Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	438	17.82	49.01	20.2
Lunch	319	11.22	33.56	21.05
Dinner	559	18.02	67.27	33.21
Snacks/Other	344	12.9	49.56	5.34
Total	1660	59.96	199.41	79.8

Monday, May 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Brookside Dark Chocolate Cranberries 22 pieces, 40 g	190	9	5	28	1	19	1	20	5	
Egg, Cheese and Sausage on English Muffin 1 sandwich	466	29.78	11.301	29.24	1.3	4.18	19.8	1014	204	264
Starbucks Vanilla Latte (Grande) 16 fl oz, 16 oz	250	6	4	36	0	34	12	135	25	
Total	906	44.78	20.301	93.24	2.3	57.18	32.8	1169	234	264
Lunch										
Dinner										
Fajita with Chicken and Vegetables 2 tortillas	705	24.22	5.342	83.05	10.7	9.63	39.34	959	80	1039
Snacks/Other										
Starbucks Caffe Latte with Soy (Grande) 1 serving, 16 oz	170	4.5	0.5	23	1	17	9	125		
Total	1781	73.5	26.143	199.29	14	83.81	81.14	2253	314	1303

Tuesday, May 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Caffe Latte with Soy (Tall)	130	4	0.5	18	1	14	7	100	0	
1 serving, 12 oz										
Archer Farms Grilled Vegetable Burrito	300	9	2.5	46	4	2	10	510	10	
1 oz, 170 g										
Total	430	13	3	64	5	16	17	610	10	
Lunch										
Dinner										
Chosen Foods Avocado Oil	130	14	2	0	0	0	0	0	0	0
1 tbsp , 14 g										
McCormick Fajitas Seasoning Mix	15	0	0	3	0	0	0	260	0	0
2 tsp dry, 4 g										
Mushrooms	4	0.06	0.009	0.57	0.2	0.29	0.54	1	0	56
1/4 cup pieces or slices										
Onions	8	0.01	0.005	1.82	0.3	0.77	0.17	1	0	26
0.12 large										
Yellow Sweet Peppers	13	0.1	0.014	2.94	0.4		0.46	1	0	99
1/4 large (3-3/4" long, 3" dia)										
Trader Joe's Multigrain Tandoori Naan	240	6	1	39	3	1	6	410	0	
1 piece, 85 g										
Blue Moose of Boulder Fire Roasted Salsa	5	0	0	1	0	1	0	80	0	
2 tbsp, 28 g										
Sour Cream	31	3.02	1.879	0.61	0	0.02	0.46	8	6	21
1 tbsp										

Tuesday, May 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Guacamole 2 tbsps	46	4.17	0.604	2.48	1.9	0.21	0.57	43	0	139
Chicken Breast 1/2 small (yield after cooking, bone removed)	164	6.48	1.824	0	0	0	24.82	330	70	204
Total	656	33.84	7.335	51.42	5.8	3.29	33.02	1134	76	545
Snacks/Other										
New Belgium Brewing Trippel Ale 1 bottle, 12 oz	215	0		20	0	0	0	0	0	
Milka Alpine Milk Chocolate with Hazelnuts 1/4 x 1 bar, 25 g	135	8.12	5	13.62	0.82	13.62	1.85	29.95	4.15	
Royal Dansk Danish Butter Cookies 4 cookies, 34 g	180	9	6	23	0	10	2	45	25	
Total	530	17.12	11	56.62	0.82	23.62	3.85	74.95	29.15	
Total	**1616**	**63.96**	**21.335**	**172.04**	**11.62**	**42.91**	**53.87**	**1818.95**	**115.15**	**545**

Wednesday, May 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fred Meyer Multigrain English Muffin	150	2	0.5	29	3	2	6	220	0	0
1 muffin, 64 g										
Young Green Onions	4	0.02	0.004	0.88	0.3	0.28	0.22	2	0	33
0.12 cup chopped										
Onions	8	0.02	0.005	1.94	0.3	0.82	0.18	1	0	28
0.12 cup chopped										
Mushrooms	8	0.12	0.018	1.18	0.4	0.59	1.11	2	0	114
2 medium										
Egg Beaters Egg Beaters - Original	66	0	0	2	0	0	12	240	0	186
2 x 3 tbsp, 92 g										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Total	310	7.13	2.077	35.38	4	4.07	25.8	535	212	428
Lunch										
Dinner										
Pumpernickel Bread	100	1.24	0.175	19	2.6	0.21	3.48	268	0	83
2 slices, thin										
Sea Cuisine Parmesan Crusted Tilapia	260	10	2.5	23	1	3	20	1040	45	
1 filet , 147 g										
Minute Instant Whole Grain Brown Rice	150	1.5	0	39	2	0	4	10	0	70
1/2 cup dry, 50 g										
Corn	66	0.91	0.14	14.65	2.1	2.48	2.48	12	0	208
1/2 cup										

Wednesday, May 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Peas and Carrots	109	4.36	0.815	16.22	5	6.95	4.93	510	0	252
1 cup										
Total	685	18.01	3.63	111.87	12.7	12.64	34.89	1840	45	613
Snacks/Other										
Royal Dansk Danish Butter Cookies	180	9	6	23	0	10	2	45	25	
4 cookies, 34 g										
Fred Meyer Multigrain English Muffin	75	1	0.25	14.5	1.5	1	3	110	0	0
1/2 x 1 muffin, 32 g										
Starbucks Chocolate Hazelnut Tart	90	5	3	11.5	0.5	6	1	45	17.5	
1/2 x 1 tart, 21.5 g										
Justin's Nut Butter Dark Chocolate Peanut Butter Cups	210	14	7	21	1	17	4	120	0	
2 cups, 40 g										
Starbucks Mocha Syrup	50	1	0	12	0	8	2	0	0	0
2 x 1 pump, 1 oz										
Starbucks Coconut Milk Latte (Grande)	140	8		15		12	2			
1 serving, 16 oz										
Total	745	38	16.25	97	3	54	14	320	42.5	0
Total	**1740**	**63.14**	**21.957**	**244.25**	**19.7**	**70.71**	**74.69**	**2695**	**299.5**	**1041**

Thursday, May 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Espresso Shot 3 x 1 shot, 3 oz	15	0	0	0	0	0	0	0	0	0
Almond Milk 2 cups	81	7.17	0.551	2.79	1.6	0.69	3.02	10	0	
Chobani Nonfat Plain Greek Yogurt 1/4 x 1 cup, 57 g	32	0	0	2.75	0	1.5	5.5	26.25	2.5	0
Central Market Organics Vanilla Almond Granola 46 g	200	6.4	0.8	30.4	3.2	8	5.6	4	0	
Total	328	13.57	1.351	35.94	4.8	10.19	14.12	40.25	2.5	0
Lunch										
Blue Hill Bay Smoked Wild Alaskan Salmon Spread 4 tbsp, 56 g	120	9	2	0	0	0	11	320	25	
Trader Joe's Multigrain Tandoori Naan 60 g	168	4.2	0.7	27.3	2.1	0.7	4.2	287	0	
QFC 12 Grain Bread 1 slice, 40 g	110	1.5	0	22	1	4	3	200	0	
Mushroom Soup 1 cup	129	8.98	2.44	9.3	0.5	1.46	2.32	881	2	100
Tomato Bisque 1 cup	149	4.7	2.636	22.32	1.5	16.61	5.97	738	12	
Total	676	28.38	7.776	80.92	5.1	22.77	26.49	2426	39	100
Dinner										
Pepperidge Farm Pumpernickle Bread	160	2	0	30	2	2	6	380	0	

Thursday, May 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 slice, 64 g										
Mushroom Soup	129	8.98	2.44	9.3	0.5	1.46	2.32	881	2	100
1 cup										
Tomato Bisque	149	4.7	2.636	22.32	1.5	16.61	5.97	738	12	
1 cup										
Total	438	15.68	5.076	61.62	4	20.07	14.29	1999	14	100
Snacks/Other										
Pear	30	0.06	0.003	8.08	1.6	5.12	0.2	1	0	62
1/4 large (approx 2 per lb)										
Honeycrisp Apples	55	0.18	0.03	14.64	2.5	11.01	0.28	1	0	
1/2 large (3-1/4" dia)										
Trader Joe's Tropical Fruit Medley	70	0	0	18	2	14	1	0	0	
1 cup, 5 oz										
Great Value Frozen Tropical Fruit Mix	70	0	0	18	2	12	1	0	0	210
1 cup, 140 g										
Orange Juice	56	0.25	0.03	12.9	0.2	10.42	0.87	1	0	248
1/2 cup										
International Delight Irish Creme Coffee Creamer	35	1.5	1	6	0	6	0	0	0	
1 tbsp, 15 ml										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Total	321	2.08	1.072	77.81	8.3	58.55	3.92	12	0	743
Total	**1763**	**59.71**	**15.275**	**256.29**	**22.2**	**111.58**	**58.82**	**4477.25**	**55.5**	**943**

Friday, May 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Espresso Shot 3 x 1 shot, 3 oz	15	0	0	0	0	0	0	0	0	0
Blue Diamond Almond Breeze Unsweetened Vanilla Milk 1 cup, 240 ml	30	2.5	0	1	1	0	1	180	0	170
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Boar's Head Smoked Virginia Smoked Ham 2 oz, 56 g	60	1	0	2	0	2	9	590	25	
Avocados 1/4 avocado, NS as to Florida or California	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
Fred Meyer Multigrain English Muffin 1 muffin, 64 g	150	2	0.5	29	3	2	6	220	0	0
Total	**448**	**22.15**	**7.474**	**36.65**	**7.4**	**4.48**	**23.97**	**1168**	**54**	**441**
Lunch										
Mushrooms 2 medium	8	0.12	0.018	1.18	0.4	0.59	1.11	2	0	114
Hard-Boiled Egg 2 large	155	10.61	3.267	1.12	0	1.12	12.58	124	424	126
Apples 1/4 medium (2-3/4" dia) (approx 3 per lb)	18	0.06	0.01	4.76	0.8	3.58	0.09	0	0	37
Multigrain Bread 1 regular slice	65	0.99	0.21	12.06	1.7	2.61	2.6	127	0	53
Fred Meyer Multigrain English Muffin	150	2	0.5	29	3	2	6	220	0	0

Friday, May 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 muffin, 64 g										
Tuna in Water (Canned)	99	0.7	0.199	0	0	0	21.7	287	26	202
3 oz										
Total	495	14.48	4.204	48.12	5.9	9.9	44.08	760	450	532
Dinner										
Quinoa (Cooked)	206	3.19	0.325	37.88	3.3	0	7.2	282	0	
1/4 cup, dry, yields										
Philadelphia Fat Free Cream Cheese	15	0	0	1	0	0.5	2	105	2.5	0
1/2 x 2 tbsp, 16.5 g										
No Name Mixed Vegetables	120	0	0	22	6	6	6	70	0	
2 x 1/2 cup, 170 g										
Sea Cuisine Potato Crusted Cod	250	8	1.5	25	1	0	18	610	35	
1 fillet, 147 g										
Total	591	11.19	1.825	85.88	10.3	6.5	33.2	1067	37.5	0
Snacks/Other										
Royal Dansk Danish Butter Cookies	180	9	6	23	0	10	2	45	25	
4 cookies, 34 g										
Total	**1714**	**56.82**	**19.503**	**193.65**	**23.6**	**30.88**	**103.25**	**3040**	**566.5**	**973**

Saturday, May 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Almonds	42	3.65	0.279	1.42	0.8	0.35	1.53	0	0	52
6 almonds										
Central Market Organics Vanilla Almond Granola	202	6.46	0.81	30.67	3.23	8.07	5.65	4.04	0	
46 g										
Chobani Nonfat Plain Greek Yogurt	32	0	0	2.75	0	1.5	5.5	26.25	2.5	0
1/4 x 1 cup, 57 g										
Total	276	10.11	1.089	34.84	4.03	9.92	12.68	30.29	2.5	52
Lunch										
Trader Joe's Multigrain Tandoori Naan	240	6	1	39	3	1	6	410	0	
1 piece, 85 g										
Turkey Chili	224	7.75	1.938	19.68	6.1	5.7	19.75	1000	55	
1 cup										
Total	464	13.75	2.938	58.68	9.1	6.7	25.75	1410	55	
Dinner										
Quinoa (Cooked)	114	1.77	0.181	21.08	1.8	0	4.01	157	0	
1/2 cup cooked										
Philadelphia Regular Cream Cheese	40	3.5	2.25	1	0	0.5	1	62.5	10	
1/2 x 2 tbsp, 15.5 g										
No Name Mixed Vegetables	120	0	0	22	6	6	6	70	0	
2 x 1/2 cup, 170 g										
Cooked Salmon	224	6.92	1.697	0	0	0	37.75	93	89	699
7 oz boneless (yield after cooking)										
Total	498	12.19	4.128	44.08	7.8	6.5	48.76	382.5	99	699

Saturday, May 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
International Delight Irish Creme Coffee Creamer	35	1.5	1	6	0	6	0	0	0	
1 tbsp, 15 ml										
Coffee	5	0.09	0.009	0.19	0	0	0.57	9	0	223
2 mugs (8 fl oz)										
Royal Dansk Danish Butter Cookies	180	9	6	23	0	10	2	45	25	
4 cookies, 34 g										
Total	220	10.59	7.009	29.19	0	16	2.57	54	25	223
Total	**1458**	**46.64**	**15.164**	**166.79**	**20.93**	**39.12**	**89.76**	**1876.79**	**181.5**	**974**

Sunday, May 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Starbucks Reduced-Fat Turkey Bacon Breakfast Sandwich	230	6	2.5	28	2	3	13	560	20	
1 sandwich, 120 g										
Starbucks Coconut Milk Latte (Grande)	140	8		15		12	2			
1 serving, 16 oz										
Total	370	14	2.5	43	2	15	15	560	20	
Lunch										
Philadelphia Original Cream Cheese	74	7		0.9	0.1	0.9	1.7	0	0	
2 x 1 tbsp, 30 g										
Egg Beaters Egg Beaters - Original	66	0	0	2	0	0	12	240	0	186
2 x 3 tbsp, 92 g										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Fred Meyer Multigrain English Muffin	225	3	0.75	43.5	4.5	3	9	330	0	0
1 1/2 x 1 muffin, 96 g										
Baked or Broiled Salmon	157	6.96	1.207	0.45	0	0.1	22.05	430	57	363
4 oz boneless (yield after cooking)										
Total	596	21.93	3.507	47.23	4.6	4.38	51.04	1070	269	616
Dinner										
Turkey Chilli	338	11		33	8.5	0	29	0	0	
1 cup										
Snacks/Other										

Sunday, May 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Royal Dansk Danish Butter Cookies	180	9	6	23	0	10	2	45	25	
4 cookies, 34 g										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Dynasty Oolong Tea	0	0		0			0	5	0	
1 teabag, 240 ml										
Total	244	9	6	40.3	0	27.25	2.06	51	25	11
Total	1548	55.93	12.007	163.53	15.1	46.63	97.1	1681	314	627