## Period Summary

| Daily Average | Cals (kcal) | Fat (g) | Carbs (g) | Prot (g) |
|---|---|---|---|---|
| Breakfast | 481 | 29.19 | 23.64 | 31.88 |
| Lunch | 464 | 27.44 | 23.69 | 32.22 |
| Dinner | 750 | 44.91 | 43.09 | 40.18 |
| Snacks/Other | 260 | 14.19 | 20.5 | 11.67 |
| Total | 1954 | 115.73 | 110.92 | 115.95 |

## Monday, August 3, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Egg | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| 3 large | | | | | | | | | | |
| Spinach | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| 1 cup | | | | | | | | | | |
| Bacon | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| 2 medium slices (yield after cooking) | | | | | | | | | | |
| Pepper Jack Cheese | 105 | 8.51 | 5.314 | 0.5 | 0.2 | 0.18 | 6.87 | 155 | 25 | |
| 1 slice | | | | | | | | | | |
| Total | 419 | 30.22 | 12.179 | 2.98 | 0.9 | 1.47 | 32.53 | 759 | 677 | 458 |
| **Lunch** | | | | | | | | | | |
| Subway Tuna | 260 | 24 | | 0 | 0 | 0 | 10 | 0 | 0 | |
| 1 serving, 362 g | | | | | | | | | | |
| Red Onion | 4 | 0.01 | 0.002 | 0.91 | 0.1 | 0.39 | 0.08 | 0 | 0 | |
| 1 thin slice | | | | | | | | | | |
| shredded lettuce | 10 | 0 | 0 | 3 | 1 | 2 | 1 | 10 | 0 | 0 |
| 1 1/2 cups, 85 g | | | | | | | | | | |
| Ranch Salad Dressing | 165 | 17.5 | 2.5 | 1 | 0 | 1 | 0 | 250 | 10 | |
| 1/2 x 1 pouch, 28.5 g | | | | | | | | | | |
| Chipotle Southwest Sauce | 50 | 5 | 0.75 | 0.5 | 0 | 0 | 0 | 110 | 5 | |
| 1/2 x per 6" sandwich, 10.5 g | | | | | | | | | | |
| spinach | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| 1 cup | | | | | | | | | | |
| green pepper | 7 | 0.06 | 0.022 | 1.73 | 0.6 | 0.89 | 0.32 | 1 | 0 | 65 |
| 1/4 cup chopped | | | | | | | | | | |
| cucumber | 8 | 0.06 | 0.018 | 1.89 | 0.3 | 0.87 | 0.34 | 1 | 0 | 76 |
| 1/2 cup slices | | | | | | | | | | |
| tomato | 8 | 0.09 | 0.021 | 1.76 | 0.5 | 1.18 | 0.4 | 2 | 0 | 107 |

## Monday, August 3, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 3 thin/small slices | | | | | | | | | | |
| Total | 519 | 46.84 | 3.332 | 11.88 | 3.2 | 6.46 | 13 | 398 | 15 | 415 |
| **Dinner** | | | | | | | | | | |
| Yellow Sweet Corn (Kernels On Cob, Without Salt, Frozen, Drained, Cooked, Boiled) | 117 | 0.93 | 0.144 | 28.14 | 3.5 | 4.52 | 3.92 | 5 | 0 | 316 |
| 2 ears, yields | | | | | | | | | | |
| Unsalted Butter Stick | 72 | 8.11 | 5.137 | 0.01 | 0 | 0.01 | 0.08 | 1 | 22 | 2 |
| 2 pats (1" sq, 1/3" high) | | | | | | | | | | |
| Pork Loin (Tenderloin) | 386 | 15.34 | 5.301 | 0 | 0 | | 58.23 | 139 | 187 | 1018 |
| 10 oz | | | | | | | | | | |
| Total | 575 | 24.38 | 10.582 | 28.15 | 3.5 | 4.53 | 62.23 | 145 | 209 | 1336 |
| **Snacks/Other** | | | | | | | | | | |
| Total | 1513 | 101.44 | 26.093 | 43.01 | 7.6 | 12.46 | 107.76 | 1302 | 901 | 2209 |

## Tuesday, August 4, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Pepper Jack Cheese<br>1 slice | 105 | 8.51 | 5.314 | 0.5 | 0.2 | 0.18 | 6.87 | 155 | 25 | |
| Bacon<br>2 medium slices (yield after cooking) | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Egg<br>3 large | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| Total | 419 | 30.22 | 12.179 | 2.98 | 0.9 | 1.47 | 32.53 | 759 | 677 | 458 |
| **Lunch** | | | | | | | | | | |
| Yellow Sweet Peppers<br>1/4 large (3-3/4" long, 3" dia) | 13 | 0.1 | 0.014 | 2.94 | 0.4 | | 0.46 | 1 | 0 | 99 |
| Unsalted Butter Stick<br>1 pat (1" sq, 1/3" high) | 36 | 4.06 | 2.568 | 0 | 0 | 0 | 0.04 | 1 | 11 | 1 |
| Yellow Sweet Corn (Kernels On Cob, with Salt, Frozen, Drained, Cooked, Boiled)<br>1 ear, yields | 59 | 0.47 | 0.072 | 14.07 | 1.8 | 2.26 | 1.96 | 151 | 0 | 158 |
| Pork Chop<br>1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed) | 118 | 6.85 | 2.539 | 0 | 0 | 0 | 13.12 | 181 | 39 | 190 |
| Total | 226 | 11.48 | 5.193 | 17.01 | 2.2 | 2.26 | 15.58 | 334 | 50 | 448 |
| **Dinner** | | | | | | | | | | |
| Johnsonville Polish Kielbasa<br>2 x 2 oz, 112 g | 340 | 30 | 10 | 4 | 0 | 0 | 14 | 1140 | 70 | |
| Cooked Summer Squash (from Fresh) | 68 | 4.24 | 0.807 | 7.81 | 2.6 | 4.64 | 1.65 | 496 | 0 | 344 |

## Tuesday, August 4, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 cup slices | | | | | | | | | | |
| Eggplant | 10 | 0.08 | 0.014 | 2.34 | 1.4 | 0.96 | 0.41 | 1 | 0 | 94 |
| 1/2 cup cubed | | | | | | | | | | |
| Total | 418 | 34.32 | 10.821 | 14.15 | 4 | 5.6 | 16.06 | 1637 | 70 | 438 |
| **Snacks/Other** | | | | | | | | | | |
| Smucker's Organic Peanut Butter | 210 | 16 | 2.5 | 6 | 2 | 1 | 7 | 50 | 0 | |
| 2 tbsp, 32 g | | | | | | | | | | |
| Quest Double Chocolate Chunk | 160 | 6 | 2.5 | 25 | 16 | 1 | 20 | 250 | 5 | 180 |
| 1 bar , 60 g | | | | | | | | | | |
| Total | 370 | 22 | 5 | 31 | 18 | 2 | 27 | 300 | 5 | 180 |
| **Total** | **1433** | **98.02** | **33.193** | **65.14** | **25.1** | **11.33** | **91.17** | **3030** | **802** | **1524** |

## Wednesday, August 5, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Pepper Jack Cheese<br>1 slice | 105 | 8.51 | 5.314 | 0.5 | 0.2 | 0.18 | 6.87 | 155 | 25 | |
| Bacon<br>2 medium slices (yield after cooking) | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Egg<br>3 large | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| Total | 419 | 30.22 | 12.179 | 2.98 | 0.9 | 1.47 | 32.53 | 759 | 677 | 458 |
| **Lunch** | | | | | | | | | | |
| Yellow Sweet Peppers<br>1/4 large (3-3/4" long, 3" dia) | 13 | 0.1 | 0.014 | 2.94 | 0.4 | | 0.46 | 1 | 0 | 99 |
| Unsalted Butter Stick<br>1 pat (1" sq, 1/3" high) | 36 | 4.06 | 2.568 | 0 | 0 | 0 | 0.04 | 1 | 11 | 1 |
| Yellow Sweet Corn (Kernels On Cob, with Salt, Frozen, Drained, Cooked, Boiled)<br>1 ear, yields | 59 | 0.47 | 0.072 | 14.07 | 1.8 | 2.26 | 1.96 | 151 | 0 | 158 |
| Pork Chop<br>1 small or thin cut (3 oz, with bone, raw) (yield after cooking, bone removed) | 118 | 6.85 | 2.539 | 0 | 0 | 0 | 13.12 | 181 | 39 | 190 |
| Total | 226 | 11.48 | 5.193 | 17.01 | 2.2 | 2.26 | 15.58 | 334 | 50 | 448 |
| **Dinner** | | | | | | | | | | |
| Cooked Cauliflower (Fat Not Added in Cooking)<br>1 cup | 40 | 0.67 | 0.105 | 7.13 | 4.9 | 2.3 | 3.15 | 511 | 0 | 252 |

## Wednesday, August 5, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Chicken Drumstick (Skin Eaten)<br>1 medium (yield after cooking, bone removed) | 105 | 5.42 | 1.482 | 0 | 0 | 0 | 13.13 | 202 | 44 | 111 |
| Roasted Broiled or Baked Chicken Thigh (Skin Eaten)<br>1 medium (yield after cooking, bone removed) | 152 | 9.52 | 2.662 | 0 | 0 | 0 | 15.41 | 252 | 57 | 136 |
| Total | 297 | 15.61 | 4.249 | 7.13 | 4.9 | 2.3 | 31.69 | 965 | 101 | 499 |
| **Snacks/Other** | | | | | | | | | | |
| Kirkland Signature Extra Fancy Mixed Nuts<br>2 x 1/4 cup, 56 g | 400 | 34 | 5 | 14 | 4 | 2 | 10 | 240 | 0 | 0 |
| Mountain Dew Diet Mountain Dew (Can)<br>2 x 1 can, 24 oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| Quest Double Chocolate Chunk<br>1 bar , 60 g | 160 | 6 | 2.5 | 25 | 16 | 1 | 20 | 250 | 5 | 180 |
| Total | 560 | 40 | 7.5 | 39 | 20 | 3 | 30 | 590 | 5 | 180 |
| **Total** | **1502** | **97.31** | **29.121** | **66.12** | **28** | **9.03** | **109.8** | **2648** | **833** | **1585** |

## Thursday, August 6, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Pepper Jack Cheese<br>1 slice | 105 | 8.51 | 5.314 | 0.5 | 0.2 | 0.18 | 6.87 | 155 | 25 | |
| Bacon<br>2 medium slices (yield after cooking) | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Egg<br>3 large | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| Total | 419 | 30.22 | 12.179 | 2.98 | 0.9 | 1.47 | 32.53 | 759 | 677 | 458 |
| **Lunch** | | | | | | | | | | |
| Unsalted Butter Stick<br>1 pat (1" sq, 1/3" high) | 36 | 4.06 | 2.568 | 0 | 0 | 0 | 0.04 | 1 | 11 | 1 |
| Snowpeas (Pea Pod)<br>1 cup whole | 26 | 0.13 | 0.025 | 4.76 | 1.6 | 2.52 | 1.76 | 3 | 0 | 126 |
| Roasted Broiled or Baked Chicken Breast (Skin Eaten)<br>1 medium (yield after cooking, bone removed) | 382 | 15.13 | 4.257 | 0 | 0 | 0 | 57.92 | 770 | 163 | 476 |
| Total | 444 | 19.32 | 6.85 | 4.76 | 1.6 | 2.52 | 59.72 | 774 | 174 | 603 |
| **Dinner** | | | | | | | | | | |
| Cooked Cauliflower (Fat Not Added in Cooking)<br>1 cup | 40 | 0.67 | 0.105 | 7.13 | 4.9 | 2.3 | 3.15 | 511 | 0 | 252 |
| Klement's Bratwurst<br>2 x 1 link, 182 g | 560 | 44 | 16 | 6 | 0 | 4 | 34 | 2060 | 120 | 0 |
| Total | 600 | 44.67 | 16.105 | 13.13 | 4.9 | 6.3 | 37.15 | 2571 | 120 | 252 |

## Thursday, August 6, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Quest Double Chocolate Chunk | 160 | 6 | 2.5 | 25 | 16 | 1 | 20 | 250 | 5 | 180 |
| 1 bar , 60 g | | | | | | | | | | |
| Total | 160 | 6 | 2.5 | 25 | 16 | 1 | 20 | 350 | 5 | 180 |
| Total | 1623 | 100.21 | 37.634 | 45.87 | 23.4 | 11.29 | 149.4 | 4454 | 976 | 1493 |

## Friday, August 7, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Pepper Jack Cheese<br>1 slice | 105 | 8.51 | 5.314 | 0.5 | 0.2 | 0.18 | 6.87 | 155 | 25 | |
| Bacon<br>2 medium slices (yield after cooking) | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Egg<br>3 large | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| Total | 419 | 30.22 | 12.179 | 2.98 | 0.9 | 1.47 | 32.53 | 759 | 677 | 458 |
| **Lunch** | | | | | | | | | | |
| Klement's Bratwurst<br>2 x 1 link, 182 g | 560 | 44 | 16 | 6 | 0 | 4 | 34 | 2060 | 120 | 0 |
| **Dinner** | | | | | | | | | | |
| Litehouse Foods Homestyle Ranch Dressing & Dip<br>2 tbsp, 28 g | 120 | 12 | 1 | 2 | 0 | 1 | 0 | 240 | 10 | |
| Feta Cheese<br>1/2 oz | 37 | 3.02 | 2.119 | 0.58 | 0 | 0.58 | 2.01 | 158 | 13 | 9 |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Cherry Tomatoes<br>3 cherry | 9 | 0.1 | 0.023 | 2 | 0.6 | 1.34 | 0.45 | 3 | 0 | |
| Avocados<br>1/2 avocado, NS as to Florida or California | 161 | 14.73 | 2.137 | 8.57 | 6.7 | 0.66 | 2.01 | 7 | 0 | 487 |
| Endive, Chicory, Escarole or Romaine Lettuce | 17 | 0.24 | 0.048 | 3.4 | 2.8 | 0.64 | 1.25 | 22 | 0 | 294 |

## Friday, August 7, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 3 cup | | | | | | | | | | |
| Cucumber (with Peel) | 4 | 0.03 | 0.009 | 0.94 | 0.1 | 0.43 | 0.17 | 1 | 0 | 38 |
| 1/4 cup slices | | | | | | | | | | |
| Beef Top Sirloin (Trimmed to 1/8" Fat) | 456 | 28.83 | 11.628 | 0 | 0 | 0 | 46.04 | 118 | 107 | 714 |
| 8 oz | | | | | | | | | | |
| Total | 811 | 59.07 | 16.983 | 18.58 | 10.9 | 4.78 | 52.79 | 573 | 130 | 1709 |
| **Snacks/Other** | | | | | | | | | | |
| Captain Morgan Original Spiced Rum (1 oz) | 300 | 0 | 0 | 1.5 | 0 | 0 | 0 | 40 | 0 | |
| 5 x 1 serving, 5 oz | | | | | | | | | | |
| Kirkland Signature Extra Fancy Mixed Nuts | 400 | 34 | 5 | 14 | 4 | 2 | 10 | 240 | 0 | 0 |
| 2 x 1/4 cup, 56 g | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Total | 700 | 34 | 5 | 15.5 | 4 | 2 | 10 | 380 | 0 | 0 |
| **Total** | **2490** | **167.29** | **50.162** | **43.06** | **15.8** | **12.25** | **129.32** | **3772** | **927** | **2167** |

## Saturday, August 8, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Klement's Bratwurst<br>1 link, 91 g | 280 | 22 | 8 | 3 | 0 | 2 | 17 | 1030 | 60 | 0 |
| Pepper Jack Cheese<br>1 slice | 105 | 8.51 | 5.314 | 0.5 | 0.2 | 0.18 | 6.87 | 155 | 25 | |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Egg<br>3 large | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| Total | 612 | 45.54 | 17.981 | 5.75 | 0.9 | 3.47 | 43.6 | 1419 | 719 | 368 |
| **Lunch** | | | | | | | | | | |
| Natural Low Sugar Granola<br>1 serving | 129 | 5.51 | 2.714 | 16.45 | 2.3 | 4.29 | 3.57 | 0 | 0 | 77 |
| Fage Total 5% Greek Yogurt<br>1 container, 150 g | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| Cantaloupe Melons<br>1/2 melon, large (about 6-1/2" dia) | 138 | 0.77 | 0.208 | 33.21 | 3.7 | 31.99 | 3.42 | 65 | 0 | 1087 |
| Total | 397 | 14.28 | 7.922 | 54.66 | 6 | 41.28 | 17.99 | 135 | 20 | 1164 |
| **Dinner** | | | | | | | | | | |
| Sweet Baby Ray's Original Barbecue Sauce<br>2 tbsp, 37 g | 70 | 0 | | 18 | 0 | 16 | 0 | 290 | 0 | |
| Pork Loin (Country-Style Ribs)<br>8 oz | 547 | 42.43 | 14.719 | 0 | 0 | | 38.53 | 132 | 156 | 685 |
| Hidden Valley Ranch Dressing<br>3/4 x 2 tbsp, 22 g | 105 | 10.5 | 1.88 | 1.5 | 0 | 0.75 | 0.75 | 195 | 7.5 | |
| Feta Cheese | 37 | 3.02 | 2.119 | 0.58 | 0 | 0.58 | 2.01 | 158 | 13 | 9 |

## Saturday, August 8, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1/2 oz | | | | | | | | | | |
| Spinach | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| 1 cup | | | | | | | | | | |
| Cherry Tomatoes | 9 | 0.1 | 0.023 | 2 | 0.6 | 1.34 | 0.45 | 3 | 0 | |
| 3 cherry | | | | | | | | | | |
| Avocados | 161 | 14.73 | 2.137 | 8.57 | 6.7 | 0.66 | 2.01 | 7 | 0 | 487 |
| 1/2 avocado, NS as to Florida or California | | | | | | | | | | |
| Endive, Chicory, Escarole or Romaine Lettuce | 17 | 0.24 | 0.048 | 3.4 | 2.8 | 0.64 | 1.25 | 22 | 0 | 294 |
| 3 cup | | | | | | | | | | |
| Cucumber (with Peel) | 4 | 0.03 | 0.009 | 0.94 | 0.1 | 0.43 | 0.17 | 1 | 0 | 38 |
| 1/4 cup slices | | | | | | | | | | |
| Total | 957 | 71.17 | 20.954 | 36.08 | 10.9 | 20.53 | 46.03 | 832 | 176.5 | 1680 |
| **Snacks/Other** | | | | | | | | | | |
| Captain Morgan Original Spiced Rum (1 oz) | 300 | 0 | 0 | 1.5 | 0 | 0 | 0 | 40 | 0 | |
| 5 x 1 serving, 5 oz | | | | | | | | | | |
| Kirkland Signature Extra Fancy Mixed Nuts | 400 | 34 | 5 | 14 | 4 | 2 | 10 | 240 | 0 | 0 |
| 2 x 1/4 cup, 56 g | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Smucker's Organic Peanut Butter | 210 | 16 | 2.5 | 6 | 2 | 1 | 7 | 50 | 0 | |
| 2 tbsp, 32 g | | | | | | | | | | |
| Total | 910 | 50 | 7.5 | 21.5 | 6 | 3 | 17 | 430 | 0 | 0 |
| **Total** | **2876** | **180.99** | **54.357** | **117.99** | **23.8** | **68.28** | **124.62** | **2816** | **915.5** | **3212** |

## Sunday, August 9, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Cheddar Cheese<br>1 oz | 114 | 9.4 | 5.98 | 0.36 | 0 | 0.15 | 7.06 | 176 | 30 | 28 |
| Egg<br>3 large | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| Bacon<br>2 medium slices (yield after cooking) | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| Total | 428 | 31.11 | 12.845 | 2.84 | 0.7 | 1.44 | 32.72 | 780 | 682 | 486 |
| **Lunch** | | | | | | | | | | |
| Natural Low Sugar Granola<br>1 serving | 129 | 5.51 | 2.714 | 16.45 | 2.3 | 4.29 | 3.57 | 0 | 0 | 77 |
| Fage Total 5% Greek Yogurt<br>1 container, 150 g | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| Cantaloupe Melons<br>1/2 melon, large (about 6-1/2" dia) | 138 | 0.77 | 0.208 | 33.21 | 3.7 | 31.99 | 3.42 | 65 | 0 | 1087 |
| Total | 397 | 14.28 | 7.922 | 54.66 | 6 | 41.28 | 17.99 | 135 | 20 | 1164 |
| **Dinner** | | | | | | | | | | |
| Sweet Baby Ray's Original Barbecue Sauce<br>2 tbsp, 37 g | 70 | 0 | | 18 | 0 | 16 | 0 | 290 | 0 | |
| Chicken Wing<br>1 small (yield after cooking, bone removed) | 81 | 5.4 | 1.513 | 0 | 0 | 0 | 7.46 | 113 | 23 | 51 |
| Chicken Drumstick<br>1 medium (yield after cooking, bone removed) | 105 | 5.42 | 1.482 | 0 | 0 | 0 | 13.13 | 202 | 44 | 111 |

## Sunday, August 9, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Chicken Thigh<br>1 large (yield after cooking, bone removed) | 206 | 12.9 | 3.607 | 0 | 0 | 0 | 20.87 | 341 | 77 | 185 |
| Corn On The Cob with Butter<br>2 ears | 310 | 6.86 | 3.285 | 63.89 | | | 8.94 | 58 | 12 | 718 |
| Total | 772 | 30.58 | 9.887 | 81.89 | 0 | 16 | 50.4 | 1004 | 156 | 1065 |
| **Snacks/Other** | | | | | | | | | | |
| Peanuts<br>1 32 nuts serving | 168 | 14.7 | 2.428 | 4.27 | 2.6 | 1.17 | 7.85 | 90 | 0 | 203 |
| Total | 1765 | 90.67 | 33.082 | 143.66 | 9.3 | 59.89 | 108.96 | 2009 | 858 | 2918 |

## Monday, August 10, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Sliced Ham (Regular, Approx. 11% Fat) | 91 | 4.82 | 1.644 | 2.14 | 0.7 | 0 | 9.3 | 730 | 32 | 161 |
| 1 serving 2 slices | | | | | | | | | | |
| Egg | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| 3 large | | | | | | | | | | |
| Spinach | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| 1 cup | | | | | | | | | | |
| Pepper Jack Cheese | 105 | 8.51 | 5.314 | 0.5 | 0.2 | 0.18 | 6.87 | 155 | 25 | |
| 1 slice | | | | | | | | | | |
| Total | 423 | 28.36 | 11.625 | 4.89 | 1.6 | 1.47 | 35.9 | 1119 | 691 | 529 |
| **Lunch** | | | | | | | | | | |
| Sweet Baby Ray's Original Barbecue Sauce | 18 | 0 | | 4.5 | 0 | 4 | 0 | 72.5 | 0 | |
| 1/4 x 2 tbsp, 9 g | | | | | | | | | | |
| Roasted Broiled or Baked Chicken Breast | 382 | 15.13 | 4.257 | 0 | 0 | 0 | 57.92 | 770 | 163 | 476 |
| 1 medium (yield after cooking, bone removed) | | | | | | | | | | |
| Unsalted Butter Stick | 36 | 4.06 | 2.568 | 0 | 0 | 0 | 0.04 | 1 | 11 | 1 |
| 1 pat (1" sq, 1/3" high) | | | | | | | | | | |
| Snowpeas (Pea Pod) | 26 | 0.13 | 0.025 | 4.76 | 1.6 | 2.52 | 1.76 | 3 | 0 | 126 |
| 1 cup whole | | | | | | | | | | |
| Total | 462 | 19.32 | 6.85 | 9.26 | 1.6 | 6.52 | 59.72 | 846.5 | 174 | 603 |
| **Dinner** | | | | | | | | | | |
| Johnsonville Polish Kielbasa | 340 | 30 | 10 | 4 | 0 | 0 | 14 | 1140 | 70 | |
| 2 x 2 oz, 112 g | | | | | | | | | | |
| Litehouse Foods Homestyle Ranch Dressing & Dip | 120 | 12 | 1 | 2 | 0 | 1 | 0 | 240 | 10 | |

## Monday, August 10, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 2 tbsp, 28 g | | | | | | | | | | |
| Feta Cheese | 37 | 3.02 | 2.119 | 0.58 | 0 | 0.58 | 2.01 | 158 | 13 | 9 |
| 1/2 oz | | | | | | | | | | |
| Spinach | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| 1 cup | | | | | | | | | | |
| Cherry Tomatoes | 9 | 0.1 | 0.023 | 2 | 0.6 | 1.34 | 0.45 | 3 | 0 | |
| 3 cherry | | | | | | | | | | |
| Avocados | 161 | 14.73 | 2.137 | 8.57 | 6.7 | 0.66 | 2.01 | 7 | 0 | 487 |
| 1/2 avocado, NS as to Florida or California | | | | | | | | | | |
| Endive, Chicory, Escarole or Romaine Lettuce | 17 | 0.24 | 0.048 | 3.4 | 2.8 | 0.64 | 1.25 | 22 | 0 | 294 |
| 3 cup | | | | | | | | | | |
| Cucumber (with Peel) | 4 | 0.03 | 0.009 | 0.94 | 0.1 | 0.43 | 0.17 | 1 | 0 | 38 |
| 1/4 cup slices | | | | | | | | | | |
| Total | 695 | 60.24 | 15.355 | 22.58 | 10.9 | 4.78 | 20.75 | 1595 | 93 | 995 |
| **Snacks/Other** | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Total | 1580 | 107.92 | 33.83 | 36.73 | 14.1 | 12.77 | 116.37 | 3660.5 | 958 | 2127 |

## Tuesday, August 11, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Johnsonville Turkey Sausage with Cheddar Cheese<br>2 x 1 link, 128 g | 240 | 12 | 4 | 8 | 0 | 4 | 20 | 1480 | 90 | |
| Egg<br>4 large | 294 | 19.88 | 6.198 | 1.54 | 0 | 1.54 | 25.16 | 280 | 846 | 268 |
| Total | 534 | 31.88 | 10.198 | 9.54 | 0 | 5.54 | 45.16 | 1760 | 936 | 268 |
| **Lunch** | | | | | | | | | | |
| Green Peppers<br>1/2 cup sliced | 9 | 0.08 | 0.027 | 2.13 | 0.8 | 1.1 | 0.4 | 1 | 0 | 80 |
| Onions<br>1/4 cup sliced | 12 | 0.02 | 0.007 | 2.91 | 0.4 | 1.23 | 0.26 | 1 | 0 | 41 |
| Tomatoes<br>1/2 large whole (3" dia) | 16 | 0.18 | 0.042 | 3.57 | 1.1 | 2.39 | 0.8 | 5 | 0 | 216 |
| Johnsonville Andouille Smoked Sausage<br>3 x 2 oz, 168 g | 510 | 45 | 15 | 3 | 0 | 0 | 21 | 1590 | 105 | |
| Total | 547 | 45.28 | 15.076 | 11.61 | 2.3 | 4.72 | 22.46 | 1597 | 105 | 337 |
| **Dinner** | | | | | | | | | | |
| Chicken Drumstick<br>2 small (yield after cooking, bone removed) | 163 | 8.41 | 2.299 | 0 | 0 | 0 | 20.37 | 313 | 68 | 173 |
| Chicken Thigh<br>2 small (yield after cooking, bone removed) | 270 | 16.9 | 4.723 | 0 | 0 | 0 | 27.34 | 447 | 101 | 242 |
| Avocados<br>1/2 avocado, NS as to Florida or California | 161 | 14.73 | 2.137 | 8.57 | 6.7 | 0.66 | 2.01 | 7 | 0 | 487 |
| Total | 594 | 40.04 | 9.159 | 8.57 | 6.7 | 0.66 | 49.72 | 767 | 169 | 902 |

## Tuesday, August 11, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| Voortman Sugar Free Chocolate Chip Cookies | 160 | 10 | 3 | 26 | 0 | 0 | 2 | 100 | 0 | |
| 2 x 1 cookie, 40 g | | | | | | | | | | |
| Smucker's Organic Peanut Butter | 210 | 16 | 2.5 | 6 | 2 | 1 | 7 | 50 | 0 | |
| 2 tbsp, 32 g | | | | | | | | | | |
| Quest Chocolate Chip Cookie Dough Protein Bar | 190 | 8 | 3 | 21 | 17 | 1 | 21 | 280 | 5 | 125 |
| 1 bar, 60 g | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Total | 560 | 34 | 8.5 | 53 | 19 | 2 | 30 | 530 | 5 | 125 |
| **Total** | **2235** | **151.2** | **42.933** | **82.72** | **28** | **12.92** | **147.34** | **4654** | **1215** | **1632** |

## Wednesday, August 12, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Pepper Jack Cheese<br>1 slice | 105 | 8.51 | 5.314 | 0.5 | 0.2 | 0.18 | 6.87 | 155 | 25 | |
| Sliced Ham (Regular, Approx. 11% Fat)<br>1 serving 2 slices | 91 | 4.82 | 1.644 | 2.14 | 0.7 | 0 | 9.3 | 730 | 32 | 161 |
| Egg<br>3 large | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| Total | 416 | 28.24 | 11.606 | 3.8 | 0.9 | 1.34 | 35.04 | 1095 | 691 | 362 |
| **Lunch** | | | | | | | | | | |
| Avocados<br>1 avocado, NS as to Florida or California | 322 | 29.47 | 4.273 | 17.15 | 13.5 | 1.33 | 4.02 | 14 | 0 | 975 |
| Chicken Drumstick<br>1 small (yield after cooking, bone removed) | 81 | 4.2 | 1.149 | 0 | 0 | 0 | 10.18 | 157 | 34 | 86 |
| Chicken Thigh<br>1 small (yield after cooking, bone removed) | 135 | 8.45 | 2.362 | 0 | 0 | 0 | 13.67 | 223 | 51 | 121 |
| Total | 538 | 42.12 | 7.784 | 17.15 | 13.5 | 1.33 | 27.87 | 394 | 85 | 1182 |
| **Dinner** | | | | | | | | | | |
| Kirkland Signature Mild Cheddar Cheese<br>1 oz, 28 g | 110 | 9 | 6 | 1 | 0 | 0 | 7 | 180 | 30 | 0 |
| Daisy Sour Cream<br>2 tbsp, 30 g | 60 | 5 | 3.5 | 1 | 0 | 1 | 1 | 15 | 20 | |
| La Tortilla Factory Low Carb Flour Tortilla<br>2 x 1 tortilla, 84 g | 140 | 5 | 1 | 30 | 18 | 1 | 10 | 500 | 0 | 0 |
| Ground Beef (Cooked) | 232 | 15.61 | 6.041 | 0 | 0 | 0 | 21.29 | 336 | 74 | 241 |

## Wednesday, August 12, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 3 oz cooked | | | | | | | | | | |
| Total | 542 | 34.61 | 16.541 | 32 | 18 | 2 | 39.29 | 1031 | 124 | 241 |
| **Snacks/Other** | | | | | | | | | | |
| Quest Vanilla Almond Crunch | 190 | 8 | 0.5 | 21 | 18 | 1 | 20 | 330 | 5 | |
| 1 bar, 60 g | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Total | 190 | 8 | 0.5 | 21 | 18 | 1 | 20 | 430 | 5 | 0 |
| **Total** | **1686** | **112.97** | **36.431** | **73.95** | **50.4** | **5.67** | **122.2** | **2950** | **905** | **1785** |

## Thursday, August 13, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Egg<br>3 large | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| Daisy Sour Cream<br>2 tbsp, 30 g | 60 | 5 | 3.5 | 1 | 0 | 1 | 1 | 15 | 20 | |
| Pepper Jack Cheese<br>1 slice | 105 | 8.51 | 5.314 | 0.5 | 0.2 | 0.18 | 6.87 | 155 | 25 | |
| Ground Beef (Cooked)<br>3 oz cooked | 232 | 15.61 | 6.041 | 0 | 0 | 0 | 21.29 | 336 | 74 | 241 |
| Total | 617 | 44.03 | 19.503 | 2.66 | 0.2 | 2.34 | 48.03 | 716 | 753 | 442 |
| **Lunch** | | | | | | | | | | |
| Panera Bread Chopped Chicken Cobb Salad with Avocado<br>1 salad | 660 | 50 | 11 | 14 | 7 | 3 | 42 | 970 | 295 | |
| **Dinner** | | | | | | | | | | |
| Chicken Wing<br>5 1/2 medium (yield after cooking, bone removed) | 507 | 33.97 | 9.512 | 0 | 0 | 0 | 46.89 | 711 | 146 | 322 |
| **Snacks/Other** | | | | | | | | | | |
| Frieda's Yellow Seedless Watermelon<br>1/2 cup, 85 g | 25 | 0 | 0 | 6 | 0 | 6 | 1 | 0 | 0 | |
| Total | 1809 | 128 | 40.015 | 22.66 | 7.2 | 11.34 | 137.92 | 2397 | 1194 | 764 |

## Friday, August 14, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Now Foods MCT Oil | 200 | 28 | 28 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2 x 1 tbsp, 30 ml | | | | | | | | | | |
| Carb Solutions High Protein Shake Mix - Creamy Vanilla | 110 | 2 | 0.5 | 3 | 0 | 0 | 21 | 200 | 0 | 200 |
| 2 scoops | | | | | | | | | | |
| Cocoa Powder (Unsweetened) | 6 | 0.37 | 0.218 | 1.47 | 0.9 | 0.05 | 0.53 | 1 | 0 | 41 |
| 1/2 tbsp | | | | | | | | | | |
| So Delicious Coconut Milk Unsweetened | 45 | 4.5 | 4 | 2 | 1 | 0 | 0 | 0 | 0 | 40 |
| 1 cup, 240 ml | | | | | | | | | | |
| Thai Kitchen Coconut Milk | 210 | 21 | 18 | 4.5 | 0 | 1.5 | 1.5 | 30 | 0 | 0 |
| 1 1/2 x 1/3 cup, 120 ml | | | | | | | | | | |
| Total | 571 | 55.87 | 50.718 | 10.97 | 1.9 | 1.55 | 23.03 | 231 | 0 | 281 |
| **Lunch** | | | | | | | | | | |
| Subway Tuna | 260 | 24 | | 0 | 0 | 0 | 10 | 0 | 0 | |
| 1 serving, 362 g | | | | | | | | | | |
| Red Onion | 4 | 0.01 | 0.002 | 0.91 | 0.1 | 0.39 | 0.08 | 0 | 0 | |
| 1 thin slice | | | | | | | | | | |
| shredded lettuce | 10 | 0 | 0 | 3 | 1 | 2 | 1 | 10 | 0 | 0 |
| 1 1/2 cups, 85 g | | | | | | | | | | |
| Ranch Salad Dressing | 165 | 17.5 | 2.5 | 1 | 0 | 1 | 0 | 250 | 10 | |
| 1/2 x 1 pouch, 28.5 g | | | | | | | | | | |
| Chipotle Southwest Sauce | 50 | 5 | 0.75 | 0.5 | 0 | 0 | 0 | 110 | 5 | |
| 1/2 x per 6" sandwich, 10.5 g | | | | | | | | | | |
| spinach | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| 1 cup | | | | | | | | | | |
| green pepper | 7 | 0.06 | 0.022 | 1.73 | 0.6 | 0.89 | 0.32 | 1 | 0 | 65 |

## Friday, August 14, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1/4 cup chopped | | | | | | | | | | |
| cucumber | 8 | 0.06 | 0.018 | 1.89 | 0.3 | 0.87 | 0.34 | 1 | 0 | 76 |
| 1/2 cup slices | | | | | | | | | | |
| tomato | 8 | 0.09 | 0.021 | 1.76 | 0.5 | 1.18 | 0.4 | 2 | 0 | 107 |
| 3 thin/small slices | | | | | | | | | | |
| Total | 519 | 46.84 | 3.332 | 11.88 | 3.2 | 6.46 | 13 | 398 | 15 | 415 |
| **Dinner** | | | | | | | | | | |
| **Snacks/Other** | | | | | | | | | | |
| Total | 1090 | 102.71 | 54.05 | 22.85 | 5.1 | 8.01 | 36.03 | 629 | 15 | 696 |

## Saturday, August 15, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Hard-Boiled Egg<br>2 large | 155 | 10.61 | 3.267 | 1.12 | 0 | 1.12 | 12.58 | 124 | 424 | 126 |
| Fit & Active Blueberry Nonfat Yogurt<br>1 container, 170 g | 90 | 0 | | 16 | 0 | 12 | 6 | 75 | 5 | 260 |
| Total | 245 | 10.61 | 3.267 | 17.12 | 0 | 13.12 | 18.58 | 199 | 429 | 386 |
| **Lunch** | | | | | | | | | | |
| Kroger Crinkle Cut Fries<br>18 fries, 85 g | 120 | 3.5 | 0.5 | 20 | 2 | 0 | 2 | 300 | 0 | 280 |
| Kroger Breaded Chicken Strips<br>2 x 2 pieces, 232 g | 440 | 18 | 4 | 28 | 2 | | 38 | 1340 | 90 | |
| Total | 560 | 21.5 | 4.5 | 48 | 4 | 0 | 40 | 1640 | 90 | 280 |
| **Dinner** | | | | | | | | | | |
| Culver's The Culver's ButterBurger Deluxe (Double)<br>1 burger, 9.66 oz | 671 | 43 | 20 | 34 | 1 | 0 | 39 | 1061 | 160 | |
| Culver's French Fries (Regular)<br>1 serving, 140 g | 360 | 14 | 1.7 | 53 | 4 | 0 | 6 | 443 | 0 | |
| Culver's Chocolate Custard<br>2 x 1 scoop, 280 g | 588 | 28 | 18 | 70 | 2 | 58 | 12 | 216 | 176 | |
| Total | 1619 | 85 | 39.7 | 157 | 7 | 58 | 57 | 1720 | 336 | |
| **Snacks/Other** | | | | | | | | | | |
| **Total** | **2424** | **117.11** | **47.467** | **222.12** | **11** | **71.12** | **115.58** | **3559** | **855** | **666** |

## Sunday, August 16, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Starbucks Tazo Chai Tea Latte (Grande) | 240 | 4 | 2.5 | 44 | 0 | 41 | 7 | 95 | 15 | |
| 1 serving, 16 oz | | | | | | | | | | |
| Smucker's Strawberry Jam | 50 | 0 | 0 | 13 | 0 | 12 | 0 | 0 | 0 | |
| 1 tbsp, 20 g | | | | | | | | | | |
| Toasted Whole Wheat Bread (Commercial) | 69 | 1.2 | 0.258 | 12.92 | 1.8 | 1.56 | 2.72 | 148 | 0 | 71 |
| 1 slice | | | | | | | | | | |
| Red Potatoes (Flesh and Skin) | 153 | 0.3 | 0.055 | 33.87 | 3.6 | 2.13 | 4.03 | 13 | 0 | 969 |
| 1 medium (2-1/4" to 3-1/4" dia) | | | | | | | | | | |
| Sliced Ham (Regular, Approx. 11% Fat) | 91 | 4.82 | 1.644 | 2.14 | 0.7 | 0 | 9.3 | 730 | 32 | 161 |
| 1 serving 2 slices | | | | | | | | | | |
| Bacon | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| 2 medium slices (yield after cooking) | | | | | | | | | | |
| Egg | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| 3 large | | | | | | | | | | |
| Cheddar Cheese | 114 | 9.4 | 5.98 | 0.36 | 0 | 0.15 | 7.06 | 176 | 30 | 28 |
| 1 oz | | | | | | | | | | |
| Butter | 36 | 4.06 | 2.568 | 0 | 0 | 0 | 0.04 | 1 | 11 | 1 |
| 1 pat (1" sq, 1/3" high) | | | | | | | | | | |
| Spinach | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| 1 cup | | | | | | | | | | |
| Total | 1067 | 45.49 | 19.87 | 108.77 | 6.8 | 58.13 | 55.81 | 1767 | 740 | 1688 |
| **Lunch** | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Doritos Original Taco | 280 | 16 | 2 | 32 | 2 | 0 | 4 | 340 | 0 | |

## Sunday, August 16, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 2 x 11 chips, 2 oz | | | | | | | | | | |
| Subway Pepperjack Cheese | 100 | 8 | 5 | 0 | 0 | 0 | 6 | 280 | 30 | 0 |
| 2 x 1 serving, 28 g | | | | | | | | | | |
| Subway 6" Tuna | 960 | 47.6 | 8 | 88 | 10 | 12 | 40 | 1240 | 90 | 0 |
| 2 x 1 sandwich, 500 g | | | | | | | | | | |
| Total | 1340 | 71.6 | 15 | 120 | 12 | 12 | 50 | 1860 | 120 | 0 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 2407 | 117.09 | 34.87 | 228.77 | 18.8 | 70.13 | 105.81 | 3627 | 860 | 1688 |

## Monday, August 17, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Total 5% Greek Yogurt<br>1 container, 150 g | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| butter<br>1 pat (1" sq, 1/3" high) | 36 | 4.06 | 2.568 | 0 | 0 | 0 | 0.04 | 1 | 11 | 1 |
| Cheddar Cheese<br>1 oz | 114 | 9.4 | 5.98 | 0.36 | 0 | 0.15 | 7.06 | 176 | 30 | 28 |
| Egg<br>3 large | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| Bacon<br>2 medium slices (yield after cooking) | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| **Total** | **594** | **43.17** | **20.413** | **7.84** | **0.7** | **6.44** | **43.76** | **851** | **713** | **487** |
| **Lunch** | | | | | | | | | | |
| Panera Bread Chopped Chicken Cobb Salad with Avocado<br>1 salad | 660 | 50 | 11 | 14 | 7 | 3 | 42 | 970 | 295 | |
| **Dinner** | | | | | | | | | | |
| Sensible Portions Garden Veggie Chips - Sea Salt<br>38 chips, 28 g | 130 | 7 | 1 | 15 | 1 | 1 | 1 | 250 | 0 | |
| Roasted Broiled or Baked Chicken Thigh (Skin Eaten)<br>1 medium (yield after cooking, bone removed) | 152 | 9.52 | 2.662 | 0 | 0 | 0 | 15.41 | 252 | 57 | 136 |
| Chicken Drumstick | 81 | 4.2 | 1.149 | 0 | 0 | 0 | 10.18 | 157 | 34 | 86 |

## Monday, August 17, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 small (yield after cooking, bone removed) | | | | | | | | | | |
| Total | 363 | 20.72 | 4.811 | 15 | 1 | 1 | 26.59 | 659 | 91 | 222 |
| **Snacks/Other** | | | | | | | | | | |
| Total | 1617 | 113.89 | 36.224 | 36.84 | 8.7 | 10.44 | 112.35 | 2480 | 1099 | 709 |

## Tuesday, August 18, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Frieda's Yellow Seedless Watermelon<br>1/2 cup, 85 g | 25 | 0 | 0 | 6 | 0 | 6 | 1 | 0 | 0 | |
| Natural Low Sugar Granola<br>1 serving | 129 | 5.51 | 2.714 | 16.45 | 2.3 | 4.29 | 3.57 | 0 | 0 | 77 |
| Fage Total 5% Greek Yogurt<br>1 container, 150 g | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| Total | 284 | 13.51 | 7.714 | 27.45 | 2.3 | 15.29 | 15.57 | 70 | 20 | 77 |
| **Lunch** | | | | | | | | | | |
| Chicken Wing<br>1 small (yield after cooking, bone removed) | 81 | 5.4 | 1.513 | 0 | 0 | 0 | 7.46 | 113 | 23 | 51 |
| Chicken Thigh<br>1 small (yield after cooking, bone removed) | 135 | 8.45 | 2.362 | 0 | 0 | 0 | 13.67 | 223 | 51 | 121 |
| Chicken Breast<br>1 medium (yield after cooking, bone removed) | 382 | 15.13 | 4.257 | 0 | 0 | 0 | 57.92 | 770 | 163 | 476 |
| Total | 598 | 28.98 | 8.132 | 0 | 0 | 0 | 79.05 | 1106 | 237 | 648 |
| **Dinner** | | | | | | | | | | |
| Watermelon<br>1 cup diced | 46 | 0.23 | 0.024 | 11.48 | 0.6 | 9.42 | 0.93 | 2 | 0 | 170 |
| Heavy Cream<br>1 tbsp | 51 | 5.51 | 3.432 | 0.42 | 0 | 0.02 | 0.31 | 6 | 20 | 11 |
| Scrambled Egg (Whole, Cooked)<br>3 large | 304 | 22.34 | 6.733 | 4.03 | 0 | 3.17 | 20.29 | 512 | 644 | 253 |
| Bacon (Cured, Pan-Fried, Cooked) | 84 | 6.37 | 2.1 | 0.24 | 0 | 0 | 6.06 | 384 | 18 | 93 |

## Tuesday, August 18, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 2 slices cooked | | | | | | | | | | |
| Golden Griddle Sugar Free Maple Syrup | 25 | 0 | | 8 | 7.5 | 0 | 0 | 130 | 0 | |
| 1/4 cup, 60 ml | | | | | | | | | | |
| Low Carb Flaxseed Pancakes | 351 | 23.22 | 6.065 | 12.6 | 9.4 | 1.67 | 21.16 | 748 | 490 | 169 |
| 1 1/2 servings | | | | | | | | | | |
| Total | 861 | 57.67 | 18.354 | 36.77 | 17.5 | 14.28 | 48.75 | 1782 | 1172 | 696 |
| **Snacks/Other** | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Total | 1743 | 100.16 | 34.2 | 64.22 | 19.8 | 29.57 | 143.37 | 3058 | 1429 | 1421 |

## Wednesday, August 19, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Cheddar Cheese<br>1 oz | 114 | 9.4 | 5.98 | 0.36 | 0 | 0.15 | 7.06 | 176 | 30 | 28 |
| Egg<br>3 large | 220 | 14.91 | 4.648 | 1.16 | 0 | 1.16 | 18.87 | 210 | 634 | 201 |
| Bacon<br>2 medium slices (yield after cooking) | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| Total | 428 | 31.11 | 12.845 | 2.84 | 0.7 | 1.44 | 32.72 | 780 | 682 | 486 |
| **Lunch** | | | | | | | | | | |
| Litehouse Foods Homestyle Ranch Dressing & Dip<br>2 tbsp, 28 g | 120 | 12 | 1 | 2 | 0 | 1 | 0 | 240 | 10 | |
| StarKist Foods Chunk Light Tuna in Water (Can)<br>1 can drained, 4 oz | 70 | 0.5 | 0 | 0 | 0 | 0 | 16 | 320 | 30 | 190 |
| Grape Tomatoes<br>5 grape | 7 | 0.08 | 0.018 | 1.55 | 0.5 | 1.04 | 0.35 | 2 | 0 | |
| Feta Cheese<br>1 oz | 75 | 6.03 | 4.237 | 1.16 | 0 | 1.16 | 4.03 | 316 | 25 | 18 |
| Avocados<br>1/2 avocado, NS as to Florida or California | 161 | 14.73 | 2.137 | 8.57 | 6.7 | 0.66 | 2.01 | 7 | 0 | 487 |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Great Value Romaine Lettuce<br>2 x 1 cup, 94 g | 30 | 0 | | 2 | 1 | 0 | 2 | 20 | 0 | |
| Total | 470 | 33.46 | 7.411 | 16.37 | 8.9 | 3.99 | 25.25 | 929 | 65 | 862 |

## Wednesday, August 19, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Dinner** | | | | | | | | | | |
| Cheddar Cheese<br>2 slices (1 oz) | 226 | 18.56 | 11.812 | 0.72 | 0 | 0.29 | 13.94 | 348 | 59 | 55 |
| Bacon (Cured, Pan-Fried, Cooked)<br>1 slice cooked | 42 | 3.18 | 1.05 | 0.12 | 0 | 0 | 3.03 | 192 | 9 | 47 |
| Ground Beef (80% Lean / 20% Fat)<br>4 oz | 284 | 22.4 | 8.593 | 0 | 0 | 0 | 19.23 | 75 | 80 | 302 |
| Corn On The Cob with Butter<br>1 ear | 155 | 3.43 | 1.642 | 31.94 | | | 4.47 | 29 | 6 | 359 |
| Zucchini<br>2 cups chopped | 40 | 0.45 | 0.092 | 8.31 | 2.7 | 4.29 | 3 | 25 | 0 | 650 |
| Total | 747 | 48.02 | 23.189 | 41.09 | 2.7 | 4.58 | 43.67 | 669 | 154 | 1413 |
| **Snacks/Other** | | | | | | | | | | |
| Quest Chocolate Chip Cookie Dough Protein Bar<br>1 bar, 60 g | 190 | 8 | 3 | 21 | 17 | 1 | 21 | 280 | 5 | 125 |
| Nature's Way Alive! Whole Food Energizer Women's Multi<br>3 tablets | 5 | 0 | | 1 | 0.5 | 0 | 0 | 15 | 0 | 50 |
| Truvia Sweetener (Packet)<br>1 packet, 3.5 g | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Lemon<br>1 wedge or slice (1/8 one 2-1/8" dia lemon) | 2 | 0.02 | 0.003 | 0.65 | 0.2 | 0.18 | 0.08 | 0 | 0 | 10 |
| Mountain Dew Diet Mountain Dew (Can)<br>1 can, 12 oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 50 | 0 | 0 |
| Total | 197 | 8.02 | 3.003 | 22.65 | 17.7 | 1.18 | 21.08 | 345 | 5 | 185 |

## Wednesday, August 19, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 1842 | 120.61 | 46.448 | 82.95 | 30 | 11.19 | 122.72 | 2723 | 906 | 2946 |

## Thursday, August 20, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Better Oats Oat Fit - Cinnamon Roll | 100 | 2 | 0 | 18 | 3 | 0 | 4 | 220 | 0 | 105 |
| 1 pouch, 28 g | | | | | | | | | | |
| Blackberries | 15 | 0.18 | 0.005 | 3.46 | 1.9 | 1.76 | 0.5 | 0 | 0 | 58 |
| 1/4 cup | | | | | | | | | | |
| Bare Naked Peak Protein Granola | 140 | 7 | 0.5 | 15 | 3 | 6 | 6 | 25 | 0 | |
| 1/4 cup, 30 g | | | | | | | | | | |
| Fage Total 5% Greek Yogurt | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| 1 container, 150 g | | | | | | | | | | |
| Total | 385 | 17.18 | 5.505 | 41.46 | 7.9 | 12.76 | 21.5 | 315 | 20 | 163 |
| **Lunch** | | | | | | | | | | |
| Mayonnaise | 57 | 4.91 | 0.72 | 3.51 | 0 | 0.94 | 0.13 | 105 | 4 | 1 |
| 1 tbsp | | | | | | | | | | |
| Cheddar Cheese | 113 | 9.28 | 5.906 | 0.36 | 0 | 0.15 | 6.97 | 174 | 29 | 27 |
| 1 slice (1 oz) | | | | | | | | | | |
| Turkey Breast Meat | 88 | 1.41 | 0.408 | 3.58 | 0.4 | 2.99 | 14.52 | 863 | 37 | 257 |
| 3 oz | | | | | | | | | | |
| Flatout Light Original Flatbread | 90 | 2.5 | | 16 | 9 | 0 | 9 | 210 | 0 | |
| 1 flatbread, 42 g | | | | | | | | | | |
| Unsalted Butter Stick | 36 | 4.06 | 2.568 | 0 | 0 | 0 | 0.04 | 1 | 11 | 1 |
| 1 pat (1" sq, 1/3" high) | | | | | | | | | | |
| Tyson Foods Boneless Skinless Chicken Breasts | 210 | 6 | 2.25 | 0 | 0 | 0 | 37.5 | 60 | 97.5 | 0 |
| 1 1/2 x 4 oz, 168 g | | | | | | | | | | |
| Green Peppers | 30 | 0.25 | 0.086 | 6.91 | 2.5 | 3.58 | 1.28 | 4 | 0 | 261 |
| 1 cup chopped | | | | | | | | | | |

## Thursday, August 20, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Cooked Summer Squash (from Fresh) | 68 | 4.24 | 0.807 | 7.81 | 2.6 | 4.64 | 1.65 | 496 | 0 | 344 |
| 1 cup slices | | | | | | | | | | |
| Yellow Sweet Corn | 77 | 1.06 | 0.164 | 17.12 | 2.4 | 2.9 | 2.9 | 14 | 0 | 243 |
| 1 ear, medium (6-3/4" to 7-1/2" long) | | | | | | | | | | |
| Total | 769 | 33.71 | 12.909 | 55.29 | 16.9 | 15.2 | 73.99 | 1927 | 178.5 | 1134 |
| **Dinner** | | | | | | | | | | |
| Flatout Foldit 5 Grain Flax | 90 | 2.5 | 0 | 15 | 7 | 1 | 7 | 360 | 0 | |
| 1 flatbread, 43 g | | | | | | | | | | |
| Heinz Simply Heinz Tomato Ketchup | 15 | 0 | 0 | 4 | 0 | 4 | 0 | 160 | 0 | |
| 1 tbsp, 17 g | | | | | | | | | | |
| Klement's Cheddar Brat | 500 | 46 | 16 | 4 | 0 | 2 | 20 | 1400 | 100 | |
| 2 x 1 link, 152 g | | | | | | | | | | |
| Total | 605 | 48.5 | 16 | 23 | 7 | 7 | 27 | 1920 | 100 | |
| **Snacks/Other** | | | | | | | | | | |
| Pop Secret Movie Theater Butter Popcorn | 140 | 12 | 2.5 | 14 | 3 | 0 | 2 | 300 | 0 | 0 |
| 4 cups popped | | | | | | | | | | |
| Cantaloupe Melons | 120 | 0.67 | 0.181 | 28.89 | 3.2 | 27.82 | 2.97 | 57 | 0 | 945 |
| 2 cups balls | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Atkins Snack Dark Chocolate Almond Coconut Crunch Bar | 190 | 15 | 7 | 16 | 8 | 1 | 5 | 40 | 0 | 130 |
| 1 bar, 40 g | | | | | | | | | | |
| Total | 450 | 27.67 | 9.681 | 58.89 | 14.2 | 28.82 | 9.97 | 497 | 0 | 1075 |
| **Total** | **2209** | **127.06** | **44.095** | **178.64** | **46** | **63.78** | **132.46** | **4659** | **298.5** | **2372** |

## Friday, August 21, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Better Oats Oat Fit - Cinnamon Roll | 100 | 2 | 0 | 18 | 3 | 0 | 4 | 220 | 0 | 105 |
| 1 pouch, 28 g | | | | | | | | | | |
| Blackberries | 15 | 0.18 | 0.005 | 3.46 | 1.9 | 1.76 | 0.5 | 0 | 0 | 58 |
| 1/4 cup | | | | | | | | | | |
| Bare Naked Peak Protein Granola | 140 | 7 | 0.5 | 15 | 3 | 6 | 6 | 25 | 0 | |
| 1/4 cup, 30 g | | | | | | | | | | |
| Fage Total 5% Greek Yogurt | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| 1 container, 150 g | | | | | | | | | | |
| Total | 385 | 17.18 | 5.505 | 41.46 | 7.9 | 12.76 | 21.5 | 315 | 20 | 163 |
| **Lunch** | | | | | | | | | | |
| Cooked Summer Squash (from Fresh) | 68 | 4.24 | 0.807 | 7.81 | 2.6 | 4.64 | 1.65 | 496 | 0 | 344 |
| 1 cup slices | | | | | | | | | | |
| Green Peppers | 30 | 0.25 | 0.086 | 6.91 | 2.5 | 3.58 | 1.28 | 4 | 0 | 261 |
| 1 cup chopped | | | | | | | | | | |
| Tyson Foods Boneless Skinless Chicken Breasts | 210 | 6 | 2.25 | 0 | 0 | 0 | 37.5 | 60 | 97.5 | 0 |
| 1 1/2 x 4 oz, 168 g | | | | | | | | | | |
| Total | 308 | 10.49 | 3.143 | 14.72 | 5.1 | 8.22 | 40.43 | 560 | 97.5 | 605 |
| **Dinner** | | | | | | | | | | |
| Ranch Salad Dressing | 290 | 30.83 | | 4.01 | 0.4 | 1.47 | 0.62 | 490 | 20 | 37 |
| 4 tbsps | | | | | | | | | | |
| Buffalo Wild Wings Chicken Wings | 324 | 22.5 | 4.5 | 0 | 0 | 0 | 27 | 297 | 117 | |
| 1 1/2 x 6 wings | | | | | | | | | | |
| Total | 614 | 53.33 | 4.5 | 4.01 | 0.4 | 1.47 | 27.62 | 787 | 137 | 37 |

## Friday, August 21, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| Watermelon | 91 | 0.46 | 0.049 | 22.95 | 1.2 | 18.85 | 1.85 | 3 | 0 | 340 |
| 2 cups diced | | | | | | | | | | |
| Atkins Snack Dark Chocolate Almond Coconut Crunch Bar | 190 | 15 | 7 | 16 | 8 | 1 | 5 | 40 | 0 | 130 |
| 1 bar, 40 g | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Total | 281 | 15.46 | 7.049 | 38.95 | 9.2 | 19.85 | 6.85 | 143 | 0 | 470 |
| **Total** | **1588** | **96.46** | **20.197** | **99.14** | **22.6** | **42.3** | **96.4** | **1805** | **254.5** | **1275** |

## Saturday, August 22, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Fage Total 5% Greek Yogurt<br>1 container, 150 g | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| Bare Naked Peak Protein Granola<br>1/4 cup, 30 g | 140 | 7 | 0.5 | 15 | 3 | 6 | 6 | 25 | 0 | |
| Blackberries<br>1/4 cup | 15 | 0.18 | 0.005 | 3.46 | 1.9 | 1.76 | 0.5 | 0 | 0 | 58 |
| Better Oats Oat Fit - Cinnamon Roll<br>1 pouch, 28 g | 100 | 2 | 0 | 18 | 3 | 0 | 4 | 220 | 0 | 105 |
| Total | 385 | 17.18 | 5.505 | 41.46 | 7.9 | 12.76 | 21.5 | 315 | 20 | 163 |
| **Lunch** | | | | | | | | | | |
| Ranch Salad Dressing<br>2 tbsps | 145 | 15.42 | | 2.01 | 0.2 | 0.74 | 0.31 | 245 | 10 | 19 |
| Buffalo Wild Wings Chicken Wings<br>1 1/2 x 6 wings | 324 | 22.5 | 4.5 | 0 | 0 | 0 | 27 | 297 | 117 | |
| Total | 469 | 37.92 | 4.5 | 2.01 | 0.2 | 0.74 | 27.31 | 542 | 127 | 19 |
| **Dinner** | | | | | | | | | | |
| Sweet Baby Ray's Original Barbecue Sauce<br>2 tbsp, 37 g | 70 | 0 | | 18 | 0 | 16 | 0 | 290 | 0 | |
| Earthbound Farm Roasted Organic Red Potatoes<br>1 1/2 x 2/3 cup, 165 g | 150 | 0 | 0 | 34.5 | 3 | 1.5 | 4.5 | 15 | 0 | |
| Pork Loin (Country-Style Ribs)<br>8 oz | 547 | 42.43 | 14.719 | 0 | 0 | | 38.53 | 132 | 156 | 685 |
| Total | 767 | 42.43 | 14.719 | 52.5 | 3 | 17.5 | 43.03 | 437 | 156 | 685 |

## Saturday, August 22, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| Atkins Meal Chocolate Peanut Butter Bar | 250 | 14 | 8 | 23 | 9 | 1 | 17 | 190 | 10 | 110 |
| 1 bar, 60 g | | | | | | | | | | |
| Atkins Snack Dark Chocolate Almond Coconut Crunch Bar | 190 | 15 | 7 | 16 | 8 | 1 | 5 | 40 | 0 | 130 |
| 1 bar, 40 g | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Watermelon | 182 | 0.91 | 0.097 | 45.9 | 2.4 | 37.7 | 3.71 | 6 | 0 | 681 |
| 4 cups diced | | | | | | | | | | |
| Total | 622 | 29.91 | 15.097 | 84.9 | 19.4 | 39.7 | 25.71 | 336 | 10 | 921 |
| **Total** | **2243** | **127.44** | **39.821** | **180.87** | **30.5** | **70.7** | **117.55** | **1630** | **313** | **1788** |

## Sunday, August 23, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Golden Griddle Sugar Free Maple Syrup | 25 | 0 | | 8 | 7.5 | 0 | 0 | 130 | 0 | |
| 1/4 cup, 60 ml | | | | | | | | | | |
| Flax Pancakes | 460 | 34 | 9.61 | 15.9 | 12.6 | 1.33 | 28.22 | 704 | 655 | 221 |
| 1 serving | | | | | | | | | | |
| Earthbound Farm Roasted Organic Red Potatoes | 200 | 0 | 0 | 46 | 4 | 2 | 6 | 20 | 0 | |
| 2 x 2/3 cup, 220 g | | | | | | | | | | |
| America's Choice Bacon Thick Sliced | 90 | 7 | 2.5 | 0 | 0 | 0 | 5 | 240 | 15 | |
| 1 slices, 16 g | | | | | | | | | | |
| Kroger Eggs (Large) | 210 | 15 | 4.5 | 0 | 0 | 0 | 18 | 210 | 555 | 210 |
| 3 x 1 egg, 150 g | | | | | | | | | | |
| Total | 985 | 56 | 16.61 | 69.9 | 24.1 | 3.33 | 57.22 | 1304 | 1225 | 431 |
| **Lunch** | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Red Lobster Pina Colada | 280 | 8 | 7 | 53 | | | 1 | 20 | | |
| 1 serving | | | | | | | | | | |
| Tostitos Medium Salsa | 30 | 0 | | 6 | 3 | 3 | 0 | 225 | 0 | |
| 3 x 2 tbsp, 90 ml | | | | | | | | | | |
| Tortilla Corn Chips | 293 | 14.02 | 1.475 | 39.19 | 3.2 | 0.6 | 4.67 | 253 | 0 | 129 |
| 2 10 chip servings | | | | | | | | | | |
| Chevy's Fresh Mex Salsa Chicken Tamale | 330 | 10 | 4 | 49 | 9 | 3 | 14 | 400 | 35 | |
| 1 tamale | | | | | | | | | | |
| Enchilada with Chicken and Cheese in Tomato- Based Sauce | 234 | 11.98 | 5.114 | 19.33 | 3.1 | 2.51 | 13.56 | 249 | 39 | 384 |

## Sunday, August 23, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 enchilada | | | | | | | | | | |
| Red Beans and Rice | 251 | 6.03 | 2.094 | 40.59 | 7.6 | 1.37 | 8.33 | 750 | 7 | 376 |
| 1 cup | | | | | | | | | | |
| Total | 1418 | 50.03 | 19.683 | 207.11 | 25.9 | 10.48 | 41.56 | 1897 | 81 | 889 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 2403 | 106.03 | 36.293 | 277.01 | 50 | 13.81 | 98.78 | 3201 | 1306 | 1320 |

## Monday, August 24, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| All Whites | 138 | 0 | | 0 | | | 27.5 | 412.5 | | 412.5 |
| 5 1/2 x 3 tbsp, 253 g | | | | | | | | | | |
| spinach | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| 1 cup | | | | | | | | | | |
| Bacon | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| 2 medium slices (yield after cooking) | | | | | | | | | | |
| cheese | 109 | 8.85 | 5.569 | 0.46 | 0 | 0.14 | 6.84 | 162 | 26 | 29 |
| 1 slice (1 oz) | | | | | | | | | | |
| Total | 341 | 15.65 | 7.786 | 1.78 | 0.7 | 0.27 | 41.13 | 968.5 | 44 | 698.5 |
| **Lunch** | | | | | | | | | | |
| Cheddar Cheese | 113 | 9.28 | 5.906 | 0.36 | 0 | 0.15 | 6.97 | 174 | 29 | 27 |
| 1 slice (1 oz) | | | | | | | | | | |
| Tyson Foods Boneless Skinless Chicken Breasts | 210 | 6 | 2.25 | 0 | 0 | 0 | 37.5 | 60 | 97.5 | 0 |
| 1 1/2 x 4 oz, 168 g | | | | | | | | | | |
| Green Peppers | 15 | 0.13 | 0.043 | 3.46 | 1.3 | 1.79 | 0.64 | 2 | 0 | 130 |
| 1/2 cup chopped | | | | | | | | | | |
| Cooked Summer Squash (from Fresh) | 34 | 2.12 | 0.404 | 3.9 | 1.3 | 2.32 | 0.82 | 248 | 0 | 172 |
| 1/2 cup slices | | | | | | | | | | |
| Ground Beef (Cooked) | 232 | 15.61 | 6.041 | 0 | 0 | 0 | 21.29 | 336 | 74 | 241 |
| 3 oz cooked | | | | | | | | | | |
| Total | 604 | 33.14 | 14.644 | 7.72 | 2.6 | 4.26 | 67.22 | 820 | 200.5 | 570 |
| **Dinner** | | | | | | | | | | |
| Pork Chops (Top Loin, Boneless) | 163 | 6.68 | 2.275 | 0 | 0 | 0 | 24.21 | 202 | 65 | 515 |
| 4 oz | | | | | | | | | | |

## Monday, August 24, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Hidden Valley Ranch Dressing<br>3/4 x 2 tbsp, 22 g | 105 | 10.5 | 1.88 | 1.5 | 0 | 0.75 | 0.75 | 195 | 7.5 | |
| Feta Cheese<br>1/2 oz | 37 | 3.02 | 2.119 | 0.58 | 0 | 0.58 | 2.01 | 158 | 13 | 9 |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Cherry Tomatoes<br>3 cherry | 9 | 0.1 | 0.023 | 2 | 0.6 | 1.34 | 0.45 | 3 | 0 | |
| Avocados<br>1/2 avocado, NS as to Florida or California | 161 | 14.73 | 2.137 | 8.57 | 6.7 | 0.66 | 2.01 | 7 | 0 | 487 |
| Endive, Chicory, Escarole or Romaine Lettuce<br>3 cup | 17 | 0.24 | 0.048 | 3.4 | 2.8 | 0.64 | 1.25 | 22 | 0 | 294 |
| Cucumber (with Peel)<br>1/4 cup slices | 4 | 0.03 | 0.009 | 0.94 | 0.1 | 0.43 | 0.17 | 1 | 0 | 38 |
| **Total** | **503** | **35.42** | **8.51** | **18.08** | **10.9** | **4.53** | **31.71** | **612** | **85.5** | **1510** |
| **Snacks/Other** | | | | | | | | | | |
| Dean Foods Large Curd Cottage Cheese<br>1/2 cup, 113 g | 110 | 4.5 | 3 | 4 | 0 | 3 | 12 | 470 | 35 | |
| Sensible Portions Garden Veggie Straws - Sea Salt<br>1/2 x 1 bag (38 straws), 10.5 g | 65 | 3.5 | 0.5 | 5.5 | 0.5 | 0.5 | 0.5 | 125 | 0 | |
| Atkins Meal Chocolate Peanut Butter Bar<br>1 bar, 60 g | 250 | 14 | 8 | 23 | 9 | 1 | 17 | 190 | 10 | 110 |
| Watermelon<br>1/2 cup diced | 23 | 0.11 | 0.012 | 5.74 | 0.3 | 4.71 | 0.46 | 1 | 0 | 85 |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |

## Monday, August 24, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Atkins Snack Dark Chocolate Almond Coconut Crunch Bar | 190 | 15 | 7 | 16 | 8 | 1 | 5 | 40 | 0 | 130 |
| 1 bar, 40 g | | | | | | | | | | |
| Total | 638 | 37.11 | 18.512 | 54.24 | 17.8 | 10.21 | 34.96 | 926 | 45 | 325 |
| Total | 2086 | 121.32 | 49.452 | 81.82 | 32 | 19.27 | 175.02 | 3326.5 | 375 | 3103.5 |

## Tuesday, August 25, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Strawberries<br>4 medium (1-1/4" dia) | 15 | 0.14 | 0.007 | 3.69 | 1 | 2.24 | 0.32 | 0 | 0 | 73 |
| Better Oats Oat Fit - Cinnamon Roll<br>1 pouch, 28 g | 100 | 2 | 0 | 18 | 3 | 0 | 4 | 220 | 0 | 105 |
| Bare Naked Peak Protein Granola<br>1/4 cup, 30 g | 140 | 7 | 0.5 | 15 | 3 | 6 | 6 | 25 | 0 | |
| Fage Total 5% Greek Yogurt<br>1 container, 150 g | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| Total | 385 | 17.14 | 5.507 | 41.69 | 7 | 13.24 | 21.32 | 315 | 20 | 178 |
| **Lunch** | | | | | | | | | | |
| Sensible Portions Garden Veggie Straws - Sea Salt<br>1 bag (38 straws), 21 g | 130 | 7 | 1 | 11 | 1 | 1 | 1 | 250 | 0 | |
| Watermelon<br>1 cup diced | 46 | 0.23 | 0.024 | 11.48 | 0.6 | 9.42 | 0.93 | 2 | 0 | 170 |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Jennie-O Extra Lean Turkey Bacon<br>2 x 1 slice, 30 g | 60 | 5 | 1 | 0 | 0 | 0 | 4 | 260 | 20 | |
| Hain Canola Mayonnaise<br>1 tbsp, 14 g | 100 | 11 | 1 | 0 | 0 | 0 | 0 | 75 | 5 | |
| Rotisserie Chicken<br>1 medium piece (yield after cooking, bone removed) | 147 | 8.36 | 2.33 | 0 | 0 | 0 | 16.79 | 251 | 54 | |
| Flatout Light Spinach Flatbread<br>1 flatbread, 42 g | 90 | 2.5 | 0 | 15 | 9 | 0 | 9 | 430 | 0 | |

## Tuesday, August 25, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 580 | 34.21 | 5.373 | 38.57 | 11.3 | 10.55 | 32.58 | 1292 | 79 | 337 |
| **Dinner** | | | | | | | | | | |
| Pork Chops (Top Loin, Boneless) | 163 | 6.68 | 2.275 | 0 | 0 | 0 | 24.21 | 202 | 65 | 515 |
| 4 oz | | | | | | | | | | |
| Hidden Valley Ranch Dressing | 105 | 10.5 | 1.88 | 1.5 | 0 | 0.75 | 0.75 | 195 | 7.5 | |
| 3/4 x 2 tbsp, 22 g | | | | | | | | | | |
| Feta Cheese | 37 | 3.02 | 2.119 | 0.58 | 0 | 0.58 | 2.01 | 158 | 13 | 9 |
| 1/2 oz | | | | | | | | | | |
| Spinach | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| 1 cup | | | | | | | | | | |
| Cherry Tomatoes | 9 | 0.1 | 0.023 | 2 | 0.6 | 1.34 | 0.45 | 3 | 0 | |
| 3 cherry | | | | | | | | | | |
| Avocados | 161 | 14.73 | 2.137 | 8.57 | 6.7 | 0.66 | 2.01 | 7 | 0 | 487 |
| 1/2 avocado, NS as to Florida or California | | | | | | | | | | |
| Endive, Chicory, Escarole or Romaine Lettuce | 17 | 0.24 | 0.048 | 3.4 | 2.8 | 0.64 | 1.25 | 22 | 0 | 294 |
| 3 cup | | | | | | | | | | |
| Cucumber (with Peel) | 4 | 0.03 | 0.009 | 0.94 | 0.1 | 0.43 | 0.17 | 1 | 0 | 38 |
| 1/4 cup slices | | | | | | | | | | |
| Total | 503 | 35.42 | 8.51 | 18.08 | 10.9 | 4.53 | 31.71 | 612 | 85.5 | 1510 |
| **Snacks/Other** | | | | | | | | | | |
| Dean Foods Large Curd Cottage Cheese | 28 | 1.12 | 0.75 | 1 | 0 | 0.75 | 3 | 117.5 | 8.75 | |
| 1/4 x 1/2 cup, 28 g | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |

## Tuesday, August 25, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Atkins Snack Dark Chocolate Almond Coconut Crunch Bar<br>1 bar, 40 g | 190 | 15 | 7 | 16 | 8 | 1 | 5 | 40 | 0 | 130 |
| Total | 218 | 16.12 | 7.75 | 17 | 8 | 1.75 | 8 | 257.5 | 8.75 | 130 |
| Total | 1686 | 102.89 | 27.14 | 115.34 | 37.2 | 30.07 | 93.61 | 2476.5 | 193.25 | 2155 |

## Wednesday, August 26, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Strawberries<br>4 medium (1-1/4" dia) | 15 | 0.14 | 0.007 | 3.69 | 1 | 2.24 | 0.32 | 0 | 0 | 73 |
| Better Oats Oat Fit - Cinnamon Roll<br>1 pouch, 28 g | 100 | 2 | 0 | 18 | 3 | 0 | 4 | 220 | 0 | 105 |
| Bare Naked Peak Protein Granola<br>1/4 cup, 30 g | 140 | 7 | 0.5 | 15 | 3 | 6 | 6 | 25 | 0 | |
| Fage Total 5% Greek Yogurt<br>1 container, 150 g | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| Total | 385 | 17.14 | 5.507 | 41.69 | 7 | 13.24 | 21.32 | 315 | 20 | 178 |
| **Lunch** | | | | | | | | | | |
| Sensible Portions Garden Veggie Chips - Sea Salt<br>38 chips, 28 g | 130 | 7 | 1 | 15 | 1 | 1 | 1 | 250 | 0 | |
| Watermelon<br>1 cup diced | 46 | 0.23 | 0.024 | 11.48 | 0.6 | 9.42 | 0.93 | 2 | 0 | 170 |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Jennie-O Extra Lean Turkey Bacon<br>2 x 1 slice, 30 g | 60 | 5 | 1 | 0 | 0 | 0 | 4 | 260 | 20 | |
| Hain Canola Mayonnaise<br>1 tbsp, 14 g | 100 | 11 | 1 | 0 | 0 | 0 | 0 | 75 | 5 | |
| Rotisserie Chicken<br>1 medium piece (yield after cooking, bone removed) | 147 | 8.36 | 2.33 | 0 | 0 | 0 | 16.79 | 251 | 54 | |
| Flatout Light Spinach Flatbread<br>1 flatbread, 42 g | 90 | 2.5 | 0 | 15 | 9 | 0 | 9 | 430 | 0 | |

## Wednesday, August 26, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 580 | 34.21 | 5.373 | 42.57 | 11.3 | 10.55 | 32.58 | 1292 | 79 | 337 |
| **Dinner** | | | | | | | | | | |
| Parmesan Cheese (Shredded) | 21 | 1.37 | 0.868 | 0.17 | 0 | | 1.89 | 85 | 4 | 5 |
| 1 tbsp | | | | | | | | | | |
| Jennie-O Fully Cooked Turkey Smoked Bratwurst (50% Less Fat) | 360 | 27 | 6 | 15 | 0 | 3 | 30 | 2040 | 120 | |
| 3 x 1 serving, 198 g | | | | | | | | | | |
| Extra Virgin Olive Oil | 119 | 13.5 | 1.864 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 1 tbsp | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Total | 579 | 43.2 | 8.942 | 29.43 | 9.7 | 7.61 | 38.19 | 3147 | 124 | 509 |
| **Snacks/Other** | | | | | | | | | | |
| Atkins Snack Dark Chocolate Almond Coconut Crunch Bar | 190 | 15 | 7 | 16 | 8 | 1 | 5 | 40 | 0 | 130 |
| 1 bar, 40 g | | | | | | | | | | |
| Atkins Meal Chocolate Peanut Butter Bar | 250 | 14 | 8 | 23 | 9 | 1 | 17 | 190 | 10 | 110 |
| 1 bar, 60 g | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Total | 440 | 29 | 15 | 39 | 17 | 2 | 22 | 330 | 10 | 240 |
| **Total** | **1984** | **123.55** | **34.822** | **152.69** | **45** | **33.4** | **114.09** | **5084** | **233** | **1264** |

## Thursday, August 27, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Strawberries<br>4 medium (1-1/4" dia) | 15 | 0.14 | 0.007 | 3.69 | 1 | 2.24 | 0.32 | 0 | 0 | 73 |
| Better Oats Oat Fit - Cinnamon Roll<br>1 pouch, 28 g | 100 | 2 | 0 | 18 | 3 | 0 | 4 | 220 | 0 | 105 |
| Bare Naked Peak Protein Granola<br>1/4 cup, 30 g | 140 | 7 | 0.5 | 15 | 3 | 6 | 6 | 25 | 0 | |
| Fage Total 5% Greek Yogurt<br>1 container, 150 g | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| Total | 385 | 17.14 | 5.507 | 41.69 | 7 | 13.24 | 21.32 | 315 | 20 | 178 |
| **Lunch** | | | | | | | | | | |
| Sensible Portions Garden Veggie Chips - Sea Salt<br>38 chips, 28 g | 130 | 7 | 1 | 15 | 1 | 1 | 1 | 250 | 0 | |
| Watermelon<br>1 cup diced | 46 | 0.23 | 0.024 | 11.48 | 0.6 | 9.42 | 0.93 | 2 | 0 | 170 |
| Spinach<br>1 cup | 7 | 0.12 | 0.019 | 1.09 | 0.7 | 0.13 | 0.86 | 24 | 0 | 167 |
| Jennie-O Extra Lean Turkey Bacon<br>2 x 1 slice, 30 g | 60 | 5 | 1 | 0 | 0 | 0 | 4 | 260 | 20 | |
| Hain Canola Mayonnaise<br>1 tbsp, 14 g | 100 | 11 | 1 | 0 | 0 | 0 | 0 | 75 | 5 | |
| Rotisserie Chicken<br>1 medium piece (yield after cooking, bone removed) | 147 | 8.36 | 2.33 | 0 | 0 | 0 | 16.79 | 251 | 54 | |
| Flatout Light Spinach Flatbread<br>1 flatbread, 42 g | 90 | 2.5 | 0 | 15 | 9 | 0 | 9 | 430 | 0 | |

## Thursday, August 27, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 580 | 34.21 | 5.373 | 42.57 | 11.3 | 10.55 | 32.58 | 1292 | 79 | 337 |
| **Dinner** | | | | | | | | | | |
| Johnsonville Polish Kielbasa | 510 | 45 | 15 | 6 | 0 | 0 | 21 | 1710 | 105 | |
| 3 x 2 oz, 168 g | | | | | | | | | | |
| 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 | | | | | | | | | | |
| Extra Virgin Olive Oil | 119 | 13.5 | 1.864 | 0 | 0 | 0 | 0 | 0 | 0 | |
| 1 tbsp | | | | | | | | | | |
| Parmesan Cheese (Shredded) | 21 | 1.37 | 0.868 | 0.17 | 0 | | 1.89 | 85 | 4 | 5 |
| 1 tbsp | | | | | | | | | | |
| Total | 729 | 61.2 | 17.942 | 20.43 | 9.7 | 4.61 | 29.19 | 2817 | 109 | 509 |
| **Snacks/Other** | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Atkins Meal Chocolate Peanut Butter Bar | 250 | 14 | 8 | 23 | 9 | 1 | 17 | 190 | 10 | 110 |
| 1 bar, 60 g | | | | | | | | | | |
| Total | 250 | 14 | 8 | 23 | 9 | 1 | 17 | 290 | 10 | 110 |
| **Total** | **1944** | **126.55** | **36.822** | **127.69** | **37** | **29.4** | **100.09** | **4714** | **218** | **1134** |

## Friday, August 28, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Strawberries | 15 | 0.14 | 0.007 | 3.69 | 1 | 2.24 | 0.32 | 0 | 0 | 73 |
| 4 medium (1-1/4" dia) | | | | | | | | | | |
| Better Oats Oat Fit - Cinnamon Roll | 100 | 2 | 0 | 18 | 3 | 0 | 4 | 220 | 0 | 105 |
| 1 pouch, 28 g | | | | | | | | | | |
| Bare Naked Peak Protein Granola | 140 | 7 | 0.5 | 15 | 3 | 6 | 6 | 25 | 0 | |
| 1/4 cup, 30 g | | | | | | | | | | |
| Fage Total 5% Greek Yogurt | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| 1 container, 150 g | | | | | | | | | | |
| Total | 385 | 17.14 | 5.507 | 41.69 | 7 | 13.24 | 21.32 | 315 | 20 | 178 |
| **Lunch** | | | | | | | | | | |
| Pepper Jack Cheese | 211 | 17.02 | 10.628 | 1 | 0.4 | 0.36 | 13.74 | 309 | 49 | |
| 2 slices | | | | | | | | | | |
| Oscar Mayer Deli Fresh Oven Roasted Turkey Breast | 50 | 1 | 0 | 1 | 0 | 0.5 | 9 | 540 | 20 | |
| 2 oz, 56 g | | | | | | | | | | |
| Flatout Light Spinach Flatbread | 90 | 2.5 | 0 | 15 | 9 | 0 | 9 | 430 | 0 | |
| 1 flatbread, 42 g | | | | | | | | | | |
| Watermelon | 46 | 0.23 | 0.024 | 11.48 | 0.6 | 9.42 | 0.93 | 2 | 0 | 170 |
| 1 cup diced | | | | | | | | | | |
| Sensible Portions Garden Veggie Chips - Sea Salt | 130 | 7 | 1 | 15 | 1 | 1 | 1 | 250 | 0 | |
| 38 chips, 28 g | | | | | | | | | | |
| Total | 527 | 27.75 | 11.652 | 43.48 | 11 | 11.28 | 33.67 | 1531 | 69 | 170 |
| **Dinner** | | | | | | | | | | |
| Texas Roadhouse Baby Blossom | 736 | 0 | | 51 | | | 8 | | | |

## Friday, August 28, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| 1 blossom | | | | | | | | | | |
| Captain Morgan Original Spiced Rum (1 oz) | 120 | 0 | 0 | 0.6 | 0 | 0 | 0 | 16 | 0 | |
| 2 x 1 serving, 2 oz | | | | | | | | | | |
| Domino Sugar Dark Brown Sugar | 15 | 0 | 0 | 4 | 0 | 4 | 0 | 0 | 0 | |
| 1 tsp, 4 g | | | | | | | | | | |
| Butter | 102 | 11.52 | 7.294 | 0.01 | 0 | 0.01 | 0.12 | 2 | 31 | 3 |
| 1 tbsp | | | | | | | | | | |
| Sweet Potato | 112 | 0.06 | 0.023 | 26.16 | 3.9 | 5.43 | 2.04 | 72 | 0 | 438 |
| 1 5" long | | | | | | | | | | |
| Beef Tenderloin (Trimmed to 1/8" Fat) | 420 | 30.89 | 12.463 | 0 | 0 | 0 | 33.36 | 85 | 112 | 514 |
| 6 oz | | | | | | | | | | |
| Hidden Valley Ranch Dressing | 105 | 10.5 | 1.88 | 1.5 | 0 | 0.75 | 0.75 | 195 | 7.5 | |
| 3/4 x 2 tbsp, 22 g | | | | | | | | | | |
| Feta Cheese | 37 | 3.02 | 2.119 | 0.58 | 0 | 0.58 | 2.01 | 158 | 13 | 9 |
| 1/2 oz | | | | | | | | | | |
| Cherry Tomatoes | 9 | 0.1 | 0.023 | 2 | 0.6 | 1.34 | 0.45 | 3 | 0 | |
| 3 cherry | | | | | | | | | | |
| Endive, Chicory, Escarole or Romaine Lettuce | 17 | 0.24 | 0.048 | 3.4 | 2.8 | 0.64 | 1.25 | 22 | 0 | 294 |
| 3 cup | | | | | | | | | | |
| Total | 1673 | 56.33 | 23.85 | 89.25 | 7.3 | 12.75 | 47.98 | 553 | 163.5 | 1258 |

### Snacks/Other

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Sensible Portions Garden Veggie Straws - Sea Salt | 65 | 3.5 | 0.5 | 5.5 | 0.5 | 0.5 | 0.5 | 125 | 0 | |
| 1/2 x 1 bag (38 straws), 10.5 g | | | | | | | | | | |
| Dean Foods Large Curd Cottage Cheese | 55 | 2.25 | 1.5 | 2 | 0 | 1.5 | 6 | 235 | 17.5 | |
| 1/2 x 1/2 cup, 56.5 g | | | | | | | | | | |

## Friday, August 28, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Atkins Meal Chocolate Peanut Butter Bar<br>1 bar, 60 g | 250 | 14 | 8 | 23 | 9 | 1 | 17 | 190 | 10 | 110 |
| Mountain Dew Diet Mountain Dew (Can)<br>2 x 1 can, 24 oz | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| Total | 370 | 19.75 | 10 | 30.5 | 9.5 | 3 | 23.5 | 650 | 27.5 | 110 |
| Total | 2955 | 120.97 | 51.009 | 204.92 | 34.8 | 40.27 | 126.47 | 3049 | 280 | 1716 |

## Saturday, August 29, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Beef Tenderloin (Trimmed to 1/8" Fat) | 140 | 10.3 | 4.154 | 0 | 0 | 0 | 11.12 | 28 | 37 | 171 |
| 2 oz | | | | | | | | | | |
| Organic Valley Organic Cultured Butter | 100 | 11 | 7 | 0 | 0 | 0 | 0 | 0 | 30 | |
| 1 tbsp, 14 g | | | | | | | | | | |
| Strawberries | 15 | 0.14 | 0.007 | 3.5 | 0.9 | 2.12 | 0.31 | 0 | 0 | 70 |
| 0.3 cup halves | | | | | | | | | | |
| Whipped Heavy Cream (Sweetened) | 207 | 20.71 | 12.892 | 5.08 | 0 | 3.52 | 1.15 | 21 | 77 | 42 |
| 1/2 cup | | | | | | | | | | |
| IHOP Belgian Waffles | 360 | 15 | 8 | 47 | 2 | 11 | 8 | 520 | 95 | |
| 1 serving | | | | | | | | | | |
| Total | 822 | 57.15 | 32.053 | 55.58 | 2.9 | 16.64 | 20.58 | 569 | 239 | 283 |
| **Lunch** | | | | | | | | | | |
| Bare Naked Peak Protein Granola | 140 | 7 | 0.5 | 15 | 3 | 6 | 6 | 25 | 0 | |
| 1/4 cup, 30 g | | | | | | | | | | |
| Fage Total 2% Greek Yogurt | 170 | 4.5 | 3 | 9 | 0 | 9 | 23 | 75 | 20 | |
| 1 cup, 227 g | | | | | | | | | | |
| Total | 310 | 11.5 | 3.5 | 24 | 3 | 15 | 29 | 100 | 20 | |
| **Dinner** | | | | | | | | | | |
| Chicken Breast | 382 | 15.13 | 4.257 | 0 | 0 | 0 | 57.92 | 770 | 163 | 476 |
| 1 medium (yield after cooking, bone removed) | | | | | | | | | | |
| Cooked Green String Beans (from Fresh) | 77 | 4.03 | 0.771 | 9.89 | 4 | 1.92 | 2.37 | 402 | 0 | 182 |
| 1 cup fresh | | | | | | | | | | |

## Saturday, August 29, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 459 | 19.16 | 5.028 | 9.89 | 4 | 1.92 | 60.29 | 1172 | 163 | 658 |
| **Snacks/Other** | | | | | | | | | | |
| Captain Morgan Original Spiced Rum (1 oz) | 300 | 0 | 0 | 1.5 | 0 | 0 | 0 | 40 | 0 | |
| 5 x 1 serving, 5 oz | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| Dean Foods Large Curd Cottage Cheese | 55 | 2.25 | 1.5 | 2 | 0 | 1.5 | 6 | 235 | 17.5 | |
| 1/2 x 1/2 cup, 56.5 g | | | | | | | | | | |
| Sensible Portions Garden Veggie Straws - Sea Salt | 65 | 3.5 | 0.5 | 5.5 | 0.5 | 0.5 | 0.5 | 125 | 0 | |
| 1/2 x 1 bag (38 straws), 10.5 g | | | | | | | | | | |
| Total | 420 | 5.75 | 2 | 9 | 0.5 | 2 | 6.5 | 500 | 17.5 | 0 |
| **Total** | **2011** | **93.56** | **42.581** | **98.47** | **10.4** | **35.56** | **116.37** | **2341** | **439.5** | **941** |

## Sunday, August 30, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Fage Total 5% Greek Yogurt<br>1 container, 150 g | 130 | 8 | 5 | 5 | 0 | 5 | 11 | 70 | 20 | |
| Bare Naked Peak Protein Granola<br>1/4 cup, 30 g | 140 | 7 | 0.5 | 15 | 3 | 6 | 6 | 25 | 0 | |
| Better Oats Oat Fit - Cinnamon Roll<br>1 1/2 x 1 pouch, 42 g | 150 | 3 | 0 | 27 | 4.5 | 0 | 6 | 330 | 0 | 157.5 |
| Total | 420 | 18 | 5.5 | 47 | 7.5 | 11 | 23 | 425 | 20 | 157.5 |
| **Lunch** | | | | | | | | | | |
| Sweet Potato<br>1 1/4 5" long | 140 | 0.08 | 0.029 | 32.7 | 4.9 | 6.79 | 2.55 | 89 | 0 | 548 |
| Cottage Cheese<br>1 cup, small curd (not packed) | 232 | 10.15 | 6.419 | 6.03 | 0 | 0.65 | 28.1 | 911 | 34 | 189 |
| Sensible Portions Garden Veggie Chips - Sea Salt<br>2 x 38 chips, 56 g | 260 | 14 | 2 | 30 | 2 | 2 | 2 | 500 | 0 | |
| Total | 632 | 24.23 | 8.448 | 68.73 | 6.9 | 9.44 | 32.65 | 1500 | 34 | 737 |
| **Dinner** | | | | | | | | | | |
| Keebler Club Crackers Original<br>1/2 x 4 crackers, 7 g | 35 | 1.5 | 0 | 4.5 | 0.5 | 0.5 | 0.5 | 62.5 | 0 | |
| Cheddar Cheese<br>1 slice (1 oz) | 113 | 9.28 | 5.906 | 0.36 | 0 | 0.15 | 6.97 | 174 | 29 | 27 |
| Leinenkugel's Summer Shandy<br>1 bottle, 12 oz | 130 | 0 | 0 | 12 | 0 | 0 | 1.2 | 0 | 0 | |
| Cheesecake with Fruit<br>1 piece (1/12 9" dia) | 388 | 19.1 | 7.631 | 46.72 | 0.7 | 37.91 | 8.88 | 378 | 67 | 124 |

## Sunday, August 30, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| Butter<br>2 tbsps | 204 | 23.04 | 14.589 | 0.02 | 0 | 0.02 | 0.24 | 3 | 61 | 7 |
| Corn On The Cob with Butter<br>2 1/2 ears | 387 | 8.58 | 4.106 | 79.86 | | | 11.17 | 73 | 15 | 898 |
| Baked or Broiled Fish<br>1 fillet (6-1/4" x 3" x 3/8") | 142 | 3.89 | 0.768 | 0.37 | 0 | 0.09 | 24.79 | 402 | 82 | 385 |
| Total | 1399 | 65.39 | 33 | 143.83 | 1.2 | 38.67 | 53.75 | 1092.5 | 254 | 1441 |

**Snacks/Other**

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Total | 2451 | 107.62 | 46.948 | 259.56 | 15.6 | 59.11 | 109.4 | 3017.5 | 308 | 2335.5 |

## Monday, August 31, 2015

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| All Whites | 138 | 0 | | 0 | | | 27.5 | 412.5 | | 412.5 |
| 5 1/2 x 3 tbsp, 253 g | | | | | | | | | | |
| butter | 36 | 4.06 | 2.568 | 0 | 0 | 0 | 0.04 | 1 | 11 | 1 |
| 1 pat (1" sq, 1/3" high) | | | | | | | | | | |
| Bacon | 87 | 6.68 | 2.198 | 0.23 | 0 | 0 | 5.93 | 370 | 18 | 90 |
| 2 medium slices (yield after cooking) | | | | | | | | | | |
| cheese | 109 | 8.85 | 5.569 | 0.46 | 0 | 0.14 | 6.84 | 162 | 26 | 29 |
| 1 slice (1 oz) | | | | | | | | | | |
| Total | 370 | 19.59 | 10.335 | 0.69 | 0 | 0.14 | 40.31 | 945.5 | 55 | 532.5 |
| **Lunch** | | | | | | | | | | |
| Root Vegetable Stew | 310 | 15.24 | 4.795 | 39.04 | 8 | 12.4 | 7.08 | 1720 | 14 | 1126 |
| 2 servings | | | | | | | | | | |
| **Dinner** | | | | | | | | | | |
| Ranch Salad Dressing | 145 | 15.42 | | 2.01 | 0.2 | 0.74 | 0.31 | 245 | 10 | 19 |
| 2 tbsps | | | | | | | | | | |
| Buffalo Wild Wings Chicken Wings | 648 | 45 | 9 | 0 | 0 | 0 | 54 | 594 | 234 | |
| 3 x 6 wings | | | | | | | | | | |
| Total | 793 | 60.42 | 9 | 2.01 | 0.2 | 0.74 | 54.31 | 839 | 244 | 19 |
| **Snacks/Other** | | | | | | | | | | |
| Mountain Dew Diet Mountain Dew (Can) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 100 | 0 | 0 |
| 2 x 1 can, 24 oz | | | | | | | | | | |
| **Total** | **1473** | **95.25** | **24.13** | **41.74** | **8.2** | **13.28** | **101.7** | **3604.5** | **313** | **1677.5** |