

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 | 403 | 22.94 | 6.393 | 0 | 0 | 0 | 46.05 | 688 | 148 | |
| 6 oz boneless | | | | | | | | | | |
| Beef Steak | 143 | 8.51 | 3.332 | 0 | 0 | 0 | 15.47 | 211 | 46 | 173 |
| 2 oz boneless, cooked | | | | | | | | | | |
| Pork | 182 | 11.42 | 4.133 | 0 | 0 | 0 | 18.32 | 257 | 60 | 235 |
| 1/2 cup cooked, diced | | | | | | | | | | |
| La Favorita Soft Corn Tortilla | 188 | 1.5 | 0 | 39 | 3 | 0 | 4.5 | 0 | 0 | 0 |
| 1 1/2 x 3 tortillas , 82.5 g | | | | | | | | | | |
| Sour Cream | 62 | 6.04 | 3.758 | 1.23 | 0 | 0.05 | 0.91 | 15 | 13 | 41 |
| 2 tbsps | | | | | | | | | | |
| Total | 978 | 50.41 | 17.616 | 40.23 | 3 | 0.05 | 85.25 | 1171 | 267 | 449 |
| Snacks/Other | | | | | | | | | | |
| Red Table Wine | 125 | 0 | 0 | 3.84 | 0 | 0.91 | 0.1 | 6 | 0 | 187 |
| 1 5 fl oz serving | | | | | | | | | | |
| So Delicious Coconut Milk Minis - Almond | 170 | 10 | 7 | 15 | 3 | 10 | 2 | 10 | 0 | 0 |
| 1 bar, 52 g | | | | | | | | | | |
| 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 1 1/2 cups (4.86 eggs) | 536 | 36.23 | 11.296 | 2.81 | 0 | 2.81 | 45.85 | 510 | 1542 | 488 |
| Strawberries 1 cup halves | 49 | 0.46 | 0.023 | 11.67 | 3 | 7.08 | 1.02 | 2 | 0 | 233 |
| Hashed Brown Potatoes 1/2 cup | 151 | 9.22 | 4.324 | 16.15 | | | 1.94 | 290 | 9 | 267 |
| Isernio's Breakfast Pork Sausage 3 x 2 links, 204 g | 420 | 27 | 9 | 3 | 0 | 3 | 36 | 1170 | | |
| Total | 1156 | 72.91 | 24.643 | 33.63 | 3 | 12.89 | 84.81 | 1972 | 1551 | 988 |
| Lunch | | | | | | | | | | |
| Inka Chips Plantain Chips 20 chips, 28 g | 140 | 6.5 | 3 | 20 | 1 | | 1 | 50 | 0 | 200 |
| Applegate Farms Chicken & Sage Breakfast Sausage 100 g | 170 | 11.9 | 3.4 | 0 | 0 | 0 | 17 | 595 | 76.5 | |
| Pistachio Nuts 1 oz (49 kernels) | 158 | 12.6 | 1.542 | 7.93 | 2.9 | 2.17 | 5.84 | 0 | 0 | 291 |
| Total | 468 | 31 | 7.942 | 27.93 | 3.9 | 2.17 | 23.84 | 645 | 76.5 | 491 |
| Dinner | | | | | | | | | | |
| Pulled Pork 1 1/2 cups cooked, diced | 601 | 33.88 | 11.435 | 13.6 | 3.2 | 3.25 | 58.39 | 1531 | 164 | |
| Pork Spareribs 2 medium (yield after cooking, bone removed) | 276 | 21.12 | 7.751 | 0 | 0 | 0 | 20.26 | 178 | 84 | 223 |
| Coleslaw 1 cup | 83 | 3.13 | 0.462 | 14.89 | 1.8 | | 1.55 | 28 | 10 | 217 |

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 |
|--------------|-------------|---------------|---------------|---------------|-------------|--------------|---------------|-------------|---------------|-------------|