Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	255	2.7	25.72	32.64
Lunch	469	9.75	67.38	42.75
Dinner	316	11.11	29.93	24.17
Snacks/Other	158	1.38	15.74	21.46
Total	**1198**	**24.93**	**138.77**	**121.02**

Monday, August 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Six Star Pro Nutrition Whey Protein Plus Elite Series - Triple Chocolate 1 scoop, 47 g	180	2.5	2	9	1	2	30	160	55	
Lunch										
PowerBar ProteinPlus - Chocolate Brownie 1 bar, 93 g	330	9	4.5	40	5	27	30	180	4	300
Dinner										
StarKist Foods Low Sodium Albacore White Tuna in Water 2 x 1 pouch, 5.2 oz	160	2	1	0	0	0	34	140	50	500
Martin's Potato Hamburger Rolls 1 roll, 60 g	130	1.5	0	25	3	7	6	180	0	
Total	290	3.5	1	25	3	7	40	320	50	500
Snacks/Other										
Great Value Frozen Whole Strawberries 1/4 x 1 cup, 35 g	12	0	0	3	0.75	2	0.25	0	0	52.5
Giant GIANT DARK SWEET CHERRIES 1/4 x 1 cup, 35 g	25	0	0	5.75	0.75	4.25	0.5		0	77.5
Blueberries (Unsweetened, Frozen) 1/4 cup unthawed	20	0.25	0.021	4.72	1	3.27	0.16	0	0	21

Monday, August 8, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Six Star Pro Nutrition Whey Protein Plus Elite Series - Triple Chocolate 1 scoop, 47 g	180	2.5	2	9	1	2	30	160	55	
Dannon Light & Fit Greek toasted coconut vanilla yogurt 1 container	80	0	0	9	0	7	12	45	10	140
Total	317	2.75	2.021	31.47	3.5	18.52	42.91	205	65	291
Total	**1117**	**17.75**	**9.521**	**105.47**	**12.5**	**54.52**	**142.91**	**865**	**174**	**1091**

Tuesday, August 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dean's Fat Free Milk 1/2 x 1 cup, 120 ml	45	0	0	6.5	0	6	4	65	2.5	
Six Star Pro Nutrition Whey Protein Plus Elite Series - Triple Chocolate 1 scoop, 47 g	180	2.5	2	9	1	2	30	160	55	
Total	225	2.5	2	15.5	1	8	34	225	57.5	
Lunch										
Dean's Fat Free Milk 1/2 x 1 cup, 120 ml	45	0	0	6.5	0	6	4	65	2.5	
Kashi GOLEAN High Protein & High Fiber Cereal 1 cup	140	1	0	30	10	6	13	85	0	480
PowerBar ProteinPlus - Chocolate Brownie 1 bar, 93 g	330	9	4.5	40	5	27	30	180	4	300
Total	515	10	4.5	76.5	15	39	47	330	6.5	780
Dinner										
Kroger Ham Steaks 2 x 1/2 steak, 170 g	180	5	2	6	0	6	28	1880	70	
Snacks/Other										
Dannon Light & Fit Greek toasted coconut vanilla yogurt 1 container	80	0	0	9	0	7	12	45	10	140
Six Star Pro Nutrition Whey Protein Plus Elite Series - Triple Chocolate	180	2.5	2	9	1	2	30	160	55	

Tuesday, August 9, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 scoop, 47 g										
Blueberries (Unsweetened, Frozen)	20	0.25	0.021	4.72	1	3.27	0.16	0	0	21
1/4 cup unthawed										
Giant GIANT DARK SWEET CHERRIES	25	0	0	5.75	0.75	4.25	0.5		0	77.5
1/4 x 1 cup, 35 g										
Great Value Frozen Whole Strawberries	12	0	0	3	0.75	2	0.25	0	0	52.5
1/4 x 1 cup, 35 g										
Total	317	2.75	2.021	31.47	3.5	18.52	42.91	205	65	291
Total	**1237**	**20.25**	**10.521**	**129.47**	**19.5**	**71.52**	**151.91**	**2640**	**199**	**1071**

Wednesday, August 10, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Dean's Fat Free Milk 1/2 x 1 cup, 120 ml	45	0	0	6.5	0	6	4	65	2.5	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Six Star Pro Nutrition Whey Protein Plus Elite Series - Triple Chocolate 1 scoop, 47 g	180	2.5	2	9	1	2	30	160	55	
Total	330	2.89	2.132	42.45	4.1	22.43	35.29	226	57.5	422
Lunch										
PowerBar ProteinPlus - Chocolate Brownie 1 bar, 93 g	330	9	4.5	40	5	27	30	180	4	300
Kashi GOLEAN High Protein & High Fiber Cereal 1 cup	140	1	0	30	10	6	13	85	0	480
Dean's Fat Free Milk 1/2 x 1 cup, 120 ml	45	0	0	6.5	0	6	4	65	2.5	
Total	515	10	4.5	76.5	15	39	47	330	6.5	780
Dinner										
Chicken Fried Rice 1 1/2 cups	493	17.94	3.653	62.73	2.1	2.08	18.68	897	157	371
Snacks/Other										
Total	1338	30.83	10.285	181.68	21.2	63.51	100.97	1453	221	1573

Thursday, August 11, 2016

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Six Star Pro Nutrition Whey Protein Plus Elite Series - Triple Chocolate 1 scoop, 47 g	180	2.5	2	9	1	2	30	160	55	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	285	2.89	2.132	35.95	4.1	16.43	31.29	161	55	422
Lunch										
Dean's Fat Free Milk 1/2 x 1 cup, 120 ml	45	0	0	6.5	0	6	4	65	2.5	
Kashi GOLEAN High Protein & High Fiber Cereal 1 cup	140	1	0	30	10	6	13	85	0	480
PowerBar ProteinPlus - Chocolate Brownie 1 bar, 93 g	330	9	4.5	40	5	27	30	180	4	300
Total	515	10	4.5	76.5	15	39	47	330	6.5	780
Dinner										
Grabeez Sunburst Trail Mix 2 x 1/3 cup, 60 g	300	18	5	26	6	16	10	300	0	0
Snacks/Other										
Total	1100	30.89	11.632	138.45	25.1	71.43	88.29	791	61.5	1202