

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
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
Total	2564	140.6	133.75	172.77

Monday, July 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
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	
Total	1092	56.89	14.717	55.13	13	24.63	91.47	4080	257	923
Dinner										
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
Total	777	38.41	12.83	53.42	7.2	4.62	54.74	767	173	1953
Snacks/Other										
Fage Total Greek Strained Yogurt	220	11	8	9	0	9	20	80	30	

Monday, July 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	365	18.92	12.889	25.99	0.5	24.28	22.52	138	62	143
Total	2234	114.22	40.436	134.54	20.7	53.53	168.73	4985	492	3019

Tuesday, August 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	726	51.81	19.545	12.87	1.9	7.48	54.72	1661	1047	638
Lunch										
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										
Total	564	20.23	10.05	64.84	5.6	33.45	32.19	1662	155	365

Tuesday, August 1, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
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
Total	978	50.41	17.616	40.23	3	0.05	85.25	1171	267	449
Snacks/Other										
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
Total	295	10	7	18.84	3	10.91	2.1	16	0	187
Total	2563	132.45	54.211	136.78	13.5	51.89	174.26	4510	1469	1639

Wednesday, August 2, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	946	61.81	25.545	20.87	1.9	15.48	80.72	2381	1077	638
Lunch										
Starbucks Chocolate Chip Cookie	620	30	18	86	4	54	8	520	90	0
2 x 1 cookie										
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (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										
Total	841	55.38	13.589	13.77	3.9	6.6	69.52	1441	245	1186
Snacks/Other										
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										
Total	360	6.5	3	42	1	16	1	60	0	200
Total	2767	153.69	60.134	162.64	10.8	92.08	159.24	4402	1412	2024

Thursday, August 3, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
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										
Total	1156	72.91	24.643	33.63	3	12.89	84.81	1972	1551	988
Lunch										
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)										
Total	468	31	7.942	27.93	3.9	2.17	23.84	645	76.5	491
Dinner										
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

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	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	
1 glass, 5 oz										

Total	2694	162.04	52.233	101.05	11.9	26.31	188.85	4359	1885.5	1919
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