Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	105	1	12.25	12
Lunch	239	4.6	22.35	30.8
Dinner	539	21.26	56.62	31.85
Snacks/Other	109	7.53	9.2	2.12
Total	991	34.39	100.43	76.76

Monday, May 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wal-Mart Sugar Free Maple & Brown Sugar Instant Oatmeal 1 packet, 28 g	100	2	0	18	3	0	4	190	0	90
Lunch										
Simply Bar Protein Bar 1 bar, 40 g	140	4	2.5	16	9	1	15	180	0	60
Lindora Cafe Latte Smoothie 1 bottle	110	0	0	6	1	3	20	170	0	180
Total	250	4	2.5	22	10	4	35	350	0	240
Dinner										
Taco Bell Soft Taco - Beef 4 x 1 serving	760	36	16	68	12	4	36	2000	100	
Snacks/Other										
Total	1110	42	18.5	108	25	8	75	2540	100	330

Tuesday, May 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lindora Cafe Latte Smoothie 1 bottle	110	0	0	6	1	3	20	170	0	180
Lunch										
Simply Bar Protein Bar 1 bar, 40 g	140	4	2.5	16	9	1	15	180	0	60
Chicken Noodle Soup 1 cup	65	2.39	0.658	7.4	0	1.06	3.18	868	14	53
Total	205	6.39	3.158	23.4	9	2.06	18.18	1048	14	113
Dinner										
Kroger 100% Whole Wheat Bread (34g) 4 x 1 slice, 136 g	320	4	2	64	8	12	16	840	0	
Campbell's Classic Chicken Noodle Soup 2 x 1/2 cup, 480 ml	160	2	1	22	2	4	14	1440	40	
Skippy Creamy Peanut Butter 2 tbsp, 32 g	190	16	3	7	2	3	7	150	0	208
Total	670	22	6	93	12	19	37	2430	40	208
Snacks/Other										
Dry Roasted Sunflower Seeds (with Salt Added) 1 oz	165	14.12	1.48	6.82	2.6	0.77	5.48	116	0	241
Total	**1150**	**42.51**	**10.638**	**129.22**	**24.6**	**24.83**	**80.66**	**3764**	**54**	**742**

Wednesday, May 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Instant Oatmeal - Regular 1 packet, 28 g	100	2	0.5	19	3	0	4	75	0	105
Lunch										
Simply Bar Protein Bar 1 bar, 40 g	140	4	2.5	16	9	1	15	180	0	60
Lindora Cafe Latte Smoothie 1 bottle	110	0	0	6	1	3	20	170	0	180
Total	250	4	2.5	22	10	4	35	350	0	240
Dinner										
Green Giant Honey Glazed Carrots 1/2 x 1 cup, 57 g	45	1.5	0.75	7.5	1.5	5.5	0.5	90	0	
Safeway Red Baby Potatoes 5 potatoes, 110 g	80	0		18	2	1	3	0	0	
Pork Roast (Lean Only Eaten) 2 medium slices (approx 4-1/2" x 2-1/2" x 1/4")	175	8.04	2.931	0	0	0	23.9	243	68	355
Total	300	9.54	3.681	25.5	3.5	6.5	27.4	333	68	355
Snacks/Other										
Total	650	15.54	6.681	66.5	16.5	10.5	66.4	758	68	700

Thursday, May 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lindora Cafe Latte Smoothie 1 bottle	110	0	0	6	1	3	20	170	0	180
Lunch										
Simply Bar Protein Bar 1 bar, 40 g	140	4	2.5	16	9	1	15	180	0	60
Lindora Cafe Latte Smoothie 1 bottle	110	0	0	6	1	3	20	170	0	180
Total	250	4	2.5	22	10	4	35	350	0	240
Dinner										
Oscar Mayer Deli Fresh Meats Smoked Turkey Breast 2 oz, 56 g	45	0.5	0	2	0	0	9	450	15	
Kroger Deli Thin Sliced Provolone Cheese 4 x 1 slice, 84 g	160	12	8	0	0	0	12	308	32	
Mission Flour Tortillas (Fajita Size) 2 x 1 tortilla, 66 g	220	5	2	38	2	2	6	620	0	
Total	425	17.5	10	40	2	2	27	1378	47	
Snacks/Other										
BLUE BUNNY Blue Bunny English Toffee Bars 12 ct	130	9	7	12	0	10	1	40	15	65
Tostitos 100% White Corn Bite Size Tortilla Chips 24 chips, 28 g	140	7	1	18	1	0	2	110	0	0
Total	270	16	8	30	1	10	3	150	15	65

Thursday, May 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1055	37.5	20.5	98	14	19	85	2048	62	485