Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	488	16.63	57.96	28
Lunch	363	15.22	39.85	17.74
Dinner	1061	56.45	94.56	44.78
Snacks/Other	487	17.27	56.13	7.08
Total	**2399**	**105.57**	**248.5**	**97.6**

Monday, September 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blueberries 1/4 cup	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
Trader Joe's Simply Almonds, Cashews & Cranberries Trek Mix Granola 3/4 x 2/3 cup, 41 g	180	6	0.75	27.75	2.25	9	4.5	75	0	
Trader Joe's Greek Style Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	7	0	6	22	70	0	270
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Total	451	11.53	4.02	61	6.45	33.02	28.46	164	17	504
Lunch										
King Taco Al Pastor Burrito 0.9 x 1 serving	648	25.2	8.1	76.5			27.9	1143		
Dinner										
DiGiorno Cheese Stuffed Crust Pizza - Three Meat 299 g	748	35.18	15.39	74.77	6.6	13.19	37.38	2045.07	76.96	
Snacks/Other										
Sun Chips Harvest Cheddar (Package) 47 g	231	9.9	1.1	29.7	4.4	4.4	4.4	242	0	
Trader Joe's Lemon & Triple Ginger Snap Ice Cream	165	9	5.25	19.5	0	16.5	2.25	60	56.25	

Monday, September 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3/4 x 1/2 cup, 64 g										
Beer	155	0	0	12.78	0	0	1.66	14	0	97
1 can or bottle (12 fl oz)										
Total	551	18.9	6.35	61.98	4.4	20.9	8.31	316	56.25	97
Total	2398	90.81	33.86	274.25	17.45	67.11	102.05	3668.07	150.21	601

Tuesday, September 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Trader Joe's Greek Style Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	7	0	6	22	70	0	270
Trader Joe's Simply Almonds, Cashews & Cranberries Trek Mix Granola 3/4 x 2/3 cup, 41 g	180	6	0.75	27.75	2.25	9	4.5	75	0	
Blueberries 1/4 cup	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
Total	451	11.53	4.02	61	6.45	33.02	28.46	164	17	504
Lunch										
Dinner										
Marie Callender's Three Meat & Four Cheese Lasagna 2 1/2 x 1 cup, 567.5 g	750	32.5	15	77.5	10	15	37.5	2450	87.5	1150
Del Real Foods Chicken Tamales in Red Sauce 2 x 1 tamale, 340 g	640	34	12	64	8	4	20	1680	90	
Total	1390	66.5	27	141.5	18	19	57.5	4130	177.5	1150
Snacks/Other										
Oatmeal Cookie 3 medium (2-5/8" dia)	181	7.42	1.753	26.81	0.9	12.94	2.09	96	0	39
Ice Cream	187	9.98	6.161	22.72	0.7	20.76	3.28	69	37	188

Tuesday, September 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
0.7 cup										
Beer	155	0	0	12.78	0	0	1.66	14	0	97
1 can or bottle (12 fl oz)										
Total	523	17.4	7.914	62.31	1.6	33.7	7.03	179	37	324
Total	2364	95.43	38.934	264.81	26.05	85.72	92.99	4473	231.5	1978

Wednesday, September 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Trader Joe's Greek Style Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	7	0	6	22	70	0	270
Trader Joe's Simply Almonds, Cashews & Cranberries Trek Mix Granola 3/4 x 2/3 cup, 41 g	180	6	0.75	27.75	2.25	9	4.5	75	0	
Total	**430**	**11.41**	**4.01**	**55.75**	**5.55**	**29.41**	**28.19**	**164**	**17**	**476**
Lunch										
Dinner										
Tortilla Corn Chips 1 1/2 10 chip servings	220	10.51	1.106	29.39	2.4	0.45	3.51	189	0	97
Burrito with Beef, Beans and Cheese 1.15 medium	723	37.85	17.492	55.34	9.3	2.22	39.47	1245	109	703
Del Real Foods Chicken Tamales in Red Sauce 2 x 1 tamale, 340 g	640	34	12	64	8	4	20	1680	90	
Total	**1583**	**82.36**	**30.598**	**148.73**	**19.7**	**6.67**	**62.98**	**3114**	**199**	**800**
Snacks/Other										
Beer 1 can or bottle (12 fl oz)	155	0	0	12.78	0	0	1.66	14	0	97

Wednesday, September 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Krispy Kreme Glazed Cake Doughnut Holes 4 holes, 56 g	200	10	4.5	26	1	16	2	220	15	
Sugared or Glazed Chocolate Doughnuts 1 doughnut (3-3/4" dia)	250	11.94	3.079	34.44	1.3	19.15	2.7	204	34	64
Total	605	21.94	7.579	73.22	2.3	35.15	6.36	438	49	161
Total	**2618**	**115.71**	**42.187**	**277.7**	**27.55**	**71.23**	**97.53**	**3716**	**265**	**1437**

Thursday, September 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Simply Almonds, Cashews & Cranberries Trek Mix Granola 3/4 x 2/3 cup, 41 g	180	6	0.75	27.75	2.25	9	4.5	75	0	
Trader Joe's Greek Style Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	7	0	6	22	70	0	270
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Total	430	11.41	4.01	55.75	5.55	29.41	28.19	164	17	476
Lunch										
Dinner										
Carl's Jr. Natural Cut Fries (Small) 1 serving, 116 g	300	15	2.5	40	4	0	3	610	0	
McDonald's Quarter Pounder with Cheese 1 serving	540	27	13	42	3	10	31	1110	100	
Del Real Foods Chicken Tamales in Red Sauce 2 x 1 tamale, 340 g	640	34	12	64	8	4	20	1680	90	
Total	1480	76	27.5	146	15	14	54	3400	190	
Snacks/Other										
Sun Chips Harvest Cheddar (Package)	232	9.95	1.11	29.86	4.42	4.42	4.42	243.32	0	

Thursday, September 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
47 g										
Ice Cream	401	21.39	13.202	48.68	1.4	44.49	7.02	148	80	403
1 1/2 cups										
Total	633	31.34	14.312	78.54	5.82	48.91	11.44	391.32	80	403
Total	2543	118.75	45.822	280.29	26.37	92.32	93.63	3955.32	287	879

Friday, September 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Trader Joe's Greek Style Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	7	0	6	22	70	0	270
Trader Joe's Simply Almonds, Cashews & Cranberries Trek Mix Granola 3/4 x 2/3 cup, 41 g	180	6	0.75	27.75	2.25	9	4.5	75	0	
Total	**430**	**11.41**	**4.01**	**55.75**	**5.55**	**29.41**	**28.19**	**164**	**17**	**476**
Lunch										
Manhattan Bagel Roast Beef on Bagel Deli Sandwich 1.12 x 1 sandwich	504	5.6	2.24	86.24	3.36	3.36	31.36	705.6	44.8	
Dinner										
Carl's Jr. Charbroiled Santa Fe Chicken Sandwich 1 serving, 285 g	610	32	8	43	4	10	37	1540	100	
Carl's Jr. Natural Cut Fries (Small) 1 serving, 116 g	300	15	2.5	40	4	0	3	610	0	
Total	**910**	**47**	**10.5**	**83**	**8**	**10**	**40**	**2150**	**100**	
Snacks/Other										
Sun Chips Harvest Cheddar (Package)	232	9.95	1.11	29.86	4.42	4.42	4.42	243.32	0	

Friday, September 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
47 g										
Total	**2076**	**73.96**	**17.86**	**254.85**	**21.33**	**47.19**	**103.97**	**3262.92**	**161.8**	**476**

Saturday, September 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Sonic SuperSONIC Breakfast Burrito	738	42.5	0	58.75	5	3.75	25	1675	406.25	
1 1/4 x 1 serving										
Cream (Half & Half)	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
3 tbsps										
Total	796	47.68	3.221	60.69	5	3.82	26.33	1693	423.25	58
Lunch										
Sonic Bacon, Egg & Cheese Breakfast Burritos	470	28	10	37	1	2	19	1470	300	
1 burrito, 157 g										
Dinner										
Goat Cheese	90	7.21	4.987	0.47	0	0.47	5.88	103	19	20
1 cubic inch										
Olive Oil	119	13.5	1.864	0	0	0	0	0	0	0
1 tbsp										
Empanada Mexican Turnover (Filled with Meat and Vegetables)	322	22.14	5.037	23.97	1.1	0.34	6.63	254	15	139
1 small/appetizer										
Total	531	42.85	11.888	24.44	1.1	0.81	12.51	357	34	159
Snacks/Other										
Beer	155	0	0	12.78	0	0	1.66	14	0	97
1 can or bottle (12 fl oz)										
Ice Cream	401	21.39	13.202	48.68	1.4	44.49	7.02	148	80	403
1 1/2 cups										
Total	556	21.39	13.202	61.46	1.4	44.49	8.68	162	80	500

Saturday, September 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2353	139.92	38.311	183.59	8.5	51.12	66.52	3682	837.25	717

Sunday, September 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Trader Joe's Simply Almonds, Cashews & Cranberries Trek Mix Granola 3/4 x 2/3 cup, 41 g	180	6	0.75	27.75	2.25	9	4.5	75	0	
Trader Joe's Greek Style Nonfat Yogurt - Plain 1 cup, 227 g	120	0	0	7	0	6	22	70	0	270
Apples 1 medium (2-3/4" dia) (approx 3 per lb)	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Total	**430**	**11.41**	**4.01**	**55.75**	**5.55**	**29.41**	**28.19**	**164**	**17**	**476**
Lunch										
Chocolate Croissant 1 croissant	237	13.75	7.825	25.19	2.3	5.83	4.94	383	34	108
Starbucks Caffe Latte (Venti) 1 serving, 20 oz	240	9	6	24	0	22	16	190	35	720
Kirkland Signature Italian Sausage & Beef Lasagna 1 cup, 226 g	440	25	11	30	4	6	25	720	75	
Total	**917**	**47.75**	**24.825**	**79.19**	**6.3**	**33.83**	**45.94**	**1293**	**144**	**828**
Dinner										
Chicken Stir Fry 1 cup	186	10.07	3.245	6.45	1.3	3.62	17.32	678	154	
Quesadilla with Meat and Cheese 1 quesadilla	596	35.18	16.302	37.06	2.4	1.86	31.74	1378	98	388
Total	**782**	**45.25**	**19.547**	**43.51**	**3.7**	**5.48**	**49.06**	**2056**	**252**	**388**

Sunday, September 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Beer 2 cans or bottles (12 fl oz)	310	0	0	25.56	0	0	3.31	29	0	194
Total	2439	104.41	48.382	204.01	15.55	68.72	126.5	3542	413	1886