

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
Breakfast	707	46.63	16.84	55.06
Lunch	686	34.53	58.48	38.88
Dinner	889	50.58	33.98	72.43
Snacks/Other	282	8.86	24.46	6.4
<b>Total</b>	<b>2564</b>	<b>140.6</b>	<b>133.75</b>	<b>172.77</b>

**Monday, July 31, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
<b>Lunch</b>										
Grilled Chicken 10 oz boneless	672	38.23	10.655	0	0	0	76.75	1147	247	
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Fried Vegetables Dipped in Chick Pea Flour Batter (Pakora) 15 pakoras	212	8.26	0.999	27.85	7.7	5.18	8.21	1985	0	443
Trader Joe's Masala Simmer Sauce 2 x 1/3 cup, 250 g	180	10	3	22	2	18	4	900	10	
<b>Total</b>	<b>1092</b>	<b>56.89</b>	<b>14.717</b>	<b>55.13</b>	<b>13</b>	<b>24.63</b>	<b>91.47</b>	<b>4080</b>	<b>257</b>	<b>923</b>
<b>Dinner</b>										
Fried Battered Cod 10 oz boneless	490	22.65	4.726	19.67	0.6	1.19	49.41	354	142	1086
Red Potatoes (Flesh and Skin) 1 cup diced	108	0.21	0.039	23.85	2.6	1.5	2.84	9	0	682
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Cooked Green String Beans (from Fresh) 1 cup fresh	77	4.03	0.771	9.89	4	1.92	2.37	402	0	182
<b>Total</b>	<b>777</b>	<b>38.41</b>	<b>12.83</b>	<b>53.42</b>	<b>7.2</b>	<b>4.62</b>	<b>54.74</b>	<b>767</b>	<b>173</b>	<b>1953</b>
<b>Snacks/Other</b>										
Fage Total Greek Strained Yogurt	220	11	8	9	0	9	20	80	30	

**Monday, July 31, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1 cup, 227 g										
Vanilla Ice Creams	145	7.92	4.889	16.99	0.5	15.28	2.52	58	32	143
1/2 cup										
<b>Total</b>	<b>365</b>	<b>18.92</b>	<b>12.889</b>	<b>25.99</b>	<b>0.5</b>	<b>24.28</b>	<b>22.52</b>	<b>138</b>	<b>62</b>	<b>143</b>
<b>Total</b>	<b>2234</b>	<b>114.22</b>	<b>40.436</b>	<b>134.54</b>	<b>20.7</b>	<b>53.53</b>	<b>168.73</b>	<b>4985</b>	<b>492</b>	<b>3019</b>

**Tuesday, August 1, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Egg	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
4 large										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Broccoli	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
1/2 cup chopped										
Mushrooms	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
1 cup pieces or slices										
Aidells Organic Chicken & Apple Sausage	300	20	6	6	0	4	26	1360	170	
2 x 1 link, 170 g										
<b>Total</b>	<b>726</b>	<b>51.81</b>	<b>19.545</b>	<b>12.87</b>	<b>1.9</b>	<b>7.48</b>	<b>54.72</b>	<b>1661</b>	<b>1047</b>	<b>638</b>
<b>Lunch</b>										
Starbucks Chocolate Chip Cookie	310	15	9	43	2	27	4	260	45	0
1 cookie										
Isernio's Breakfast Chicken Sausage	160	5	1	0	0	0	26	1040	110	
2 x 2 1/2 oz, 142 g										
Cooked Broccoli (Fat Not Added in Cooking)	17	0.2	0.038	3.46	1.6	0.67	1.15	135	0	141
1/2 cup, flowerets										
Sweet Potato	57	0.03	0.012	13.38	2	2.78	1.04	37	0	224
1/2 cup cubed										
Albertsons Tomato Ketchup	20	0	0	5	0	3	0	190	0	
1 tbsp										
<b>Total</b>	<b>564</b>	<b>20.23</b>	<b>10.05</b>	<b>64.84</b>	<b>5.6</b>	<b>33.45</b>	<b>32.19</b>	<b>1662</b>	<b>155</b>	<b>365</b>

**Tuesday, August 1, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Dinner</b>										
Grilled Chicken 6 oz boneless	403	22.94	6.393	0	0	0	46.05	688	148	
Beef Steak 2 oz boneless, cooked	143	8.51	3.332	0	0	0	15.47	211	46	173
Pork 1/2 cup cooked, diced	182	11.42	4.133	0	0	0	18.32	257	60	235
La Favorita Soft Corn Tortilla 1 1/2 x 3 tortillas , 82.5 g	188	1.5	0	39	3	0	4.5	0	0	0
Sour Cream 2 tbsps	62	6.04	3.758	1.23	0	0.05	0.91	15	13	41
<b>Total</b>	<b>978</b>	<b>50.41</b>	<b>17.616</b>	<b>40.23</b>	<b>3</b>	<b>0.05</b>	<b>85.25</b>	<b>1171</b>	<b>267</b>	<b>449</b>
<b>Snacks/Other</b>										
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
So Delicious Coconut Milk Minis - Almond 1 bar, 52 g	170	10	7	15	3	10	2	10	0	0
<b>Total</b>	<b>295</b>	<b>10</b>	<b>7</b>	<b>18.84</b>	<b>3</b>	<b>10.91</b>	<b>2.1</b>	<b>16</b>	<b>0</b>	<b>187</b>
<b>Total</b>	<b>2563</b>	<b>132.45</b>	<b>54.211</b>	<b>136.78</b>	<b>13.5</b>	<b>51.89</b>	<b>174.26</b>	<b>4510</b>	<b>1469</b>	<b>1639</b>

**Wednesday, August 2, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Aidells Organic Chicken & Apple Sausage	300	20	6	6	0	4	26	1360	170	
2 x 1 link, 170 g										
Mushrooms	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
1 cup pieces or slices										
Broccoli	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
1/2 cup chopped										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Egg	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
4 large										
Daisy 4% Small Curd Cottage Cheese	220	10	6	8	0	8	26	720	30	
2 x 1/2 cup, 226 g										
<b>Total</b>	<b>946</b>	<b>61.81</b>	<b>25.545</b>	<b>20.87</b>	<b>1.9</b>	<b>15.48</b>	<b>80.72</b>	<b>2381</b>	<b>1077</b>	<b>638</b>
<b>Lunch</b>										
Starbucks Chocolate Chip Cookie	620	30	18	86	4	54	8	520	90	0
2 x 1 cookie										
<b>Dinner</b>										
Chicken Thigh	652	40.86	11.422	0	0	0	66.1	1080	245	585
14 oz boneless (yield after cooking)										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Poppy Seed Dressing	131	12.05	1.731	6.1	0	3.92	0.06	127	0	4
2 tbsps										

**Wednesday, August 2, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
Cooked Mushrooms (Fat Added in Cooking)	39	2.21	0.394	4.15	1.7	1.71	1.69	202	0	277
1/2 cup										
<b>Total</b>	<b>841</b>	<b>55.38</b>	<b>13.589</b>	<b>13.77</b>	<b>3.9</b>	<b>6.6</b>	<b>69.52</b>	<b>1441</b>	<b>245</b>	<b>1186</b>
<b>Snacks/Other</b>										
Inka Chips Plantain Chips	140	6.5	3	20	1		1	50	0	200
20 chips, 28 g										
Franzia Fruity Red Sangria	220	0		22	0	16	0	10	0	
2 x 1 glass, 10 oz										
<b>Total</b>	<b>360</b>	<b>6.5</b>	<b>3</b>	<b>42</b>	<b>1</b>	<b>16</b>	<b>1</b>	<b>60</b>	<b>0</b>	<b>200</b>
<b>Total</b>	<b>2767</b>	<b>153.69</b>	<b>60.134</b>	<b>162.64</b>	<b>10.8</b>	<b>92.08</b>	<b>159.24</b>	<b>4402</b>	<b>1412</b>	<b>2024</b>

**Thursday, August 3, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
Egg	536	36.23	11.296	2.81	0	2.81	45.85	510	1542	488
1 1/2 cups (4.86 eggs)										
Strawberries	49	0.46	0.023	11.67	3	7.08	1.02	2	0	233
1 cup halves										
Hashed Brown Potatoes	151	9.22	4.324	16.15			1.94	290	9	267
1/2 cup										
Isernio's Breakfast Pork Sausage	420	27	9	3	0	3	36	1170		
3 x 2 links, 204 g										
<b>Total</b>	<b>1156</b>	<b>72.91</b>	<b>24.643</b>	<b>33.63</b>	<b>3</b>	<b>12.89</b>	<b>84.81</b>	<b>1972</b>	<b>1551</b>	<b>988</b>
<b>Lunch</b>										
Inka Chips Plantain Chips	140	6.5	3	20	1		1	50	0	200
20 chips, 28 g										
Applegate Farms Chicken & Sage Breakfast Sausage	170	11.9	3.4	0	0	0	17	595	76.5	
100 g										
Pistachio Nuts	158	12.6	1.542	7.93	2.9	2.17	5.84	0	0	291
1 oz (49 kernels)										
<b>Total</b>	<b>468</b>	<b>31</b>	<b>7.942</b>	<b>27.93</b>	<b>3.9</b>	<b>2.17</b>	<b>23.84</b>	<b>645</b>	<b>76.5</b>	<b>491</b>
<b>Dinner</b>										
Pulled Pork	601	33.88	11.435	13.6	3.2	3.25	58.39	1531	164	
1 1/2 cups cooked, diced										
Pork Spareribs	276	21.12	7.751	0	0	0	20.26	178	84	223
2 medium (yield after cooking, bone removed)										
Coleslaw	83	3.13	0.462	14.89	1.8		1.55	28	10	217
1 cup										



**Thursday, August 3, 2017**

	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	<b>Sod (mg)</b>	<b>Chol (mg)</b>	<b>Potassium (mg)</b>
<b>Total</b>	960	58.13	19.648	28.49	5	3.25	80.2	1737	258	440

**Snacks/Other**

Franzia Fruity Red Sangria	110	0		11	0	8	0	5	0	
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1 glass, 5 oz

<b>Total</b>	<b>2694</b>	<b>162.04</b>	<b>52.233</b>	<b>101.05</b>	<b>11.9</b>	<b>26.31</b>	<b>188.85</b>	<b>4359</b>	<b>1885.5</b>	<b>1919</b>
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