

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	692	43.87	21.03	52.86
Lunch	714	39.17	45.44	45.55
Dinner	887	48.88	32.34	63.07
Snacks/Other	389	14.49	27.25	8.64
Total	2682	146.42	126.05	170.13

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 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	
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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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Monday, August 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Isernio's Breakfast Chicken Sausage	280	8.75	1.75	0	0	0	45.5	1820	192.5	
3 1/2 x 2 1/2 oz, 248.5 g										
Cooked Cauliflower (Fat Not Added in Cooking)	40	0.67	0.105	7.13	4.9	2.3	3.15	511	0	252
1 cup										
Olive Oil	119	13.5	1.864	0	0	0	0	0	0	0
1 tbsp										
Total	439	22.92	3.719	7.13	4.9	2.3	48.65	2331	192.5	252
Lunch										
Mixed Salad Greens	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
3 cups shredded or chopped										
Grilled Chicken	320	18.21	5.074	0	0	0	36.55	546	118	
1 cup diced										
Ground Pork (Cooked)	337	23.54	8.749	0	0	0	29.12	83	107	410
4 oz										
Southern Home Shredded Mild Cheddar Natural Cheese	110	9	5	1	0	0	7	180	30	
1/4 cup										
Wholly Guacamole Classic Guacamole	60	5	1	3	2	0	1	105	0	170
2 tbsp, 30 g										
Brownie	387	14.05	2.915	63.79	2.2	37.5	4.86	151	36	182
3 brownies (2" square)										
Total	1242	70.2	22.801	73.07	7.5	38.95	81.04	1113	291	1242
Dinner										
Salmon	331	13.45	2.858	0	0	0	49.03	104	102	959

Monday, August 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
8 oz boneless										
Red Potatoes (Flesh and Skin)	108	0.21	0.039	23.85	2.6	1.5	2.84	9	0	682
1 cup diced										
Tartar Sauce	74	7.39	1.109	2.12	0	0.56	0.15	98	4	5
1 tbsp										
Poppy Seed Dressing	65	6.03	0.865	3.05	0	1.96	0.03	64	0	2
1 tbsp										
Total	578	27.08	4.871	29.02	2.6	4.02	52.05	275	106	1648
Snacks/Other										
Theo Chocolate Organic Fair Trade Sea Salt 70% Dark Chocolate	200	16	9	21	4	13	3	150	0	
1/2 bar, 42 g										
Total	2459	136.2	40.391	130.22	19	58.27	184.74	3869	589.5	3142

Tuesday, August 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Breakfast Burrito	305	18.57	8.081	17.96	1.2	2.63	16.19	558	267	
1 burrito										
Cottage Cheese	464	20.3	12.838	12.06	0	1.3	56.2	1822	68	378
2 cups, small curd (not packed)										
Winchell's Donut Twist - Glazed	390	19	4.5	48	2	14	7	540	0	
1 donut, 98 g										
Total	1159	57.87	25.419	78.02	3.2	17.93	79.39	2920	335	378
Lunch										
Isernio's Breakfast Chicken Sausage	120	3.75	0.75	0	0	0	19.5	780	82.5	
1 1/2 x 2 1/2 oz, 106.5 g										
Cooked Broccoli (Fat Not Added in Cooking)	68	0.8	0.153	13.85	6.4	2.68	4.6	539	0	565
2 cups, flowerets										
White Rice	102	0.22	0.06	22.04	0.3	0.04	2.1	288	0	28
1/2 cup cooked										
Thai Kitchen Peanut Satay Sauce	80	5	0.5	6	1	4	2	130		
2 tbsp , 30 g										
Total	370	9.77	1.463	41.89	7.7	6.72	28.2	1737	82.5	593
Dinner										
Chicken	180	7	3	0	0	0	32	310	125	
1 serving, 4 oz										
Cheese	100	7.5	5	1	0	0	6	190	30	
1 serving, 1 oz										
Fresh Tomato Salsa	25	0	0	1	1	1	0	550	0	

Tuesday, August 8, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 serving, 3.5 oz										
Lettuce	10	0	0	2	1	1	1	0	0	
1 serving, 1 oz										
Fajita Vegetables	20	0.5	0	4	1	2	1	170	0	
1 serving, 2.5 oz										
Steak	150	6	2.5	1	1	0	21	330	80	
1 serving, 4 oz										
Guacamole (3.5 oz)	230	19	3	7	5	1	2	330	0	
1 serving, 3.5 oz										
Total	715	40	13.5	16	9	5	63	1880	235	
Snacks/Other										
Theo Chocolate Organic Fair Trade Sea Salt 70% Dark Chocolate	100	8	4.5	10.5	2	6.5	1.5	75	0	
1/2 x 1/2 bar, 21 g										
Total	2344	115.64	44.882	146.41	21.9	36.15	172.09	6612	652.5	971

Wednesday, August 9, 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										
Cottage Cheese	232	10.15	6.419	6.03	0	0.65	28.1	911	34	189
1 cup, small curd (not packed)										
Total	958	61.96	25.964	18.9	1.9	8.13	82.82	2572	1081	827
Lunch										
Brownie	387	14.05	2.915	63.79	2.2	37.5	4.86	151	36	182
3 brownies (2" square)										
Dinner										
Cooked Green Cabbage	130	8.65	1.541	13.52	5.6	8.71	3.07	856	0	291
2 cups										
Ground Beef (Cooked)	773	52.02	20.136	0	0	0	70.98	1120	246	804
10 oz cooked										
White Rice	102	0.22	0.06	22.04	0.3	0.04	2.1	288	0	28
1/2 cup cooked										
Total	1005	60.89	21.737	35.56	5.9	8.75	76.15	2264	246	1123

Wednesday, August 9, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Theo Chocolate Organic Fair Trade Sea Salt 70% Dark Chocolate 1/2 bar, 42 g	200	16	9	21	4	13	3	150	0	
Total	2550	152.9	59.616	139.25	14	67.38	166.83	5137	1363	2132

Thursday, August 10, 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										
Starbucks Chocolate Chip Cookie	310	15	9	43	2	27	4	260	45	0
1 cookie										
Dinner										
Seattle Cider Co. Dry Hard Cider	585	0	0	0	0	0	0			
3 x 1 can										
Beef Steak	665	39.63	15.515	0	0	0	72.05	985	216	805
12 oz boneless (yield after cooking)										
Cooked Cauliflower (Fat Not Added in Cooking)	79	1.33	0.21	14.26	9.7	4.61	6.3	1022	0	504
2 cups										
Olive Oil	119	13.5	1.864	0	0	0	0	0	0	0
1 tbsp										
Total	1448	54.46	17.589	14.26	9.7	4.61	78.35	2007	216	1309

Thursday, August 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Luna & Larry Coconut Bliss Dark Chocolate Bar 1 bar, 75 g	160	11	9	16	1	12	1	25		
Julian Bakery Almond Thin Crackers 2 x 10 crackers, 46 g	260	22	2	10	6	2	12	210	0	280
Total	420	33	11	26	7	14	13	235	0	280
Total	3334	175.37	62.232	116.89	21.7	58.5	180.16	4474	1812	2577

Friday, August 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Mixed Salad Greens	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
3 cups shredded or chopped										
Grilled Chicken	538	30.59	8.524	0	0	0	61.4	918	198	
8 oz boneless										
Ethnic Gourmet Punjab Saag	120	6	2	12	2	6	4	1000	10	
2 x 4 oz, 226 g										
Fried Vegetables Dipped in Chick Pea Flour Batter (Pakora)	212	8.26	0.999	27.85	7.7	5.18	8.21	1985	0	443
15 pakoras										
Chicken Drumstick	210	10.84	2.964	0	0	0	26.26	404	88	222
2 medium (yield after cooking, bone removed)										
Total	1108	56.09	14.55	45.13	13	12.63	102.38	4355	296	1145
Dinner										
Ground Beef (Cooked)	618	41.62	16.109	0	0	0	56.78	896	197	643
8 oz cooked										
Mixed Salad Greens	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
3 cups shredded or chopped										
Mayonnaise	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3
2 tbsps										
Avocados	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
1/4 avocado, NS as to Florida or California										
Mozzarella Cheese	128	8.52	5.388	1.63	0	0.26	11.04	225	23	40
1 1/2 slices (1 oz)										
Total	969	67.73	24.069	18.23	6.7	3.92	71.59	1382	228	1410

Friday, August 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Seattle Cider Co. Dry Hard Cider	390	0	0	0	0	0	0			
2 x 1 can										
Total	2467	123.82	38.619	63.36	19.7	16.55	173.97	5737	524	2555

Saturday, August 12, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 4 extra large	341	23.06	7.19	1.79	0	1.79	29.19	325	981	311
Ground Beef (Cooked) 1 cup cooked	339	22.85	8.846	0	0	0	31.18	492	108	353
Cooked Cauliflower (Fat Not Added in Cooking) 1 cup	40	0.67	0.105	7.13	4.9	2.3	3.15	511	0	252
Bacon Grease 1 tsp	39	4.28	1.677	0	0	0	0	6	4	
Total	759	50.86	17.818	8.92	4.9	4.09	63.52	1334	1093	916
Lunch										
Deschutes Brewery Mirror Pond Pale Ale 1 bottle, 12 g	170	0		13	0	0	0	0	0	
Dinner										
Tequila 6 fl oz (no ice)	385	0	0	0	0	0	0	2	0	
Ham (Whole, Cured, Roasted) 6 oz	413	28.51	10.166	0	0	0	36.67	2018	105	486
Chicken Drumstick Meat and Skin (Broilers or Fryers, Flour, Fried, Cooked) 2 drumsticks, bone removed	240	13.45	3.587	1.6	0.1		26.42	87	88	224
Coleslaw 1/2 cup	41	1.57	0.231	7.45	0.9		0.77	14	5	109
Brownie 2 brownies (2" square)	258	9.36	1.943	42.53	1.5	25	3.24	101	24	121

Saturday, August 12, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Cheddar Cheese 3 slices (1 oz)	339	27.84	17.717	1.08	0	0.44	20.92	522	88	82
Gingersnaps 1 large (approx 3-1/2" to 4" dia)	133	3.14	0.784	24.61	0.7	6.37	1.79	209	0	111
Total	1809	83.87	34.428	77.27	3.2	31.81	89.81	2953	310	1133
Snacks/Other										
Made in Nature Dried Bananas 1/4 cup, 30 g	100	0.5	0	26	3	14	1	0	0	450
Total	2838	135.23	52.246	125.19	11.1	49.9	154.33	4287	1403	2499

Sunday, August 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sour Dough Bread	137	1.5	0.32	25.95	1.5	0.12	4.4	304	0	56
2 medium slices (4-3/4" x 4" x 1/2")										
Egg	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
4 large										
Jimmy Dean Fully Cooked Turkey Sausage Patties	130	8	2.5	2	0	0	13	490	55	0
2 patties, 68 g										
Pepper Jack Cheese	105	8.51	5.314	0.5	0.2	0.18	6.87	155	25	
1 slice										
Total	666	37.89	14.332	29.99	1.7	1.84	49.43	1229	926	324
Lunch										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
Ground Beef (Cooked)	170	11.43	4.423	0	0	0	15.59	246	54	177
1/2 cup cooked										
Cooked Pinto, Calico or Red Beans	78	3.71	0.479	8.48	2.1	0.28	2.9	88	0	142
1/4 cup										
Chicken Thigh	139	8.71	2.435	0	0	0	14.09	230	52	125
2 oz boneless, cooked										
Dunkin' Donuts Glazed Donut	520	28	12	62	2	24	6	660	0	
2 x 1 donut										
Total	1127	66.76	23.985	71.64	4.1	25.44	57.45	1434	740	645
Dinner										
Ground Beef (Cooked)	618	41.62	16.109	0	0	0	56.78	896	197	643
8 oz cooked										

Sunday, August 13, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Zucchini 2 cups chopped	40	0.45	0.092	8.31	2.7	4.29	3	25	0	650
Prego Traditional Spaghetti Sauce 2 x 1/2 cup, 240 ml	140	3	0	26	6	20	4	960	0	
Notta Pasta Gluten Free Spaghetti Pasta 1/2 x 2 oz, 28 g	100	0	0	23	1	0	1.5	10	0	
Total	898	45.07	16.201	57.31	9.7	24.29	65.28	1891	197	1293
Snacks/Other										
Schilling Dry Cider 12 oz (3/4 can)	135	0	0	12	0	7	0	0	0	0
Total	2826	149.72	54.518	170.94	15.5	58.57	172.16	4554	1863	2262

Monday, August 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
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
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
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										
Chicken Thigh 2 large (yield after cooking, bone removed)	412	25.8	7.214	0	0	0	41.75	682	155	370
Bob's Red Mill Almond Meal Flour 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	
Cooked Cauliflower (Fat Not Added in Cooking) 2 cups	79	1.33	0.21	14.26	9.7	4.61	6.3	1022	0	504
Sweet Potato 1/2 5" long	56	0.03	0.012	13.08	2	2.72	1.02	36	0	219
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Mayonnaise	115	9.82	1.441	7.03	0	1.88	0.26	209	8	3

Monday, August 14, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 tbsps										
Total	844	55.5	16.671	37.38	13.2	9.72	52.45	1951	194	1099
Snacks/Other										
Theo Chocolate Organic Fair Trade Sea Salt 70% Dark Chocolate	100	8	4.5	10.5	2	6.5	1.5	75	0	
1/2 x 1/2 bar, 21 g										
Fage Total Greek Strained Yogurt	220	11	8	9	0	9	20	80	30	
1 cup, 227 g										
Schilling Dry Cider	135	0	0	12	0	7	0	0	0	0
12 oz (3/4 can)										
Total	455	19	12.5	31.5	2	22.5	21.5	155	30	0
Total	2391	131.39	43.888	124.01	28.2	56.85	165.42	6186	481	2022

Tuesday, August 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Mushrooms 1 cup pieces or slices	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
Aidells Organic Chicken & Apple Sausage 2 x 1 link, 170 g	300	20	6	6	0	4	26	1360	170	
Total	726	51.81	19.545	12.87	1.9	7.48	54.72	1661	1047	638
Lunch										
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) 10 pakoras	142	5.51	0.666	18.56	5.2	3.46	5.47	1324	0	295
Grilled Chicken 6 oz boneless	403	22.94	6.393	0	0	0	46.05	688	148	
Trader Joe's Masala Simmer Sauce 1 1/4 x 1/3 cup, 156 g	112	6.25	1.88	13.75	1.25	11.25	2.5	562.5	6.25	
D'Artagnan Lamb Merguez Sausage 3/4 x 1 link, 45 g	120	10.5	4.5	0	0	0	5.25	180	26.25	
Total	805	45.6	13.502	37.59	9.75	16.16	61.78	2802.5	180.5	775

Tuesday, August 15, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Coleman Natural Organic Sweet Apple Chicken Sausage 1 link, 85 g	140	7	1.5	6	1	3	14	500	65	
Cooked Green String Beans (from Fresh) 2 cups fresh	153	8.06	1.542	19.79	8.1	3.85	4.73	803	0	364
Red Potatoes (Flesh and Skin) 1/4 cup diced	27	0.05	0.01	5.96	0.6	0.38	0.71	2	0	171
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Total	422	26.63	10.346	31.76	9.7	7.24	19.56	1307	96	538
Snacks/Other										
Fage Total Greek Strained Yogurt 1 cup, 227 g	220	11	8	9	0	9	20	80	30	
Theo Chocolate Organic Fair Trade Sea Salt 70% Dark Chocolate 1/2 x 1/2 bar, 21 g	100	8	4.5	10.5	2	6.5	1.5	75	0	
Total	320	19	12.5	19.5	2	15.5	21.5	155	30	
Total	2273	143.04	55.893	101.72	23.35	46.38	157.56	5925.5	1353.5	1951

Wednesday, August 16, 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										
Cottage Cheese	232	10.15	6.419	6.03	0	0.65	28.1	911	34	189
1 cup, small curd (not packed)										
Total	958	61.96	25.964	18.9	1.9	8.13	82.82	2572	1081	827
Lunch										
Cottage Cheese	464	20.3	12.838	12.06	0	1.3	56.2	1822	68	378
2 cups, small curd (not packed)										
Starbucks Chocolate Chip Cookie	620	30	18	86	4	54	8	520	90	0
2 x 1 cookie										
Total	1084	50.3	30.838	98.06	4	55.3	64.2	2342	158	378
Dinner										
Chicken Breast	166	6.57	1.847	0	0	0	25.13	334	71	207
3 oz boneless, cooked										
Chicken Thigh	208	13.06	3.652	0	0	0	21.14	345	78	187
3 oz boneless, cooked										

Wednesday, August 16, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Great Value Ripple Cut Potato Chips	112	7.5	2.25	10.5	0.75	0	1.5	135	0	247.5
3/4 x 15 chips, 21 g										
Total	486	27.13	7.749	10.5	0.75	0	47.77	814	149	641.5
Snacks/Other										
Red Table Wine	125	0	0	3.84	0	0.91	0.1	6	0	187
1 5 fl oz serving										
Fage Total Greek Strained Yogurt	220	11	8	9	0	9	20	80	30	
1 cup, 227 g										
So Delicious Cashew Milk Ice Cream	90	4.5	1.25	12	0.5	9	1.5	65	0	0
1/2 x 1/2 cup, 42.5 g										
Total	435	15.5	9.25	24.84	0.5	18.91	21.6	151	30	187
Total	2963	154.89	73.801	152.3	7.15	82.34	216.39	5879	1418	2033.5

Thursday, August 17, 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										
Peanuts	168	14.7	2.428	4.27	2.6	1.17	7.85	90	0	203
1 3/2 nuts serving										
Aidells Chicken & Apple Minis Sausage	60	4.8	1.5	0	0	0	6.6	222	30	
34 g										
Breyers All Natural Coffee Ice Cream	160	8	5	19	0	18	3	60	25	0
1/2 cup, 66 g										
Total	388	27.5	8.928	23.27	2.6	19.17	17.45	372	55	203
Dinner										
Chicken	180	7	3	0	0	0	32	310	125	
1 serving, 4 oz										
Cheese	100	7.5	5	1	0	0	6	190	30	
1 serving, 1 oz										
Fresh Tomato Salsa	25	0	0	1	1	1	0	550	0	
1 serving, 3.5 oz										

Thursday, August 17, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lettuce 1 serving, 1 oz	10	0	0	2	1	1	1	0	0	
Fajita Vegetables 1 serving, 2.5 oz	20	0.5	0	4	1	2	1	170	0	
Steak 1 serving, 4 oz	150	6	2.5	1	1	0	21	330	80	
Guacamole (3.5 oz) 1 serving, 3.5 oz	230	19	3	7	5	1	2	330	0	
Chipotle Mexican Grill Flour Tortillas (3 Taco Size) 1/3 x 1 tortilla	28	0.82	0.33	4.29	0.33	0	0.66	66	0	
Total	743	40.82	13.83	20.29	9.33	5	63.66	1946	235	
Snacks/Other										
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Egg 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Butter 1 pat (1" sq, 1/3" high)	36	4.06	2.568	0	0	0	0.04	1	11	1
Total	455	23.94	8.766	5.38	0	2.45	25.3	287	857	456
Total	2742	165.17	56.167	82.57	14.93	39.51	191.22	4577	2698	1647

Friday, August 18, 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 8 oz boneless	538	30.59	8.524	0	0	0	61.4	918	198	
Cheddar Cheese 2 slices (1 oz)	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
Private Selection Jalfrezi Simmer Sauce 1/2 cup, 120 g	100	6	3	11	1	7	1	390	0	
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
Brownie 3 brownies (2" square)	387	14.05	2.915	63.79	2.2	37.5	4.86	151	36	182
Total	1491	77.86	27.313	108.64	14.2	51.42	91.92	3840	293	1160
Dinner										
Ground Lamb 5 oz	400	33.18	14.444	0	0	0	23.47	84	103	315
Ground Beef (85% Lean / 15% Fat) 5 oz	301	21	8.211	0	0	0	26.03	92	95	413
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Papouli's Greek Grill Tzatziki Sauce 2 x 2 oz, 112 g	160	12	10	8	0	6	4	600	0	

Friday, August 18, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Siete Almond Flour Tortillas 1/2 x 2 tortillas, 25 g	95	6	0.5	8.5	1.5	1	2.5	105	0	0
Total	984	72.58	33.218	21.78	4.8	8.45	58.51	929	198	1208
Snacks/Other										
Seattle Cider Co. Dry Hard Cider 2 x 1 can	390	0	0	0	0	0	0			
Total	2865	150.44	60.531	130.42	19	59.87	150.43	4769	491	2368

Saturday, August 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Maple Chicken Breakfast Sausage	135	6	1.5	4.5	0	4.5	15	645	75	0
1 1/2 x 2 links, 85.5 g										
Egg	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
3 large										
Bacon Grease	39	4.28	1.677	0	0	0	0	6	4	
1 tsp										
Cooked Broccoli (Fat Not Added in Cooking)	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
1 cup, flowerets										
Total	428	25.59	7.902	12.59	3.2	7	36.17	1131	713	483
Lunch										
Daisy 4% Small Curd Cottage Cheese	440	20	12	16	0	16	52	1440	60	
4 x 1/2 cup, 452 g										
Egg	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
4 large										
Bacon Grease	39	4.28	1.677	0	0	0	0	6	4	
1 tsp										
Total	773	44.16	19.875	17.54	0	17.54	77.16	1726	910	268
Dinner										
Beef Steak	857	51.07	19.994	0	0	0	92.84	1269	279	1038
12 oz boneless, cooked										
Roasted Potato	189	8.89	1.143	25.48	3.2	1.14	2.95	128	0	613
1 cup										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										

Saturday, August 19, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Poppy Seed Dressing 1 tbsp	65	6.03	0.865	3.05	0	1.96	0.03	64	0	2
Total	1130	66.25	22.044	32.05	5.4	4.07	97.49	1493	279	1973
Snacks/Other										
Red Table Wine 2.5 fl oz servings	250	0	0	7.67	0	1.82	0.21	12	0	373
Trader Joe's 72% Cacao Dark Chocolate 1/2 x 1 bar, 23.5 g	140	9.5	6	12	3	6.5	2	20	0	
Total	390	9.5	6	19.67	3	8.32	2.21	32	0	373
Total	2721	145.5	55.821	81.85	11.6	36.93	213.03	4382	1902	3097

Sunday, August 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Beef Steak	429	25.53	9.997	0	0	0	46.42	634	139	519
6 oz boneless, cooked										
Trader Joe's Maple Chicken Breakfast Sausage	45	2	0.5	1.5	0	1.5	5	215	25	0
1/2 x 2 links, 28.5 g										
Krusteaz Gluten Free Buttermilk Pancake Mix	210	3	1	36	1	7	3	560	5	0
1/3 cup mix (3 4" pancakes), 50 g										
Butter	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
1 tbsp										
Maple Syrup	52	0.04	0.007	13.42	0	11.9	0	2	0	41
1 tbsp										
Cooked Cauliflower (Fat Not Added in Cooking)	40	0.67	0.105	7.13	4.9	2.3	3.15	511	0	252
1 cup										
Total	878	42.76	18.903	58.06	5.9	22.71	57.69	1924	200	815
Lunch										
Teriyaki Chicken	256	6.75	1.578	11.71	0.2	10.4	34.14	790	86	
3/4 cup										
White Rice	153	0.33	0.09	33.06	0.5	0.06	3.15	433	0	41
3/4 cup cooked										
Peanuts	84	7.35	1.214	2.14	1.3	0.59	3.92	45	0	102
1/2 32 nuts serving										
Total	493	14.43	2.882	46.91	2	11.05	41.21	1268	86	143
Dinner										
Udi's Gluten Free Pizza Crust	320	8	0	62	2	6	8	560	0	
2 x 1/2 pizza, 120 g										

Sunday, August 20, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Grilled Chicken 6 oz boneless	403	22.94	6.393	0	0	0	46.05	688	148	
Peanut Sauce 3 tbsps	130	10.91	2.229	5.13	1.3	2.24	5.47	100	0	153
Mozzarella Cheese 4 slices (1 oz)	342	22.71	14.368	4.34	0	0.68	29.44	599	61	108
Total	1195	64.56	22.99	71.47	3.3	8.92	88.96	1947	209	261
Snacks/Other										
Schilling Dry Cider 2 x 12 oz (3/4 can)	270	0	0	24	0	14	0	0	0	0
Total	2836	121.75	44.775	200.44	11.2	56.68	187.86	5139	495	1219

Monday, August 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
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
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Grilled Chicken 8 oz boneless	538	30.59	8.524	0	0	0	61.4	918	198	
Starbucks Chocolate Chip Cookie 1 cookie	310	15	9	43	2	27	4	260	45	0
D'Artagnan Lamb Merguez Sausage 1/2 x 1 link, 30 g	80	7	3	0	0	0	3.5	120	17.5	
Trader Joe's Masala Simmer Sauce 1/3 cup, 125 g	90	5	1.5	11	1	9	2	450	5	
Total	1258	66.25	23.086	87.13	14	42.63	81.62	3781	265.5	923
Dinner										
Ground Beef (85% Lean / 15% Fat) 12 oz	722	50.4	19.706	0	0	0	62.46	222	228	991
Mixed Salad Greens 3 cups shredded or chopped	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
Mozzarella Cheese 2 slices (1 oz)	171	11.36	7.184	2.17	0	0.34	14.72	299	31	54
Heinz Tomato Ketchup	60	0	0	15	0	12	0	480	0	0

Monday, August 21, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 x 1 tbsp, 51 g										
Total	981	62.16	26.953	22.45	3.3	13.79	79.69	1049	259	1525
Snacks/Other										
Schilling Dry Cider	135	0	0	12	0	7	0	0	0	0
12 oz (3/4 can)										
Trader Joe's Dark Chocolate Peanut Butter Cups	200	12	6	22	2	18	3	110	0	
3 pieces, 37 g										
Total	335	12	6	34	2	25	3	110	0	0
Total	2574	140.41	56.039	143.58	19.3	81.42	164.31	4940	524.5	2448

Tuesday, August 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Mushrooms 1 cup pieces or slices	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
Aidells Organic Chicken & Apple Sausage 2 x 1 link, 170 g	300	20	6	6	0	4	26	1360	170	
Total	726	51.81	19.545	12.87	1.9	7.48	54.72	1661	1047	638
Lunch										
Roasted Salted Cashew Nuts 1 oz (18 kernels)	165	13.54	2.404	8.55	0.9	1.42	4.77	87	0	179
Mozzarella Cheese 1 1/2 slices (1 oz)	128	8.52	5.388	1.63	0	0.26	11.04	225	23	40
Black Bean Decaf coffee ice cream 1/2 cup, 106 g	240	17	11	23		21	3	63	58	
Total	533	39.06	18.792	33.18	0.9	22.68	18.81	375	81	219
Dinner										
Chicken 1 serving, 4 oz	180	7	3	0	0	0	32	310	125	
Cheese 1 serving, 1 oz	100	7.5	5	1	0	0	6	190	30	

Tuesday, August 22, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fresh Tomato Salsa 1 serving, 3.5 oz	25	0	0	1	1	1	0	550	0	
Lettuce 1 serving, 1 oz	10	0	0	2	1	1	1	0	0	
Fajita Vegetables 1 serving, 2.5 oz	20	0.5	0	4	1	2	1	170	0	
Steak 1 serving, 4 oz	150	6	2.5	1	1	0	21	330	80	
Guacamole (3.5 oz) 1 serving, 3.5 oz	230	19	3	7	5	1	2	330	0	
Chipotle Mexican Grill Soft Corn Tortilla 1 serving	70	1	0	14	1	0	1	15	0	
Total	785	41	13.5	30	10	5	64	1895	235	
Snacks/Other										
Trader Joe's Dark Chocolate Peanut Butter Cups 3 pieces, 37 g	200	12	6	22	2	18	3	110	0	
Schilling Dry Cider 1 1/2 x 12 oz (3/4 can)	202	0	0	18	0	10.5	0	0	0	0
Total	402	12	6	40	2	28.5	3	110	0	0
Total	2446	143.87	57.837	116.05	14.8	63.66	140.53	4041	1363	857

Wednesday, August 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Ground Beef (85% Lean / 15% Fat) 10 oz	602	42	16.422	0	0	0	52.05	185	190	826
Trader Joe's Jarlsberg Cheese 1 oz, 28 g	100	8	5	0	0	0	7	180	20	
Baby Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	
Bacon 2 thin slices (yield after cooking)	54	4.18	1.374	0.14	0	0	3.7	231	11	56
Ranch Salad Dressing 1 tbsp	73	7.71		1	0.1	0.37	0.15	122	5	9
Diamond of California Slivered Almonds 1/4 cup, 30 g	170	15	1	6	4	1	6	0	0	
Avocados 1/4 avocado, NS as to Florida or California	80	7.37	1.068	4.29	3.4	0.33	1	4	0	244
Total	1086	84.38	24.883	12.52	8.2	1.83	70.76	746	226	1135
Dinner										
Ground Beef (85% Lean / 15% Fat) 10 oz	602	42	16.422	0	0	0	52.05	185	190	826
Zucchini 1 cup chopped	20	0.22	0.046	4.15	1.4	2.15	1.5	12	0	325
Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0

Wednesday, August 23, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	741	55.72	18.332	4.15	1.4	2.15	53.55	197	190	1151
Snacks/Other										
Starbucks Chocolate Chip Cookie	620	30	18	86	4	54	8	520	90	0
2 x 1 cookie										
Schilling Dry Cider	202	0	0	18	0	10.5	0	0	0	0
1 1/2 x 12 oz (3/4 can)										
Total	822	30	18	104	4	64.5	8	520	90	0
Total	2649	170.1	61.215	120.67	13.6	68.48	132.31	1463	506	2286

Thursday, August 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Mushrooms 1 cup pieces or slices	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
Aidells Organic Chicken & Apple Sausage 2 x 1 link, 170 g	300	20	6	6	0	4	26	1360	170	
Daisy 4% Small Curd Cottage Cheese 2 x 1/2 cup, 226 g	220	10	6	8	0	8	26	720	30	
Total	946	61.81	25.545	20.87	1.9	15.48	80.72	2381	1077	638
Lunch										
Mozzarella Cheese 1 slice (1 oz)	86	5.68	3.592	1.09	0	0.17	7.36	150	15	27
Ground Beef (85% Lean / 15% Fat) 3 oz	181	12.6	4.927	0	0	0	15.62	55	57	248
Cooked Broccoli (Fat Not Added in Cooking) 1 cup, flowerets	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
Cascadian Farm Organic Spud Puppies 3 oz, 85 g	180	9	3	23	2	1	2	390	0	
Total	481	27.68	11.596	31.02	5.2	2.51	27.28	865	72	557

Thursday, August 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Trader Giotto's Tomato Basil Marinara	180	10	2	20	4	12	4	1080	0	
2 x 1/2 cup, 250 g										
Isernio's Ground Chicken	280	10	2	0	0	0	44	540	180	0
2 x 4 oz, 226 g										
Mozzarella Cheese	86	5.68	3.592	1.09	0	0.17	7.36	150	15	27
1 slice (1 oz)										
Cooked Green Cabbage	65	4.32	0.771	6.76	2.8	4.36	1.53	428	0	146
1 cup										
Franz 7 Grains Gluten Free Bread	45	0.5	0	9	1	1	1	50	5	
1/2 x 1 slice, 17 g										
Butter	51	5.76	3.647	0	0	0	0.06	1	15	2
1/2 tbsp										
Total	707	36.26	12.01	36.85	7.8	17.53	57.95	2249	215	175
Snacks/Other										
The Shell House Pomegranate Spiked Seltzer Water	240	0	0	10	0	10	0	0	0	0
2 x 1 can, 710 ml										
Fage Total Greek Strained Yogurt	220	11	8	9	0	9	20	80	30	
1 cup, 227 g										
Enjoy Life Mini Chocolate Chips	160	16	6	18	2	14	2	0	0	
2 x 1 tbsp, 30 g										
Total	620	27	14	37	2	33	22	80	30	0
Total	2754	152.75	63.151	125.74	16.9	68.52	187.95	5575	1394	1370

Friday, August 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 4 extra large	341	23.06	7.19	1.79	0	1.79	29.19	325	981	311
Ham (Whole, Cured, Roasted) 4 oz	275	19.01	6.777	0	0	0	24.45	1345	70	324
Cooked Summer Squash (from Fresh) 1 cup slices	68	4.24	0.807	7.81	2.6	4.64	1.65	496	0	344
Cheddar Cheese 2 slices (1 oz)	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
Hashed Brown Potatoes 1 cup	302	18.43	8.647	32.3			3.89	580	19	534
Total	1212	83.3	35.233	42.62	2.6	6.72	73.12	3094	1129	1568
Lunch										
Fage Total Greek Strained Yogurt 1 cup, 227 g	220	11	8	9	0	9	20	80	30	
Enjoy Life Mini Chocolate Chips 1 1/2 x 1 tbsp, 22.5 g	120	12	4.5	13.5	1.5	10.5	1.5	0	0	
Total	340	23	12.5	22.5	1.5	19.5	21.5	80	30	
Dinner										
Fresh & Easy Yellowfin Ahi Tuna Poke 3 oz, 85 g	170	10	1.5	3	0	0	14	450	25	
Wright Brand Brown Sugar Flavored Bacon 2 slices, 15 g	90	7	2.5	1	0	1	5	270	15	
Chicken Breast	111	4.38	1.231	0	0	0	16.75	223	47	138

Friday, August 25, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 oz boneless, cooked										
Coleslaw	83	3.13	0.462	14.89	1.8		1.55	28	10	217
1 cup										
Red Table Wine	375	0	0	11.51	0	2.73	0.31	18	0	560
3 5 fl oz servings										
White Rice	51	0.11	0.03	11.02	0.2	0.02	1.05	144	0	14
1/4 cup cooked										
Olive Oil	30	3.38	0.466	0	0	0	0	0	0	0
1/4 tbsp										
Total	910	28	6.189	41.42	2	3.75	38.66	1133	97	929
Snacks/Other										
Trader Joe's Dark Chocolate Peanut Butter Cups	400	24	12	44	4	36	6	220	0	
2 x 3 pieces, 74 g										
Total	2862	158.3	65.922	150.54	10.1	65.97	139.28	4527	1256	2497

Saturday, August 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 4 jumbo	382	25.84	8.057	2	0	2	32.71	364	1100	348
Coleman Natural Polish Kielbasa 2 oz, 57 g	150	13	4.5	1	0	0	8	310	35	
Cooked Brussels Sprouts 2 cups	176	8.86	1.698	22.11	8	5.38	7.9	861	0	979
Bacon 1 medium slice (yield after cooking)	43	3.34	1.099	0.11	0	0	2.96	185	9	45
Total	751	51.04	15.354	25.22	8	7.38	51.57	1720	1144	1372
Lunch										
Ground Beef (85% Lean / 15% Fat) 8 oz	482	33.6	13.138	0	0	0	41.64	148	152	661
Cheddar Cheese 2 slices (1 oz)	226	18.56	11.812	0.72	0	0.29	13.94	348	59	55
Pulled Pork 1/2 cup cooked, diced	200	11.29	3.812	4.53	1.1	1.08	19.46	510	55	
Cookie 4 large	272	11.98	2.67	38.62	0.9	15.47	3.04	184	2	56
Potato Salad 1/3 cup	118	6.76	1.179	9.22	1.1		2.21	436	56	210
Total	1298	82.19	32.611	53.09	3.1	16.84	80.29	1626	324	982
Dinner										
Ground Beef (85% Lean / 15% Fat) 4 oz	241	16.8	6.569	0	0	0	20.82	74	76	330

Saturday, August 26, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Muenster Cheese 1 slice (1 oz)	103	8.41	5.352	0.31	0	0.31	6.55	176	27	38
Swiss Cheese 1 slice (1 oz)	106	7.78	4.978	1.51	0	0.37	7.54	54	26	22
Heinz Tomato Ketchup 1 tbsp, 17 g	20	0	0	5	0	4	0	160	0	0
Total	470	32.99	16.899	6.82	0	4.68	34.91	464	129	390
Snacks/Other										
Red Table Wine 2 5 fl oz servings	250	0	0	7.67	0	1.82	0.21	12	0	373
Trader Joe's Chocolate Lava Cakes 1 cake, 108 g	360	23	13	40	3	25	5	240	110	
Total	610	23	13	47.67	3	26.82	5.21	252	110	373
Total	3129	189.22	77.864	132.8	14.1	55.72	171.98	4062	1707	3117

Sunday, August 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg	257	17.4	5.423	1.35	0	1.35	22.02	245	740	234
3 1/2 large										
Ham (Whole, Cured, Roasted)	207	14.25	5.083	0	0	0	18.33	1009	53	243
3 oz										
Earthbound Farm Organic Baby Arugula	20	0	0	3	1	2	2	25	0	
2 cups, 3 oz										
Roasted Potato	189	8.89	1.143	25.48	3.2	1.14	2.95	128	0	613
1 cup										
Goya Black Beans	45	0.25	0	9.5	3	0.5	3.5	230	0	
1/2 x 1/2 cup, 61 g										
Goat Cheese	90	7.21	4.987	0.47	0	0.47	5.88	103	19	20
1 cubic inch										
Total	808	48	16.636	39.8	7.2	5.46	54.68	1740	812	1110
Lunch										
Chicken Thigh	206	12.9	3.607	0	0	0	20.87	341	77	185
1 large (yield after cooking, bone removed)										
Mixed Salad Greens	19	0.26	0.042	3.52	2.2	0.97	1.67	32	0	320
2 cups shredded or chopped										
Almond Butter	101	9.46	0.896	3.4	0.6	0.78	2.41	72	0	121
1 tbsp										
Total	326	22.62	4.545	6.92	2.8	1.75	24.95	445	77	626
Dinner										
Beef Steak	429	25.53	9.997	0	0	0	46.42	634	139	519
6 oz boneless, cooked										
Corn On The Cob with Butter	155	3.43	1.642	31.94			4.47	29	6	359

Sunday, August 27, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 ear										
Cooked Broccoli (Fat Not Added in Cooking)	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
1 cup, flowerets										
Rose Wine	146	0	0	8.49	0	2.22	0.49	509	0	
2 glasses (3.5 fl oz)										
Red Table Wine	250	0	0	7.67	0	1.82	0.21	12	0	373
2 5 fl oz servings										
Total	1014	29.36	11.716	55.03	3.2	5.38	53.89	1454	145	1533
Snacks/Other										
Trader Joe's Coffee Bean Blast Ice Cream	300	14		27	0	26	4	55	65	
1/2 cup, 105 g										
Alden's Vanilla Bean Ice Cream	160	9	6	17	0	14	2	40	35	
1/2 cup, 74 g										
Total	460	23	6	44	0	40	6	95	100	
Total	2608	122.98	38.897	145.75	13.2	52.59	139.52	3734	1134	3269

Monday, August 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Mixed Salad Greens	28	0.4	0.063	5.28	3.3	1.45	2.51	48	0	480
3 cups shredded or chopped										
Grilled Chicken	470	26.76	7.459	0	0	0	53.73	803	173	
7 oz boneless										
Chicken Drumstick	210	10.84	2.964	0	0	0	26.26	404	88	222
2 medium (yield after cooking, bone removed)										
Maya Kaimal Vindaloo Simmer Sauce	100	7	3	8	2	5	2	610	0	
1/2 cup, 106 g										
Fried Vegetables Dipped in Chick Pea Flour Batter (Pakora)	113	4.41	0.533	14.85	4.1	2.76	4.38	1059	0	236
8 pakoras										
Total	921	49.41	14.019	28.13	9.4	9.21	88.88	2924	261	938
Dinner										
Beef Steak	429	25.53	9.997	0	0	0	46.42	634	139	519
6 oz boneless, cooked										
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										
Cooked Broccoli (Fat Not Added in Cooking)	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
1 cup, flowerets										
Total	613	38.24	11.847	16.55	5.4	6.23	50.45	1063	139	1125

Monday, August 28, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Beef Steak 3 oz boneless, cooked	214	12.77	4.998	0	0	0	23.21	317	70	259
Egg 3 large	220	14.91	4.648	1.16	0	1.16	18.87	210	634	201
Cooked Broccoli (Fat Not Added in Cooking) 1 cup, flowerets	34	0.4	0.077	6.93	3.2	1.34	2.3	270	0	282
Butter 1/2 tbsp	51	5.76	3.647	0	0	0	0.06	1	15	2
Watermelon 2 cups diced	91	0.46	0.049	22.95	1.2	18.85	1.85	3	0	340
Total	610	34.3	13.419	31.04	4.4	21.35	46.29	801	719	1084
Total	2144	121.95	39.285	75.72	19.2	36.79	185.62	4788	1119	3147

Tuesday, August 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Egg 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Mushrooms 1 cup pieces or slices	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
Aidells Organic Chicken & Apple Sausage 2 x 1 link, 170 g	300	20	6	6	0	4	26	1360	170	
Total	726	51.81	19.545	12.87	1.9	7.48	54.72	1661	1047	638
Lunch										
Isernio's Breakfast Chicken Sausage 3 x 2 1/2 oz, 213 g	240	7.5	1.5	0	0	0	39	1560	165	
Black Bean Decaf coffee ice cream 1/2 cup, 106 g	240	17	11	23		21	3	63	58	
Total	480	24.5	12.5	23	0	21	42	1623	223	
Dinner										
Chicken 1 serving, 4 oz	180	7	3	0	0	0	32	310	125	
Cheese 1 1/4 x 1 serving, 1 oz	138	10	6.25	1.25	0	0	7.5	237.5	37.5	
Fresh Tomato Salsa 1 serving, 3.5 oz	25	0	0	1	1	1	0	550	0	

Tuesday, August 29, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Lettuce 1 serving, 1 oz	10	0	0	2	1	1	1	0	0	
Fajita Vegetables 1 serving, 2.5 oz	20	0.5	0	4	1	2	1	170	0	
Steak 1 serving, 4 oz	150	6	2.5	1	1	0	21	330	80	
Guacamole (3.5 oz) 1 serving, 3.5 oz	230	19	3	7	5	1	2	330	0	
Chipotle Mexican Grill Soft Corn Tortilla 2 x 1 serving	140	2	0	28	2	0	2	30	0	
Chipotle Mexican Grill Pinto Beans 1/4 x 1 scoop, 1 oz	29	0.25	0	5.25	2.5	0.25	1.5	75	0	
Chipotle Mexican Grill White Rice 1/4 x 1 serving, 1 oz	52	1	0.12	10	0.25	0	0.88	86.25	0	
Chipotle Mexican Grill Carnitas 1/4 x 1 serving, 1 oz	52	3	1.62	0	0	0	5.75	112.5	16.25	
Total	1026	48.75	16.49	59.5	13.75	5.25	74.63	2231.25	258.75	
Snacks/Other										
Seattle Cider Co. Dry Hard Cider 2 x 1 can	390	0	0	0	0	0	0			
Total	2622	125.06	48.535	95.37	15.65	33.73	171.35	5515.25	1528.75	638

Wednesday, August 30, 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 2 x 1 link, 170 g	300	20	6	6	0	4	26	1360	170	
Mushrooms 1 cup pieces or slices	15	0.24	0.035	2.3	0.7	1.16	2.16	4	0	223
Broccoli 1/2 cup chopped	15	0.17	0.018	3.02	1.2	0.77	1.28	15	0	144
Butter 1 tbsp	102	11.52	7.294	0.01	0	0.01	0.12	2	31	3
Egg 4 large	294	19.88	6.198	1.54	0	1.54	25.16	280	846	268
Daisy 4% Small Curd Cottage Cheese 2 x 1/2 cup, 226 g	220	10	6	8	0	8	26	720	30	
Total	946	61.81	25.545	20.87	1.9	15.48	80.72	2381	1077	638
Lunch										
Starbucks Chocolate Chip Cookie 1 cookie	310	15	9	43	2	27	4	260	45	0
Dinner										
Ground Beef (85% Lean / 15% Fat) 10 oz	602	42	16.422	0	0	0	52.05	185	190	826
Roasted Potato 1 cup	189	8.89	1.143	25.48	3.2	1.14	2.95	128	0	613
Cooked Summer Squash (from Fresh) 1 cup slices	68	4.24	0.807	7.81	2.6	4.64	1.65	496	0	344

Wednesday, August 30, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Heinz Tomato Ketchup 2 x 1 tbsp, 34 g	40	0	0	10	0	8	0	320	0	0
Bob's Red Mill Almond Meal Flour 1/2 x 1/4 cup, 14 g	80	7	0.5	3	1.5	0.5	3	0	0	
Total	979	62.13	18.872	46.29	7.3	14.28	59.65	1129	190	1783
Snacks/Other										
Seattle Cider Co. Dry Hard Cider 1 can	195	0	0	0	0	0	0			
Watermelon 2 cups diced	91	0.46	0.049	22.95	1.2	18.85	1.85	3	0	340
Enjoy Life Mini Chocolate Chips 2 x 1 tbsp, 30 g	160	16	6	18	2	14	2	0	0	
Total	446	16.46	6.049	40.95	3.2	32.85	3.85	3	0	340
Total	2681	155.4	59.466	151.11	14.4	89.61	148.22	3773	1312	2761

Thursday, August 31, 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										
Bob's Red Mill Almond Meal Flour	40	3.5	0.25	1.5	0.75	0.25	1.5	0	0	
1/4 x 1/4 cup, 7 g										
Ground Beef (85% Lean / 15% Fat)	241	16.8	6.569	0	0	0	20.82	74	76	330
4 oz										
Heinz Tomato Ketchup	20	0	0	5	0	4	0	160	0	0
1 tbsp, 17 g										
Pistachio Nuts	158	12.6	1.542	7.93	2.9	2.17	5.84	0	0	291
1 oz (49 kernels)										
Total	459	32.9	8.361	14.43	3.65	6.42	28.16	234	76	621
Dinner										
Chicken Thigh	279	17.51	4.895	0	0	0	28.33	463	105	251
6 oz boneless (yield after cooking)										
Cooked Cauliflower (Fat Not Added in Cooking)	79	1.33	0.21	14.26	9.7	4.61	6.3	1022	0	504

Thursday, August 31, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 cups										
Sweet Potato	56	0.03	0.012	13.08	2	2.72	1.02	36	0	219
1/2 5" long										
Butter	34	3.8	2.407	0	0	0	0.04	1	10	1
1/3 tbsp										
Thai Kitchen Coconut Milk	35	3.5	3	0.75	0	0.25	0.25	5	0	0
1/4 x 1/3 cup, 20 ml										
Bob's Red Mill Almond Meal Flour	80	7	0.5	3	1.5	0.5	3	0	0	
1/2 x 1/4 cup, 14 g										
Sunflower Oil	40	4.49	0.462	0	0	0	0	0	0	
1/3 tbsp										
Total	603	37.66	11.486	31.09	13.2	8.08	38.94	1527	115	975
Snacks/Other										
Seattle Cider Co. Dry Hard Cider	390	0	0	0	0	0	0			
2 x 1 can										
Fage Total Greek Strained Yogurt	220	11	8	9	0	9	20	80	30	
1 cup, 227 g										
Enjoy Life Mini Chocolate Chips	160	16	6	18	2	14	2	0	0	
2 x 1 tbsp, 30 g										
Total	770	27	14	27	2	23	22	80	30	
Total	2988	170.47	58.49	106.15	21.85	50.39	173.91	3813	1772	2584