Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	487	39.92	12.09	23.81
Lunch	395	29.56	12.39	25.26
Dinner	763	31.91	36.8	55.77
Snacks/Other	292	23.88	9.52	15.9
Total	1936	125.27	70.79	120.73

Monday, May 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wild Planet Wild Pacific Sardines in Extra Virgin Olive Oil	158	8.75	1.75	0	0	0	22.75	472.5	61.25	
1 3/4 x 2 oz drained, 98 g										
Dunkin' Donuts Coffee	15	0	0	3	0	0	0	15	0	
3 x 1 serving, 30 oz										
Trader Joe's Raw Unsalted Crunchy Almond Butter	285	25.5	1.5	9	4.5	3	12	0	0	
1 1/2 x 2 tbsp, 48 g										
Farmers Harvest Free Range Organic Grade A Brown Eggs	70	4.5	1.5	1			6	65	215	
1 egg, 50 g										
Spectrum Organic Virgin Coconut Oil	150	17.5	15	0	0	0	0	0	0	
1 1/4 x 1 tbsp, 18 g										
Total	678	56.25	19.75	13	4.5	3	40.75	552.5	276.25	
Lunch										
Dinner										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
Butter	153	17.28	10.941	0.01	0	0.01	0.18	2	46	5
1 1/2 tbsps										
Frieda's Celery Root	35	0	0	8	2	2	1	85	0	
3/4 cup, 85 g										
Cooked Artichoke (from Fresh)	84	2.86	0.545	13.59	6.5	1.2	4.21	405	0	429
1 medium globe										
Jennie-O Lean Taco Seasoned Ground Turkey	340	18	6	4	0	2	38	1080	160	

Monday, May 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 4 oz, 226 g										
Synergy Passionberry Bliss Kombucha	70	0	0	16		8	0	20	0	
2 x 1/2 bottle, 16 oz										
Total	807	38.14	17.486	45.44	8.5	14.12	43.49	1598	206	621
Snacks/Other										
Almonds	246	21.53	1.65	8.39	5	2.04	9.04	0	0	310
1 1/2 oz										
Intex Evolution Protein	160	1	0	2	1	1	34	35	5	
1scoop (40)										
Trader Joe's Raw Unsalted Crunchy Almond Butter	238	21.25	1.25	7.5	3.75	2.5	10	0	0	
1 1/4 x 2 tbsp, 40 g										
Blueberries	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
1/4 cup										
Total	665	43.9	2.91	23.14	10.65	9.15	53.31	35	5	338
Total	**2150**	**138.29**	**40.146**	**81.58**	**23.65**	**26.27**	**137.55**	**2185.5**	**487.25**	**959**

Tuesday, May 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts Coffee	15	0	0	3	0	0	0	15	0	
3 x 1 serving, 30 oz										
Trader Joe's Raw Unsalted Crunchy Almond Butter	190	17	1	6	3	2	8	0	0	
2 tbsp, 32 g										
Farmers Harvest Free Range Organic Grade A Brown Eggs	210	13.5	4.5	3			18	195	645	
3 x 1 egg, 150 g										
Spectrum Organic Virgin Coconut Oil	150	17.5	15	0	0	0	0	0	0	
1 1/4 x 1 tbsp, 18 g										
Kirkland Signature Shredded Cheddar/Jack Cheese	110	9		0.5			7			
1/4 cup, 28 g										
Bacon (Cured, Pan-Fried, Cooked)	84	6.37	2.1	0.24	0	0	6.06	384	18	93
2 slices cooked										
Total	759	63.37	22.6	12.74	3	2	39.06	594	663	93
Lunch										
Dinner										
GT's Organic Raw Kombucha (Bottle)	30	0		7		2	0	10		
1/2 x 1 bottle, 240 ml										
Taylor Farms Sweet Kale Chopped Salad (Salad Only)	140	0	0	24	12	8	8	100	0	
4 x 1 cup, 400 g										
Cooked Artichoke (from Fresh)	105	3.6	0.684	17.07	8.2	1.51	5.29	509	0	539
1 large globe										

Tuesday, May 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Roasted Broiled or Baked Chicken Breast 8 oz boneless	442	17.51	4.926	0	0	0	67.02	891	188	551
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Total	842	21.11	5.61	51.91	20.2	12.42	80.41	1516	188	1277
Snacks/Other										
Trader Joe's Raw Unsalted Crunchy Almond Butter 1 3/4 x 2 tbsp, 56 g	332	29.75	1.75	10.5	5.25	3.5	14	0	0	
Total	1933	114.23	29.96	75.15	28.45	17.92	133.47	2110	851	1370

Wednesday, May 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Albertsons Heavy Whipping Cream	135	13.5	7.5	3	0	3	0	15	45	
3 x 1 tbsp, 45 ml										
Dunkin' Donuts Coffee	15	0	0	3	0	0	0	15	0	
3 x 1 serving, 30 oz										
Spectrum Organic Virgin Coconut Oil	150	17.5	15	0	0	0	0	0	0	
1 1/4 x 1 tbsp, 18 g										
Total	300	31	22.5	6	0	3	0	30	45	
Lunch										
Trader Joe's Raw Unsalted Crunchy Almond Butter	238	21.25	1.25	7.5	3.75	2.5	10	0	0	
1 1/4 x 2 tbsp, 40 g										
GT's Organic Raw Kombucha (Bottle)	30	0		7		2	0	10		
1/2 x 1 bottle, 240 ml										
Lucerne Sharp Cheddar Cheese, shredded	90	7.5	3.75	0.75	0	0	5.25	142.5	22.5	0
3/4 x 1/4 cup (30 g.)										
Taylor Farms Celery Sticks	25	0	0	5	2	1	1	125	0	
6 sticks										
Cooked Artichoke (from Fresh)	42	1.43	0.272	6.79	3.2	0.6	2.11	202	0	214
1/2 medium globe										
Simply Balanced Organic Roasted Red Pepper Hummus	70	5	0	5	1	1	2	190	0	
2 tbsp, 28 g										
Wild Planet Wild Pacific Sardines in Extra Virgin Olive Oil	158	8.75	1.75	0	0	0	22.75	472.5	61.25	
1 3/4 x 2 oz drained, 98 g										

Wednesday, May 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	653	43.93	7.022	32.04	9.95	7.1	43.11	1142	83.75	214
Dinner										
Cooked Asparagus (from Fresh, Fat Not Added in Cooking)	40	0.4	0.127	7.36	3.6	2.32	4.3	396	0	401
1 cup										
Carrots	52	0.31	0.047	12.26	3.6	5.81	1.19	88	0	410
1 cup chopped										
Roasted Broiled or Baked Chicken Breast	442	17.51	4.926	0	0	0	67.02	891	188	551
8 oz boneless										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
Total	659	18.22	5.1	23.46	7.2	9.04	72.61	1381	188	1549
Snacks/Other										
Trader Joe's Raw Unsalted Crunchy Almond Butter	380	34	2	12	6	4	16	0	0	
2 x 2 tbsp, 64 g										
Total	1992	127.15	36.622	73.5	23.15	23.14	131.72	2553	316.75	1763

Thursday, May 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Farmers Harvest Free Range Organic Grade A Brown Eggs	70	4.5	1.5	1			6	65	215	
1 egg, 50 g										
Dunkin' Donuts Coffee	15	0	0	3	0	0	0	15	0	
3 x 1 serving, 30 oz										
Spectrum Organic Virgin Coconut Oil	150	17.5	15	0	0	0	0	0	0	
1 1/4 x 1 tbsp, 18 g										
Dunkin' Donuts French Vanilla Coffee	10	0	0	1	0	0	0	5	0	
1 serving, 10 oz										
Total	245	22	16.5	5	0	0	6	85	215	
Lunch										
Go Raw Sprouted Pumpkin Seeds	180	15	2	5	2	0	7	190	0	
1/4 cup, 28 g										
Taylor Farms Celery Sticks	25	0	0	5	2	1	1	125	0	
6 sticks										
Lucerne Sharp Cheddar Cheese, shredded	90	7.5	3.75	0.75	0	0	5.25	142.5	22.5	0
3/4 x 1/4 cup (30 g.)										
Simply Balanced Organic Roasted Red Pepper Hummus	70	5	0	5	1	1	2	190	0	
2 tbsp, 28 g										
Wild Planet Wild Pacific Sardines in Extra Virgin Olive Oil	158	8.75	1.75	0	0	0	22.75	472.5	61.25	
1 3/4 x 2 oz drained, 98 g										
Total	523	36.25	7.5	15.75	5	2	38	1120	83.75	0

Thursday, May 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Pecan Nuts 1 oz (20 halves)	196	20.4	1.752	3.93	2.7	1.13	2.6	0	0	116
Roasted Broiled or Baked Chicken Breast 4 oz boneless	221	8.75	2.463	0	0	0	33.51	446	94	276
GT's Organic Raw Kombucha (Bottle) 1 bottle, 480 ml	60	0		14		4	0	20		
Taylor Farms Sweet Kale Chopped Salad (Salad Only) 4 x 1 cup, 400 g	140	0	0	24	12	8	8	100	0	
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Total	742	29.15	4.215	45.77	14.7	14.04	44.21	572	94	579
Snacks/Other										
Trader Joe's Raw Unsalted Crunchy Almond Butter 1 1/2 x 2 tbsp, 48 g	285	25.5	1.5	9	4.5	3	12	0	0	
Total	**1795**	**112.9**	**29.715**	**75.52**	**24.2**	**19.04**	**100.21**	**1777**	**392.75**	**579**

Friday, May 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Wild Planet Wild Pacific Sardines in Extra Virgin Olive Oil	158	8.75	1.75	0	0	0	22.75	472.5	61.25	
1 3/4 x 2 oz drained, 98 g										
Trader Joe's Raw Unsalted Crunchy Almond Butter	570	51	3	18	9	6	24	0	0	
3 x 2 tbsp, 96 g										
Dunkin' Donuts Coffee	15	0	0	3	0	0	0	15	0	
3 x 1 serving, 30 oz										
Total	743	59.75	4.75	21	9	6	46.75	487.5	61.25	
Lunch										
Dinner										
Great Value Sharp Cheddar Cheese	220	18	10	0	0	0	14	360	50	50
2 x 1 oz , 56 g										
Roasted Broiled or Baked Chicken Breast	332	13.13	3.694	0	0	0	50.26	668	141	413
6 oz boneless										
Red Table Wine	250	0	0	7.67	0	1.82	0.21	12	0	373
2 5 fl oz servings										
Cooked Artichoke (from Fresh)	105	3.6	0.684	17.07	8.2	1.51	5.29	509	0	539
1 large globe										
Total	907	34.73	14.378	24.74	8.2	3.33	69.76	1549	191	1375
Snacks/Other										
Trader Joe's Raw Unsalted Crunchy Almond Butter	380	34	2	12	6	4	16	0	0	
2 x 2 tbsp, 64 g										

Friday, May 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2030	128.48	21.128	57.74	23.2	13.33	132.51	2036.5	252.25	1375

Saturday, May 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon (Cured, Pan-Fried, Cooked)	126	9.55	3.15	0.36	0	0	9.09	575	27	140
3 slices cooked										
Farmers Harvest Free Range Organic Grade A Brown Eggs	210	13.5	4.5	3			18	195	645	
3 x 1 egg, 150 g										
Kirkland Signature Shredded Cheddar/Jack Cheese	110	9		0.5			7			
1/4 cup, 28 g										
Dunkin' Donuts French Vanilla Coffee	10	0	0	1	0	0	0	5	0	
1 serving, 10 oz										
Spectrum Organic Virgin Coconut Oil	30	3.5	3	0	0	0	0	0	0	
1/4 x 1 tbsp, 4 g										
Dunkin' Donuts Coffee	15	0	0	3	0	0	0	15	0	
3 x 1 serving, 30 oz										
Total	501	35.55	10.65	7.86	0	0	34.09	790	672	140
Lunch										
Dinner										
Avocados	322	29.47	4.273	17.15	13.5	1.33	4.02	14	0	975
1 avocado, NS as to Florida or California										
Snak Club Raw Almonds	180	15	1	6	4	0	6	0	0	
1/4 cup, 30 g										
Harvest Snaps Snapea Crisps Black Pepper	120	6	0.5	16	3	1	5	85	0	210
22 pieces, 1 oz										

Saturday, May 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Sharp Cheddar Cheese 1 1/4 x 1 oz , 35 g	138	11.25	6.25	0	0	0	8.75	225	31.25	31.25
Cooked Asparagus (from Fresh, Fat Not Added in Cooking) 1/2 cup	20	0.2	0.064	3.68	1.8	1.16	2.15	198	0	201
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
GT's Organic Raw Kombucha (Bottle) 1/2 x 1 bottle, 240 ml	30	0		7		2	0	10		
Cooked Artichoke (from Fresh) 1/2 large globe	53	1.8	0.342	8.53	4.1	0.75	2.65	254	0	269
Pecan Nuts 1/4 oz (20 halves)	49	5.1	0.438	0.98	0.7	0.28	0.65	0	0	29
Roasted Broiled or Baked Chicken Breast 6 oz boneless	332	13.13	3.694	0	0	0	50.26	668	141	413
Carrots 1/4 cup chopped	13	0.08	0.012	3.07	0.9	1.45	0.3	22	0	102
Total	1382	82.03	16.573	66.25	28	8.88	79.88	1482	172.25	2417.25

Snacks/Other

Total	1883	117.58	27.223	74.11	28	8.88	113.97	2272	844.25	2557.25

Sunday, May 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
GT's Organic Raw Kombucha (Bottle)	30	0		7		2	0	10		
1/2 x 1 bottle, 240 ml										
Dunkin' Donuts Coffee	15	0	0	3	0	0	0	15	0	
3 x 1 serving, 30 oz										
Spectrum Organic Virgin Coconut Oil	60	7	6	0	0	0	0	0	0	
1/2 x 1 tbsp, 7 g										
Grove Square Caramel Cappuccino K Cup	80	4.5	4.5	9		5	0	170	0	
1 cup, 15 g										
Total	185	11.5	10.5	19	0	7	0	195	0	
Lunch										
Carrots	30	0.17	0.027	6.9	2	3.27	0.67	50	0	230
1 large (7-1/4" to 8-1/2" long)										
Wild Planet Wild Pacific Sardines in Extra Virgin Olive Oil	158	8.75	1.75	0	0	0	22.75	472.5	61.25	
1 3/4 x 2 oz drained, 98 g										
Kirkland Signature Fully Cooked Bacon	120	9	4.5	0			9	525	30	
1 1/2 x 2 slices, 27 g										
Scrambled Egg (Whole, Cooked)	304	22.34	6.733	4.03	0	3.17	20.29	512	644	253
3 large										
Trader Joe's Raw Unsalted Crunchy Almond Butter	855	76.5	4.5	27	13.5	9	36	0	0	
4 1/2 x 2 tbsp, 144 g										
Lucerne Sharp Cheddar Cheese, shredded	120	10	5	1	0	0	7	190	30	0

Sunday, May 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup (30 g.)										
Total	1587	126.76	22.51	38.93	15.5	15.44	95.71	1749.5	765.25	483
Dinner										
Snacks/Other										
Total	1772	138.26	33.01	57.93	15.5	22.44	95.71	1944.5	765.25	483