Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	20	0	0.54	3.57
Lunch	949	35.73	97.5	67.23
Dinner	845	26.43	93.83	60.86
Snacks/Other	211	9.21	25.5	6.21
Total	**2025**	**71.38**	**217.37**	**137.87**

Monday, July 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Buc-ee's Turkey Stix 5 x 1 stix, 115 g	125	0	0	0	0	0	25	1250	50	0
Lunch										
Nature Valley Sweet & Salty Granola Bars - Almond 2 x 1 bar, 70 g	320	14	4	46	4	26	6	300	0	
Think ThinkThin Bars - Brownie Crunch 1 bar, 60 g	230	8	3	25	2	0	20	190	0	
Nature's Own Light Honey Wheat Bread 2 x 1 slice, 44 g	80	0.5	0	19	6	2	5	130	0	
Jif To Go Creamy Peanut Butter 1.5 oz cup, 43 g	250	22	3.5	11	3	4	9	190	0	
Total	880	44.5	10.5	101	15	32	40	810	0	
Dinner										
Kraft Shake 'n Bake Original Pork 1/8 packet, 9 g	40	0	0	8	0	1	1	240	0	
Pilgrim's Pride Boneless Skinless Chicken Breast 2 1/2 x 4 oz, 280 g	275	6.25	0	0	0	0	57.5	825	137.5	0
Birds Eye Steamfresh Whole Grain Brown Rice 2 x 3/4 cup, 286 g	300	2	0	62	4	0	8	10	0	
Kikkoman Soy Sauce 3 x 1 tbsp, 45 ml	30	0	0	0	0	0	6	2760	0	0

Monday, July 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	645	8.25	0	70	4	1	72.5	3835	137.5	0

Snacks/Other

Total	**1650**	**52.75**	**10.5**	**171**	**19**	**33**	**137.5**	**5895**	**187.5**	**0**

Tuesday, July 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
The Snack Factory Pretzel Crisps - Original 11 chips, 28 g	110	0	0	23	1	2	3	330	0	
Sandwich Bros. of Wisconsin Chicken Melt 3 x 1 sandwich, 210 g	480	24	9	36	3	3	33	1425	90	
Think ThinkThin Bars - Brownie Crunch 1 bar, 60 g	230	8	3	25	2	0	20	190	0	
Total	820	32	12	84	6	5	56	1945	90	
Dinner										
Subway 12" Oven Roasted Chicken 1 sandwich	850	24	12	102	3	26	56	2260	140	0
Lay's Baked! Barbecue Potato Crisps (Package) 1 package, 1.12 oz	140	3.5	0.5	24	2	4	2	220	0	250
Total	990	27.5	12.5	126	5	30	58	2480	140	250
Snacks/Other										
Total	**1810**	**59.5**	**24.5**	**210**	**11**	**35**	**114**	**4425**	**230**	**250**

Wednesday, July 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Nature Valley Sweet & Salty Granola Bars - Almond 1 bar, 35 g	160	7	2	23	2	13	3	150	0	
Birds Eye Steamfresh Whole Grain Brown Rice 2 x 3/4 cup, 286 g	300	2	0	62	4	0	8	10	0	
Kikkoman Soy Sauce 3 x 1 tbsp, 45 ml	30	0	0	0	0	0	6	2760	0	0
Sandwich Bros. of Wisconsin Chicken Melt 3 x 1 sandwich, 210 g	480	24	9	36	3	3	33	1425	90	
Total	970	33	11	121	9	16	50	4345	90	0
Dinner										
Daily Chef Mozzarella & Roasted Garlic Chicken Sausage 4 x 1 sausage, 364 g	640	32	12	16	4	8	68	2920		
Kikkoman Soy Sauce 3 x 1 tbsp, 45 ml	30	0	0	0	0	0	6	2760	0	0
Birds Eye Steamfresh Whole Grain Brown Rice 2 x 3/4 cup, 286 g	300	2	0	62	4	0	8	10	0	
Total	970	34	12	78	8	8	82	5690	0	0
Snacks/Other										
AMC Movie Theater Popcorn (Large)	996	46.5		112.5	13.5		19.5			

Wednesday, July 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 1/2 x 1 serving, 186 g										
Total	**2936**	**113.5**	**23**	**311.5**	**30.5**	**24**	**151.5**	**10035**	**90**	**0**

Thursday, July 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Sandwich Bros. of Wisconsin Chicken Melt 3 x 1 sandwich, 210 g	480	24	9	36	3	3	33	1425	90	
Kikkoman Soy Sauce 3 x 1 tbsp, 45 ml	30	0	0	0	0	0	6	2760	0	0
Birds Eye Steamfresh Whole Grain Brown Rice 2 x 3/4 cup, 286 g	300	2	0	62	4	0	8	10	0	
Total	810	26	9	98	7	3	47	4195	90	0
Dinner										
Snyder's of Hanover Pretzel Poppers 65 g	260	3.25	0	49.84	2.17	2.17	6.5	866.8	0	
Nature's Own Light Honey Wheat Bread 4 x 1 slice, 88 g	160	1	0	38	12	4	10	260	0	
Jif To Go Natural Peanut Butter 2 x 1.5 oz up, 86 g	500	40	7	22	6	8	18	210	0	
Total	920	44.25	7	109.84	20.17	14.17	34.5	1336.8	0	
Snacks/Other										
Fiber One 90 Calorie Cinnamon Coffee Cake 1 bar, 25 g	90	3	1.5	18	5	8	1	85	0	
Nature Valley Sweet & Salty Granola Bars - Almond 1 bar, 35 g	160	7	2	23	2	13	3	150	0	

Thursday, July 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	250	10	3.5	41	7	21	4	235	0	
Total	**1980**	**80.25**	**19.5**	**248.84**	**34.17**	**38.17**	**85.5**	**5766.8**	**90**	**0**

Friday, July 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Kraft Singles Fat Free American Cheese Slices 2 x 1 slice, 38 g	50	0	0	4	0	2	8	500	10	
Schwan's Chicken Breast Meat for Fajitas 2 x 3 oz, 168 g	240	7	2	4	0	4	36	800	100	
CORN TORTILLAS 6 x 2 Tortillas, 282 g	420	6	3	120	12	6	12	360	0	0
Beef Outside Skirt Steak (Lean Only, Trimmed to 1/4" Fat) 10 oz	468	25.37	9.837	0	0	0	55.62	198	139	1094
Onions 1/4 cup chopped	17	0.03	0.01	4.04	0.6	1.71	0.37	1	0	58
Lettuce 1/2 cup shredded or chopped	4	0.04	0.005	0.82	0.3	0.48	0.25	3	0	39
Salsa 1/4 cup	17	0.1	0.019	3.88	1	1.9	0.95	372	0	184
Tomatoes 1/4 cup chopped or sliced	8	0.09	0.021	1.76	0.5	1.18	0.4	2	0	107
Total	1224	38.63	14.892	138.5	14.4	17.27	113.59	2236	249	1482
Dinner										
Tyson Foods Pork Loin Boneless Center Cut Chops 3 x 4 oz, 336 g	390	13.5	4.5	0	0	0	69	630	165	
Birds Eye Steamfresh Whole Grain Brown Rice 2 x 3/4 cup, 286 g	300	2	0	62	4	0	8	10	0	

Friday, July 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kikkoman Soy Sauce	30	0	0	0	0	0	6	2760	0	0
3 x 1 tbsp, 45 ml										
Total	720	15.5	4.5	62	4	0	83	3400	165	0

Snacks/Other

Total	1944	54.13	19.392	200.5	18.4	17.27	196.59	5636	414	1482

Saturday, July 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Birds Eye Steamfresh Whole Grain Brown Rice 2 x 3/4 cup, 286 g	300	2	0	62	4	0	8	10	0	
Kikkoman Soy Sauce 3 x 1 tbsp, 45 ml	30	0	0	0	0	0	6	2760	0	0
Daily Chef Fajita Seasoned Chicken Sausage 4 x 1 sausage, 364 g	640	36	12	8	4	4	68	2840	300	
Total	970	38	12	70	8	4	82	5610	300	0
Dinner										
Sandwich Bros. of Wisconsin Chicken Melt 2 x 1 sandwich, 140 g	320	16	6	24	2	2	22	950	60	
Kikkoman Soy Sauce 3 x 1 tbsp, 45 ml	30	0	0	0	0	0	6	2760	0	0
Birds Eye Steamfresh Whole Grain Brown Rice 2 x 3/4 cup, 286 g	300	2	0	62	4	0	8	10	0	
Total	650	18	6	86	6	2	36	3720	60	0
Snacks/Other										
Think ThinkThin Bars - Brownie Crunch 1 bar, 60 g	230	8	3	25	2	0	20	190	0	
Total	**1850**	**64**	**21**	**181**	**16**	**6**	**138**	**9520**	**360**	**0**

Sunday, July 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lifesavers Wint-O-Green Mints (4) 1/4 x 4 pieces, 4 g	15	0		3.75			0			
Lunch										
Daily Chef Fajita Seasoned Chicken Sausage 4 x 1 sausage, 364 g	640	36	12	8	4	4	68	2840	300	
Kikkoman Soy Sauce 3 x 1 tbsp, 45 ml	30	0	0	0	0	0	6	2760	0	0
Birds Eye Steamfresh Whole Grain Brown Rice 2 x 3/4 cup, 286 g	300	2	0	62	4	0	8	10	0	
Total	970	38	12	70	8	4	82	5610	300	0
Dinner										
Think ThinkThin Bars - Brownie Crunch 1 bar, 60 g	230	8	3	25	2	0	20	190	0	
Think Thin Chunky Peanut Butter High Protein Bar 1 bar, 60 g	240	9	3	24	1	11	20	240	0	
The Snack Factory Pretzel Crisps - Original 2 x 11 chips, 56 g	220	0	0	46	2	4	6	660	0	
Jif To Go Natural Peanut Butter 1.5 oz up, 43 g	250	20	3.5	11	3	4	9	105	0	
Nature's Own Light Honey Wheat Bread 2 x 1 slice, 44 g	80	0.5	0	19	6	2	5	130	0	

Sunday, July 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	1020	37.5	9.5	125	14	21	60	1325	0	

Snacks/Other

Total	**2005**	**75.5**	**21.5**	**198.75**	**22**	**25**	**142**	**6935**	**300**	**0**