

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	734	43.49	25.23	58.37
Lunch	673	33.12	50.22	39.7
Dinner	1060	54.16	35.38	70.89
Snacks/Other	221	10.5	16.64	3.07
Total	2688	141.27	127.47	172.04

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 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										
Starbucks Chocolate Chip Cookie 1 cookie	310	15	9	43	2	27	4	260	45	0
Dinner										
Seattle Cider Co. Dry Hard Cider 3 x 1 can	585	0	0	0	0	0	0			
Beef Steak 12 oz boneless (yield after cooking)	665	39.63	15.515	0	0	0	72.05	985	216	805
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
Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
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	160	11	9	16	1	12	1	25		
1 bar, 75 g										
Julian Bakery Almond Thin Crackers	260	22	2	10	6	2	12	210	0	280
2 x 10 crackers, 46 g										
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)
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Snacks/Other

Seattle Cider Co. Dry Hard Cider

390	0	0	0	0	0	0	0			
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2 x 1 can

Total	2467	123.82	38.619	63.36	19.7	16.55	173.97	5737	524	2555
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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