Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	784	29.58	93.48	38.78
Lunch	858	28.9	94.36	46.41
Dinner	509	18.57	52.71	33
Snacks/Other				
Total	2151	77.06	240.56	118.18

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										
Reese's Peanut Butter Cups Assortment	180	10	4	20	2	18	4	120	0	
2 x 1 each										
Oscar Mayer 95% Fat Free Oven Roasted White Turkey	30	1.5	0	1	1	0	3	220	10	
1 slice, 28 g										
Kraft Singles Select American Cheese Slices	70	4.5	3	2	0	1	4	220	15	
1 slice, 21 g										
Nature's Own 100% Whole Wheat Sliced Bread	120	1	0	22	4	2	8	220	0	
2 x 1 slice, 86 g										
Total	400	17	7	45	7	21	19	780	25	
Lunch										
Foster Farms Southwestern Chicken Breast Strips	220	3	1	2	0	2	44	1380	100	
2 x 3 oz, 168 g										
Annie Chun's Soba Noodles	400	2	0	78	6	2	16	780	0	
2 x 1 serving, 4 oz										
Cooked Chinese Cabbage (Fat Added in Cooking)	266	21.28	3.97	15.4	7	6.72	9.73	2450	0	2163
4 cups										
Cooked Green Peppers and Onions (Fat Added in Cooking)	158	6.54	1.212	24.65	3.7	11.38	3.31	657	0	464
2 cups										
Total	1044	32.82	6.182	120.05	16.7	22.1	73.04	5267	100	2627
Dinner										

Monday, April 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Oscar Mayer 95% Fat Free White Oven Roasted Turkey Cold Cuts 2 x 1 slice, 56 g	60	3	0	2			6	440	20	
Kraft Singles Select American Cheese Slices 1 slice, 21 g	70	4.5	3	2	0	1	4	220	15	
Nature's Own 100% Whole Wheat Sliced Bread 3 x 1 slice, 129 g	180	1.5	0	33	6	3	12	330	0	
M&M's Peanut Chocolate 2 x 1/4 cup, 84 g	440	22	9	52	2	44	8	40	10	
Total	750	31	12	89	8	48	30	1030	45	

Snacks/Other

Total	2194	80.82	25.182	254.05	31.7	91.1	122.04	7077	170	2627

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										
M&M's Dark Chocolate Peanut M&M's	1100	60	22.5	125	10	100	20	50	0	
5 x 1/4 cup, 7.5 oz										
Nature's Own 100% Whole Wheat Sliced Bread	120	1	0	22	4	2	8	220	0	
2 x 1 slice, 86 g										
Kraft Singles Select American Cheese Slices	70	4.5	3	2	0	1	4	220	15	
1 slice, 21 g										
Oscar Mayer 95% Fat Free Oven Roasted White Turkey	60	3	0	2	2	0	6	440	20	
2 x 1 slice, 56 g										
Total	1350	68.5	25.5	151	16	103	38	930	35	
Lunch										
Fresh & Easy Egg & Chorizo Burrito	350	20	8.5	29.5	2	1.5	14.5	825	137.5	
1/2 x 1 burrito, 142 g										
Clif Bar Mojo Bar - Mountain Mix	190	9	1.5	21	2	12	8	200	0	180
1 bar, 45 g										
Reese's Peanut Butter Cups Assortment	180	10	4	20	2	18	4	120	0	
2 x 1 each										
Total	720	39	14	70.5	6	31.5	26.5	1145	137.5	180
Dinner										
Oscar Mayer 95% Fat Free White Oven Roasted Turkey Cold Cuts	120	6	0	4			12	880	40	
4 x 1 slice, 112 g										

Tuesday, April 15, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Clif Bar Clif Bar - White Chocolate Macadamia Nut 1 bar, 68 g	260	7	2	41	4	21	9	240	0	180
Total	380	13	2	45	4	21	21	1120	40	180

Snacks/Other

Total	2450	120.5	41.5	266.5	26	155.5	85.5	3195	212.5	360

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										
Foster Farms Southwestern Chicken Breast Strips	220	3	1	2	0	2	44	1380	100	
2 x 3 oz, 168 g										
Annie Chun's Soba Noodles	400	2	0	78	6	2	16	780	0	
2 x 1 serving, 4 oz										
Total	620	5	1	80	6	4	60	2160	100	
Lunch										
KFC Crispy Chicken Strips (3)	390	21	3	17	0	0	32	1130	85	
3 pieces, 152 g										
State Fair Beef Corn Dogs	460	22	8	52	2	16	12	800	40	
2 x 1 corn dog, 152 g										
Total	850	43	11	69	2	16	44	1930	125	
Dinner										
Nature's Own 100% Whole Wheat Sliced Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 129 g										
KFC Crispy Chicken Strips (3)	390	21	3	17	0	0	32	1130	85	
3 pieces, 152 g										
Total	570	22.5	3	50	6	3	44	1460	85	
Snacks/Other										
Total	2040	70.5	15	199	14	23	148	5550	310	

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										
KFC Crispy Chicken Strips (3)	261	14.07	2.01	11.39	0	0	21.44	757.1	56.95	
2/3 x 3 pieces, 102 g										
Oscar Mayer 95% Fat Free Oven Roasted White Turkey	60	3	0	2	2	0	6	440	20	
2 x 1 slice, 56 g										
Kraft Singles Select American Cheese Slices	140	9	6	4	0	2	8	440	30	
2 x 1 slice, 42 g										
Nature's Own 100% Whole Wheat Sliced Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 129 g										
Total	641	27.57	8.01	50.39	8	5	47.44	1967.1	106.95	
Lunch										
Subway 12" Turkey Breast	840	10.5	3	138	15	21	54	2415	60	
1 1/2 x 1 sandwich, 672 g										
Dinner										
Oscar Mayer 95% Fat Free White Oven Roasted Turkey Cold Cuts	60	3	0	2			6	440	20	
2 x 1 slice, 56 g										
Nature's Own 100% Whole Wheat Sliced Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 129 g										
Snickers Adventure Bar	280	12	5	35	1	30	4	180	5	
1 bar, 53 g										
Total	520	16.5	5	70	7	33	22	950	25	
Snacks/Other										

Thursday, April 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	2001	54.57	16.01	258.39	30	59	123.44	5332.1	191.95	

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										
Jack in the Box Natural Cut Fries (Large)	640	33	8	77	9	0	9	1180	0	1630
1 serving, 236 g										
Jack in the Box Jumbo Jack	489	23	9	45	1	6	25	907	61	414
1 serving, 216 g										
Nature's Own 100% Whole Wheat Sliced Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 129 g										
Oscar Mayer 95% Fat Free Oven Roasted White Turkey	90	4.5	0	3	3	0	9	660	30	
3 x 1 slice, 84 g										
Total	1399	62	17	158	19	9	55	3077	91	2044
Lunch										
Clif Bar Mojo Bar - Dipped S'mores	200	9	3	23	2	13	8	200	0	125
1 bar, 45 g										
Dunkin' Donuts Pumpkin Muffin	275	12	2.5	38.5	1.5	20.5	3.5	240	25	
1/2 x 1 muffin										
Total	475	21	5.5	61.5	3.5	33.5	11.5	440	25	125
Dinner										
Foster Farms Southwestern Chicken Breast Strips	220	3	1	2	0	2	44	1380	100	
2 x 3 oz, 168 g										
Nature's Own 100% Whole Wheat Sliced Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 129 g										
Total	400	4.5	1	35	6	5	56	1710	100	

Friday, April 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	2274	87.5	23.5	254.5	28.5	47.5	122.5	5227	216	2169

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										
Kraft Singles Select American Cheese Slices	140	9	6	4	0	2	8	440	30	
2 x 1 slice, 42 g										
Nature's Own 100% Whole Wheat Sliced Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 129 g										
Total	320	10.5	6	37	6	5	20	770	30	
Lunch										
Tostitos 100% White Corn Restaurant Style Tortilla Chips	420	21	3	57	6	0	6	345	0	
3 x 7 chips, 3 oz										
Southern Tsunami Sushi Bar Spicy Tuna Roll	290	11		26	3.5		24			
1 roll (8 pieces), 347 g										
Bacardi Silver Mojito	220	0		34.7	0	0	0	0	0	
1 bottle, 12 oz										
Michelob Ultra Light Beer	285	0	0	7.8	0	0	1.8	0	0	
3 x 1 bottle, 36 oz										
Total	1215	32	3	125.5	9.5	0	31.8	345	0	
Dinner										
Kraft Singles Select American Cheese Slices	140	9	6	4	0	2	8	440	30	
2 x 1 slice, 42 g										
Nature's Own 100% Whole Wheat Sliced Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 129 g										
Total	320	10.5	6	37	6	5	20	770	30	

Saturday, April 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Total	1855	53	15	199.5	21.5	10	71.8	1885	60	

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										
Great Value Bran Flakes Cereal	180	1	0	46	10	10	6	420	0	340
2 x 1 cup, 78 g										
Kellogg's Corn Flakes	200	0		48	2	6	4	400	0	90
2 x 1 1/2 cups, 84 g										
Blue Diamond Almond Breeze Original Unsweetened Non-Dairy Beverage	60	5	0	2	2	0	2	360	0	340
2 x 1 cup, 16 oz										
Nature's Own 100% Whole Wheat Sliced Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 129 g										
Kraft Singles Select American Cheese Slices	140	9	6	4	0	2	8	440	30	
2 x 1 slice, 42 g										
Total	760	16.5	6	133	20	21	32	1950	30	770
Lunch										
Nature's Own 100% Whole Wheat Sliced Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 129 g										
Kraft Singles Select American Cheese Slices	140	9	6	4	0	2	8	440	30	
2 x 1 slice, 42 g										
Foster Farms Southwestern Chicken Breast Strips	220	3	1	2	0	2	44	1380	100	
2 x 3 oz, 168 g										
Kraft Singles Select American Cheese Slices	140	9	6	4	0	2	8	440	30	
2 x 1 slice, 42 g										

Sunday, April 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nature's Own 100% Whole Wheat Sliced Bread	180	1.5	0	33	6	3	12	330	0	
3 x 1 slice, 129 g										
Total	860	24	13	76	12	12	84	2920	160	
Dinner										
State Fair Beef Corn Dogs	230	11	4	26	1	8	6	400	20	
1 corn dog, 76 g										
KFC Crispy Chicken Strips (3)	390	21	3	17	0	0	32	1130	85	
3 pieces, 152 g										
Total	620	32	7	43	1	8	38	1530	105	
Snacks/Other										
Total	2240	72.5	26	252	33	41	154	6400	295	770