

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	635	42.28	20.2	44.97
Lunch	760	49.31	35.19	46.46
Dinner	801	40.78	28.1	54.66
Snacks/Other	521	21.57	50.1	7.6
Total	2717	153.95	133.59	153.7

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