Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	477	12.96	77.24	18.78
Lunch	200	4.62	35.3	7.98
Dinner	465	11	61.65	21.92
Snacks/Other	207	5.07	40.45	1.56
Total	1349	33.65	214.64	50.25

Monday, August 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Arnold 7 Grain Bread 1 slice, 43 g	110	1.5	0	21	3	3	4	150	0	
Reduced Fat Peanut Butter 1 tbsp	94	6.12	1.332	6.42	0.9	1.41	4.66	97	0	120
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
Raspberries 1/2 cup	32	0.4	0.012	7.34	4	2.72	0.74	1	0	93
Kellogg's Frosted Mini-Wheats Strawberry Delight Cereal 43 g	137	0.72	0	33.84	4.32	8.64	3.6	0	0	136.8
Milk (1% Lowfat with Added Vitamin A) 3/4 cup	77	1.78	1.158	9.13	0	9.52	6.17	81	9	274
Total	555	10.91	2.634	104.68	15.32	39.72	20.46	330	9	1045.8
Lunch										
Corn On The Cob with Butter 2 ears	310	6.86	3.285	63.89			8.94	58	12	718
Dinner										
Priano Spicy Arrabiata Sauce 1/2 cup, 123 g	70	3	0	10	2	7	2	55	0	
Tortellini Pasta with Cheese Filling 1 cup	332	7.81	3.888	50.76	2.1	1.03	14.58	372	45	96
Total	402	10.81	3.888	60.76	4.1	8.03	16.58	427	45	96
Snacks/Other										

Monday, August 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nabisco Chips Ahoy! Chocolate Chip Reduced Fat Cookies 2/3 x 3 cookies, 21 g	94	3.35	1.34	15.41	0.67	7.37	1.34	100.5	0	
Kellogg's Special K Cracker Chips - Sea Salt 30 chips, 30 g	110	2.5	0	23	3	0	2	230	0	260
Total	204	5.85	1.34	38.41	3.67	7.37	3.34	330.5	0	260
Total	1471	34.43	11.147	267.74	23.09	55.12	49.32	1145.5	66	2119.8

Tuesday, August 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Butter 1 1/2 pats (1" sq, 1/3" high)	54	6.08	3.853	0	0	0	0.06	1	16	2
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Milk (1% Lowfat with Added Vitamin A) 1/4 cup	26	0.59	0.386	3.04	0	3.17	2.06	27	3	92
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
Arnold 7 Grain Bread 2 x 1 slice, 86 g	220	3	0	42	6	6	8	300	0	
Total	484	15.12	5.93	72.37	9.1	23.98	18.27	408	231	815
Lunch										
Lean Cuisine Culinary Collection Parmesan Crusted Fish 1 package, 255 g	290	7	1.5	42	2	8	15	570	25	720
Dinner										
Chardonnay Wine 1 5 fl oz serving	122	0	0	3.43	0	0.71	0.1	4	0	
Schwan's Grilled Onions and Mushrooms 3/4 cup, 75 g	50	2		6	2	2	2	180	0	0
Bell Peppers 1 medium (approx 2-3/4" long, 2-1/2" dia)	31	0.36	0.07	7.18	2.4	5	1.18	2	0	

Tuesday, August 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Trader Joe's Thai Red Curry Sauce	80	6	3.5	7	1	3	1	920	5	
1/4 cup, 60 g										
Egg Noodles (Enriched, Cooked)	221	3.31	0.67	40.26	1.9	0.64	7.26	8	46	61
1 cup										
Toasted Pita Bread	79	0.34	0.047	15.91	0.6	0.37	2.6	153	0	34
1 small (4" dia)										
Athenos Roasted Garlic Hummus	60	4	0	5	1	1	2	170	0	
2 tbsp, 27 g										
Total	643	16.01	4.287	84.78	8.9	12.72	16.14	1437	51	95
Snacks/Other										
Gummy Bears	174	0	0	43.52	0	25.95	0	19	0	
20 gummy bears										
Glutino Lemon Wafer Cookies	150	6	4	24	0	15	0	25	0	
3 wafers, 30 g										
Nabisco Chips Ahoy! Chocolate Chip Reduced Fat Cookies	94	3.35	1.34	15.41	0.67	7.37	1.34	100.5	0	
2/3 x 3 cookies, 21 g										
Total	418	9.35	5.34	82.93	0.67	48.32	1.34	144.5	0	
Total	**1835**	**47.48**	**17.057**	**282.08**	**20.67**	**93.02**	**50.75**	**2559.5**	**307**	**1630**

Wednesday, August 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Reduced Fat Peanut Butter 1 1/2 tbsps	140	9.18	1.998	9.63	1.4	2.11	6.99	146	0	181
Arnold 7 Grain Bread 2 x 1 slice, 86 g	220	3	0	42	6	6	8	300	0	
Milk (1% Lowfat with Added Vitamin A) 1/4 cup	26	0.59	0.386	3.04	0	3.17	2.06	27	3	92
Coffee (Brewed From Grounds) 2 cups (8 fl oz)	5	0.09	0.009	0	0	0	0.57	9	0	232
Total	391	12.86	2.393	54.67	7.4	11.28	17.62	482	3	505
Lunch										
Dinner										
Butter (Salted) 1 pat (1" sq, 1/3" high)	36	4.06	2.568	0	0	0	0.04	29	11	1
Broccoli 1 cup chopped	31	0.34	0.035	6.04	2.4	1.55	2.57	30	0	288
White Rice (Long-Grain, Cooked) 3/4 cup	154	0.33	0.091	33.38	0.5	0.06	3.19	1	0	41
Skinless Chicken Breast 1/2 breast, bone and skin removed	130	1.46	0.389	0	0	0	27.25	77	68	
Total	351	6.19	3.083	39.42	2.9	1.61	33.05	137	79	330
Snacks/Other										
Total	**742**	**19.05**	**5.476**	**94.09**	**10.3**	**12.89**	**50.67**	**619**	**82**	**835**