Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	324	9.53	36.61	27.62
Lunch	283	12.93	17.63	25.39
Dinner	295	9.92	23.63	26.74
Snacks/Other	260	13.63	24.66	12.2
Total	1162	46.01	102.54	91.95

Saturday, January 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Raspberries	64	0.8	0.023	14.69	8	5.44	1.48	1	0	186
1 cup										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Nature's Harvest Sunflower Kernels Roasted Unsalted	190	18	2	4	2	2	7	0	0	
1/4 cup, 30 g										
Great Value Greek Nonfat Yogurt - Plain	120	0	0	9	0	9	23	115	10	
1 cup, 227 g										
Total	435	21.2	3.557	33.4	10	22.61	35.51	166	20	369
Lunch										
Fuji Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia) (approx 3 per lb)										
Dinner										
Publix Italian 5 Whole Grain Bread	200	2		42	6	6	10	320		
2 x 1 slice										
Great Value Pineapple Slices	160	0	0	38	2	32	0	0	0	380
2 x 1/2 cup, 266 g										
Kraft Miracle Whip Dressing	120	10.5	1.5	6	0	3	0	300	15	
3 x 1 tbsp, 45 ml										
Kroger Salad Shrimp	160	2	0	0	0	0	36	740	330	0
2 x 1 package, 226 g										
Total	640	14.5	1.5	86	8	41	46	1360	345	380
Snacks/Other										

Saturday, January 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Whole Foods Market Stollen Almond 1 piece, 1.8 oz	260	13	7	30	1	7	3	120	30	
Total	**1406**	**48.94**	**12.096**	**168.46**	**22.3**	**84.95**	**84.87**	**1647**	**395**	**749**

Sunday, January 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jennie-O Extra Lean Turkey Bacon	60	5	1	0	0	0	4	260	20	
2 x 1 slice, 30 g										
Smucker's Low Sugar Strawberry Preserves	38	0	0	9	0	7.5	0	0	0	0
1 1/2 x 1 tbsp, 25.5 g										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Publix Italian 5 Whole Grain Bread	200	2		42	6	6	10	320		
2 x 1 slice										
Total	579	24.31	7.182	57.87	6	20.83	36.9	840	664	384
Lunch										
Weissella Soft Gingerbread Cookies Chocolate Covered	360	13.5	3	54	3	33	6	150	30	0
3 x 1 cookie, 87 g										
Dinner										
Kraft Velveeta Cheese	70	4	2.5	3	0	2	4	410	15	0
1/4 " slice, 28 g										
Season's Choice California Medley	90	0	0	15	6	3	3	90	0	0
3 x 1 cup, 255 g										
Beef Chuck (Arm Pot Roast, Lean Only, Trimmed to 1/8" Fat)	262	8.32	3.082	0	0	0	43.88	147	87	669
7 oz										

Sunday, January 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	422	12.32	5.582	18	6	5	50.88	647	102	669

Snacks/Other

Total	1361	50.13	15.764	129.87	15	58.83	93.78	1637	796	1053

Monday, January 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fuji Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia) (approx 3 per lb)										
Great Value Greek Nonfat Yogurt - Plain	120	0	0	9	0	9	23	115	10	
1 cup, 227 g										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Total	252	2.64	1.573	33.77	3.3	29.51	27.39	166	20	183
Lunch										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
Jennie-O Mild Turkey Breakfast Sausage Lean	110	6	1.5	0	0	0	14	570	60	
2 oz, 56 g										
Total	330	20.91	6.148	1.16	0	1.16	32.87	780	694	201
Dinner										
Snacks/Other										
Dry Roasted Unsalted Peanuts	214	18.13	2.516	7.85	2.9	1.53	8.64	2	0	240
1/4 cup										
Great Value Cashew Halves & Pieces	160	13	2.5	8	0	1	5	110	0	
1/4 cup, 1 oz										
Total	374	31.13	5.016	15.85	2.9	2.53	13.64	112	0	240
Total	**956**	**54.68**	**12.737**	**50.78**	**6.2**	**33.2**	**73.9**	**1058**	**714**	**624**

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Fuji Apples 1 medium (2-3/4" dia) (approx 3 per lb)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
Total	252	2.64	1.573	33.77	3.3	29.51	27.39	166	20	183
Lunch										
Great Value Golden Sweet Whole Kernel Corn 1/2 x 1/2 cup, 62.5 g	30	0.5	0	5.5	1.5	3.5	1	150	0	55
Broccoli (Chopped, Frozen) 1/2 cup	20	0.23	0.034	3.73	2.3	1.03	2.19	19	0	165
Great Value Chunk White Chicken with Sun Dried Tomato & Herb Sauce 5 x 2 oz, 280 g	225	5	0	0	0	0	45	1350	125	
Total	275	5.73	0.034	9.23	3.8	4.53	48.19	1519	125	220
Dinner										
Great Value Frozen Cut Green Beans 3 1/2 x 2/3 cup, 297.5 g	105	0	0	17.5	7	7	3.5	0	0	525
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
House Foods Tofu Shirataki Fettuccine 2 x 4 oz, 226 g	40	1	0	6	4	0	2	30	0	0

Tuesday, January 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kroger Salad Shrimp 2 x 1 package, 226 g	160	2	0	0	0	0	36	740	330	0
Total	379	7.97	1.55	23.88	11	7.38	47.79	840	542	592
Snacks/Other										
Great Value California Sun-Dried Raisins 2 x 1 box, 84 g	180	0	0	44	2	34	2	0	0	420
Choceur Marzipan Log filled with hazelnut praline 2 x 1/2 log, 96 g	460	26	7	54	4	54	6	20	10	
Total	640	26	7	98	6	88	8	20	10	420
Total	1546	42.34	10.157	164.88	24.1	129.42	131.37	2545	697	1415

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fuji Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia) (approx 3 per lb)										
Great Value Greek Nonfat Yogurt - Plain	120	0	0	9	0	9	23	115	10	
1 cup, 227 g										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Total	252	2.64	1.573	33.77	3.3	29.51	27.39	166	20	183
Lunch										
Simms Teriyaki Beef Jerky	210	3		12	0	12	36	1650	45	
3 x 1 oz, 84 g										
Dinner										
Great Value Golden Sweet Whole Kernel Corn	60	1	0	11	3	7	2	300	0	110
1/2 cup, 125 g										
Great Value Swiss Cheese	220	18	10	2	0	0	16	260	60	50
2 x 1 oz, 56 g										
Kirkwood Grilled Chicken Breast STrips with Rib Meat Southwestern Flavor (fully cooked)	110	2.5	0	5	0	2	18	560	55	
3oz, 85 g										
Zucchini	31	0.35	0.073	6.57	2.2	3.39	2.37	20	0	514
1 medium										
Total	421	21.85	10.073	24.57	5.2	12.39	38.37	1140	115	674
Snacks/Other										

Thursday, January 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Atkins Advantage Coconut Almond Delight Bar 1 bar, 44 g	200	15	11	18	16	1	7	90	0	110
Weissella Soft Gingerbread Cookies Chocolate Covered 2 x 1 cookie, 58 g	240	9	2	36	2	22	4	100	20	0
Total	440	24	13	54	18	23	11	190	20	110
Total	1323	51.49	24.646	124.34	26.5	76.9	112.76	3146	200	967

Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Harvest Sunflower Kernels Roasted Unsalted 1/4 cup, 30 g	190	18	2	4	2	2	7	0	0	
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Fuji Apples 1 medium (2-3/4" dia) (approx 3 per lb)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
Total	442	20.64	3.573	37.77	5.3	31.51	34.39	166	20	183
Lunch										
Nature's Harvest Sunflower Kernels Roasted Unsalted 1/4 cup, 30 g	190	18	2	4	2	2	7	0	0	
Fuji Apples 1 medium (2-3/4" dia) (approx 3 per lb)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Total	381	18.24	2.039	32.06	5.3	25.34	30.36	116	10	
Dinner										
Snacks/Other										
Millville Chocolate Coconut Endulgent Bar 1 bar, 40 g	170	12	9	19	16	1	5	65	0	150

Friday, January 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	993	50.88	14.612	88.83	26.6	57.85	69.75	347	30	333

Sunday, January 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fuji Apples	142	0.47	0.078	38.11	6.7	28.69	0.72	3	0	
2 medium (2-3/4" dia) (approx 3 per lb)										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Total	203	2.87	1.612	43.82	6.7	34.86	4.75	53	10	183
Lunch										
Armstrong Olives Jalapeno Stuffed Green Olives	75	7.5	0	0			0	1200	0	
5 x 2 olives, 2.5 oz										
French or Vienna Bread (Includes Sourdough)	175	1.92	0.41	33.22	1.9	0.15	5.63	390	0	72
1 slice, medium (4" x 2-1/2" x 1-3/4")										
edenVale Brie Cheese	100	8	4.5	1	0	0	5	170	25	
1oz, 28 g										
Cucumber (Peeled)	12	0.16	0.013	2.17	0.7	1.39	0.59	2	0	137
1/2 medium										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
Tomatoes	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Feta Cheese	225	18.1	12.712	3.48	0	3.48	12.09	949	76	53
3 oz										
Costco Rotisserie Chicken	280	14	5	1	0	1	38	920	110	
2 x 3 oz, 170 g										
Total	897	50.01	22.702	47.32	4.8	10.22	62.89	3643	211	632
Dinner										

Sunday, January 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Great Value Cashew Halves & Pieces 1/4 cup, 1 oz	160	13	2.5	8	0	1	5	110	0	
Total	1260	65.88	26.814	99.14	11.5	46.08	72.64	3806	221	815

Monday, January 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Fuji Apples 2 medium (2-3/4" dia) (approx 3 per lb)	142	0.47	0.078	38.11	6.7	28.69	0.72	3	0	
Total	203	2.87	1.612	43.82	6.7	34.86	4.75	53	10	183
Lunch										
Simms Turkey Sausage Snack Sticks 4 x 2 sticks, 120 g	180	12	4	4	0	0	16	640	60	0
Green Peppers 1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	33	0.28	0.095	7.61	2.8	3.94	1.41	5	0	287
Total	213	12.28	4.095	11.61	2.8	3.94	17.41	645	60	287
Dinner										
Great Value Honey Barbecue Sauce 3 x 2 tbsp, 108 g	150	0	0	39	0	33	0	1080	0	30
Mt. Olive Jalapeno Slices 20 slices, 1 oz	5	0		1	0	0	0	450	0	
Hispanic Chicken Bouillon Cubes 1/4 x 1 cube, 2 g	2	0.12	0	0.25	0	0	0	310	0	
italian breadcrumbs great value 1/2 x 1/4 cup, 14 g	60	0.75	0.25	10.5	1	2	2	175	0	22.5
egg 1/4 large	18	1.24	0.387	0.1	0	0.1	1.57	18	53	17
Ground Turkey	140	7.82	2.017	0	0	0	16.28	257	61	161

Monday, January 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 medium patty (4 oz, raw, 4 patties per lb) (yield after cooking)										
Miracle Noodle Miracle Rice	0	0	0	0	0	0	0	0	0	
2 x 3 oz, 170 g										
Total	375	9.93	2.654	50.85	1	35.1	19.85	2290	114	230.5
Snacks/Other										
Great Value California Sun-Dried Raisins	90	0	0	22	1	17	1	0	0	210
1 box, 42 g										
creamy peanut butter great value	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
12 g										
gold standard 100% whey extreme	65	0.75	0.25	2	0	0.5	12	50	15	
1/2 x 1 scoop, 16.2 g										
flax seed	15	1.25	0	1	1	0	0.75	0	0	
1/4 x 2 tbsp, 3 g										
oats	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
15 g										
peanuts	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
0.06 cup										
milk	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
0.06 cup										
Total	356	13.71	2.277	40.53	4.98	20.15	20.87	114	16	362.2
Total	**1147**	**38.79**	**10.638**	**146.81**	**15.48**	**94.05**	**62.88**	**3102**	**200**	**1062.7**

Tuesday, January 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Nature's Harvest Sunflower Kernels Roasted Unsalted 1/4 cup, 30 g	190	18	2	4	2	2	7	0	0	
Fuji Apples 1 medium (2-3/4" dia) (approx 3 per lb)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Total	442	20.64	3.573	37.77	5.3	31.51	34.39	166	20	183
Lunch										
Great Value Canned Tuna in Water 1/4 cup, 2 oz	50	1	0	0	0	0	10	180	25	100
Tomatoes 1 medium whole (2-3/5" dia)	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
Lettuce 1 cup shredded or chopped	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
Cucumber (Peeled) 1/2 medium	12	0.16	0.013	2.17	0.7	1.39	0.59	2	0	137
Total	92	1.49	0.08	8.62	2.9	5.59	12.17	194	25	607
Dinner										
broc In the Bag Steamable Vegetables - Broccoli with Cheese Sauce (Great Value) 350 g	167	5	1.67	23.33	6.67	10	6.67	1099.89	0	466.62

Tuesday, January 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kirkwood Grilled Chicken Breast STrips with Rib Meat Southwestern Flavor (fully cooked)	110	2.5	0	5	0	2	18	560	55	
3oz, 85 g										
Total	277	7.5	1.67	28.33	6.67	12	24.67	1659.89	55	466.62
Snacks/Other										
creamy peanut butter great value	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
12 g										
gold standard 100% whey extreme	65	0.75	0.25	2	0	0.5	12	50	15	
1/2 x 1 scoop, 16.2 g										
flax seed	15	1.25	0	1	1	0	0.75	0	0	
1/4 x 2 tbsp, 3 g										
oats	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
15 g										
peanuts	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
0.06 cup										
milk	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
0.06 cup										
Total	266	13.71	2.277	18.53	3.98	3.15	19.87	114	16	152.2
Total	**1077**	**43.34**	**7.6**	**93.25**	**18.85**	**52.25**	**91.1**	**2133.89**	**116**	**1408.82**

Wednesday, January 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Fuji Apples 2 medium (2-3/4" dia) (approx 3 per lb)	142	0.47	0.078	38.11	6.7	28.69	0.72	3	0	
Total	203	2.87	1.612	43.82	6.7	34.86	4.75	53	10	183
Lunch										
Simms Teriyaki Beef Jerky 1 oz, 28 g	70	1		4	0	4	12	550	15	
Green Peppers 1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	33	0.28	0.095	7.61	2.8	3.94	1.41	5	0	287
Simms Turkey Sausage Snack Sticks 4 x 2 sticks, 120 g	180	12	4	4	0	0	16	640	60	0
Total	283	13.28	4.095	15.61	2.8	7.94	29.41	1195	75	287
Dinner										
Great Value Alfredo Sauce 1/4 cup, 62 g	110	10	3.5	2	0	0	1	350	30	30
Kirkwood Grilled Chicken Breast Strips 2 x 3 oz, 168 g	220	4	0	10	0	0	36	1120	110	
House Foods Tofu Shirataki Noodles 2 x 4 oz, 226 g	20	1	0	6	4	0	2	30	0	
Total	350	15	3.5	18	4	0	39	1500	140	30
Snacks/Other										

Wednesday, January 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
creamy peanut butter great value 12 g	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
gold standard 100% whey extreme 1/2 x 1 scoop, 16.2 g	65	0.75	0.25	2	0	0.5	12	50	15	
flax seed 1/4 x 2 tbsp, 3 g	15	1.25	0	1	1	0	0.75	0	0	
oats 15 g	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
peanuts 0.06 cup	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
milk 0.06 cup	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
Total	266	13.71	2.277	18.53	3.98	3.15	19.87	114	16	152.2
Total	**1102**	**44.86**	**11.484**	**95.96**	**17.48**	**45.95**	**93.03**	**2862**	**241**	**652.2**

Thursday, January 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Harvest Sunflower Kernels Roasted Unsalted 1/4 cup, 30 g	190	18	2	4	2	2	7	0	0	
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Fuji Apples 1 medium (2-3/4" dia) (approx 3 per lb)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Total	442	20.64	3.573	37.77	5.3	31.51	34.39	166	20	183
Lunch										
Feta Cheese 3 oz	225	18.1	12.712	3.48	0	3.48	12.09	949	76	53
Armstrong Olives Jalapeno Stuffed Green Olives 5 x 2 olives, 2.5 oz	75	7.5	0	0			0	1200	0	
Cucumber (Peeled) 1/2 medium	12	0.16	0.013	2.17	0.7	1.39	0.59	2	0	137
Lettuce 1 cup shredded or chopped	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
Tomatoes 1 medium whole (2-3/5" dia)	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
Total	342	26.09	12.792	12.1	2.9	9.07	14.26	2163	76	560
Dinner										
edenVale Brie Cheese 3 x 1oz, 84 g	300	24	13.5	3	0	0	15	510	75	

Thursday, January 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Subway Double Chicken Salad	220	4.5	1.5	10	4	6	36	490		
1 salad, 427 g										
Total	520	28.5	15	13	4	6	51	1000	75	
Snacks/Other										
Great Value Sweetened Dried Pineapple	140	0	0	35	1	31	0	85	0	35
7 pieces, 40 g										
Great Value Cashew Halves & Pieces	160	13	2.5	8	0	1	5	110	0	
1/4 cup, 1 oz										
Dry Roasted Unsalted Peanuts	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
0.06 cup										
creamy peanut butter great value	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
12 g										
gold standard 100% whey extreme	65	0.75	0.25	2	0	0.5	12	50	15	
1/2 x 1 scoop, 16.2 g										
flax seed	15	1.25	0	1	1	0	0.75	0	0	
1/4 x 2 tbsp, 3 g										
oats	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
15 g										
peanuts	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
0.06 cup										
milk	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
0.06 cup										
Total	617	31.06	5.381	63.41	5.68	35.52	26.94	310	16	245.2
Total	**1921**	**106.29**	**36.746**	**126.28**	**17.88**	**82.1**	**126.59**	**3639**	**187**	**988.2**

Friday, January 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Harvest Sunflower Kernels Roasted Unsalted 1/4 cup, 30 g	190	18	2	4	2	2	7	0	0	
Fuji Apples 1 medium (2-3/4" dia) (approx 3 per lb)	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Total	442	20.64	3.573	37.77	5.3	31.51	34.39	166	20	183
Lunch										
Simms Turkey Sausage Snack Sticks 4 x 2 sticks, 120 g	180	12	4	4	0	0	16	640	60	0
Green Peppers 1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	33	0.28	0.095	7.61	2.8	3.94	1.41	5	0	287
Total	213	12.28	4.095	11.61	2.8	3.94	17.41	645	60	287
Dinner										
Stuffed Green Olives 1 10 small serving	44	4.49	0.595	1.37	1.1	0.3	0.35	456	0	20
Daily Chef Cooked Salad Shrimp 2 1/2 x 3 oz, 212.5 g	200	0	0	0	0	0	45	1375	287.5	
Cucumber (Peeled) 1/2 medium	12	0.16	0.013	2.17	0.7	1.39	0.59	2	0	137
Tomatoes	16	0.18	0.042	3.57	1.1	2.39	0.8	5	0	216

Friday, January 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 small whole (2-2/5" dia)										
Lettuce	8	0.08	0.01	1.63	0.7	0.97	0.5	6	0	78
1 cup shredded or chopped										
edenVale Brie Cheese	300	24	13.5	3	0	0	15	510	75	
3 x 1oz, 84 g										
Total	580	28.91	14.16	11.74	3.6	5.05	62.24	2354	362.5	451
Snacks/Other										
Weissella Soft Gingerbread Cookies Chocolate Covered	600	22.5	5	90	5	55	10	250	50	0
5 x 1 cookie, 145 g										
Total	1835	84.33	26.828	151.12	16.7	95.5	124.04	3415	492.5	921

Saturday, January 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries 10 medium (1-1/4" dia)	38	0.36	0.018	9.22	2.4	5.59	0.8	1	0	184
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Total	219	2.76	1.552	23.93	2.4	20.76	27.83	166	20	367
Lunch										
Dinner										
Snacks/Other										
Total	219	2.76	1.552	23.93	2.4	20.76	27.83	166	20	367

Sunday, January 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Move Over Butter Whipped with Sweet Cream Buttermilk 65% Vegetable Oil Spread	25	3	0.5	0	0	0	0	37.5	0	
1/2 x 1 tbsp, 4.5 g										
Mestemacher Three Grain Bread	120	2	0	24	6	0	4	340	0	
1 slice, 72 g										
Smucker's Low Sugar Strawberry Preserves	38	0	0	9	0	7.5	0	0	0	0
1 1/2 x 1 tbsp, 25.5 g										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Jennie-O Extra Lean Turkey Bacon	60	5	1	0	0	0	4	260	20	
2 x 1 slice, 30 g										
Total	524	27.31	7.682	39.87	6	14.83	30.9	897.5	664	384
Lunch										
Planters Unsalted Dry Roasted Peanuts	170	14	2	5	2	1	8	5	0	210
39 pieces, 1 oz										
Great Value Cashew Halves & Pieces	160	13	2.5	8	0	1	5	110	0	
1/4 cup, 1 oz										
Great Value Sweetened Dried Pineapple	140	0	0	35	1	31	0	85	0	35
7 pieces, 40 g										
Total	470	27	4.5	48	3	33	13	200	0	245

Sunday, January 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Snacks/Other										
Total	994	54.31	12.182	87.87	9	47.83	43.9	1097.5	664	629

Monday, January 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries 10 medium (1-1/4" dia)	38	0.36	0.018	9.22	2.4	5.59	0.8	1	0	184
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Total	219	2.76	1.552	23.93	2.4	20.76	27.83	166	20	367
Lunch										
Simms Turkey Sausage Snack Sticks 3 x 2 sticks, 90 g	135	9	3	3	0	0	12	480	45	0
Dinner										
Great Value Frozen Cut Green Beans 3 x 2/3 cup, 255 g	90	0	0	15	6	6	3	0	0	450
Costco Rotisserie Chicken 2 x 3 oz, 170 g	280	14	5	1	0	1	38	920	110	
Total	370	14	5	16	6	7	41	920	110	450
Snacks/Other										
Great Value Natural Creamy Peanut Butter Spread 2 tbsp, 32 g	190	15	3	8	2	3	7	120	0	200
Total	**914**	**40.76**	**12.552**	**50.93**	**10.4**	**30.76**	**87.83**	**1686**	**175**	**1017**

Tuesday, January 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Fuji Apples	71	0.24	0.039	19.06	3.3	14.34	0.36	1	0	
1 medium (2-3/4" dia) (approx 3 per lb)										
Great Value Greek Nonfat Yogurt - Plain	120	0	0	9	0	9	23	115	10	
1 cup, 227 g										
Total	252	2.64	1.573	33.77	3.3	29.51	27.39	166	20	183
Lunch										
Fit & Active Chicken Broth	15	0	0	0	0	0	3	1710	0	0
3 x 1 cup, 720 ml										
Great Value Thick & Chunky Salsa - Hot	20	0	0	4	0	2	0	320	0	
2 x 2 tbsp, 62 g										
Great Value Frozen Whole Kernel Golden Corn	70	1	0	14	2	6	2	5	0	180
2/3 cup, 90 g										
Great Value Fat Free Refried Beans	100	0	0	19	6	1	7	480	0	440
1/2 cup, 130 g										
Costco Rotisserie Chicken	140	7	2.5	0.5	0	0.5	19	460	55	
3 oz, 85 g										
Total	345	8	2.5	37.5	8	9.5	31	2975	55	620
Dinner										
Publix Baby Brussels Sprouts	225	0	0	35	15	0	20	0	0	0
5 x 3/4 cup, 425 g										
Fit & Active Rotisserie Flavor Turkey Breast Tenderloins	260	7	0	8	0	2	42	960	100	

Tuesday, January 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 4 oz, 224 g										
Total	485	7	0	43	15	2	62	960	100	0
Snacks/Other										
creamy peanut butter great value	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
12 g										
gold standard 100% whey extreme	65	0.75	0.25	2	0	0.5	12	50	15	
1/2 x 1 scoop, 16.2 g										
flax seed	15	1.25	0	1	1	0	0.75	0	0	
1/4 x 2 tbsp, 3 g										
oats	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
15 g										
peanuts	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
0.06 cup										
milk	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
0.06 cup										
Total	266	13.71	2.277	18.53	3.98	3.15	19.87	114	16	152.2
Total	**1348**	**31.35**	**6.35**	**132.8**	**30.28**	**44.16**	**140.26**	**4215**	**191**	**955.2**

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries 10 medium (1-1/4" dia)	38	0.36	0.018	9.22	2.4	5.59	0.8	1	0	184
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Total	219	2.76	1.552	23.93	2.4	20.76	27.83	166	20	367
Lunch										
Ken's Steak House Lite Asian Sesame Dressing 2 tbsp, 34 g	70	4	0	8	0	7	0	450	0	
Great Value Canned Tuna in Water 1/4 cup, 2 oz	50	1	0	0	0	0	10	180	25	100
Cucumber (Peeled) 1 medium	24	0.32	0.026	4.34	1.4	2.77	1.19	4	0	273
Tomatoes 1 medium whole (2-3/5" dia)	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
Total	166	5.57	0.083	17.16	2.9	13	12.27	640	25	665
Dinner										
Great Value Reduced Fat Grated Parmesan Cheese 1 tbsp, 5 g	20	1	0.5	2	0	0	1	85	5	
Fit & Active Chicken Broth 5 x 1 cup, 1200 ml	25	0	0	0	0	0	5	2850	0	0
Great Value Frozen Whole Kernel Golden Corn	70	1	0	14	2	6	2	5	0	180

Wednesday, January 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2/3 cup, 90 g										
Great Value Fat Free Refried Beans	100	0	0	19	6	1	7	480	0	440
1/2 cup, 130 g										
Great Value Thick & Chunky Salsa - Hot	30	0	0	6	0	3	0	480	0	
3 x 2 tbsp, 93 g										
Costco Rotisserie Chicken	140	7	2.5	0.5	0	0.5	19	460	55	
3 oz, 85 g										
Total	385	9	3	41.5	8	10.5	34	4360	60	620
Snacks/Other										
Great Value California Sun-Dried Raisins	90	0	0	22	1	17	1	0	0	210
1 box, 42 g										
creamy peanut butter great value	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
12 g										
gold standard 100% whey extreme	65	0.75	0.25	2	0	0.5	12	50	15	
1/2 x 1 scoop, 16.2 g										
flax seed	15	1.25	0	1	1	0	0.75	0	0	
1/4 x 2 tbsp, 3 g										
oats	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
15 g										
peanuts	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
0.06 cup										
milk	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
0.06 cup										
Total	356	13.71	2.277	40.53	4.98	20.15	20.87	114	16	362.2
Total	**1126**	**31.04**	**6.912**	**123.12**	**18.28**	**64.41**	**94.97**	**5280**	**121**	**2014.2**

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fuji Apples 1 1/2 medium (2-3/4" dia) (approx 3 per lb)	107	0.36	0.059	28.58	5	21.52	0.54	2	0	
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Total	288	2.76	1.593	43.29	5	36.69	27.57	167	20	183
Lunch										
Great Value Chunk White Chicken with Sun Dried Tomato & Herb Sauce 5 x 2 oz, 280 g	225	5	0	0	0	0	45	1350	125	
Green Peppers 1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	33	0.28	0.095	7.61	2.8	3.94	1.41	5	0	287
Total	258	5.28	0.095	7.61	2.8	3.94	46.41	1355	125	287
Dinner										
Miracle Noodle Miracle Rice 2 x 3 oz, 170 g	0	0	0	0	0	0	0	0	0	
stew seasoning great value 1 1/2 x 2 tsp dry mix, 7.5 g	22	0	0	3	0	1.5	0	765	0	
half and half great value 1 1/2 x 2 tbsp, 45 ml	60	4.5	3	1.5	0	1.5	1.5	30	22.5	67.5
beef stew meat 5 oz boneless (yield after cooking)	258	17.12	6.732	0	0	0	24.14	325	79	207
Total	340	21.62	9.732	4.5	0	3	25.64	1120	101.5	274.5

Thursday, January 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
creamy peanut butter great value	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
12 g										
gold standard 100% whey extreme	65	0.75	0.25	2	0	0.5	12	50	15	
1/2 x 1 scoop, 16.2 g										
flax seed	15	1.25	0	1	1	0	0.75	0	0	
1/4 x 2 tbsp, 3 g										
oats	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
15 g										
peanuts	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
0.06 cup										
milk	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
0.06 cup										
Total	266	13.71	2.277	18.53	3.98	3.15	19.87	114	16	152.2
Total	**1152**	**43.37**	**13.697**	**73.93**	**11.78**	**46.78**	**119.49**	**2756**	**262.5**	**896.7**

Friday, January 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries	38	0.36	0.018	9.22	2.4	5.59	0.8	1	0	184
10 medium (1-1/4" dia)										
Great Value Greek Nonfat Yogurt - Plain	120	0	0	9	0	9	23	115	10	
1 cup, 227 g										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Total	219	2.76	1.552	23.93	2.4	20.76	27.83	166	20	367
Lunch										
Tomatoes	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Cucumber (Peeled)	24	0.32	0.026	4.34	1.4	2.77	1.19	4	0	273
1 medium										
Great Value Canned Tuna in Water	50	1	0	0	0	0	10	180	25	100
1/4 cup, 2 oz										
Ken's Steak House Lite Asian Sesame Dressing	70	4	0	8	0	7	0	450	0	
2 tbsp, 34 g										
Total	166	5.57	0.083	17.16	2.9	13	12.27	640	25	665
Dinner										
Subway Fat Free Honey Mustard	210	0	0	49	0	42	0	840	0	
7 x 1 1/2 tbsp, 147 g										
Subway Double Chicken Salad	220	4.5	1.5	10	4	6	36	490		
1 salad, 427 g										
Total	430	4.5	1.5	59	4	48	36	1330	0	

Friday, January 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
creamy peanut butter great value 12 g	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
gold standard 100% whey extreme 1/2 x 1 scoop, 16.2 g	65	0.75	0.25	2	0	0.5	12	50	15	
flax seed 1/4 x 2 tbsp, 3 g	15	1.25	0	1	1	0	0.75	0	0	
oats 15 g	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
peanuts 0.06 cup	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
milk 0.06 cup	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
Total	266	13.71	2.277	18.53	3.98	3.15	19.87	114	16	152.2
Total	**1081**	**26.54**	**5.412**	**118.62**	**13.28**	**84.91**	**95.97**	**2250**	**61**	**1184.2**

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Harvest Sunflower Kernels Roasted Unsalted	95	9	1	2	1	1	3.5	0	0	
1/2 x 1/4 cup, 15 g										
Dannon Light & Fit Greek - Vanilla	60	0	0	6.75	0	5.25	9	37.5	7.5	105
3/4 x 1 container, 112 g										
Xagave Agave Nectar	30	0		7	1	6	0	0		
1/2 x 1 tbsp, 9 g										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Great Value Greek Nonfat Yogurt - Plain	120	0	0	9	0	9	23	115	10	
1 cup, 227 g										
Strawberries	58	0.54	0.027	13.82	3.6	8.39	1.21	2	0	275
15 medium (1-1/4" dia)										
Total	424	11.94	2.561	44.28	5.6	35.81	40.74	204.5	27.5	563
Lunch										
Simms Original Beef Jerky	400	5	0	30	0	30	55	3000	75	0
5 x 1 oz, 140 g										
Simms Turkey Sausage Snack Sticks	90	6	2	2	0	0	8	320	30	0
2 x 2 sticks, 60 g										
Total	490	11	2	32	0	30	63	3320	105	0
Dinner										
Subway Fat Free Honey Mustard	210	0	0	49	0	42	0	840	0	
7 x 1 1/2 tbsp, 147 g										
Subway Double Chicken Salad	220	4.5	1.5	10	4	6	36	490		

Saturday, January 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 salad, 427 g										
Total	430	4.5	1.5	59	4	48	36	1330	0	
Snacks/Other										
Great Value Creamy Peanut Butter	190	16	3	7	2	3	7	150	0	190
2 tbsp, 32 g										
Total	1534	43.44	9.061	142.28	11.6	116.81	146.74	5004.5	132.5	753

Sunday, January 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Move Over Butter Whipped with Sweet Cream Buttermilk 65% Vegetable Oil Spread	25	3	0.5	0	0	0	0	37.5	0	
1/2 x 1 tbsp, 4.5 g										
Jennie-O Extra Lean Turkey Bacon	90	7.5	1.5	0	0	0	6	390	30	
3 x 1 slice, 45 g										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
Smucker's Low Sugar Strawberry Preserves	38	0	0	9	0	7.5	0	0	0	0
1 1/2 x 1 tbsp, 25.5 g										
Mestemacher Three Grain Bread	120	2	0	24	6	0	4	340	0	
1 slice, 72 g										
Strawberries	50	0.47	0.023	11.98	3.1	7.27	1.05	2	0	239
13 medium (1-1/4" dia)										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Total	604	30.28	8.205	51.85	9.1	22.1	33.95	1029.5	674	623
Lunch										
Dinner										
Snacks/Other										
Total	604	30.28	8.205	51.85	9.1	22.1	33.95	1029.5	674	623

Monday, January 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Strawberries 10 medium (1-1/4" dia)	38	0.36	0.018	9.22	2.4	5.59	0.8	1	0	184
Total	219	2.76	1.552	23.93	2.4	20.76	27.83	166	20	367
Lunch										
Simms Turkey Sausage Snack Sticks 4 x 2 sticks, 120 g	180	12	4	4	0	0	16	640	60	0
Green Peppers 1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	33	0.28	0.095	7.61	2.8	3.94	1.41	5	0	287
Total	213	12.28	4.095	11.61	2.8	3.94	17.41	645	60	287
Dinner										
Kroger Egg Mustard Potato Salad 1 1/2 x 2/3 cup, 210 g	405	27	3.75	34.5	3	9	3	900	67.5	
Costco Rotisserie Chicken 2 x 3 oz, 170 g	280	14	5	1	0	1	38	920	110	
Total	685	41	8.75	35.5	3	10	41	1820	177.5	
Snacks/Other										
creamy peanut butter great value 12 g	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2

Monday, January 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
gold standard 100% whey extreme	65	0.75	0.25	2	0	0.5	12	50	15	
1/2 x 1 scoop, 16.2 g										
flax seed	15	1.25	0	1	1	0	0.75	0	0	
1/4 x 2 tbsp, 3 g										
oats	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
15 g										
peanuts	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
0.06 cup										
milk	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
0.06 cup										
Total	266	13.71	2.277	18.53	3.98	3.15	19.87	114	16	152.2
Total	1383	69.75	16.674	89.57	12.18	37.85	106.11	2745	273.5	806.2

Tuesday, January 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blackberries (Alaska Native)	94	1.7		18.54			0.85	2		
6 oz										
2% Fat Milk	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
1/2 cup										
Great Value Greek Nonfat Yogurt - Plain	120	0	0	9	0	9	23	115	10	
1 cup, 227 g										
Total	275	4.1	1.534	33.25	0	15.17	27.88	167	20	183
Lunch										
Ken's Steak House Lite Asian Sesame Dressing	70	4	0	8	0	7	0	450	0	
2 tbsp, 34 g										
Great Value Canned Tuna in Water	50	1	0	0	0	0	10	180	25	100
1/4 cup, 2 oz										
Cucumber (Peeled)	24	0.32	0.026	4.34	1.4	2.77	1.19	4	0	273
1 medium										
Tomatoes	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Total	166	5.57	0.083	17.16	2.9	13	12.27	640	25	665
Dinner										
Great Value Tomato Ketchup	40	0	0	10	0	4	0	320	0	100
2 x 1 tbsp, 34 g										
Great Value Honey Barbecue Sauce	100	0	0	26	0	22	0	720	0	20
2 x 2 tbsp, 72 g										
Publix Baby Brussels Sprouts	225	0	0	35	15	0	20	0	0	0

Tuesday, January 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
5 x 3/4 cup, 425 g										
italian breadcrumbs great value	60	0.75	0.25	10.5	1	2	2	175	0	22.5
1/2 x 1/4 cup, 14 g										
egg	18	1.24	0.387	0.1	0	0.1	1.57	18	53	17
1/4 large										
Ground Turkey	140	7.82	2.017	0	0	0	16.28	257	61	161
1 medium patty (4 oz, raw, 4 patties per lb) (yield after cooking)										
Total	583	9.81	2.654	81.6	16	28.1	39.85	1490	114	320.5
Snacks/Other										
creamy peanut butter great value	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
12 g										
gold standard 100% whey extreme	65	0.75	0.25	2	0	0.5	12	50	15	
1/2 x 1 scoop, 16.2 g										
flax seed	15	1.25	0	1	1	0	0.75	0	0	
1/4 x 2 tbsp, 3 g										
oats	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
15 g										
peanuts	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
0.06 cup										
milk	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
0.06 cup										
Total	266	13.71	2.277	18.53	3.98	3.15	19.87	114	16	152.2
Total	**1290**	**33.19**	**6.548**	**150.54**	**22.88**	**59.42**	**99.87**	**2411**	**175**	**1320.7**

Wednesday, January 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Fuji Apples 2 small (2-1/2" dia) (approx 4 per lb)	109	0.36	0.06	29.27	5.1	22.04	0.56	2	0	
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Total	290	2.76	1.594	43.98	5.1	37.21	27.59	167	20	183
Lunch										
Green Peppers 1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	33	0.28	0.095	7.61	2.8	3.94	1.41	5	0	287
Simms Turkey Sausage Snack Sticks 4 x 2 sticks, 120 g	180	12	4	4	0	0	16	640	60	0
Total	213	12.28	4.095	11.61	2.8	3.94	17.41	645	60	287
Dinner										
Snacks/Other										
creamy peanut butter great value 12 g	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
gold standard 100% whey extreme 1/2 x 1 scoop, 16.2 g	65	0.75	0.25	2	0	0.5	12	50	15	
flax seed 1/4 x 2 tbsp, 3 g	15	1.25	0	1	1	0	0.75	0	0	
oats	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0

Wednesday, January 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
15 g										
peanuts	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
0.06 cup										
milk	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22
0.06 cup										
Total	266	13.71	2.277	18.53	3.98	3.15	19.87	114	16	152.2
Total	769	28.75	7.966	74.12	11.88	44.3	64.87	926	96	622.2

Thursday, January 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Strawberries 10 medium (1-1/4" dia)	38	0.36	0.018	9.22	2.4	5.59	0.8	1	0	184
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Total	219	2.76	1.552	23.93	2.4	20.76	27.83	166	20	367
Lunch										
Turkey Meat 8 oz	270	6.49	2.155	0	0	0	49.37	159	147	671
Dinner										
Snacks/Other										
creamy peanut butter great value 12 g	72	6.08	1.14	2.66	0.76	1.14	2.66	57	0	72.2
gold standard 100% whey extreme 1/2 x 1 scoop, 16.2 g	65	0.75	0.25	2	0	0.5	12	50	15	
flax seed 1/4 x 2 tbsp, 3 g	15	1.25	0	1	1	0	0.75	0	0	
oats 15 g	57	1.14	0.19	10.26	1.52	0.38	1.9	0	0	0
peanuts 0.06 cup	51	4.35	0.604	1.88	0.7	0.37	2.07	1	0	58
milk	6	0.14	0.093	0.73	0	0.76	0.49	6	1	22

Thursday, January 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
0.06 cup										
Total	266	13.71	2.277	18.53	3.98	3.15	19.87	114	16	152.2
Total	755	22.96	5.984	42.46	6.38	23.91	97.07	439	183	1190.2

Saturday, January 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Quaker Chewy 90 Calorie Lowfat Granola Bars - Chocolate Chunk 1 bar, 24 g	90	2	0.5	19	1	7	1	80	0	50
Great Value Greek Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	9	0	9	23	115	10	
Strawberries 10 medium (1-1/4" dia)	38	0.36	0.018	9.22	2.4	5.59	0.8	1	0	184
2% Fat Milk 1/2 cup	61	2.4	1.534	5.71	0	6.17	4.03	50	10	183
Total	309	4.76	2.052	42.93	3.4	27.76	28.83	246	20	417
Lunch										
O'Charley's Spicy Jack Cheese Wedges 0.15 x 1 serving	132	9	3.9	8.25	0	0.3	4.35	381	21	
O'Charley's Cedar-Planked Salmon 1 serving	530	32	6	2	1	1	57	940	160	
O'Charley's Broccoli 1 serving, 5 oz	140	10	2	11	5	4	5	1130	10	
Total	802	51	11.9	21.25	6	5.3	66.35	2451	191	
Dinner										
Snacks/Other										
Total	1111	55.76	13.952	64.18	9.4	33.06	95.18	2697	211	417