Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	524	20.68	62.6	26
Lunch	477	15.32	58.91	27.74
Dinner	522	26.18	52.21	26.68
Snacks/Other	770	22.61	72.6	23.61
Total	2292	84.79	246.33	104.02

Monday, July 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
America's Choice Bacon Thick Sliced 1 slices, 16 g	90	7	2.5	0	0	0	5	240	15	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Thomas' Original English Muffins 1 muffin, 61 g	120	1	0	25	1	1	4	200	0	0
Egg 1 medium	65	4.37	1.364	0.34	0	0.34	5.54	62	186	59
Cream (Half & Half) 3 tbsps	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
Total	446	26.83	12.991	27.64	1	1.56	22.84	694	247	144
Lunch										
Rubio's Fresh Mexican Grill Baja Grill Burrito Chicken 1 burrito, 379 g	590	25	10	54	4	6	41	2070	95	
Dinner										
Trader Joe's Smoked Andouille Chicken Sausage 3 x 1 link, 273 g	540	27	7.5	6	3	3	63	2880	225	
Snacks/Other										
Sun Chips Harvest Cheddar (Package) 1 package, 42.5 g	210	9	1	27	4	4	4	220	0	
Cabbage Salad or Coleslaw with Dressing	269	23.64	3.593	14.08	3.5	9.13	2.36	521	11	379

Monday, July 4, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 cup										
Jose Cuervo Tequila	69	0	0	0	0	0	0	0	0	0
1 shot, 1 oz										
Beer	464	0	0	38.34	0	0	4.97	43	0	292
3 cans or bottles (12 fl oz)										
Beer	77	0	0	6.39	0	0	0.83	7	0	49
1/2 can or bottle (12 fl oz)										
Total	1089	32.64	4.593	85.81	7.5	13.13	12.16	791	11	720
Total	2665	111.47	35.084	173.45	15.5	23.69	139	6435	578	864

Tuesday, July 5, 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	180	6	0.75	27.75	2.25	9	4.5	75	0	
3/4 x 2/3 cup, 41 g										
Trader Joe's Greek Style Nonfat Yogurt - Plain	120	0	0	7	0	6	22	70	0	270
1 cup, 227 g										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Cream (Half & Half)	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
3 tbsps										
Total	430	11.41	4.01	55.75	5.55	29.41	28.19	164	17	476
Lunch										
Cheddar Cheese	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
1 slice (1 oz)										
Calavo Avocado	65	6	1	3	2.5	0	0.5	2.5	0	190
1/2 x 1/2 medium avocado, 37.5 g										
Baker's Inn Seven Grain Bread	200	2	0	38	4	6	6	300	0	
2 x 1 slice, 86 g										
Turkey	157	5.9	1.679	0	0	0	24.28	58	65	244
6 thin slices (approx 3" x 2" x 1/8")										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
Total	592	28.09	9.305	44.87	6.5	7.09	37.88	639.5	98	462
Dinner										
Taco Cabana Street Tacos	194	4.02	0.67	30.82	2.68	2.01	12.06	489.1	23.45	
2/3 x 3 tacos										

Tuesday, July 5, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Trader Joe's Smoked Andouille Chicken Sausage	90	4.5	1.25	1	0.5	0.5	10.5	480	37.5	
1/2 x 1 link, 45.5 g										
Total	284	8.52	1.92	31.82	3.18	2.51	22.56	969.1	60.95	
Snacks/Other										
Ben & Jerry's Sweet Cream and Cookies Ice Cream	144	7.8	4.2	14.4	0	10.8	2.4	57	33	
53 g										
Beer	232	0	0	19.17	0	0	2.48	22	0	146
1 1/2 cans or bottles (12 fl oz)										
Pure Protein Chocolate Deluxe High Protein Bar (Small)	180	4.5	3	17	2	3	21	85	10	115
1 bar, 50 g										
Beer	155	0	0	12.78	0	0	1.66	14	0	97
1 can or bottle (12 fl oz)										
Sun Chips Harvest Cheddar (Package)	210	9	1	27	4	4	4	220	0	
1 package, 42.5 g										
Total	921	21.3	8.2	90.35	6	17.8	31.54	398	43	358
Total	**2227**	**69.32**	**23.435**	**222.79**	**21.23**	**56.81**	**120.17**	**2170.6**	**218.95**	**1296**

Wednesday, July 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)	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
3 tbsps										
Honey	64	0	0	17.3	0	17.25	0.06	1	0	11
1 tbsp										
Bob's Red Mill Steel Cut Oatmeal	300	4	1	54	4	0	10	0	0	
2 x 1/4 cup dry, 88 g										
Cream (Half & Half)	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
3 tbsps										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Total	552	14.59	7.481	94.24	7.3	31.73	13.08	38	34	275
Lunch										
Mayonnaise	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
1 tbsp										
La Madeleine Mini Lemon Tart	100	4	2.5	14	0	10.5	1.5	20	5	0
1/2 x 1 tartlet, 1 oz										
Corn On The Cob with Butter	77	1.72	0.821	15.97			2.23	15	3	180
1/2 ear										
Dim Sum BBQ Pork Buns	150	2.9	0.7	26.7	0.7	7	4.3	402	6	69
1 bun, 56 g										
Total	384	13.53	4.741	60.18	0.7	18.44	8.16	542	18	250
Dinner										
TGI Friday's Roasted Vegetable Medley	100	6	1	12	3	0	2	470	0	
1 serving										

Wednesday, July 6, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
KFC Cole Slaw 1 portion, 4.6 oz	170	10	1.5	20	2	17	1	150	5	0
Mary's Gone Crackers Original Seed Crackers 12 crackers, 30 g	140	5	0.5	21	3	0	3	190	0	160
Smoked Salmon 1 piece	23	0.86	0.186	0	0	0	3.66	157	5	35
Olive Oil 1 tbsp	119	13.5	1.864	0	0	0	0	0	0	0
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	665	44.64	10.956	53.36	8	17.15	16.63	1141	39	222
Snacks/Other										
Red Table Wine 1 5 fl oz serving	125	0	0	3.84	0	0.91	0.1	6	0	187
Snickers Ice Cream Bar (50g) 1 bar, 48 g	180	11	6	18	1	15	3	60	15	
Sun Chips Harvest Cheddar (Package) 1 package, 42.5 g	210	9	1	27	4	4	4	220	0	
Pure Protein Chocolate Deluxe High Protein Bar (Small) 1 bar, 50 g	180	4.5	3	17	2	3	21	85	10	115
Total	695	24.5	10	65.84	7	22.91	28.1	371	25	302
Total	**2296**	**97.26**	**33.178**	**273.62**	**23**	**90.23**	**65.97**	**2092**	**116**	**1049**

Thursday, July 7, 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 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	
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										
Mayonnaise 1 tbsp	57	4.91	0.72	3.51	0	0.94	0.13	105	4	1
Turkey 6 thin slices (approx 3" x 2" x 1/8")	157	5.9	1.679	0	0	0	24.28	58	65	244
Calavo Avocado 1/2 x 1/2 medium avocado, 37.5 g	65	6	1	3	2.5	0	0.5	2.5	0	190
Baker's Inn Seven Grain Bread 2 x 1 slice, 86 g	200	2	0	38	4	6	6	300	0	
Cheddar Cheese 1 slice (1 oz)	113	9.28	5.906	0.36	0	0.15	6.97	174	29	27
Total	592	28.09	9.305	44.87	6.5	7.09	37.88	639.5	98	462
Dinner										
Taco Cabana Street Tacos 1/3 x 3 tacos	96	1.98	0.33	15.18	1.32	0.99	5.94	240.9	11.55	

Thursday, July 7, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Beef Empanadas	263	17.25	4.005	20.22	0.9	0.96	6.65	193	59	
1 empanada										
Athenos Feta Cheese	70	6	3.5	0	0	0	5	340	20	
1" cube, 28 g										
Olive Oil	119	13.5	1.864	0	0	0	0	0	0	0
1 tbsp										
Total	548	38.73	9.699	35.4	2.22	1.95	17.59	773.9	90.55	0
Snacks/Other										
Sun Chips Harvest Cheddar (Package)	315	13.5	1.5	40.5	6	6	6	330	0	
1 1/2 x 1 package, 63.75 g										
Beer	348	0	0	28.76	0	0	3.73	32	0	219
2 1/4 cans or bottles (12 fl oz)										
Pure Protein Chocolate Deluxe High Protein Bar (Small)	180	4.5	3	17	2	3	21	85	10	115
1 bar, 50 g										
Total	843	18	4.5	86.26	8	9	30.73	447	10	334
Total	**2413**	**96.23**	**27.514**	**222.28**	**22.27**	**47.45**	**114.39**	**2024.4**	**215.55**	**1272**

Friday, July 8, 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)	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
3 tbsps										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Trader Joe's Simply Almonds, Cashews & Cranberries Trek Mix Granola	180	6	0.75	27.75	2.25	9	4.5	75	0	
3/4 x 2/3 cup, 41 g										
Trader Joe's Greek Style Nonfat Yogurt - Plain	120	0	0	7	0	6	22	70	0	270
1 cup, 227 g										
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	450	5	2	77	3	3	28	630	40	
1 sandwich										
Dinner										
Athenos Feta Cheese	70	6	3.5	0	0	0	5	340	20	
1" cube, 28 g										
KFC Cole Slaw	170	10	1.5	20	2	17	1	150	5	0
1 portion, 4.6 oz										
Beef Empanadas	263	17.25	4.005	20.22	0.9	0.96	6.65	193	59	
1 empanada										
Total	503	33.25	9.005	40.22	2.9	17.96	12.65	683	84	0
Snacks/Other										
Pure Protein Chocolate Deluxe High Protein Bar (Small)	180	4.5	3	17	2	3	21	85	10	115

Friday, July 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 bar, 50 g										
Sun Chips Harvest Cheddar (Package)	630	27	3	81	12	12	12	660	0	
3 x 1 package, 127.5 g										
Total	810	31.5	6	98	14	15	33	745	10	115
Total	2193	81.16	21.015	270.97	25.45	65.37	101.84	2222	151	591

Saturday, July 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)	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
3 tbsps										
Chevy's Fresh Mex Chile Relleno	260	30	14	7	3	4	16	320	105	0
1 serving										
Cheesecake Factory Corn Succotash	195	4	4	26	0	0	0	93	0	
1 serving										
Succotash (Corn and Limas) (Frozen)	145	1.39	0.259	31.11	6.2		6.72	70	0	460
1 cup										
Total	658	40.57	21.48	66.05	9.2	4.07	24.05	501	122	518
Lunch										
Manhattan Bagel Roast Beef on Bagel Deli Sandwich	252	2.8	1.12	43.12	1.68	1.68	15.68	352.8	22.4	
0.56 x 1 sandwich										
Dinner										
Wow Bao Kung Pao Chicken Rice Bowl	773	19.6		144.2	11.2	7	37.8	1173.2	93.8	
525 g										
Snacks/Other										
Pure Protein Chocolate Deluxe High Protein Bar (Small)	180	4.5	3	17	2	3	21	85	10	115
1 bar, 50 g										
Ben & Jerry's Sweet Cream and Cookies Ice Cream	144	7.83	4.21	14.45	0	10.84	2.41	57.19	33.11	
53 g										

Saturday, July 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	324	12.33	7.21	31.45	2	13.84	23.41	142.19	43.11	115
Total	2007	75.3	29.81	284.82	24.08	26.59	100.94	2169.19	281.31	633

Sunday, July 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Taco Del Mar Fish Taco	270	17	4	22	3	2	9	390	35	
1 taco, 159 g										
Cream (Half & Half)	58	5.18	3.221	1.94	0	0.07	1.33	18	17	58
3 tbsps										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Trader Joe's Simply Almonds, Cashews & Cranberries Trek Mix Granola	180	6	0.75	27.75	2.25	9	4.5	75	0	
3/4 x 2/3 cup, 41 g										
Trader Joe's Greek Style Nonfat Yogurt - Plain	120	0	0	7	0	6	22	70	0	270
1 cup, 227 g										
Blueberries	21	0.12	0.01	5.25	0.9	3.61	0.27	0	0	28
1/4 cup										
Total	721	28.53	8.02	83	9.45	35.02	37.46	554	52	504
Lunch										
Apples	72	0.23	0.039	19.06	3.3	14.34	0.36	1	0	148
1 medium (2-3/4" dia) (approx 3 per lb)										
Manhattan Bagel Roast Beef on Bagel Deli Sandwich	405	4.5	1.8	69.3	2.7	2.7	25.2	567	36	
0.9 x 1 sandwich										
Total	477	4.73	1.839	88.36	6	17.04	25.56	568	36	148
Dinner										
Bolani Spinach Bolani	238	7.5	0	42.5	5	2.5	12.5	750	0	
2 1/2 x 1/2 bolani, 8.75 oz										
Kitchens Of India Onion & Yogurt Cooking Sauce	100	4	1	12	2	6	4	840	0	

Sunday, July 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1/4 cup, 124 g										
Total	338	11.5	1	54.5	7	8.5	16.5	1590	0	
Snacks/Other										
Subway Peanut Butter Cookies	330	18	7.5	39	1.5	24	6	195	15	
1 1/2 x 1 cookie, 67.5 g										
Red Table Wine	375	0	0	11.51	0	2.73	0.31	18	0	560
3 5 fl oz servings										
Total	705	18	7.5	50.51	1.5	26.73	6.31	213	15	560
Total	**2241**	**62.76**	**18.359**	**276.37**	**23.95**	**87.29**	**85.83**	**2925**	**103**	**1212**