Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	763	77.87	14.63	27.83
Lunch	664	50.98	18.43	37.35
Dinner	213	16.86	6.18	11.1
Snacks/Other	177	16.67	2.83	6.67
Total	**1816**	**162.36**	**42.08**	**82.95**

Monday, May 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Diamond of California Pecan Halves 2 x 1/4 cup, 60 g	420	44	4	8	6	2	6	0	0	250
Brownie Mini Muffin Fat Bomb 3 x 1 mini muffin	246	43.2		1.8			3			
Precious Stringsters Low Moisture Part Skim Mozzarella Cheese 2 x 1 stick	160	12	6	2	0	0	14	380	30	0
Total	826	99.2	10	11.8	6	2	23	380	30	250
Lunch										
Great Value 97% Fat Free Cooked Ham 3 x 1 slice , 84 g	90	3	0	0	0	0	15	960	45	300
Great Value Deli Style Sliced Sharp Cheddar Cheese 2 x 1 slice, 38 g	160	14	8	0	0	0	10	260	40	40
Avocados 2 avocados, NS as to Florida or California	643	58.93	8.547	34.29	26.9	2.65	8.04	28	0	1950
Total	893	75.93	16.547	34.29	26.9	2.65	33.04	1248	85	2290
Dinner										
Chicken Thigh 110 g	270	16.9	4.723	0	0	0	27.34	447	101	242
Cooked Cauliflower (from Fresh) 70 g	34	2.3	0.423	2.8	1.8	0.95	1.24	202	0	96
Total	304	19.2	5.146	2.8	1.8	0.95	28.58	649	101	338

Monday, May 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	**2023**	**194.33**	**31.693**	**48.89**	**34.7**	**5.6**	**84.62**	**2277**	**216**	**2878**

Tuesday, May 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Precious Stringsters Low Moisture Part Skim Mozzarella Cheese 2 x 1 stick	160	12	6	2	0	0	14	380	30	0
Brownie Mini Muffin Fat Bomb 3 x 1 mini muffin	246	43.2		1.8			3			
Diamond of California Pecan Halves 2 x 1/4 cup, 60 g	420	44	4	8	6	2	6	0	0	250
Total	826	99.2	10	11.8	6	2	23	380	30	250
Lunch										
Avocados 2 avocados, NS as to Florida or California	643	58.93	8.547	34.29	26.9	2.65	8.04	28	0	1950
Great Value Deli Style Sliced Sharp Cheddar Cheese 2 x 1 slice, 38 g	160	14	8	0	0	0	10	260	40	40
Great Value 97% Fat Free Cooked Ham 3 x 1 slice , 84 g	90	3	0	0	0	0	15	960	45	300
Total	893	75.93	16.547	34.29	26.9	2.65	33.04	1248	85	2290
Dinner										
Snacks/Other										
Kroger Salted Peanuts 1/4 cup, 28 g	160	14	2	5	2	1	7	120	0	190
Great Value Deli Style Sliced Sharp Cheddar Cheese 4 x 1 slice, 76 g	320	28	16	0	0	0	20	520	80	80

Tuesday, May 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	480	42	18	5	2	1	27	640	80	270
Total	**2199**	**217.13**	**44.547**	**51.09**	**34.9**	**5.65**	**83.04**	**2268**	**195**	**2810**

Wednesday, May 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kraft Ranch Dressing 2 tbsp, 28 g	160	17	2.5	1	0	1	0	250	10	
Great Value 97% Fat Free Cooked Ham 3 x 1 slice , 84 g	90	3	0	0	0	0	15	960	45	300
Great Value Deli Style Sliced Sharp Cheddar Cheese 3 x 1 slice, 57 g	240	21	12	0	0	0	15	390	60	60
Diamond of California Pecan Halves 2 x 1/4 cup, 60 g	420	44	4	8	6	2	6	0	0	250
Brownie Mini Muffin Fat Bomb 2 x 1 mini muffin	164	28.8		1.2			2			
Total	1074	113.8	18.5	10.2	6	3	38	1600	115	610
Lunch										
Wahoo's Fish Taco Wahoo's Blackened Fish Salad (No Chips) 1 serving	430	23	0	16	5		52	1760	190	
Dinner										
Snacks/Other										
Total	1504	136.8	18.5	26.2	11	3	90	3360	305	610

Thursday, May 12, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Thrive Premium Lifestyle Mix 1 packet, 35 g	110	2	0	9	5	2	15	0		
Diamond of California Pecan Halves 2 x 1/4 cup, 60 g	420	44	4	8	6	2	6	0	0	250
Total	530	46	4	17	11	4	21	0	0	250
Lunch										
Burger King Double Cheeseburger (No Bun) 2 x 1 sandwich	480	34	16	8	4	4	24	580	110	
Dinner										
Kirkland Signature Hamburger 1 patty, 151 g	330	23	9	0			30	80	100	
Avocados 2 avocados, NS as to Florida or California	643	58.93	8.547	34.29	26.9	2.65	8.04	28	0	1950
Total	973	81.93	17.547	34.29	26.9	2.65	38.04	108	100	1950
Snacks/Other										
Total	**1983**	**161.93**	**37.547**	**59.29**	**41.9**	**10.65**	**83.04**	**688**	**210**	**2200**

Friday, May 13, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Diamond of California Pecan Halves 2 x 1/4 cup, 60 g	420	44	4	8	6	2	6	0	0	250
Thrive Premium Lifestyle Mix 1 packet, 35 g	110	2	0	9	5	2	15	0		
Total	530	46	4	17	11	4	21	0	0	250
Lunch										
Burger King Double Cheeseburger (No Bun) 2 x 1 sandwich	480	34	16	8	4	4	24	580	110	
Dinner										
Snacks/Other										
Hoody's Dry Roasted Peanuts with Sea Salt 1 oz, 28 g	160	14	2	4	2	1	7	115	0	
Diamond of California Pecan Halves 2 x 1/4 cup, 60 g	420	44	4	8	6	2	6	0	0	250
Total	580	58	6	12	8	3	13	115	0	250
Total	**1590**	**138**	**26**	**37**	**23**	**11**	**58**	**695**	**110**	**500**

Saturday, May 14, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hoody's Dry Roasted Peanuts with Sea Salt	320	28	4	8	4	2	14	230	0	
2 x 1 oz, 56 g										
Kroger Mild Country Sausage Patties	360	33	12	3	0	0	12	540	67.5	
1 1/2 x 2 cooked patties, 85.5 g										
Thrive Premium Lifestyle Mix	110	2	0	9	5	2	15	0		
1 packet, 35 g										
Total	790	63	16	20	9	4	41	770	67.5	
Lunch										
Kirkland Signature Hamburger	330	23	9	0			30	80	100	
1 patty, 151 g										
Precious Stringsters Low Moisture Part Skim Mozzarella Cheese	160	12	6	2	0	0	14	380	30	0
2 x 1 stick										
Hoody's Dry Roasted Peanuts with Sea Salt	320	28	4	8	4	2	14	230	0	
2 x 1 oz, 56 g										
Total	810	63	19	10	4	2	58	690	130	0
Dinner										
Snacks/Other										
Total	**1600**	**126**	**35**	**30**	**13**	**6**	**99**	**1460**	**197.5**	**0**