Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	203	9.95	22.27	8.58
Lunch	473	23.68	40.4	25
Dinner	447	17.06	48.06	19.28
Snacks/Other	311	13.19	35.49	7.48
Total	**1435**	**63.89**	**146.23**	**60.34**

Friday, May 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lance Toast Chee Real Peanut Butter Crackers (42g) 1 package, 42 g	220	11	2.5	25	1	4	5	220	0	0
Lunch										
Tostitos Multigrain Tortilla Chips 1/2 x 8 chips, 14 g	75	3.5	0.5	9.5	1	0.25	1	55	0	
Knorr Spinach Dip 2 tbsp	80	8	2.5	3	1	1	1	160	10	
Domino's Pizza 14" Thin Crust Pacific Veggie Pizza 1 1/2 x 1 slice	345	18.75	8.25	30	3	4.5	15	675	45	
Total	500	30.25	11.25	42.5	5	5.75	17	890	55	
Dinner										
Subway White Chip Macadamia Nut Cookie 1/4 x 1 cookie	55	2.75	1.25	7.25	0.25	4.5	0.5	32.5	3.75	
Arby's Jr. Roast Beef 1 sandwich, 87 g	210	8	2.5	22	1	3	13	530	30	
Arby's Cheddar Curly Fries 1/2 x 1 order, 85 g	230	12	3	27	2		3	645	2.5	
Total	495	22.75	6.75	56.25	3.25	7.5	16.5	1207.5	36.25	
Snacks/Other										
Hershey's Kit Kat Minis 6 x 1 miniture bar, 2.1 oz	138	7.2	4.62	18	0.66	14.4	1.98	19.8	3.36	
Barefoot Moscato	127	0	0	11	0	0	0	0	0	0

Friday, May 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving, 5 oz										
Wegmans Peanut Butter Filled Pretzel Nuggets	140	7	1.5	15	2	2	5	330	0	
10 pretzels, 30 g										
Total	405	14.2	6.12	44	2.66	16.4	6.98	349.8	3.36	0
Total	**1620**	**78.2**	**26.62**	**167.75**	**11.91**	**33.65**	**45.48**	**2667.3**	**94.61**	**0**

Sunday, May 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Mountain Dew Diet Mountain Dew (20 oz Bottle)	10	0	0	0.5	0	0.5	0	85	0	0
1 bottle, 20 oz										
Lance Toast Chee Real Peanut Butter Crackers (42g)	220	11	2.5	25	1	4	5	220	0	0
1 package, 42 g										
Total	230	11	2.5	25.5	1	4.5	5	305	0	0
Lunch										
Cheeseburger with 1/4 Lb Meat on Bun	690	37.37	16.075	44.32	1.8	7.64	41.47	1242	126	478
1 1/4 (1/4 lb) cheeseburgers										
Dinner										
Snacks/Other										
Total	**920**	**48.37**	**18.575**	**69.82**	**2.8**	**12.14**	**46.47**	**1547**	**126**	**478**

Tuesday, May 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sargento Reduced Fat Colby-Jack Cheese Sticks	60	4.5	2.5	0	0	0	5	135	10	
1 stick, 21 g										
Lance Toast Chee Real Peanut Butter Crackers (42g)	220	11	2.5	25	1	4	5	220	0	0
1 package, 42 g										
Total	280	15.5	5	25	1	4	10	355	10	0
Lunch										
Tostitos Multigrain Tortilla Chips	150	7	1	19	2	0.5	2	110	0	
8 chips, 28 g										
Sabra Roasted Red Pepper Humus	70	6	1	4	2	0	2	130	0	0
2 tbsp										
Grape Tomatoes	7	0.08	0.018	1.55	0.5	1.04	0.35	2	0	
5 grape										
Fresh Express Spring Mix	20	0	0	3	1	0	2	50	0	
1 package, 142 g										
Cucumber (Peeled)	8	0.11	0.009	1.44	0.5	0.92	0.39	1	0	90
1/2 cup pared, chopped										
Total	255	13.19	2.027	28.99	6	2.46	6.74	293	0	90
Dinner										
Domino's Pizza 14" Thin Crust Pacific Veggie Pizza	460	25	11	40	4	6	20	900	60	
2 x 1 slice										
Snacks/Other										

Tuesday, May 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	995	53.69	18.027	93.99	11	12.46	36.74	1548	70	90

Wednesday, May 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
McDonald's Egg White Delight McMuffin 1 muffin	250	7	3	32	5	3	18	800	25	
Lunch										
Tostitos Multigrain Tortilla Chips 1 1/2 x 8 chips, 42 g	225	10.5	1.5	28.5	3	0.75	3	165	0	
Dinner										
Cucumber (with Peel) 1/2 cup slices	8	0.06	0.018	1.89	0.3	0.87	0.34	1	0	76
Sabra Roasted Red Pepper Hummus 2 x 2 tbsp, 56 g	140	10	2	8	4	0	4	260	0	
Pizza Hut 12" Medium Pepperoni & Mushroom Hand-Tossed Style Pizza 2 x 1 slice, 208 g	460	18	8	50	2	6	22	1220	40	
Total	608	28.06	10.018	59.89	6.3	6.87	26.34	1481	40	76
Snacks/Other										
Barefoot Moscato 1 serving, 5 oz	127	0	0	11	0	0	0	0	0	0
Frito-Lay Barbecue Flavored Potato Chips 1 package, 1 oz	160	10	1	15	1	2	2	150	0	
Cheetos Cheese Puffs 1/2 x 1 package, 15.9 g	80	5		6.5	0.5	0.5	1	175	2.5	

Wednesday, May 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lance Toast Chee Real Peanut Butter Crackers (42g)	220	11	2.5	25	1	4	5	220	0	0
1 package, 42 g										
Total	587	26	3.5	57.5	2.5	6.5	8	545	2.5	0
Total	**1670**	**71.56**	**18.018**	**177.89**	**16.8**	**17.12**	**55.34**	**2991**	**67.5**	**76**

Friday, May 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Laura Lynn 40 Calorie Wheat Bread 2 slices, 45 g	80	0.5	0	20	6	1	5	160	0	0
Total	174	8.56	1.647	23.13	7	2.48	9.01	233	0	104
Lunch										
P.F. Chang's Sesame Chicken 2 servings	343	14	2	25	2	0	30	1020	0	
Dinner										
Domino's Pizza 16" Hand Tossed Pepperoni Pizza 2 1/2 x 1 slice	950	37.5		112.5	5	0	37.5	2300	87.5	
Snacks/Other										
Potato Chips 1/4 single serving bag	38	2.62	0.767	3.48	0.3	0.29	0.46	37	0	115
Watermelon 1 cup diced	46	0.23	0.024	11.48	0.6	9.42	0.93	2	0	170
Kraft American Cheese Slice 1 slice, 19 g	60	4	2.5	2	0	1	3	200	15	
Market Pantry Steak & Cheese Burrito 1 burrito, 142 g	300	10	4	40	2	1	12	570	25	
Total	444	16.85	7.291	56.96	2.9	11.71	16.39	809	40	285
Total	**1911**	**76.91**	**10.938**	**217.59**	**16.9**	**14.19**	**92.9**	**4362**	**127.5**	**389**

Saturday, May 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Own Light Honey Wheat Bread 1 slice, 22 g	40	0.25	0	9.5	3	1	2.5	65	0	
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Total	134	8.31	1.647	12.63	4	2.48	6.51	138	0	104
Lunch										
Chick-fil-A Asian Salad 1 salad	330	13	2.5	24	5	11	29	1090	70	
Dinner										
Barefoot Moscato 2 x 1 serving, 10 oz	254	0	0	22	0	0	0	0	0	0
Mountain Dew Diet Mountain Dew (20 oz) 1 bottle, 20 oz	10	0	0	0.5	0	0.5	0	85	0	0
Cantaloupe Melons 4 oz	39	0.22	0.058	9.25	1	8.91	0.95	18	0	303
Watermelon 4 oz	34	0.17	0.018	8.56	0.5	7.03	0.69	1	0	127
Fresh Express Spring Mix 1/2 x 1 package, 71 g	10	0	0	1.5	0.5	0	1	25	0	
Italian Rose Fresh Salsa 2 x 2 tbsp , 60 g	10	0	0	2	0	2	0	250	0	0
El Pollo Loco 6" Corn Tortillas 1 tortillas, 2 oz	110	2	0	24	2	0	2	60	0	
Wal-Mart Tilapia Fillets	150	3.75	1.5	0	0	0	30	112.5	60	0

Saturday, May 30, 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 4 oz, 168 g										
Total	617	6.14	1.576	67.81	4	18.44	34.64	551.5	60	430
Snacks/Other										
Italian Rose Fresh Salsa	20	0	0	4	0	4	0	500	0	0
4 x 2 tbsp , 120 g										
Tostitos Multigrain Tortilla Chips	150	7	1	19	2	0.5	2	110	0	
8 chips, 28 g										
Sabra Roasted Red Pepper Hummus	70	5	1	4	2	0	2	130	0	
2 tbsp, 28 g										
Kraft Cheese Spreads - Pimento	120	9	6	4.5	0	3	3	255	30	
1 1/2 x 2 tbsp										
Nature's Own Light Honey Wheat Bread	80	0.5	0	19	6	2	5	130	0	
2 x 1 slice, 44 g										
Jason's Deli Italian Pasta Salad	208	12	1.5	22.5	1.5	0	6	603	0	
1 1/2 x 1 serving										
Starbucks Tazo Chai Tea Latte (Tall)	95	1.75	0.75	17	0	16	3	45	7.5	
1/2 x 1 serving, 6 oz										
Total	743	35.25	10.25	90	11.5	25.5	21	1773	37.5	0
Total	**1824**	**62.7**	**15.973**	**194.44**	**24.5**	**57.42**	**91.15**	**3552.5**	**167.5**	**534**

Sunday, May 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Peanut Butter 1 tbsp	94	8.06	1.647	3.13	1	1.48	4.01	73	0	104
Nature's Own Light Honey Wheat Bread 1 slice, 22 g	40	0.25	0	9.5	3	1	2.5	65	0	
Total	134	8.31	1.647	12.63	4	2.48	6.51	138	0	104
Lunch										
Ham and Cheese Submarine Sandwich with Lettuce, Tomato and Spread on Multigrain Roll 1 submarine	526	30.98	11.655	38.57	4.1	8.93	24.98	1685	74	511
Kitchen Cravings Deli Combo Sandwich 1 sandwich, 127 g	290	6	3.5	37	1	2	21	1170	40	
Potato Chips 1 single serving bag	153	10.49	3.069	13.93	1.2	1.15	1.84	147	0	460
Total	969	47.47	18.224	89.5	6.3	12.08	47.82	3002	114	971
Dinner										
Snacks/Other										
Total	**1103**	**55.78**	**19.871**	**102.13**	**10.3**	**14.56**	**54.33**	**3140**	**114**	**1075**