Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	169	9.02	14.05	8.5
Lunch	1006	56.77	23.24	97.12
Dinner	227	9.98	15.08	20
Snacks/Other	488	32.31	43.8	10.63
Total	1890	108.09	96.18	136.25

Tuesday, April 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Baked or Fried Coated Chicken Breast with Skin 3 large (yield after cooking, bone removed)	2474	125.8	28.868	89.87	2.8	2.09	231.97	2683	692	2029
Dinner										
Snacks/Other										
Total	2474	125.8	28.868	89.87	2.8	2.09	231.97	2683	692	2029

Wednesday, April 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bacon 6 thick slices (yield after cooking)	390	30.08	9.892	1.03	0	0	26.67	1663	79	407
Lunch										
Hometown Buffet Thousand Island 5 x 1 fl oz ladle, 150 g	600	50	7.5	30	0	25	0	1600	0	
Trader Joe's Lean Beef Stew Meat 6 x 4 oz, 672 g	840	24	12	12	0	0	138	450	420	
Total	1440	74	19.5	42	0	25	138	2050	420	
Dinner										
Snacks/Other										
Coco Polo Milk Chocolate with Almonds (sweetened with stevia) 2 x 1/2 package, 80 g	380	32	14	36	14	6	8	60	10	
Total	2210	136.08	43.392	79.03	14	31	172.67	3773	509	407

Thursday, April 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Food For Life Baking Company Ezekiel 4:9 Sprouted 100% Whole Grain Bread slice, 34 g	80	0.5	0	15	3	0	4	75	0	80
Lunch										
Tyson Foods Boneless Skinless Chicken Breasts 1 1/2 x 4 oz, 168 g	210	6	2.25	0	0	0	37.5	60	97.5	
Dinner										
Trader Joe's Turkey Meatballs 7 x 2 meatballs, 497 g	700	28	14	35	14	7	84	2800	210	
Snacks/Other										
Total	**990**	**34.5**	**16.25**	**50**	**17**	**7**	**125.5**	**2935**	**307.5**	**80**

Friday, April 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Trader Joe's Grass Fed Angus Beef Burgers 4 x 1 patty, 452 g	1160	92	36	0	0	0	76	300	320	
Dinner										
Snacks/Other										
Oreo Chocolate Sandwich Cookies 2 x 3 cookies, 68 g	320	14	4	50	2	28	2	280	0	110
Total	**1480**	**106**	**40**	**50**	**2**	**28**	**78**	**580**	**320**	**110**

Saturday, April 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Snacks/Other										
Snak Club Raw Almonds 1/4 cup, 30 g	180	15	1	6	4	0	6	0	0	
Oreo Chocolate Sandwich Cookies 3 x 3 cookies, 102 g	480	21	6	75	3	42	3	420	0	165
Total	660	36	7	81	7	42	9	420	0	165
Total	**660**	**36**	**7**	**81**	**7**	**42**	**9**	**420**	**0**	**165**

Sunday, April 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Snacks/Other										
Snak Club Raw Almonds 3 x 1/4 cup, 90 g	540	45	3	18	12	0	18	0	0	
Total	**540**	**45**	**3**	**18**	**12**	**0**	**18**	**0**	**0**	

Monday, April 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Snacks/Other										
Snak Club Raw Almonds 2 x 1/4 cup, 60 g	360	30	2	12	8	0	12	0	0	
Total	**360**	**30**	**2**	**12**	**8**	**0**	**12**	**0**	**0**	

Tuesday, April 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jif Creamy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	140	0	
Food For Life Baking Company Ezekiel 4:9 Sprouted 100% Whole Grain Bread 2 x slice, 68 g	160	1	0	30	6	0	8	150	0	160
Total	350	17	2.5	38	8	3	15	290	0	160
Lunch										
Beef Steak 26 oz boneless, cooked	1857	110.64	43.32	0	0	0	201.15	2749	604	2248
Dinner										
Snacks/Other										
Coco Polo Milk Chocolate with Almonds (sweetened with stevia) 4 x 1/2 package, 160 g	760	64	28	72	28	12	16	120	20	
Total	**2967**	**191.64**	**73.82**	**110**	**36**	**15**	**232.15**	**3159**	**624**	**2408**

Wednesday, April 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Tyson Foods Boneless Skinless Chicken Breasts 7 1/4 x 4 oz, 812 g	1015	29	10.88	0	0	0	181.25	290	471.25	
Dinner										
14" Pepperoni Pizza 1 1/2 slices	447	18.19	7.889	50.97	2.4	6.17	19.97	1024	44	279
Snacks/Other										
Peanut Butter Cookie 2 big (3-1/2" - 4" dia) (include Grandma brand)	238	11.8	2.242	29.45	0.9	15.92	4.8	208	0	84
Total	**1700**	**58.99**	**21.011**	**80.42**	**3.3**	**22.09**	**206.02**	**1522**	**515.25**	**363**

Thursday, April 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Aldi Ground Sirloin 90/10 7 x 4 oz, 784 g	1330	77	28	0	0	0	161	420	490	
Dinner										
Old Spaghetti Factory 1000 Island Dressing 6 x 1 serving, 258 g	840	84	12	24	0	18	0	2400	30	
Snacks/Other										
Snak Club Raw Almonds 1/4 cup, 30 g	180	15	1	6	4	0	6	0	0	
Total	**2350**	**176**	**41**	**30**	**4**	**18**	**167**	**2820**	**520**	

Friday, April 11, 2014

	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
Egg 4 extra large	341	23.06	7.19	1.79	0	1.79	29.19	325	981	311
Total	682	46.12	14.38	3.58	0	3.58	58.38	650	1962	622
Lunch										
Trader Joe's Korean Style Beef Short Ribs 5 x 1 rib piece, 550 g	1600	135	60	10	0	10	80	1150	375	
Dinner										
Trader Joe's Breaded Chicken Tenderloin Breasts 3 x 3 oz, 252 g	330	10.5	1.5	30	0	0	30	540	75	
Snacks/Other										
Total	**2612**	**191.62**	**75.88**	**43.58**	**0**	**13.58**	**168.38**	**2340**	**2412**	**622**

Saturday, April 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Artisan Fresh French Baguette 2 x 3 1/4" slice, 96 g	200	1	0	42	2	0	8	520	0	
Lunch										
Caesar Salad Dressing 6 tbsps	466	50.89	7.752	2.73	0.1	1.16	1.06	951	2	26
Tyson Foods Boneless Skinless Chicken Breasts 3 x 4 oz, 336 g	420	12	4.5	0	0	0	75	120	195	
Thousand Island Salad Dressing 12 tbsps	710	67.32	9.777	28.11	1.5	29.15	2.09	1657	50	205
Total	1596	130.21	22.029	30.84	1.6	30.31	78.15	2728	247	231
Dinner										
Snacks/Other										
Total	**1796**	**131.21**	**22.029**	**72.84**	**3.6**	**30.31**	**86.15**	**3248**	**247**	**231**

Sunday, April 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bob Evans Three Cheese Omelet 1 serving, 235 g	528	40	18	5	0	2	32	1451	764	
Lunch										
Kraft 3 Cheese Mexicana Shredded Cheese 1/3 cup, 30 g	110	9	6	1	0	0	7	220	30	
Guacamole 4 tbsps	91	8.34	1.209	4.96	3.8	0.41	1.14	86	0	277
Sour Cream 3 tbsps	92	9.05	5.636	1.84	0	0.07	1.37	23	19	62
Kroger Pork Rinds 4 x 1/2 oz, 56 g	320	20	8	0	0	0	36	1080	80	
Kroger Ground Sirloin 3 x 4 oz, 339 g	570	33	0	0	0	0	69	225	0	
Beef Steak 6 oz boneless, cooked	429	25.53	9.997	0	0	0	46.42	634	139	519
Total	1612	104.92	30.842	7.8	3.8	0.48	160.93	2268	268	858
Dinner										
Artisan Fresh French Baguette 3 1/4" slice, 48 g	100	0.5	0	21	1	0	4	260	0	
Snacks/Other										
Coco Polo Milk Chocolate with Almonds (sweetened with stevia) 2 x 1/2 package, 80 g	380	32	14	36	14	6	8	60	10	

Sunday, April 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Peanut Butter Cookie 1 big (3-1/2" - 4" dia) (include Grandma brand)	119	5.9	1.121	14.72	0.4	7.96	2.4	104	0	42
Total	499	37.9	15.121	50.72	14.4	13.96	10.4	164	10	42
Total	2739	183.32	63.963	84.52	19.2	16.44	207.33	4143	1042	900

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Beef Steak 28 oz boneless, cooked	2000	119.15	46.652	0	0	0	216.63	2961	651	2421
Kroger Pork Rinds 4 x 1/2 oz, 56 g	320	20	8	0	0	0	36	1080	80	
Total	2320	139.15	54.652	0	0	0	252.63	4041	731	2421
Dinner										
Snacks/Other										
Total	2320	139.15	54.652	0	0	0	252.63	4041	731	2421

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Dinner										
Trader Joe's Belgian Chocolate Pudding 1/2 cup, 132 g	300	15	9	37	2	29	6	115	65	
Trader Joe's Breaded Chicken Tenderloin Breasts 4 x 3 oz, 336 g	440	14	2	40	0	0	40	720	100	
Artisan Fresh French Baguette 1 1/2 x 3 1/4" slice, 72 g	150	0.75	0	31.5	1.5	0	6	390	0	
Trader Joe's Breaded Chicken Tenderloin Breasts 4 x 3 oz, 336 g	440	14	2	40	0	0	40	720	100	
Artisan Fresh French Baguette 1 1/2 x 3 1/4" slice, 72 g	150	0.75	0	31.5	1.5	0	6	390	0	
Total	1480	44.5	13	180	5	29	98	2335	265	
Snacks/Other										
Total	**1480**	**44.5**	**13**	**180**	**5**	**29**	**98**	**2335**	**265**	

Wednesday, April 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Cream of Mushroom Soup 1 1/2 cups	207	12.92	3.712	16.97	0	7.49	6.05	1255	7	255
Dinner										
Trader Joe's Boneless Skinless Chicken Thighs 9 x 4 oz, 1008 g	1170	40.5		0	0	0	198	855	855	
Artisan Fresh French Baguette 2 1/2 x 3 1/4" slice, 120 g	250	1.25	0	52.5	2.5	0	10	650	0	
Total	1420	41.75	0	52.5	2.5	0	208	1505	855	
Snacks/Other										
Chocolate Chip Cookie 1 very large (3-1/2" - 4" dia)	196	9.89	3.066	25.62	1.2	13.74	2.2	119	0	59
Total	**1823**	**64.56**	**6.778**	**95.09**	**3.7**	**21.23**	**216.25**	**2879**	**862**	**314**

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Kirkland Signature Boneless Skinless Chicken Thighs 8 x 4 oz, 896 g	1264	72	24	0	0	0	168	632	816	
Dinner										
Snacks/Other										
Sbarro Deluxe Carrot Cake 1 slice	540	29		64	1		5	400	65	
Banana Bread 1 slice	158	4.82	2.889	27.03	1	11.74	2.29	68	20	
It's It It's It 1 sandwich, 90 g	340	18	10	39	1	17	4	90	15	
Total	1038	51.82	12.889	130.03	3	28.74	11.29	558	100	
Total	**2302**	**123.82**	**36.889**	**130.03**	**3**	**28.74**	**179.29**	**1190**	**916**	

Friday, April 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
7-Eleven Chorizo, Egg and Cheese Burrito	600	27	9	63	7	2	26	156	150	
1 burrito										
Burrito with Beef and Cheese	790	39.51	17.974	63.69	3.8	2.62	42.2	1423	119	505
1 medium										
Total	1390	66.51	26.974	126.69	10.8	4.62	68.2	1579	269	505
Dinner										
Snacks/Other										
Hostess Chocolate Cup Cakes with Creamy Filling	320	14	7	52	2	40	3	440	10	
2 x 1 cake, 100 g										
Dunkin' Donuts Apple Fritter	820	30	12	126	4	44	12	1060	0	
2 x 1 serving										
Total	1140	44	19	178	6	84	15	1500	10	
Total	**2530**	**110.51**	**45.974**	**304.69**	**16.8**	**88.62**	**83.2**	**3079**	**279**	**505**

Saturday, April 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Beef Steak (Lean and Fat Eaten) 24 oz boneless, cooked	1715	102.13	39.987	0	0	0	185.68	2538	558	2075
Dinner										
Snacks/Other										
It's It It's It 1 sandwich, 90 g	340	18	10	39	1	17	4	90	15	
Total	**2055**	**120.13**	**49.987**	**39**	**1**	**17**	**189.68**	**2628**	**573**	**2075**

Sunday, April 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Pork Chops (Top Loin, Boneless) 16 oz	653	26.72	9.099	0	0	0	96.84	807	259	2059
Dinner										
Snacks/Other										
Artisan Fresh French Baguette 1 1/2 x 3 1/4" slice, 72 g	150	0.75	0	31.5	1.5	0	6	390	0	
Chocolate Chip Cookie 2 very large (3-1/2" - 4" dia)	391	19.78	6.132	51.25	2.3	27.47	4.4	238	0	118
Dunkin' Donuts Apple Fritter 1 serving	410	15	6	63	2	22	6	530	0	
Total	951	35.53	12.132	145.75	5.8	49.47	16.4	1158	0	118
Total	**1604**	**62.25**	**21.231**	**145.75**	**5.8**	**49.47**	**113.24**	**1965**	**259**	**2177**

Monday, April 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Pork Chops (Top Loin, Boneless) 16 oz	653	26.72	9.099	0	0	0	96.84	807	259	2059
Dinner										
Daily Chef Boneless Skinless Chicken Thigh Portions 4 x 4 oz, 448 g	680	44	14	0	0	0	68	1040	260	
Snacks/Other										
Snak Club Raw Almonds 4 x 1/4 cup, 120 g	720	60	4	24	16	0	24	0	0	
Artisan Fresh French Baguette 3 1/4" slice, 48 g	100	0.5	0	21	1	0	4	260	0	
Total	820	60.5	4	45	17	0	28	260	0	
Total	**2153**	**131.22**	**27.099**	**45**	**17**	**0**	**192.84**	**2107**	**519**	**2059**

Tuesday, April 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Bush's Best Country Style Baked Beans 1/2 cup, 130 g	160	1	0	33	5	16	6	680	0	
Whole Wheat Bread (Commercial) 2 slices	138	2.35	0.514	25.82	3.9	3.12	5.43	295	0	141
Potato Salad 1 cup	358	20.5	3.572	27.92	3.2		6.7	1322	170	635
Signature Cafe Smoky BBQ Beef Brisket 3 x 1 cup, 426 g	840	39	15	66	3	54	57	990	150	
Total	1496	62.85	19.086	152.74	15.1	73.12	75.13	3287	320	776
Dinner										
Snacks/Other										
It's It It's It 1 sandwich, 90 g	340	18	10	39	1	17	4	90	15	
Chocolate Chip Cookie 1 1/2 very large (3-1/2" - 4" dia)	293	14.84	4.599	38.44	1.7	20.6	3.3	178	0	89
Total	633	32.84	14.599	77.44	2.7	37.6	7.3	268	15	89
Total	**2129**	**95.69**	**33.685**	**230.18**	**17.8**	**110.72**	**82.43**	**3555**	**335**	**865**

Wednesday, April 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Food For Life Baking Company Ezekiel 4:9 Sprouted 100% Whole Grain Bread 2 x slice, 68 g	160	1	0	30	6	0	8	150	0	160
Jif Creamy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	140	0	
Total	350	17	2.5	38	8	3	15	290	0	160
Lunch										
Kirkland Signature Boneless Skinless Chicken Thighs 4 x 4 oz, 448 g	632	36	12	0	0	0	84	316	408	
Dinner										
Snacks/Other										
Snak Club Raw Almonds 6 x 1/4 cup, 180 g	1080	90	6	36	24	0	36	0	0	
Total	**2062**	**143**	**20.5**	**74**	**32**	**3**	**135**	**606**	**408**	**160**

Thursday, April 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jif Creamy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	140	0	
Food For Life Baking Company Ezekiel 4:9 Sprouted 100% Whole Grain Bread 2 x slice, 68 g	160	1	0	30	6	0	8	150	0	160
Total	350	17	2.5	38	8	3	15	290	0	160
Lunch										
Trader Joe's Maui Beef Boneless Short Ribs 4 oz, 112 g	450	37	16	7	0	0	19	490	80	
Dinner										
Snacks/Other										
Three Twins Cookies and Cream Ice Cream 4 x 1/2 cup, 340 g	840	52	28	88	0	68	8	320	220	
Sunshine Acres Veggie Chips 38 chips, 28 g	130	7	1	15	1	1	1	290	0	
Snak Club Raw Almonds 3 x 1/4 cup, 90 g	540	45	3	18	12	0	18	0	0	
Total	1510	104	32	121	13	69	27	610	220	
Total	**2310**	**158**	**50.5**	**166**	**21**	**72**	**61**	**1390**	**300**	**160**

Friday, April 25, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Trader Joe's Lean Beef Stew Meat 6 x 4 oz, 672 g	840	24	12	12	0	0	138	450	420	
Dinner										
Snacks/Other										
Snak Club Raw Almonds 5 x 1/4 cup, 150 g	900	75	5	30	20	0	30	0	0	
Coco Polo Milk Chocolate with Almonds (sweetened with stevia) 2 x 1/2 package, 80 g	380	32	14	36	14	6	8	60	10	
Total	1280	107	19	66	34	6	38	60	10	
Total	**2120**	**131**	**31**	**78**	**34**	**6**	**176**	**510**	**430**	

Saturday, April 26, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Tyson Foods Boneless Skinless Chicken Breasts 3 x 4 oz, 336 g	420	12	4.5	0	0	0	75	120	195	
Cooked Lentils 1 cup	323	13.25	1.68	36.71	14.5	3.29	16.44	431	0	672
Injera (American-Style Ethiopian Bread) 2 injera (12" dia)	333	3.2	0.638	74.7	2.8	1.4	12.57	500	0	74
Total	1076	28.45	6.818	111.41	17.3	4.69	104.01	1051	195	746
Dinner										
Snacks/Other										
It's It It's It 1 sandwich, 90 g	340	18	10	39	1	17	4	90	15	
Snak Club Raw Almonds 2 x 1/4 cup, 60 g	360	30	2	12	8	0	12	0	0	
Total	700	48	12	51	9	17	16	90	15	
Total	**1776**	**76.45**	**18.818**	**162.41**	**26.3**	**21.69**	**120.01**	**1141**	**210**	**746**

Sunday, April 27, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Cracker Barrel Cornbread Muffin 1 muffin	270	5	2	50	0	3	6	660	5	
Shari's Traditional Eggs Benedict with Hashbrowns 1 serving	810	46	12	61	4	8	34	2170	365	
Food For Life Baking Company Ezekiel 4:9 Sprouted 100% Whole Grain Bread 2 x slice, 68 g	160	1	0	30	6	0	8	150	0	160
Jif Creamy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	140	0	
Total	1430	68	16.5	149	12	14	55	3120	370	160
Lunch										
Dinner										
Snacks/Other										
Nutella Hazelnut Spread 1 tbsp, 18 g	100	5.5	1.75	11	0.5	10.5	1.5	7.5	0	
Snak Club Raw Almonds 2 x 1/4 cup, 60 g	360	30	2	12	8	0	12	0	0	
Total	460	35.5	3.75	23	8.5	10.5	13.5	7.5	0	
Total	**1890**	**103.5**	**20.25**	**172**	**20.5**	**24.5**	**68.5**	**3127.5**	**370**	**160**

Monday, April 28, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Jif Creamy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	140	0	
Food For Life Baking Company Ezekiel 4:9 Sprouted 100% Whole Grain Bread Cinnamon Raisin 2 x 1 slice, 68 g	160	1	0	38	4	12	6	120	0	260
Total	350	17	2.5	46	6	15	13	260	0	260
Lunch										
Schwan's Ground Beef (85% Lean / 15% Fat) 4 x 4 oz, 452 g	960	68	28	0	0	0	84	300	300	1320
Dinner										
Snacks/Other										
Emerald Cinnamon Roast Almonds 100 Calorie Pack 3 x 1 pack, 54 g	300	24	1.5	12	6	3	9	75	0	360
Total	**1610**	**109**	**32**	**58**	**12**	**18**	**106**	**635**	**300**	**1940**

Tuesday, April 29, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Lunch										
Trader Joe's Vegetable Masala Burger 4 x 1 burger, 284 g	480	32	4	48	4	4	8	1440	0	
Dinner										
Trader Joe's Marinara Sauce 2 x 1/2 cup, 250 g	120	0		24	4	12	4	70	0	
Trader Joe's Turkey Meatballs 7 x 2 meatballs, 497 g	700	28	14	35	14	7	84	2800	210	
Total	820	28	14	59	18	19	88	2870	210	
Snacks/Other										
Snak Club Raw Almonds 1 1/2 x 1/4 cup, 45 g	270	22.5	1.5	9	6	0	9	0	0	
Total	1570	82.5	19.5	116	28	23	105	4310	210	

Wednesday, April 30, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Food For Life Baking Company Ezekiel 4:9 Sprouted 100% Whole Grain Bread Cinnamon Raisin 2 x 1 slice, 68 g	160	1	0	38	4	12	6	120	0	260
Jif Creamy Peanut Butter 2 tbsp, 33 g	190	16	2.5	8	2	3	7	140	0	
Total	350	17	2.5	46	6	15	13	260	0	260
Lunch										
14" Pepperoni Pizza 1 slice	298	12.13	5.26	33.98	1.6	4.11	13.32	683	29	186
Trader Joe's Santa Maria Tri-tip Roast 8 x 4 oz, 904 g	1440	72	28	8	0	8	168	2560	520	
Total	1738	84.13	33.26	41.98	1.6	12.11	181.32	3243	549	186
Dinner										
Snacks/Other										
Total	2088	101.13	35.76	87.98	7.6	27.11	194.32	3503	549	446