

**Period Summary**

<b>Daily Average</b>	<b>Cals (kcal)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Prot (g)</b>
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
<b>Total</b>	<b>2688</b>	<b>141.27</b>	<b>127.47</b>	<b>172.04</b>

## Monday, August 7, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>439</b>	<b>22.92</b>	<b>3.719</b>	<b>7.13</b>	<b>4.9</b>	<b>2.3</b>	<b>48.65</b>	<b>2331</b>	<b>192.5</b>	<b>252</b>
<b>Lunch</b>										
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)										
<b>Total</b>	<b>1242</b>	<b>70.2</b>	<b>22.801</b>	<b>73.07</b>	<b>7.5</b>	<b>38.95</b>	<b>81.04</b>	<b>1113</b>	<b>291</b>	<b>1242</b>
<b>Dinner</b>										
Salmon	331	13.45	2.858	0	0	0	49.03	104	102	959

**Monday, August 7, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (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										
<b>Total</b>	<b>578</b>	<b>27.08</b>	<b>4.871</b>	<b>29.02</b>	<b>2.6</b>	<b>4.02</b>	<b>52.05</b>	<b>275</b>	<b>106</b>	<b>1648</b>
<b>Snacks/Other</b>										
Theo Chocolate Organic Fair Trade Sea Salt 70% Dark Chocolate	200	16	9	21	4	13	3	150	0	
1/2 bar, 42 g										
<b>Total</b>	<b>2459</b>	<b>136.2</b>	<b>40.391</b>	<b>130.22</b>	<b>19</b>	<b>58.27</b>	<b>184.74</b>	<b>3869</b>	<b>589.5</b>	<b>3142</b>

**Tuesday, August 8, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>1159</b>	<b>57.87</b>	<b>25.419</b>	<b>78.02</b>	<b>3.2</b>	<b>17.93</b>	<b>79.39</b>	<b>2920</b>	<b>335</b>	<b>378</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>370</b>	<b>9.77</b>	<b>1.463</b>	<b>41.89</b>	<b>7.7</b>	<b>6.72</b>	<b>28.2</b>	<b>1737</b>	<b>82.5</b>	<b>593</b>
<b>Dinner</b>										
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**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
1 serving, 3.5 oz										
<b>Lettuce</b>	10	0	0	2	1	1	1	0	0	
1 serving, 1 oz										
<b>Fajita Vegetables</b>	20	0.5	0	4	1	2	1	170	0	
1 serving, 2.5 oz										
<b>Steak</b>	150	6	2.5	1	1	0	21	330	80	
1 serving, 4 oz										
<b>Guacamole (3.5 oz)</b>	230	19	3	7	5	1	2	330	0	
1 serving, 3.5 oz										
<b>Total</b>	<b>715</b>	<b>40</b>	<b>13.5</b>	<b>16</b>	<b>9</b>	<b>5</b>	<b>63</b>	<b>1880</b>	<b>235</b>	
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>2344</b>	<b>115.64</b>	<b>44.882</b>	<b>146.41</b>	<b>21.9</b>	<b>36.15</b>	<b>172.09</b>	<b>6612</b>	<b>652.5</b>	<b>971</b>

**Wednesday, August 9, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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)										
<b>Total</b>	<b>958</b>	<b>61.96</b>	<b>25.964</b>	<b>18.9</b>	<b>1.9</b>	<b>8.13</b>	<b>82.82</b>	<b>2572</b>	<b>1081</b>	<b>827</b>
<b>Lunch</b>										
Brownie	387	14.05	2.915	63.79	2.2	37.5	4.86	151	36	182
3 brownies (2" square)										
<b>Dinner</b>										
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										
<b>Total</b>	<b>1005</b>	<b>60.89</b>	<b>21.737</b>	<b>35.56</b>	<b>5.9</b>	<b>8.75</b>	<b>76.15</b>	<b>2264</b>	<b>246</b>	<b>1123</b>

**Wednesday, August 9, 2017**

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

## Thursday, August 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>1156</b>	<b>72.91</b>	<b>24.643</b>	<b>33.63</b>	<b>3</b>	<b>12.89</b>	<b>84.81</b>	<b>1972</b>	<b>1551</b>	<b>988</b>
<b>Lunch</b>										
Starbucks Chocolate Chip Cookie	310	15	9	43	2	27	4	260	45	0
1 cookie										
<b>Dinner</b>										
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										
<b>Total</b>	<b>1448</b>	<b>54.46</b>	<b>17.589</b>	<b>14.26</b>	<b>9.7</b>	<b>4.61</b>	<b>78.35</b>	<b>2007</b>	<b>216</b>	<b>1309</b>



**Thursday, August 10, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Snacks/Other</b>										
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										
<b>Total</b>	<b>420</b>	<b>33</b>	<b>11</b>	<b>26</b>	<b>7</b>	<b>14</b>	<b>13</b>	<b>235</b>	<b>0</b>	<b>280</b>
<b>Total</b>	<b>3334</b>	<b>175.37</b>	<b>62.232</b>	<b>116.89</b>	<b>21.7</b>	<b>58.5</b>	<b>180.16</b>	<b>4474</b>	<b>1812</b>	<b>2577</b>

## Friday, August 11, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
<b>Lunch</b>										
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)										
<b>Total</b>	<b>1108</b>	<b>56.09</b>	<b>14.55</b>	<b>45.13</b>	<b>13</b>	<b>12.63</b>	<b>102.38</b>	<b>4355</b>	<b>296</b>	<b>1145</b>
<b>Dinner</b>										
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)										
<b>Total</b>	<b>969</b>	<b>67.73</b>	<b>24.069</b>	<b>18.23</b>	<b>6.7</b>	<b>3.92</b>	<b>71.59</b>	<b>1382</b>	<b>228</b>	<b>1410</b>

**Friday, August 11, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
--	-----------------------	-------------------	-------------------	---------------------	---------------------	---------------------	--------------------	--------------------	---------------------	--------------------------

**Snacks/Other**

Seattle Cider Co. Dry Hard Cider

390	0	0	0	0	0	0	0			
-----	---	---	---	---	---	---	---	--	--	--

2 x 1 can

<b>Total</b>	<b>2467</b>	<b>123.82</b>	<b>38.619</b>	<b>63.36</b>	<b>19.7</b>	<b>16.55</b>	<b>173.97</b>	<b>5737</b>	<b>524</b>	<b>2555</b>
--------------	-------------	---------------	---------------	--------------	-------------	--------------	---------------	-------------	------------	-------------

## Saturday, August 12, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
<b>Breakfast</b>										
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	
<b>Total</b>	<b>759</b>	<b>50.86</b>	<b>17.818</b>	<b>8.92</b>	<b>4.9</b>	<b>4.09</b>	<b>63.52</b>	<b>1334</b>	<b>1093</b>	<b>916</b>
<b>Lunch</b>										
Deschutes Brewery Mirror Pond Pale Ale 1 bottle, 12 g	170	0		13	0	0	0	0	0	
<b>Dinner</b>										
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**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Cheddar Cheese</b> 3 slices (1 oz)	339	27.84	17.717	1.08	0	0.44	20.92	522	88	82
<b>Gingersnaps</b> 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
<b>Total</b>	<b>1809</b>	<b>83.87</b>	<b>34.428</b>	<b>77.27</b>	<b>3.2</b>	<b>31.81</b>	<b>89.81</b>	<b>2953</b>	<b>310</b>	<b>1133</b>
<b>Snacks/Other</b>										
<b>Made in Nature Dried Bananas</b> 1/4 cup, 30 g	100	0.5	0	26	3	14	1	0	0	450
<b>Total</b>	<b>2838</b>	<b>135.23</b>	<b>52.246</b>	<b>125.19</b>	<b>11.1</b>	<b>49.9</b>	<b>154.33</b>	<b>4287</b>	<b>1403</b>	<b>2499</b>

**Sunday, August 13, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (mg)
<b>Breakfast</b>										
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										
<b>Total</b>	<b>666</b>	<b>37.89</b>	<b>14.332</b>	<b>29.99</b>	<b>1.7</b>	<b>1.84</b>	<b>49.43</b>	<b>1229</b>	<b>926</b>	<b>324</b>
<b>Lunch</b>										
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										
<b>Total</b>	<b>1127</b>	<b>66.76</b>	<b>23.985</b>	<b>71.64</b>	<b>4.1</b>	<b>25.44</b>	<b>57.45</b>	<b>1434</b>	<b>740</b>	<b>645</b>
<b>Dinner</b>										
Ground Beef (Cooked)	618	41.62	16.109	0	0	0	56.78	896	197	643
8 oz cooked										

**Sunday, August 13, 2017**

	<b>Cals</b> (kcal)	<b>Fat</b> (g)	<b>Sat</b> (g)	<b>Carbs</b> (g)	<b>Fiber</b> (g)	<b>Sugar</b> (g)	<b>Prot</b> (g)	<b>Sod</b> (mg)	<b>Chol</b> (mg)	<b>Potassium</b> (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	
<b>Total</b>	<b>898</b>	<b>45.07</b>	<b>16.201</b>	<b>57.31</b>	<b>9.7</b>	<b>24.29</b>	<b>65.28</b>	<b>1891</b>	<b>197</b>	<b>1293</b>
<b>Snacks/Other</b>										
Schilling Dry Cider 12 oz (3/4 can)	135	0	0	12	0	7	0	0	0	0
<b>Total</b>	<b>2826</b>	<b>149.72</b>	<b>54.518</b>	<b>170.94</b>	<b>15.5</b>	<b>58.57</b>	<b>172.16</b>	<b>4554</b>	<b>1863</b>	<b>2262</b>