Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	453	12.96	51.31	32.65
Lunch	901	36.9	119.78	24.44
Dinner	791	36.62	79.35	37.54
Snacks/Other				
Total	**2146**	**86.48**	**250.43**	**94.63**

Monday, October 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Chocolate Chip Cookie 4 medium (approx 2" dia)	196	9.89	3.066	25.62	1.2	13.74	2.2	119	0	59
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Instant Oatmeal: Maple & Brown Sugar 1 packet	160	2	0	33	3	13	4	230	0	
Elite Gourmet Milk Chocolate 1 Scoop (32.4g)	125	1.5	0.5	6	1		21	95	20	
Mega Men Sport Vitapak 1 pack	0	0	0	0	0	0	0	0	0	80
Water 32 fl oz	0	0	0	0	0	0	0	19	0	
Milk (Nonfat with Added Vitamin A) 1 cup	83	0.2	0.287	12.15	0	12.47	8.26	103	5	382
Total	569	13.68	3.862	76.96	5.2	39.21	36.03	575	25	744
Lunch										
Brownie 2 brownies (2" square)	258	9.36	1.943	42.53	1.5	25	3.24	101	24	121
Nature Valley Nature Valley Nature Valley Crunchy Granola Bars - Oats 'N Honey 3 x 2 bars, 126 g	570	18	1.5	87	6	36	12	480	0	
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	833	27.45	3.452	129.72	7.5	61	15.81	590	24	344

Monday, October 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Chicken Stir Fry 1 cup	186	10.07	3.245	6.45	1.3	3.62	17.32	678	154	
Snacks/Other										
Total	**1588**	**51.2**	**10.559**	**213.13**	**14**	**103.83**	**69.16**	**1843**	**203**	**1088**

Tuesday, October 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Instant Oatmeal: Maple & Brown Sugar 1 packet	160	2	0	33	3	13	4	230	0	
Elite Gourmet Milk Chocolate 1 Scoop (32.4g)	125	1.5	0.5	6	1		21	95	20	
Mega Men Sport Vitapak 1 pack	0	0	0	0	0	0	0	0	0	80
Water 32 fl oz	0	0	0	0	0	0	0	19	0	
Milk (Nonfat with Added Vitamin A) 1 cup	83	0.2	0.287	12.15	0	12.47	8.26	103	5	382
Total	373	3.79	0.796	51.34	4	25.47	33.83	456	25	685
Lunch										
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Reese's Big Cup (King Size) 1 cup, 1.4 oz	200	12	4	22	1	19	5	150	5	
Nestle Crunch Candy Bar 1 bar, 43.9 g	220	11	7	30	1	24	2	60	5	
Nature Valley Nature Valley Nature Valley Crunchy Granola Bars - Oats 'N Honey 3 x 2 bars, 126 g	570	18	1.5	87	6	36	12	480	0	
Total	995	41.09	12.509	139.19	8	79	19.57	699	10	223

Tuesday, October 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Chocolate Chip Cookie 12 medium (approx 2" dia)	587	29.68	9.198	76.87	3.5	41.21	6.6	356	0	178
Red Bull Red Bull Sugar Free (8 oz) 1 can, 8.4 oz	10	0	0	3	0	0	0.5	100	0	
Chicken Stir Fry 1 cup	186	10.07	3.245	6.45	1.3	3.62	17.32	678	154	
Total	783	39.75	12.443	86.32	4.8	44.83	24.42	1134	154	178
Snacks/Other										
Total	2151	84.63	25.748	276.85	16.8	149.3	77.82	2289	189	1086

Wednesday, October 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Instant Oatmeal: Maple & Brown Sugar 1 packet	160	2	0	33	3	13	4	230	0	
Elite Gourmet Milk Chocolate 1 Scoop (32.4g)	125	1.5	0.5	6	1		21	95	20	
Mega Men Sport Vitapak 1 pack	0	0	0	0	0	0	0	0	0	80
Water 32 fl oz	0	0	0	0	0	0	0	19	0	
Milk (Nonfat with Added Vitamin A) 1 cup	83	0.2	0.287	12.15	0	12.47	8.26	103	5	382
Total	373	3.79	0.796	51.34	4	25.47	33.83	456	25	685
Lunch										
Nestle Crunch Candy Bar 1/2 x 1 bar, 21.95 g	110	5.5	3.5	15	0.5	12	1	30	2.5	
Nature Valley Nature Valley Nature Valley Crunchy Granola Bars - Oats 'N Honey 3 x 2 bars, 126 g	570	18	1.5	87	6	36	12	480	0	
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	685	23.59	5.009	102.19	6.5	48	13.57	519	2.5	223
Dinner										
Potato French Fries	156	8.01	1.869	20.33	1.9	0.33	1.98	171	0	300

Wednesday, October 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 order										
Red Bull Red Bull Energy Drink (8.4 oz)	110	0	0	28	0	27	0	100	0	0
1 can, 8.4 oz										
Chocolate Chip Cookie	685	34.62	10.731	89.68	4.1	48.08	7.7	416	0	207
14 medium (approx 2" dia)										
Stir Fried Vegetables	122	6.9	2.523	8.78	1.7	4.93	7.38	867	150	
1 cup										
Total	1073	49.53	15.123	146.79	7.7	80.34	17.06	1554	150	507

Snacks/Other

Total	2131	76.91	20.928	300.32	18.2	153.81	64.46	2529	177.5	1415

Thursday, October 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Instant Oatmeal: Maple & Brown Sugar 1 packet	160	2	0	33	3	13	4	230	0	
Elite Gourmet Milk Chocolate 1 Scoop (32.4g)	125	1.5	0.5	6	1		21	95	20	
Mega Men Sport Vitapak 1 pack	0	0	0	0	0	0	0	0	0	80
Water 32 fl oz	0	0	0	0	0	0	0	19	0	
Milk (Nonfat with Added Vitamin A) 1 cup	83	0.2	0.287	12.15	0	12.47	8.26	103	5	382
Total	**373**	**3.79**	**0.796**	**51.34**	**4**	**25.47**	**33.83**	**456**	**25**	**685**
Lunch										
Monster Beverage Zero Ultra 2 x 1 cup, 16 oz	0	0	0	2	0	0	0	360	0	
Tuna Sandwich 1 sandwich	323	8.2	1.415	40.3	1.6	6.45	21.63	891	24	
Potato Chips 1 single serving bag	153	10.49	3.069	13.93	1.2	1.15	1.84	147	0	460
Chocolate Chip Cookie 1 very large (3-1/2" - 4" dia)	196	9.89	3.066	25.62	1.2	13.74	2.2	119	0	59
Nature Valley Crunchy Granola Bars - Oats 'N Honey 3 x 2 bars, 126 g	570	18	1.5	87	6	36	12	480	0	
Total	**1242**	**46.58**	**9.05**	**168.85**	**10**	**57.34**	**37.67**	**1997**	**24**	**519**

Thursday, October 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Chicken Wing 8 "drummette" (mini drumstick from a wing)	438	29.34	8.215	0	0	0	40.49	614	126	278
Potato French Fries 1 order	156	8.01	1.869	20.33	1.9	0.33	1.98	171	0	300
Total	594	37.35	10.084	20.33	1.9	0.33	42.47	785	126	578
Snacks/Other										
Total	**2209**	**87.72**	**19.93**	**240.52**	**15.9**	**83.14**	**113.97**	**3238**	**175**	**1782**

Friday, October 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Instant Oatmeal: Maple & Brown Sugar 1 packet	160	2	0	33	3	13	4	230	0	
Elite Gourmet Milk Chocolate 1 Scoop (32.4g)	125	1.5	0.5	6	1		21	95	20	
Mega Men Sport Vitapak 1 pack	0	0	0	0	0	0	0	0	0	80
Water 32 fl oz	0	0	0	0	0	0	0	19	0	
Milk (Nonfat with Added Vitamin A) 1 cup	83	0.2	0.287	12.15	0	12.47	8.26	103	5	382
Total	373	3.79	0.796	51.34	4	25.47	33.83	456	25	685
Lunch										
Reese's Big Cup (King Size) 2 x 1 cup, 2.8 oz	400	24	8	44	2	38	10	300	10	
Monster Beverage Zero Ultra 2 x 1 cup, 16 oz	0	0	0	2	0	0	0	360	0	
Nature Valley Nature Valley Nature Valley Crunchy Granola Bars - Oats 'N Honey 3 x 2 bars, 126 g	570	18	1.5	87	6	36	12	480	0	
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	975	42.09	9.509	133.19	8	74	22.57	1149	10	223

Friday, October 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Ham and Cheese Sandwich 1/2 sandwich	176	7.74	3.219	16.67			10.34	385	29	145
Chocolate Chip Cookie 4 medium (approx 2" dia)	196	9.89	3.066	25.62	1.2	13.74	2.2	119	0	59
Meatball and Spaghetti Sauce Submarine Sandwich 1 sandwich	438	20.62	7.817	33.28	1.3	7.98	28.24	648	77	474
Total	810	38.25	14.102	75.57	2.5	21.72	40.78	1152	106	678
Snacks/Other										
Total	**2158**	**84.13**	**24.407**	**260.1**	**14.5**	**121.19**	**97.18**	**2757**	**141**	**1586**

Saturday, October 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jimmy Dean Original Fresh Pork Sausage Links 1 1/3 x 3 cooked links, 70 g	226	17.29	5.98	2.66	0	0	13.3	505.4	46.55	
Smucker's Strawberry Jam 1 tbsp, 20 g	50	0	0	13	0	12	0	0	0	
Toasted White Bread 2 slices	129	1.76	0.254	23.94	1.1	2.09	3.96	260	0	58
Boiled Egg 2 medium	136	9.3	2.864	0.99	0	0.99	11.03	245	371	111
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
GNC Mega Men Sport Vitapak 1 pack	0	0	0	0	0	0	0	0	0	80
Water 32 fl oz	0	0	0	0	0	0	0	19	0	
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	556	28.62	9.125	41.16	1.1	15.08	30	1056.4	417.55	918
Lunch										
Monster Beverage Zero Ultra 2 x 1 cup, 16 oz	0	0	0	2	0	0	0	360	0	
No Name Chicken Strips 1/4 x 3 strips, 24 g	62	3.75	0.88	4.5	0.25		2.5	170	12.5	
Brownie 1 brownie (2" square)	129	4.68	0.972	21.26	0.7	12.5	1.62	50	12	61

Saturday, October 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Beef Barbecue Sandwich or Sloppy Joe on Bun 3/4 barbecue sandwich	259	9.81	3.302	26.85	1.5	4.83	14.9	865	35	282
Total	450	18.24	5.154	54.61	2.45	17.33	19.02	1445	59.5	343
Dinner										
Ham and Cheese Sandwich 1 1/2 sandwiches	528	23.21	9.656	50.02			31.03	1156	88	436
Chocolate Chip Cookie 1 medium (approx 2" dia)	49	2.47	0.766	6.41	0.3	3.43	0.55	30	0	15
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Noodles 1 cup cooked	219	3.3	0.668	40.02	1.9	0.64	7.22	378	46	61
Cottage Cheese 1 cup, small curd (not packed)	232	10.15	6.419	6.03	0	0.65	28.1	911	34	189
Corn 1/2 cup	66	0.91	0.14	14.65	2.1	2.48	2.48	12	0	208
Green Peas 1/2 cup	59	0.29	0.051	10.48	3.7	4.11	3.93	4	0	177
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Pumpkin Pie 1/2 piece (1/8 9" dia)	158	7.21	2.458	20.46			3.49	174	33	144
Total	1485	54.2	22	148.45	8	11.31	102.76	3013	271	1880
Snacks/Other										

Saturday, October 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2491	101.06	36.279	244.22	11.55	43.72	151.78	5514.4	748.05	3141

Sunday, October 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mashed Potato 1 cup	210	7.43	1.661	33.01	2.7	2.9	3.78	485	2	546
Scrambled Egg 2 eggs	199	15.21	5.784	1.96	0	1.43	13.01	211	400	138
Bacon 5 thin slices (yield after cooking)	135	10.44	3.435	0.36	0	0	9.26	578	28	141
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
GNC Mega Men Sport Vitapak 1 pack	0	0	0	0	0	0	0	0	0	80
Water 32 fl oz	0	0	0	0	0	0	0	19	0	
Coffee 1 large fast food order	5	0.09	0.009	0.19	0	0	0.57	9	0	223
Total	554	33.26	10.898	35.71	2.7	4.33	27.19	1311	430	1351
Lunch										
Chocolate Chip Cookie 5 medium (approx 2" dia)	244	12.36	3.832	32.03	1.4	17.17	2.75	148	0	74
Chimichanga with Beef and Cheese 2 chimichangas	886	46.88	22.355	78.65			40.11	1914	102	406
Total	1130	59.24	26.187	110.68	1.4	17.17	42.86	2062	102	480
Dinner										
M&M's Milk Chocolate M&M's 1/4 cup, 1.5 oz	210	9	6	30	1	27	2	25	5	
Pizza with Meat	397	18.22	7.248	41.51	2.1	2.65	15.96	915	32	272

Sunday, October 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 pieces (1/8 12" dia)										
Total	607	27.22	13.248	71.51	3.1	29.65	17.96	940	37	272
Snacks/Other										
Total	2291	119.72	50.333	217.9	7.2	51.15	88.01	4313	569	2103