

# Printable Diary for Gandalfsoatmeal

From: (December) (16) (2011)  
 To: (December) (31) (2011)

Show:  Food Diary  Food Notes  
 Exercise Diary  Exercise notes

CHANGE REPORT

## December 16, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Nutrisystem Advanced - Blueberry Muffin New, 1 each	170	28g	3g	7g	20mg	290mg	9g	6g
Homemade - Egg White Omelet With Spinach, Mushrooms , 1 omelette	180	6g	11g	9g	0mg	380mg	0g	0g
Fruit Cup - Mixed Fresh Fruit Cup, 1 cup	160	41g	0g	0g	0mg	25mg	36g	2g
Nutrisystem Advanced - Chocolate Crunch Bar, 1 bar (28g)	140	11g	8g	8g	15mg	70mg	9g	1g
<b>Lunch</b>								
Cheesecake Factory - Lunch Salad - Cobb Salad, 1 salad	569	14g	8g	10g	0mg	1,143mg	0g	0g
Homemade Vegetable Soup - Otis', 1 Bowl	130	8g	1g	0g	0mg	1mg	0g	0g
<b>Dinner</b>								
Subway (Us) - Chocolate Chip Cookie , 2 cookie	440	60g	20g	4g	30mg	260mg	36g	2g
Burger King - French Fries - Salted (Medium), 1 Container	410	58g	18g	4g	0mg	570mg	0g	0g
Burger King (Uk) - Double Whopper With Cheese, 1 burger	963	50g	60g	55g	0mg	13,830mg	11g	3g
Candy Shop - Gummie Bears, 45 pieces	390	87g	0g	9g	0mg	30mg	60g	0g
<b>Snacks</b>								
Generic - Chester's Puff Corn Cheese, 6 cups	320	24g	22g	4g	0mg	620mg	2g	0g
<b>TOTAL:</b>	<b>3,872</b>	<b>387g</b>	<b>151g</b>	<b>110g</b>	<b>65mg</b>	<b>17,219mg</b>	<b>163g</b>	<b>14g</b>

## December 17, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Cereals - Oats, regular and quick and instant, unenriched, cooked with water, without salt (oatmeal), 1 cup	147	25g	2g	6g	0mg	2mg	3g	4g
Raw - Pineapple, 4 Slice	60	16g	0g	1g	0mg	0mg	14g	2g
Raw - Watermelon, 1 Cup	45	12g	0g	1g	0mg	0mg	9g	1g
<b>Lunch</b>								
Bread - Whole-wheat, toasted, 2 oz	157	29g	3g	6g	0mg	335mg	13g	4g
Deli - Cole Slaw, 1 cup	320	24g	22g	2g	20mg	960mg	14g	2g

Tossed Salad - Green Lettuce, Baby Spinach, Plum Tomatoes, Zucchini, Cucumber, Carrots, , 2 cups	76	15g	1g	3g	0mg	0mg	0g	6g
Ken's Steakhouse - Creamy Ceasar Salad Dressing, 4 Tbsp. (29g)	340	2g	36g	2g	20mg	500mg	2g	0g
Bread - Whole-wheat, toasted, 1 oz	78	15g	1g	3g	0mg	168mg	6g	2g
Ken's Steakhouse - Cesar Dressing, 4 tbsp	140	6g	12g	2g	0mg	1,240mg	6g	0g
Lettuce - Iceberg (includes crisphead types), raw, 4 cup shredded	40	9g	0g	3g	0mg	29mg	5g	3g
Homemade - Cole Slaw--Eric's, 1 cup	67	15g	0g	1g	0mg	665mg	11g	2g
<b>Dinner</b>								
Fruit Cup - Mixed Fresh Fruit Cup, 1 cup	160	41g	0g	0g	0mg	25mg	36g	2g
Steak - Grilled 1 oz. , 6 oz	408	0g	30g	30g	690mg	96mg	0g	0g
Potatoes - Boiled, cooked in skin, flesh, without salt, 0.5 cup	68	16g	0g	1g	0mg	3mg	1g	1g
Grilled Asparagus - Grilled Asparagus, 3 spears	14	3g	0g	2g	0mg	1mg	1g	1g
Frankie and Johnnies - Chocolate Mouse Cake, 1 slice	299	0g	12g	0g	0mg	0mg	0g	0g
Melons - Cantaloupe, raw, 1 cup, balls	60	14g	0g	1g	0mg	28mg	14g	2g
Market Day - Filet Mignon Steak, 6 oz	348	0g	16g	48g	144mg	108mg	0g	0g
Potatoes - Boiled, cooked without skin, flesh, with salt, 1 large (3" to 4-1/4" dia.)	258	60g	0g	5g	0mg	723mg	3g	6g
Cake - Chocolate, with chocolate frosting, 1 piece (1/8 of 18 oz cake)	235	35g	10g	3g	27mg	214mg	0g	2g
Asparagus - Cooked, boiled, drained, 0.5 cup	20	4g	0g	2g	0mg	13mg	1g	2g
Squash - Zucchini, includes skin, cooked, boiled, drained, without salt, 1 cup, sliced	29	7g	0g	1g	0mg	5mg	3g	3g
<b>TOTAL:</b>	<b>3,369</b>	<b>348g</b>	<b>145g</b>	<b>123g</b>	<b>901mg</b>	<b>5,115mg</b>	<b>142g</b>	<b>45g</b>

## December 18, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Danish pastry - Fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry), 1 oz	105	14g	5g	2g	32mg	100mg	8g	1g
Grapefruit - 1/2 Medium, 1/2 fruit	60	15g	0g	1g	0mg	0mg	11g	2g
Pancakes - Plain, 2 oz	110	21g	1g	3g	7mg	355mg	0g	1g
Fruit Cup - Mixed Fresh Fruit Cup, 1 cup	160	41g	0g	0g	0mg	25mg	36g	2g
Homemade - Egg White Omelet With Spinach, Mushrooms , 1 omelette	180	6g	11g	9g	0mg	380mg	0g	0g
<b>Lunch</b>								
Publix Deli - Turkey Sub Sandwich, 1 sandwich	720	104g	9g	58g	60mg	2,240mg	8g	6g
Bakery Carrot - Carrot Cake With Cream Cheese Frosting, 1 slice	280	31g	16g	3g	35mg	220mg	0g	1g
Ken's Steakhouse - Cesar Dressing, 4 Tbsp	140	6g	12g	2g	0mg	1,240mg	6g	0g

Kent's Steakhouse - Cesar Dressing, 4 tsp	140	0g	12g	2g	0mg	1,240mg	0g	0g
Lettuce - Iceberg (includes crisphead types), raw, 4 cup shredded	40	9g	0g	3g	0mg	29mg	5g	3g
<b>Dinner</b>								
Chicken - Breast, meat only, cooked, roasted, 0.5 breast, bone and skin removed	142	0g	3g	27g	73mg	64mg	0g	0g
Potatoes - Boiled, cooked without skin, flesh, with salt, 1 large (3" to 4-1/4" dia.)	258	60g	0g	5g	0mg	723mg	3g	6g
Asparagus - Cooked, boiled, drained, 0.5 cup	20	4g	0g	2g	0mg	13mg	1g	2g
Asda - Strawberry Cheesecake, 1/6 slice	233	27g	12g	4g	0mg	0mg	18g	0g
Eggs - Hard-boiled (whole egg), 1 cup, chopped	211	2g	14g	17g	577mg	169mg	2g	0g
Lettuce - Green leaf, raw, 1 cup shredded	5	1g	0g	0g	0mg	10mg	0g	0g
<b>Snacks</b>								
Tombstone - Thin Crust Cheese Pizza, 2 pieces	310	28g	15g	16g	40mg	660mg	5g	3g
Burger King - Soft Serve Ice Cream Cone, 1 Cone	240	29g	13g	4g	45mg	105mg	21g	0g
<b>TOTAL:</b>	<b>3,214</b>	<b>398g</b>	<b>111g</b>	<b>156g</b>	<b>869mg</b>	<b>6,333mg</b>	<b>124g</b>	<b>27g</b>

## December 19, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fruit Cup - Mixed Fresh Fruit Cup, 2 cup	320	82g	0g	0g	0mg	50mg	72g	4g
Cereals - Oats, regular and quick and instant, unenriched, cooked with water, without salt (oatmeal), 2 cup	295	51g	5g	12g	0mg	5mg	7g	8g
Eggs - Hard-boiled (whole egg), 1 large	78	1g	5g	6g	212mg	62mg	1g	0g
<b>Lunch</b>								
Lettuce - Iceberg (includes crisphead types), raw, 4 cup shredded	40	9g	0g	3g	0mg	29mg	5g	3g
Simply Nice - Ham Sandwich (White Bread) , 2 slices of bread	238	34g	7g	13g	0mg	1mg	2g	2g
Bread - Italian, 2 oz	153	28g	2g	5g	0mg	331mg	0g	2g
Homemade - Pasta Salad, 1 cups	166	23g	8g	5g	4mg	279mg	3g	2g
Salad dressing, blue or roquefort cheese dressing, commercial, regular, 4 tablespoon	302	4g	31g	3g	10mg	656mg	2g	0g
Kirkland Signature - Meat Lasagna, 1 Cup	310	29g	13g	20g	50mg	560mg	8g	3g
Homemade - Pasta With Butter, Salt and Pepper, 1 cup cooked	290	0g	0g	0g	0mg	0mg	0g	0g
Noodles & Company - Pot Stickers - 3, 3 pieces	200	31g	5g	9g	15mg	1,150mg	0g	2g
<b>Dinner</b>								
Pork - Fresh, loin, top loin (chops), boneless, cooked, broiled, 1 chop boneless (yield from 193g raw meat)	250	0g	9g	41g	105mg	339mg	0g	0g
Potatoes - Boiled, cooked without skin, flesh, with salt, 1 large (3" to 4-1/4" dia.)	258	60g	0g	5g	0mg	723mg	3g	6g
Melons - Cantaloupe, raw, 1 cup balls	60	14g	0g	1g	0mg	28mg	14g	2g



cooked	145	0g	0g	0g	0mg	0mg	0g	0g
Oranges - Raw, navels, 1 cup sections, without membranes	81	21g	0g	2g	0mg	2mg	14g	4g
Cake - Yellow, with chocolate frosting, 1 oz	107	16g	5g	1g	16mg	95mg	0g	1g
<b>Dinner</b>								
Potatoes - Boiled, cooked without skin, flesh, with salt, 1 large (3" to 4-1/4" dia.)	258	60g	0g	5g	0mg	723mg	3g	6g
Asparagus - Cooked, boiled, drained, 0.5 cup	20	4g	0g	2g	0mg	13mg	1g	2g
Cake - Chocolate, with chocolate frosting, 1 piece (1/8 of 18 oz cake)	235	35g	10g	3g	27mg	214mg	0g	2g
Market Day - Filet Mignon Steak, 6 oz	348	0g	16g	48g	144mg	108mg	0g	0g
Burger King - French Fries - Salted (Medium), 1 Container	410	58g	18g	4g	0mg	570mg	0g	0g
Sonic - Chicago Style Hot Dog, 2 hot dog	860	96g	40g	28g	80mg	4,600mg	32g	2g
Homemade - Pasta With Butter, Salt and Pepper, 0.5 cup cooked	145	0g	0g	0g	0mg	0mg	0g	0g
Rolls - Dinner, wheat, 1 roll (1 oz)	76	13g	2g	2g	0mg	95mg	0g	1g
Rolls - Dinner, wheat, 1 roll (1 oz)	76	13g	2g	2g	0mg	95mg	0g	1g
<b>Snacks</b>								
Cake - Yellow, with chocolate frosting, 1 oz	107	16g	5g	1g	16mg	95mg	0g	1g
Subway (Us) - Chocolate Chip Cookie , 1 cookie	220	30g	10g	2g	15mg	130mg	18g	1g
Starbucks - Petite Vanilla Bean Scone, 33 g	140	21g	5g	0g	15mg	90mg	10g	0g
Port of Subs - #8 Turkey Sandwich, Small, 5 " sandwich	421	47g	14g	25g	38mg	1,373mg	3g	3g
<b>TOTAL:</b>	<b>4,421</b>	<b>571g</b>	<b>140g</b>	<b>152g</b>	<b>351mg</b>	<b>8,564mg</b>	<b>124g</b>	<b>36g</b>

## December 22, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fruit Cup - Mixed Fresh Fruit Cup, 0.5 cup	80	21g	0g	0g	0mg	13mg	18g	1g
Generic - Egg Beaters, 1 cup	120	4g	0g	24g	0mg	460mg	4g	0g
<b>Lunch</b>								
Homemade - Homemade - Deli Ham & Swiss Chs (2 Sl.) Sandwich on Wheat W/M Whip(1t) & Hny Mustard(1t), 1 Sandwich	360	0g	0g	0g	0mg	0mg	0g	0g
Ice creams - Vanilla, 1.5 cup	434	51g	24g	8g	95mg	173mg	46g	2g
Nuts - Macadamia nuts, raw, 4.5 oz (10-12 kernels)	914	18g	96g	10g	0mg	6mg	6g	11g
<b>Dinner</b>								
Homemade - Pasta With Butter, Salt and Pepper, 0.5 cup cooked	145	0g	0g	0g	0mg	0mg	0g	0g
Panara Bread - Ceasar Salad -Half, 4.75 oz	200	16g	10g	16g	35mg	450mg	3g	2g
Rolls - Dinner, wheat, 1 roll (1 oz)	76	13g	2g	2g	0mg	95mg	0g	1g
Generic - Classic Beef Stroganoff, 1.5 cup	707	56g	29g	51g	159mg	603mg	0g	3g

Strudel - Apple, 1 oz	78	12g	3g	1g	2mg	76mg	7g	1g
<b>Snacks</b>								
Salsarita's Fresh Cantina - Chips and Guacamole, 1 side of chips	423	30g	19g	5g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>3,537</b>	<b>221g</b>	<b>183g</b>	<b>117g</b>	<b>291mg</b>	<b>1,876mg</b>	<b>84g</b>	<b>21g</b>

## December 23, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fruit Cup - Mixed Fresh Fruit Cup, 1 cup	160	41g	0g	0g	0mg	25mg	36g	2g
Eggs - Scrambled (whole egg), 1 cup	365	5g	27g	24g	774mg	616mg	4g	0g
Breakfast Sausage - 4 Link, 3 link	170	0g	12g	8g	32mg	505mg	0g	0g
Breakfast items - French toast with butter, 2 slices	356	36g	19g	10g	116mg	513mg	0g	0g
<b>Lunch</b>								
Simply Nice - Ham Sandwich (White Bread) , 2 slices of bread	238	34g	7g	13g	0mg	1mg	2g	2g
Hershey Kiss - Milk Chocolate Kisses, 45 Pieces	1,000	125g	60g	15g	50mg	175mg	115g	5g
Mauna Loa - Dry Roasted Macadamia Nuts, 1.5 cup	1,380	24g	144g	12g	0mg	630mg	6g	12g
<b>Dinner</b>								
Market Day - Filet Mignon Steak, 6 oz	348	0g	16g	48g	144mg	108mg	0g	0g
Raw - Broccoli, 2 Cup (100g)	62	12g	1g	5g	0mg	60mg	3g	5g
Home Prepared - Cheese Cake, 1 slice	250	0g	18g	4g	44mg	166mg	0g	0g
Melons - Cantaloupe, raw, 2 cup, balls	120	29g	1g	3g	0mg	57mg	28g	3g
Panara Bread - Ceasar Salad -Half, 4.75 oz	200	16g	10g	16g	35mg	450mg	3g	2g
<b>Snacks</b>								
Bishop's - Pizza - Cheese, Pepperoni, 3 slice	750	102g	60g	42g	135mg	1,905mg	12g	3g
<b>TOTAL:</b>	<b>5,399</b>	<b>424g</b>	<b>375g</b>	<b>200g</b>	<b>1,330mg</b>	<b>5,211mg</b>	<b>209g</b>	<b>34g</b>

## December 24, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fruit Cup - Mixed Fresh Fruit Cup, 1 cup	160	41g	0g	0g	0mg	25mg	36g	2g
Eggs - Scrambled (whole egg), 1 cup	365	5g	27g	24g	774mg	616mg	4g	0g
Eggs - Hard-boiled (whole egg), 1 large	78	1g	5g	6g	212mg	62mg	1g	0g
Grapefruit - 1/2 Medium, 1/2 fruit	60	15g	0g	1g	0mg	0mg	11g	2g
<b>Lunch</b>								
Mauna Loa - Milk Chocolate Covered Macadamia Nuts, 1 container (40.5 pieces (37 g) ea.)	990	81g	68g	14g	23mg	135mg	77g	5g
Hormel - Genoa Salami, 12 slices	200	2g	14g	16g	60mg	840mg	0g	0g



Homemade - Pasta with Butter, Salt and Pepper, 0.5 cup cooked	145	0g	0g	0g	0mg	0mg	0g	0g
Cake - Yellow, with chocolate frosting, 1 oz	107	16g	5g	1g	16mg	95mg	0g	1g
<b>Dinner</b>								
Texas Roadhouse - Prime Rib, 10 oz	862	0g	74g	46g	201mg	156mg	0g	0g
Green Giant - Extra Sweet Mini Ear Corn on the Cob, 1 mini ear	50	9g	1g	2g	0mg	0mg	4g	2g
Potatoes - Boiled, cooked without skin, flesh, with salt, 1 small (1-3/4" to 2-1/2" dia.)	108	25g	0g	2g	0mg	301mg	1g	3g
Frankie and Johnnies - Chocolate Mouse Cake, 1 slice	299	0g	12g	0g	0mg	0mg	0g	0g
Rolls - Dinner, wheat, 1 roll (1 oz)	76	13g	2g	2g	0mg	95mg	0g	1g
Panara Bread - Ceasar Salad -Half, 4.75 oz	200	16g	10g	16g	35mg	450mg	3g	2g
Homemade - Fettuccine Alfredo, 8 oz	290	50g	3g	18g	0mg	0mg	0g	3g
Butter - Salted, 4 pat (1" sq, 1/3" high)	143	0g	16g	0g	43mg	115mg	0g	0g
<b>Snacks</b>								
Subway (Us) - Chocolate Chip Cookie , 1.5 cookie	330	45g	15g	3g	23mg	195mg	27g	2g
Mauna Loa - Milk Chocolate Covered Macadamia Nuts, 1 container (40.5 pieces (37 g) ea.)	990	81g	68g	14g	23mg	135mg	77g	5g
Mauna Loa - Dry Roasted Macadamia Nuts, 1.5 cup	1,380	24g	144g	12g	0mg	630mg	6g	12g
<b>TOTAL:</b>	<b>5,752</b>	<b>438g</b>	<b>359g</b>	<b>135g</b>	<b>341mg</b>	<b>2,555mg</b>	<b>203g</b>	<b>41g</b>

## December 27, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Mcdonald's Australia - Breakfast: Bacon & Egg Muffin, 1 muffin	297	26g	14g	16g	0mg	778mg	2g	0g
Grapefruit - 1/2 Medium, 1 fruit	120	30g	0g	2g	0mg	0mg	22g	4g
Danish pastry - Fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry), 1 oz	105	14g	5g	2g	32mg	100mg	8g	1g
<b>Lunch</b>								
Homemade - Monte Cristo Sandwich, 1 Sandwich	360	29g	6g	29g	155mg	1,370mg	7g	1g
Rolls - Dinner, wheat, 1 roll (1 oz)	76	13g	2g	2g	0mg	95mg	0g	1g
Generic - Mini Cannoli, 2 piece	284	28g	14g	0g	20mg	60mg	14g	2g
<b>Dinner</b>								
Home Made - Spaghetti Meat Balls (Kcal Approx), 1 portion	370	0g	0g	0g	0mg	0mg	0g	0g
Panara Bread - Ceasar Salad -Half, 4.75 oz	200	16g	10g	16g	35mg	450mg	3g	2g
Frankie and Johnnies - Chocolate Mouse Cake, 1 slice	299	0g	12g	0g	0mg	0mg	0g	0g
Home Made - Minestrone Soup, 1.5 Cups	249	41g	5g	14g	0mg	0mg	0g	14g
<b>Snacks</b>								
Subway (Us) - Chocolate Chip Cookie , 1.5 cookie	330	45g	15g	3g	23mg	195mg	27g	2g
Starbucks - Petite Vanilla Bean Scone, 33 g	140	21g	5g	0g	15mg	90mg	10g	0g

Cake - Yellow, with chocolate frosting, 1 oz	107	16g	5g	1g	16mg	95mg	0g	1g
Sonic - Chicago Style Hot Dog, 2 hot dog	860	96g	40g	28g	80mg	4,600mg	32g	2g
<b>TOTAL:</b>	<b>3,797</b>	<b>375g</b>	<b>133g</b>	<b>113g</b>	<b>376mg</b>	<b>7,833mg</b>	<b>125g</b>	<b>30g</b>

## December 28, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Grapefruit - 1/2 Medium, 1 fruit	120	30g	0g	2g	0mg	0mg	22g	4g
Mcdonald's Australia - Breakfast: Bacon & Egg Muffin, 2 muffin	594	52g	27g	33g	0mg	1,556mg	4g	0g
<b>Lunch</b>								
Mauna Loa - Dry Roasted Macadamia Nuts, 3 cup	2,760	48g	288g	24g	0mg	1,260mg	12g	24g
<b>Dinner</b>								
Family Circle Recipe - Broccoli-Goat Cheese Tart, 1 slice	292	17g	18g	10g	186mg	291mg	0g	1g
Panara Bread - Ceasar Salad -Half, 4.75 oz	200	16g	10g	16g	35mg	450mg	3g	2g
Homemade - Fettuccine Alfredo, 8 oz	290	50g	3g	18g	0mg	0mg	0g	3g
Homemade - Cole Slaw--Eric's, 1 cup	67	15g	0g	1g	0mg	665mg	11g	2g
Fast foods - Chicken, breaded and fried, boneless pieces, plain (nuggets), 3 pieces	143	8g	9g	7g	26mg	276mg	0g	0g
Asda - Chocolate Mouse, 180 g	290	43g	9g	7g	0mg	0mg	37g	3g
<b>Snacks</b>								
Hormel - Genoa Salami, 12 slices	200	2g	14g	16g	60mg	840mg	0g	0g
Homemade - Pasta Salad, 1 cups	166	23g	8g	5g	4mg	279mg	3g	2g
Sauce - Pasta, spaghetti/marinara, ready-to-serve, 1 cup	185	28g	6g	5g	0mg	1,203mg	22g	1g
Market Street - Meatloaf - Homemade, 1 slice	320	13g	15g	33g	150mg	730mg	5g	1g
<b>TOTAL:</b>	<b>5,627</b>	<b>345g</b>	<b>407g</b>	<b>177g</b>	<b>461mg</b>	<b>7,550mg</b>	<b>119g</b>	<b>43g</b>

## December 29, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Grapefruit - 1/2 Medium, 1 fruit	120	30g	0g	2g	0mg	0mg	22g	4g
Mcdonald's Australia - Breakfast: Bacon & Egg Muffin, 1 muffin	297	26g	14g	16g	0mg	778mg	2g	0g
<b>Lunch</b>								
Pop's - French Fries Medium, 2 serving	760	96g	38g	8g	0mg	540mg	0g	10g
Sandwiches and burgers - Hamburger, large, single meat patty, with condiments and vegetables, 2 sandwich	1,025	80g	55g	52g	174mg	1,648mg	0g	0g
<b>Dinner</b>								
Rolls - Dinner, wheat, 1 roll (1 oz)	76	13g	2g	2g	0mg	95mg	0g	1g
Homemade - Fettuccine Alfredo, 8 oz	290	50g	3g	18g	0mg	0mg	0g	3g

Frankie and Johnnies - Chocolate Mouse Cake, 1 slice	299	0g	12g	0g	0mg	0mg	0g	0g
Melons - Cantaloupe, raw, 2 cup, balls	120	29g	1g	3g	0mg	57mg	28g	3g
Texas Roadhouse - Prime Rib, 10 oz	862	0g	74g	46g	201mg	156mg	0g	0g
Jamba Juice - Mango Mantra Smoothie, 16 oz.	160	34g	1g	6g	0mg	0mg	30g	2g
Ice creams - Vanilla, 1.5 cup	434	51g	24g	8g	95mg	173mg	46g	2g
<b>TOTAL:</b>	<b>4,443</b>	<b>409g</b>	<b>224g</b>	<b>161g</b>	<b>470mg</b>	<b>3,447mg</b>	<b>128g</b>	<b>25g</b>

## December 30, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fruit Cup - Mixed Fresh Fruit Cup, 2 cup	320	82g	0g	0g	0mg	50mg	72g	4g
Eggs - Scrambled (whole egg), 1 cup	365	5g	27g	24g	774mg	616mg	4g	0g
Bullet - French Toast, 4 SLICES	420	66g	0g	24g	0mg	0mg	0g	0g
Breakfast Sausage - 4 Link, 3 link	170	0g	12g	8g	32mg	505mg	0g	0g
<b>Lunch</b>								
Simply Nice - Ham Sandwich (White Bread) , 2 slices of bread	238	34g	7g	13g	0mg	1mg	2g	2g
Mauna Loa - Dry Roasted Macadamia Nuts, 3 cup	2,760	48g	288g	24g	0mg	1,260mg	12g	24g
Cake - Yellow, with chocolate frosting, 1 oz	107	16g	5g	1g	16mg	95mg	0g	1g
Hormel - Genoa Salami, 12 slices	200	2g	14g	16g	60mg	840mg	0g	0g
Pizza Hut - Fried Cheese Sticks, 4 sticks	380	29g	24g	13g	40mg	1,020mg	3g	2g
Homemade - Pasta With Butter, Salt and Pepper, 0.5 cup cooked	145	0g	0g	0g	0mg	0mg	0g	0g
<b>Dinner</b>								
Rolls - Dinner, wheat, 1 roll (1 oz)	76	13g	2g	2g	0mg	95mg	0g	1g
Homemade - Fettuccine Alfredo, 8 oz	290	50g	3g	18g	0mg	0mg	0g	3g
Market Day - Filet Mignon Steak, 6 oz	348	0g	16g	48g	144mg	108mg	0g	0g
Home Made - Minestrone Soup, 1.5 Cups	249	41g	5g	14g	0mg	0mg	0g	14g
Butter - Salted, 4 pat (1" sq, 1/3" high)	143	0g	16g	0g	43mg	115mg	0g	0g
Bryers - Vanilla Natural Icecream, 1 cup	260	28g	14g	6g	40mg	70mg	28g	0g
Ice creams - Vanilla, 1.5 cup	434	51g	24g	8g	95mg	173mg	46g	2g
<b>TOTAL:</b>	<b>6,905</b>	<b>465g</b>	<b>457g</b>	<b>219g</b>	<b>1,244mg</b>	<b>4,948mg</b>	<b>167g</b>	<b>53g</b>

## December 31, 2011

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Eggs - Scrambled (whole egg), 1 cup	365	5g	27g	24g	774mg	616mg	4g	0g
Bullet - French Toast, 4 SLICES	420	66g	0g	24g	0mg	0mg	0g	0g
Breakfast Sausage - 4 Link, 6 link	340	1g	25g	16g	65mg	1,009mg	0g	0g

Raw - Watermelon, 1 Cup	45	12g	0g	1g	0mg	0mg	9g	1g
<b>Lunch</b>								
Carl's Jr. - Vanilla Hand Scooped Ice Cream Shake, 397 g (about 16 oz.)	710	86g	33g	14g	100mg	240mg	76g	0g
Carls Jr. - Nartural Cut Fries Large, 368 g	940	122g	46g	10g	0mg	1,900mg	0g	12g
<b>Dinner</b>								
Kfc - Original Recipe Chicken - Leg, 8 leg	960	24g	56g	88g	360mg	2,480mg	0g	0g
<b>TOTAL:</b>	<b>3,780</b>	<b>316g</b>	<b>187g</b>	<b>177g</b>	<b>1,299mg</b>	<b>6,245mg</b>	<b>89g</b>	<b>13g</b>