Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	735	24.17	100.1	35.35
Lunch	214	7.1	25	13.6
Dinner	285	2.5	41.44	22.2
Snacks/Other	120	2.23	23.86	3.16
Total	**1354**	**36**	**190.4**	**74.31**

Monday, October 20, 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 1 1/4 x 2 tbsp, 40 g	238	20	3.75	8.75	2.5	3.75	8.75	187.5	0	
ShopRite Skim Milk 2 x 1 cup, 480 ml	160	0		24	0	24	16	210	10	
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
Quaker 100% Whole Grain Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	
Coffee (Brewed From Grounds) 6 cups (8 fl oz)	14	0.28	0.028	0	0	0	1.71	28	0	697
Total	667	23.67	4.41	86.7	9.6	43.18	32.75	426.5	10	1119
Lunch										
Kroger Peeled Mini Carrots 3 oz, 85 g	35	0	0	8	2	5	1	65	0	270
Kroger Sliders Enriched Mini Buns 2 x 1 bun, 56 g	160	2	1	32		4	6	280	0	
Oscar Mayer Shaved Smoked White Turkey Lunch Meat 4 slices, 50 g	60	2.5	0.5	2	0	0.8	6	390	20	
Total	255	4.5	1.5	42	2	9.8	13	735	20	270
Dinner										
Balsamic Vinegar 1 tbsp	13	0	0	2.55	0	2.33	0	1	0	
Balsamic Vinegar 1 tbsp	13	0	0	2.55	0	2.33	0	1	0	

Monday, October 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Wendy's Garden Side Salad 1 salad	25	0	0	5	2	3	1	20	0	250
Great Value 100% Whole Wheat Bread 2 slices, 47 g	120	1.5	0	22	3	3	5	210	0	120
Campbell's Condensed Tomato Soup 1/2 cup, 120 ml	90	0	0	20	1	12	2	480	0	690
Kraft 2% Milk American Cheese Singles 1 slice, 19 g	45	2.5	1.5	2	0	1	4	270	10	
Total	306	4	1.5	54.1	6	23.66	12	982	10	1060
Snacks/Other										
Golden Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	**1300**	**32.4**	**7.448**	**201.86**	**20.9**	**90.97**	**58.11**	**2144.5**	**40**	**2449**

Tuesday, October 21, 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 1 1/4 x 2 tbsp, 40 g	238	20	3.75	8.75	2.5	3.75	8.75	187.5	0	
ShopRite Skim Milk 2 x 1 cup, 480 ml	160	0		24	0	24	16	210	10	
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
Quaker 100% Whole Grain Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	
Coffee (Brewed From Grounds) 6 cups (8 fl oz)	14	0.28	0.028	0	0	0	1.71	28	0	697
Total	667	23.67	4.41	86.7	9.6	43.18	32.75	426.5	10	1119
Lunch										
Kroger Baby Carrots 3 oz, 85 g	35	0	0	8	2	5	1	65	0	270
Sabra Supremely Spicy Hummus 5 x 2 tbsp, 140 g	350	25	5	25	10	0	10	650	0	
Total	385	25	5	33	12	5	11	715	0	270
Dinner										
Wendy's Side Salad (No Dressing) 1 salad, 168 g	25	0	0	5	2	3	1	30	0	
Imperial Dragon Jasmine Rice 1 1/2 x 1/4 cup, 67.5 g	240	0	0	54	0	0	4.5	15	0	0
Treasures from the Sea Flounder Fillets	90	1		0	0	0	20	80	65	

Tuesday, October 21, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 oz, 113 g										
Balsamic Vinegar	13	0	0	2.55	0	2.33	0	1	0	
1 tbsp										
Total	368	1	0	61.55	2	5.33	25.5	126	65	0
Snacks/Other										
Kraft Singles Thin Slices	60	4.5	2.5	1	0	1	3	230	15	
1 slice, 21 g										
Great Value 100% Whole Wheat Bread	60	0.5	0	11	2	1	4	110	0	65
1 slice, 26 g										
Golden Delicious Apples	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
1 medium (2-3/4" dia)										
Total	192	5.23	2.538	31.06	5.3	16.33	7.36	341	15	65
Total	**1612**	**54.9**	**11.948**	**212.31**	**28.9**	**69.84**	**76.61**	**1608.5**	**90**	**1454**

Wednesday, October 22, 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 1 1/4 x 2 tbsp, 40 g	238	20	3.75	8.75	2.5	3.75	8.75	187.5	0	
ShopRite Skim Milk 2 x 1 cup, 480 ml	160	0		24	0	24	16	210	10	
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
Quaker 100% Whole Grain Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	
Coffee (Brewed From Grounds) 6 cups (8 fl oz)	14	0.28	0.028	0	0	0	1.71	28	0	697
Total	667	23.67	4.41	86.7	9.6	43.18	32.75	426.5	10	1119
Lunch										
Great Value Whole Wheat Hamburger Buns 1 bun, 57 g	130	2	0.5	24	3	2	6	200	0	
Great Value Sweet Pickle Relish 1 tbsp, 15 g	15	0	0	3	0	3	0	140	0	0
Kraft Light Mayonnaise 1 tbsp, 15 g	35	3	0	2	0		0	95	0	
Kroger Tuna in Water 1 can, 5 oz	120	1	0	0	0	0	26	560	50	
Total	300	6	0.5	29	3	5	32	995	50	0
Dinner										
Great Value Frozen Broccoli Florets	60	0	0	8	4	4	4	40	0	420

Wednesday, October 22, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 cup, 170 g										
Kraft Honey BBQ Sauce	60	0		14			0			
2 tbsp, 36 ml										
Tyson Foods Boneless Skinless Chicken Breasts	255	3	0.75	0	0	0	55.5	255	127.5	0
1 1/2 x 4 oz, 168 g										
Wendy's Side Salad (No Dressing)	25	0	0	5	2	3	1	30	0	
1 salad, 168 g										
Balsamic Vinegar	13	0	0	2.55	0	2.33	0	1	0	
1 tbsp										
Total	413	3	0.75	29.55	6	9.33	60.5	326	127.5	420
Snacks/Other										
Kraft Singles Thin Slices	60	4.5	2.5	1	0	1	3	230	15	
1 slice, 21 g										
Great Value 100% Whole Wheat Bread	60	0.5	0	11	2	1	4	110	0	65
1 slice, 26 g										
Golden Delicious Apples	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
1 medium (2-3/4" dia)										
Total	192	5.23	2.538	31.06	5.3	16.33	7.36	341	15	65
Total	**1572**	**37.9**	**8.198**	**176.31**	**23.9**	**73.84**	**132.61**	**2088.5**	**202.5**	**1604**

Thursday, October 23, 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 1 1/4 x 2 tbsp, 40 g	238	20	3.75	8.75	2.5	3.75	8.75	187.5	0	
ShopRite Skim Milk 2 x 1 cup, 480 ml	160	0		24	0	24	16	210	10	
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
Quaker 100% Whole Grain Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	
Coffee (Brewed From Grounds) 6 cups (8 fl oz)	14	0.28	0.028	0	0	0	1.71	28	0	697
Total	667	23.67	4.41	86.7	9.6	43.18	32.75	426.5	10	1119
Lunch										
Dinner										
Classico Tomato & Basil Pasta Sauce 1/2 cup, 125 g	45	0.5	0	8	2	5	2	400	0	
Wendy's Side Salad (No Dressing) 1 salad, 168 g	25	0	0	5	2	3	1	30	0	
Kroger Grated Parmesan Cheese 2 tsp, 5 g	25	1.5	1	0	0	0	2	100	5	0
Kraft Light Asian Toasted Sesame Salad Dressing 2 tbsp, 32 g	45	1.5	0	7	0	6	1	260	0	
Barilla Angel Hair Pasta 2 oz, 56 g	200	1	0	42	2	1	7	0	0	0

Thursday, October 23, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	340	4.5	1	62	6	15	13	790	5	0
Snacks/Other										
Golden Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	**1079**	**28.4**	**5.448**	**167.76**	**18.9**	**72.51**	**46.11**	**1217.5**	**15**	**1119**

Friday, October 24, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Panera Bread Whole Grain Bagel 1 bagel, 123 g	340	2.5	0	67	6	5	13	400	0	
Jif Creamy Peanut Butter 1 1/4 x 2 tbsp, 40 g	238	20	3.75	8.75	2.5	3.75	8.75	187.5	0	
ShopRite Skim Milk 2 x 1 cup, 480 ml	160	0		24	0	24	16	210	10	
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
Quaker 100% Whole Grain Oatmeal 1/2 cup dry, 40 g	150	3	0.5	27	4	1	5	0	0	
Coffee (Brewed From Grounds) 6 cups (8 fl oz)	14	0.28	0.028	0	0	0	1.71	28	0	697
Total	1007	26.17	4.41	153.7	15.6	48.18	45.75	826.5	10	1119
Lunch										
Dannon Oikos Fruit on The Bottom Nonfat Greek Yogurt - Black Cherry 1 container, 5.3 oz	130	0	0	21	0	20	12	50	5	0
Dinner										
Snacks/Other										
Golden Delicious Apples 1 medium (2-3/4" dia)	72	0.23	0.038	19.06	3.3	14.33	0.36	1	0	
Total	1209	26.4	4.448	193.76	18.9	82.51	58.11	877.5	15	1119