Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	560	34.9	19.96	41.59
Lunch	556	31.61	22.3	48.21
Dinner	333	14.2	17.15	32.8
Snacks/Other	180	8.5	4	21
Total	**1630**	**89.2**	**63.4**	**143.6**

Tuesday, July 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dunkin' Donuts Coffee 1 1/4 x 1 serving, 12 oz	6	0	0	1.25	0	0	0	6.25	0	
Lucerne Sharp Cheddar Cheese, shredded 1/4 cup (30 g.)	120	10	5	1	0	0	7	190	30	0
Bacon (Cured, Pan-Fried, Cooked) 2 slices cooked	84	6.37	2.1	0.24	0	0	6.06	384	18	93
Blueberries 1/2 cup	41	0.24	0.02	10.51	1.7	7.22	0.54	1	0	56
Farmers Harvest Free Range Organic Grade A Brown Eggs 4 x 1 egg, 200 g	280	18	6	4			24	260	860	
Kirkland Signature Dark Chocolate Super Fruits 1/2 x 1/4 cup, 20 g	90	5	3	13	1.5	10.5	1	0	0	
Total	621	39.61	16.12	30	3.2	17.72	38.6	841.25	908	149
Lunch										
Chicken Breast (Skin Not Eaten) 4 1/2 oz boneless, cooked (yield after skin removed)	192	4.14	1.172	0	0	0	35.99	463	98	297
Almonds 1 1/2 oz	246	21.53	1.65	8.39	5	2.04	9.04	0	0	310
Grapefruit 1/2 medium (approx 4" dia)	41	0.13	0.018	10.34	1.4	8.93	0.81	0	0	178
Carrots 2 large (7-1/4" to 8-1/2" long)	59	0.35	0.053	13.8	4	6.54	1.34	99	0	461
Total	538	26.15	2.893	32.53	10.4	17.51	47.18	562	98	1246

Tuesday, July 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Chicken Breast (Skin Not Eaten) 6 oz boneless, cooked (yield after skin removed)	256	5.52	1.562	0	0	0	47.99	618	131	396
Zucchini 1 medium	31	0.35	0.073	6.57	2.2	3.39	2.37	20	0	514
R.W. Knudsen Family 2% Lowfat Cottage Cheese 1/2 x 1/2 cup, 59.5 g	45	1.25	0.75	3	0	2	5.5	205	7.5	0
Total	332	7.12	2.385	9.57	2.2	5.39	55.86	843	138.5	910
Snacks/Other										
o organics peanut butter 2 tbsp, 32 g	200	16	4	6	2	2	8	85		
Intex Evolution Protein 1scoop (40)	160	1	0	2	1	1	34	35	5	
Total	360	17	4	8	3	3	42	120	5	
Total	**1851**	**89.88**	**25.398**	**80.1**	**18.8**	**43.62**	**183.64**	**2366.25**	**1149.5**	**2305**

Wednesday, July 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
David Seeds Pumpkin Seeds 1/2 x 1/4 cup, 15 g	95	8	1.5	0.5	0.5	0	5	17.5	0	
Dunkin' Donuts Coffee 1 1/4 x 1 serving, 12 oz	6	0	0	1.25	0	0	0	6.25	0	
Lucerne Sharp Cheddar Cheese, shredded 1/4 cup (30 g.)	120	10	5	1	0	0	7	190	30	0
Bacon (Cured, Pan-Fried, Cooked) 2 slices cooked	84	6.37	2.1	0.24	0	0	6.06	384	18	93
Farmers Harvest Free Range Organic Grade A Brown Eggs 4 x 1 egg, 200 g	280	18	6	4			24	260	860	
Total	585	42.37	14.6	6.99	0.5	0	42.06	857.75	908	93
Lunch										
Grapefruit 1/2 medium (approx 4" dia)	41	0.13	0.018	10.34	1.4	8.93	0.81	0	0	178
Zucchini 1 large	52	0.58	0.12	10.82	3.6	5.59	3.91	32	0	846
Almonds 1 1/2 oz	246	21.53	1.65	8.39	5	2.04	9.04	0	0	310
Chicken Breast (Skin Not Eaten) 6 oz boneless, cooked (yield after skin removed)	256	5.52	1.562	0	0	0	47.99	618	131	396
Total	595	27.76	3.35	29.55	10	16.56	61.75	650	131	1730
Dinner										

Wednesday, July 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Ground Beef (85% Lean / 15% Fat)	421	29.4	11.495	0	0	0	36.44	129	133	578
7 oz										
Corner Bakery Cafe Mixed Green Salad	240	16		18	4		4	480		
2 x 1 serving with dressing										
Total	661	45.4	11.495	18	4	0	40.44	609	133	578
Snacks/Other										
o organics peanut butter	200	16	4	6	2	2	8	85		
2 tbsp, 32 g										
Intex Evolution Protein	160	1	0	2	1	1	34	35	5	
1scoop (40)										
Total	360	17	4	8	3	3	42	120	5	
Total	**2201**	**132.53**	**33.445**	**62.54**	**17.5**	**19.56**	**186.25**	**2236.75**	**1177**	**2401**

Thursday, July 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader joes Lacey swiss and colby marbled cheese slices 1 slice	100	8	4.5	1	0	0	8	35	25	
Farmers Harvest Free Range Organic Grade A Brown Eggs 4 x 1 egg, 200 g	280	18	6	4			24	260	860	
Dunkin' Donuts Coffee 1 1/4 x 1 serving, 12 oz	6	0	0	1.25	0	0	0	6.25	0	
Bacon (Cured, Pan-Fried, Cooked) 2 slices cooked	84	6.37	2.1	0.24	0	0	6.06	384	18	93
Total	**470**	**32.37**	**12.6**	**6.49**	**0**	**0**	**38.06**	**685.25**	**903**	**93**
Lunch										
Pecan Nuts 1/2 oz (20 halves)	98	10.2	0.876	1.96	1.4	0.56	1.3	0	0	58
Cherry Tomatoes 1 cup	27	0.3	0.069	5.84	1.8	3.92	1.31	7	0	
Avocados 1/2 avocado, NS as to Florida or California	161	14.73	2.137	8.57	6.7	0.66	2.01	7	0	487
Tuna in Water (Canned) 6 oz	197	1.39	0.398	0	0	0	43.39	575	51	403
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Total	**557**	**31.59**	**5.03**	**16.75**	**9.9**	**5.52**	**54.3**	**659**	**263**	**1015**
Dinner										
Carrots	52	0.31	0.047	12.26	3.6	5.81	1.19	88	0	410

Thursday, July 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup chopped										
Boar's Head Black Forest Deli Ham	120	2	0	4	0	4	20	880	60	320
2 x 2 oz, 112 g										
Lucerne Naturally Smoked Sliced Gouda	140	9	6	4		4	8	560	30	
2 x 1 slice, 44 g										
Oatmeal	218	3.58	0.632	38.05	5.6	0.84	9.09	418	0	190
1 1/2 cups cooked										
Total	530	14.89	6.679	58.31	9.2	14.65	38.28	1946	90	920
Snacks/Other										
o organics peanut butter	200	16	4	6	2	2	8	85		
2 tbsp, 32 g										
Intex Evolution Protein	160	1	0	2	1	1	34	35	5	
1scoop (40)										
Total	360	17	4	8	3	3	42	120	5	
Total	**1917**	**95.85**	**28.309**	**89.55**	**22.1**	**23.17**	**172.64**	**3410.25**	**1261**	**2028**

Friday, July 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
o organics peanut butter 2 tbsp, 32 g	200	16	4	6	2	2	8	85		
Intex Evolution Protein 1scoop (40)	160	1	0	2	1	1	34	35	5	
Oatmeal 1 1/4 cups cooked	181	2.98	0.527	31.71	4.7	0.7	7.58	348	0	158
Dunkin' Donuts Coffee 1 1/4 x 1 serving, 12 oz	6	0	0	1.25	0	0	0	6.25	0	
Bananas 1/2 small (6" to 6-7/8" long)	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
Total	592	20.15	4.584	52.49	9	9.88	50.13	475.25	5	339
Lunch										
Boar's Head Black Forest Deli Ham 2 x 2 oz, 112 g	120	2	0	4	0	4	20	880	60	320
Lucerne Naturally Smoked Sliced Gouda 2 x 1 slice, 44 g	140	9	6	4		4	8	560	30	
Pecan Nuts 1 1/2 oz (20 halves)	294	30.61	2.628	5.89	4.1	1.69	3.9	0	0	174
Total	554	41.61	8.628	13.89	4.1	9.69	31.9	1440	90	494
Dinner										
Snacks/Other										
Total	**1146**	**61.76**	**13.212**	**66.38**	**13.1**	**19.57**	**82.03**	**1915.25**	**95**	**833**

Saturday, July 12, 2014

	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 4 x 1 egg, 200 g	280	18	6	4			24	260	860	
Bacon (Cured, Pan-Fried, Cooked) 2 slices cooked	84	6.37	2.1	0.24	0	0	6.06	384	18	93
Trader joes Lacey swiss and colby marbled cheese slices 1 slice	100	8	4.5	1	0	0	8	35	25	
Bananas 1/2 small (6" to 6-7/8" long)	45	0.17	0.057	11.53	1.3	6.18	0.55	1	0	181
Total	509	32.54	12.657	16.77	1.3	6.18	38.61	680	903	274
Lunch										
Beef Tip Round (Trimmed to 1/8" Fat) 4 oz	214	13.23	5.216	0	0		22.23	66	74	373
o organics peanut butter 2 tbsp, 32 g	200	16	4	6	2	2	8	85		
Intex Evolution Protein 3/4 x 1scoop (40)	120	0.75	0	1.5	0.75	0.75	25.5	26.25	3.75	
Zucchini 1 large	52	0.58	0.12	10.82	3.6	5.59	3.91	32	0	846
Total	586	30.56	9.336	18.32	6.35	8.34	59.64	209.25	77.75	1219
Dinner										
Snacks/Other										

Saturday, July 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1095	63.1	21.993	35.09	7.65	14.52	98.25	889.25	980.75	1493

Sunday, July 13, 2014

	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 4 x 1 egg, 200 g	280	18	6	4			24	260	860	
David Seeds Pumpkin Seeds 1/2 x 1/4 cup, 15 g	95	8	1.5	0.5	0.5	0	5	17.5	0	
Bacon (Cured, Pan-Fried, Cooked) 2 slices cooked	84	6.37	2.1	0.24	0	0	6.06	384	18	93
Lucerne Sharp Cheddar Cheese, shredded 1/4 cup (30 g.)	120	10	5	1	0	0	7	190	30	0
Dunkin' Donuts Coffee 1 1/4 x 1 serving, 12 oz	6	0	0	1.25	0	0	0	6.25	0	
Total	585	42.37	14.6	6.99	0.5	0	42.06	857.75	908	93
Lunch										
Pecan Nuts 1 oz (20 halves)	196	20.4	1.752	3.93	2.7	1.13	2.6	0	0	116
Boar's Head Black Forest Deli Ham 2 x 2 oz, 112 g	120	2	0	4	0	4	20	880	60	320
Lucerne Naturally Smoked Sliced Gouda 2 x 1 slice, 44 g	140	9	6	4		4	8	560	30	
Zucchini 1 large	52	0.58	0.12	10.82	3.6	5.59	3.91	32	0	846
Total	508	31.98	7.872	22.75	6.3	14.72	34.51	1472	90	1282
Dinner										

Sunday, July 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cooked Cauliflower (Fat Not Added in Cooking) 12 oz	75	1.26	0.198	13.47	9.2	4.36	5.95	966	0	476
Beef Top Sirloin (Trimmed to 1/8" Fat, Select Grade) 4 oz	214	12.62	5.093	0	0	0	23.45	60	46	364
Chicken Breast (Skin Not Eaten) 4 oz boneless, cooked (yield after skin removed)	171	3.68	1.042	0	0	0	31.99	412	87	264
Celery 3 stalks medium (7-1/2" - 8" long)	17	0.2	0.052	3.56	1.9	2.2	0.83	96	0	312
Total	477	17.76	6.385	17.03	11.1	6.56	62.22	1534	133	1416

Snacks/Other

Total	1570	92.11	28.857	46.77	17.9	21.28	138.79	3863.75	1131	2791