Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	198	5.62	36.51	2.09
Lunch	175	4.5	22.5	11.5
Dinner				
Snacks/Other	125	2.13	28.98	1.58
Total	498	12.24	87.99	15.16

Monday, October 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Splenda No Calorie Sweetener Packets	11	0	0	2.7	0	0	0	0	0	0
3 x 1 packet, 3 g										
Coffee-Mate French Vanilla Liquid Coffee Creamer	75	4.5	4.5	9	0	9	0	0	0	
3 x 1 tub, 33 ml										
Coffee	7	0.14	0.014	0.28	0	0	0.85	14	0	334
3 mugs (8 fl oz)										
Bananas	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
1 large (8" to 8-7/8" long)										
Total	214	5.09	4.666	43.04	3.5	25.63	2.33	15	0	821
Lunch										
Dinner										
Snacks/Other										
Fiber One Chewy Bars - Oats & Chocolate	140	4	2	29	9	10	2	90	0	
1 bar, 40 g										
Total	**354**	**9.09**	**6.666**	**72.04**	**12.5**	**35.63**	**4.33**	**105**	**0**	**821**

Tuesday, October 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kellogg's Special K Cereal Bars - Strawberry 1 bar	90	1.5	1	18	3	8	1	85	0	0
Coffee 3 mugs (8 fl oz)	7	0.14	0.014	0.28	0	0	0.85	14	0	334
Coffee-Mate French Vanilla Liquid Coffee Creamer 3 x 1 tub, 33 ml	75	4.5	4.5	9	0	9	0	0	0	
Splenda No Calorie Sweetener Packets 3 x 1 packet, 3 g	11	0	0	2.7	0	0	0	0	0	0
Total	183	6.14	5.514	29.98	3	17	1.85	99	0	334
Lunch										
Lean Cuisine Culinary Collection Chicken Club Panini 1 package, 170 g	350	9	3.5	45	4	6	23	680	40	540
Dinner										
Snacks/Other										
Grapes 1 cup, seedless	110	0.26	0.086	28.96	1.4	24.77	1.15	3	0	306
Total	643	15.4	9.1	103.94	8.4	47.77	26	782	40	1180