2 tbsp, 28 g	45	2.5	0	5	1	2	1	150	0	45
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Grape Tomatoes 8 grape	11	0.13	0.029	2.48	0.8	1.66	0.56	3	0	
Baby Carrots 6 medium	21	0.08	0.014	4.94	1.1	2.86	0.38	47	0	142
Total	467	35.71	10.043	23.42	9.9	7.52	14.94	725	45	747
Dinner										
Snacks/Other										

Wednesday, December 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Publix Gala Apple (Medium)	80	1	0	21	4	16	0	0	0	165
1 apple, 154 g										
Kraft Velveeta Spicy Sausage Dip	100	8	4	4	0	2	6	560	30	
2 x 2 tbsp										
Santitas White Corn Tortilla Chips	140	6	1	19	2	0	2	115	0	
9 chips, 1 oz										
Unroasted Almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
15 almonds										
Cuties Clementines	79	0.25	0	20	4	13	1.42	0	0	400
2 clementines, 168 g										
Total	503	24.37	5.699	67.55	12.1	31.86	13.25	675	30	696
Total	1181	69.64	16.578	121.47	27.2	54.67	33.59	1406	75	2112

Saturday, December 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bragg Organic Apple Cider Vinegar	0	0	0	0	0	0	0	0	0	5.5
1/2 x 1 tbsp, 7.5 ml										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Lifeway Foods Lowfat Raspberry Kefir	140	2	1.5	20	0	20	11	125	10	
1 cup , 240 ml										
Total	250	2.48	1.641	46.95	3.1	34.43	12.86	135	10	659.5
Lunch										
Dinner										
Snacks/Other										
Total	250	2.48	1.641	46.95	3.1	34.43	12.86	135	10	659.5

Monday, December 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bragg Organic Apple Cider Vinegar	0	0	0	0	0	0	0	0	0	5.5
1/2 x 1 tbsp, 7.5 ml										
Silk Silk Unsweetened Coconut Milk	11	1.12	1	0	0	0	0	10	0	
1/4 x 1 cup (240 ml)										
Whole Foods Market Liquid Stevia Drops	0	0		0	0	0	0	0	0	0
2-4 drops										
Coffee (Brewed From Grounds)	5	0.09	0.009	0	0	0	0.57	9	0	232
2 cups (8 fl oz)										
Unroasted Almonds	104	9.12	0.699	3.55	2.1	0.86	3.83	0	0	131
15 almonds										
Bananas	53	0.19	0.066	13.48	1.5	7.22	0.64	1	0	211
1/2 medium (7" to 7-7/8" long)										
Total	173	10.52	1.774	17.03	3.6	8.08	5.04	20	0	579.5
Lunch										
Kroger Honeydew Melon	60	0	0	16	2	14	0	30	0	
2 x 1/2 cup										
Brown Gravy	154	6.87	3.358	14.01	1.2	0.61	10.92	1631	9	
1 1/4 cups										
Hungry Jack Instant Mashed Potatoes	150	5	1	21	1	2	3.6	230	37	
1/3 cup dry, 22 g										
Kroger Homestyle Yeast Rolls	170	3	0.5	31	1	4	5	310	0	
1 roll										
Kroger Breaded Chicken Strips	440	18	4	28	2		38	1340	90	
2 x 2 pieces, 232 g										

Monday, December 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	974	32.87	8.858	110.01	7.2	20.61	57.52	3541	136	
Dinner										
Simple Truth Organic Roasted Red Pepper & Tomato Bisque 1 cup, 240 ml	80	2	1	15	1	8	2	690	6	
Simple Truth Organic Super Sweet Corn 1/2 cup, 125 g	60	1.5	0	9	2	7	2	200	0	
Mashed Potatoes (Whole Milk and Butter Added) 1 cup	237	8.86	4.364	35.22	3.2	3	3.93	666	23	601
Cooked Kale (from Fresh) 1/2 cup fresh	34	2.11	0.38	3.69	1.3	0.81	1.24	169	0	148
Chicken Drumstick (Skin Not Eaten) 1 medium (yield after cooking, bone and skin removed)	72	2.36	0.616	0	0	0	11.78	175	39	102
Total	483	16.83	6.36	62.91	7.5	18.81	20.95	1900	68	851
Snacks/Other										
Blue Diamond Nut Thins 1/2 x 17, 15 g	65	1.75	0	11.5	0.5	1	1	40		
Baby Carrots 4 medium	14	0.05	0.009	3.3	0.7	1.9	0.26	31	0	95
Grape Tomatoes 5 grape	7	0.08	0.018	1.55	0.5	1.04	0.35	2	0	
Calavo Avocado 1/2 medium avocado, 75 g	130	12	2	6	5	0	1	5	0	380
Cuties Clementines 2 clementines, 168 g	79	0.25	0	20	4	13	1.42	0	0	400
Total	295	14.13	2.027	42.35	10.7	16.94	4.03	78	0	875

Monday, December 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1925	74.35	19.019	232.3	29	64.44	87.54	5539	204	2305.5

Monday, December 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sweet Leaf Liquid Stevia 5-8 drops	0	0	0	0	0	0	0	0	0	0
Simple Truth Vanilla Almond Milk 1/4 x 1 cup, 60 ml	22	0.62	0	4	0.25	3.75	0.25	37.5	0	45
Coffee (Brewed From Grounds) 1 1/2 cups (8 fl oz)	4	0.07	0.007	0	0	0	0.43	7	0	174
Simple Truth Organic Coconut Oil 1/2 x 1 tbsp, 7 g	60	7	6.5	0	0	0	0	0	0	0
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Avocados 1/4 avocado, NS as to Florida or California	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
Hormel Black Label Bacon Original 1/2 x 2 pan-fried slices, 9.5 g	45	3.5	1.25	0	0	0	3	165	7.5	
Food For Life Baking Company 7 Sprouted Grains Bread 1 slice, 34 g	80	0.5	0	15	3	1	4	80	0	80
Total	**365**	**24.03**	**10.375**	**23.67**	**6.65**	**5.46**	**14.97**	**363.5**	**219.5**	**610**
Lunch										
Avocados 1/4 avocado, NS as to Florida or California	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
Baby Spinach 1/4 cup	2	0.03	0.005	0.27	0.2	0.03	0.21	6	0	
Cedar's Roasted Red Pepper Hommus	50	3.5	0	4	1	1	1	120	0	

Monday, December 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 container, 71 g										
Kroger Deli Thin Sliced Muenster Cheese	140	12	7	0	0	0	10	320	40	
2 x 1 slice, 42 g										
Food For Life Baking Company 7 Sprouted Grains Bread	160	1	0	30	6	2	8	160	0	160
2 x 1 slice, 68 g										
Total	432	23.9	8.073	38.56	10.6	3.36	20.21	610	40	404
Dinner										
Potatoes (Flesh, with Salt, Boiled)	68	0.08	0.02	15.7	1.6	0.68	1.46	187	0	296
1/2 cup										
Cooked Carrots (from Fresh)	43	2	0.377	6.43	2.3	2.68	0.6	246	0	183
1/2 cup sliced										
Extra Virgin Olive Oil	60	6.75	0.932	0	0	0	0	0	0	
1/2 tbsp										
White Rice (Long-Grain, Cooked)	205	0.44	0.122	44.51	0.6	0.08	4.25	2	0	55
1 cup										
Kroger Boneless Skinless Chicken Thighs	120	4	1	0	0	0	19	190	75	210
4 oz, 112 g										
Total	496	13.27	2.451	66.64	4.5	3.44	25.31	625	75	744
Snacks/Other										
Milk (2% Lowfat with Added Vitamin A)	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Marie Callender's Banana Cream Pie	310	17	9	37	1	22	3	190	30	110
1/8 pie, 124 g										

Monday, December 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Blue Diamond Almond Nut-Thins - Pecan Nut & Rice Cracker Snacks 1/2 x 19 crackers, 15 g	65	1.75	0	11.5	0.5	0	1	65	0	
Cedar's Roasted Red Pepper Hommus 1 container, 71 g	50	3.5	0	4	1	1	1	120	0	
Almonds 10 almonds	69	6.08	0.466	2.37	1.4	0.58	2.55	0	0	87
Nature's Promise Organic Gala Apples 1 medium, 154 g	80	0	0	22	5	16	0	0	0	170
Hormel Black Label Bacon Original 1/4 x 2 pan-fried slices, 5 g	22	1.75	0.62	0	0	0	1.5	82.5	3.75	
Total	657	32.48	11.62	82.58	8.9	45.75	13.08	507.5	43.75	550
Total	**1950**	**93.68**	**32.519**	**211.45**	**30.65**	**58.01**	**73.57**	**2106**	**378.25**	**2308**

Wednesday, December 31, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Simple Truth Uncured Honey Ham	18	0.5	0.12	0.5	0	0.5	2.75	122.5	7.5	
1/4 x 3/4 slice, 0 oz										
Sweet Leaf Liquid Stevia	0	0	0	0	0	0	0	0	0	0
5-8 drops										
Simple Truth Organic Coconut Oil	60	7	6.5	0	0	0	0	0	0	0
1/2 x 1 tbsp, 7 g										
Coffee (Brewed From Grounds)	4	0.07	0.007	0	0	0	0.43	7	0	174
1 1/2 cups (8 fl oz)										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Avocados	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
1/4 avocado, NS as to Florida or California										
Food For Life Baking Company 7 Sprouted Grains Bread	80	0.5	0	15	3	1	4	80	0	80
1 slice, 34 g										
Total	389	25.38	10.794	20.56	6.4	2.6	20.76	353.5	430.5	632
Lunch										
Dinner										
Snacks/Other										
Total	389	25.38	10.794	20.56	6.4	2.6	20.76	353.5	430.5	632