

All Nutrients Spreadsheet

This report shows all nutrient values in a spreadsheet format. Nutrients are displayed horizontally, with totals at the bottom of the list.

Profile Info

Personal: Fady Male 20 yrs 6 ft 160 lb

Day(s): Day 1 (Breakfast, Lunch, Dinner, Snack), Day 2 (Breakfast, Lunch, Dinner, Snack), Day 3 (Breakfast, Lunch, Dinner, Snack)

Activity Level: Active Strive for an Active activity level.

Weight Change: None Best not to exceed 2 lbs per week.

BMI: 21.7 Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Day	Meal	Item	Amount		Cals	FatCal	SatFatCal	Prot (g)
Day 1	Breakfast	scrambled eggs (USDA)	0.8	cup	245.8	163.1	49.5	16.5
		bacon, turkey, cooked (USDA)	50	g	191	125.6	37.3	14.8
		hash browns, patty (USDA: Fast	2	ea	288.3	162.6	24.2	2.7
	Lunch	rice, white, cooked, long grain,	0.5	cup	102.7	2	0.5	2.1
		chicken, ground (FNDDS)	200	g	402	185.6	47.6	54.3
		vegetables, mixed, Steamfresh,	0.7	cup	71.7	4.2	0	2.4
	Dinner	burrito topping, chicken	2	side	360	126	54	64
		burrito topping, fajita vegetable	1	side	20	0	0	1
		topping, white rice (Chipotle)	1	side	210	36	4.5	4
		burrito topping, black bean	1	side	130	13.5	0	8
		salsa, fresh tomato (Chipotle)	1	port cup	25	0	0	0
		salsa, fresh tomato (Chipotle) (2)	1	port cup	25	0	0	0
		sour cream (Chipotle)	1	port cup	110	81	63	2
		guacamole (Chipotle)	1	port cup	230	198	31.5	2
		tortilla chips (Chipotle)	1	sml	540	228	30	7.3
		Snack	protein powder, vanilla shake,	1	scoop	140	9	4.5
	smoothie, Mango-a-Go-Go,		1	med	400	18	4.5	3
	Day Total		--		3491.6	1352.5	351.2	214.2
Day 2	Breakfast	bacon, turkey, cooked (USDA)	50	g	191	125.6	37.3	14.8
		scrambled eggs (USDA)	0.8	cup	245.8	163.1	49.5	16.5
		hash browns, patty (USDA: Fast	2	ea	288.3	162.6	24.2	2.7
	Lunch	sandwich, chicken deluxe (Chik-	1	ea	500	207	63	31
		lemonade, fresh squeezed	1	med	222.8	0	0	0
		french fries, waffle (Chik-fil-A)	1	sml	272.6	128	13.3	3.6
	Dinner	dipping sauce, polynesian	1	port cup	110	54	9	0
		mashed potatoes, prepared from	0.5	cup	118.6	39.7	7	2.1
		beef steak, top sirloin, broiled,	10	oz	728.6	401.9	158.2	76
	Snack	asparagus, boiled, with salt,	0.5	cup	19.8	1.8	0.4	2.2
		protein powder, vanilla shake,	1	scoop	140	9	4.5	30
		energy drink, Red Bull (Red Bull)	1	can	110	0	0	1
	Day Total	--		2947.6	1292.5	366.5	179.8	
Day 3	Breakfast	egg, hard boiled, large (USDA)	2	ea	155	95.5	29.4	12.6
		oatmeal, instant, apple &	1	indv pkt	120	13.5	0	3
		yogurt, strawberry, individual	1	cntr	150	18	9	6
	Lunch	vegetables, mixed, Steamfresh,	0.7	cup	71.7	4.2	0	2.4
		chicken, ground (FNDDS)	200	g	402	185.6	47.6	54.3
		mashed potatoes, prepared from	0.5	cup	118.6	39.7	7	2.1
	Dinner	pizza, original crust, pepperoni,	2	slice	676.5	262.6	108.7	29.4
	Snack	hot wings, mild (Wingstop)	6	ea	552	351	81	45
	Day Total	--		2245.9	970.1	282.8	154.8	
	Average Day Total	--		2895	1205	333.5	182.9	

Day	Meal	Item	Carbs (g)	Sugar (g)	SugAdd (g)	Fiber (g)	Fib-S (g)	Fib-I (g)
Day 1	Breakfast	scrambled eggs (USDA)	2.7	2.3	0	0	0	0
		bacon, turkey, cooked (USDA)	1.6	0	0	0	0	0
		hash browns, patty (USDA: Fast	30.6	0.6		2.9		

<i>Lunch</i>	rice, white, cooked, long grain,	22.3	0	0	0.3	0.1	0.2
	chicken, ground (FNDDS)	0	0	0	0	0	0
	vegetables, mixed, Steamfresh,	13.8	4.8	0	2.5		
<i>Dinner</i>	burrito topping, chicken	0	0	0	0	0	0
	burrito topping, fajita vegetable	5	2	0	1		
	topping, white rice (Chipotle)	40	0	0	1		
	burrito topping, black bean	22	2	0	7		
	salsa, fresh tomato (Chipotle)	1	0.5	0	0.5		
	salsa, fresh tomato (Chipotle) (2)	1	0.5	0	0.5		
	sour cream (Chipotle)	2	2	0	0		
	guacamole (Chipotle)	8	1	0	6		
	tortilla chips (Chipotle)	73.3	1.3	0	7.3		
	protein powder, vanilla shake,	3	1				
<i>Day 2</i>	smoothie, Mango-a-Go-Go,	94	89		3		
	Day Total	320.2	107	0	32	0.1	0.2
	<i>Breakfast</i> bacon, turkey, cooked (USDA)	1.6	0	0	0	0	0
	scrambled eggs (USDA)	2.7	2.3	0	0	0	0
	hash browns, patty (USDA: Fast	30.6	0.6		2.9		
	<i>Lunch</i> sandwich, chicken deluxe (Chik-	42	6		3		
	lemonade, fresh squeezed	57.9	55		0	0	0
	french fries, waffle (Chik-fil-A)	33.2	0	0	4.1		
	dipping sauce, polynesian	13	13		0	0	0
	<i>Dinner</i> mashed potatoes, prepared from	17.8	1.5		1.6		
<i>Day 3</i>	beef steak, top sirloin, broiled,	0	0	0	0	0	0
	asparagus, boiled, with salt,	3.7	1.2	0	1.8	0.3	1.5
	<i>Snack</i> protein powder, vanilla shake,	3	1				
	energy drink, Red Bull (Red Bull)	28	27		0	0	0
	Day Total	233.4	107.5	0	13.4	0.3	1.5
	<i>Breakfast</i> egg, hard boiled, large (USDA)	1.1	1.1	0	0	0	0
	oatmeal, instant, apple &	22	6		3		
	yogurt, strawberry, individual	25	18		0	0	0
	<i>Lunch</i> vegetables, mixed, Steamfresh,	13.8	4.8	0	2.5		
	chicken, ground (FNDDS)	0	0	0	0	0	0

	Dinner	mashed potatoes, prepared from	17.8	1.5		1.6			
		pizza, original crust, pepperoni,	73.9	11.9		3			
	Snack	hot wings, mild (Wingstop)	3	0	0	3			
		Day Total		156.6	43.3	0	13	0	0
		Average Day Total		236.8	85.9	0	19.5	0.1	0.6
Day	Meal	Item	Fat (g)	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)	
Day 1	Breakfast	scrambled eggs (USDA)	18.1	5.5	1	7.3	4	457	
		bacon, turkey, cooked (USDA)	14	4.1		5.4	3.4	49	
	Lunch	hash browns, patty (USDA: Fast	18.1	2.7	0.1	8.3	6	0	
		rice, white, cooked, long grain,	0.2	0.1	0	0.1	0.1	0	
		chicken, ground (FNDDS)	20.6	5.3		6.9	5.8	184	
		vegetables, mixed, Steamfresh,	0.5	0	0			0	
	Dinner	burrito topping, chicken	14	6	0			250	
		burrito topping, fajita vegetable	0	0	0	0	0	0	
		topping, white rice (Chipotle)	4	0.5	0			0	
		burrito topping, black bean	1.5	0	0			0	
		salsa, fresh tomato (Chipotle)	0	0	0	0	0	0	
		salsa, fresh tomato (Chipotle) (2)	0	0	0	0	0	0	
		sour cream (Chipotle)	9	7	0			40	
	Snack								
		guacamole (Chipotle)	22	3.5	0			0	
		tortilla chips (Chipotle)	25.3	3.3	0			0	
		protein powder, vanilla shake,	1	0.5	0			15	
		smoothie, Mango-a-Go-Go,	2	0.5	0			5	
		Day Total		150.3	39	1.1	28	19.3	1000
Day 2	Breakfast	bacon, turkey, cooked (USDA)	14	4.1		5.4	3.4	49	
	Lunch	scrambled eggs (USDA)	18.1	5.5	1	7.3	4	457	
		hash browns, patty (USDA: Fast	18.1	2.7	0.1	8.3	6	0	
		sandwich, chicken deluxe (Chik-	23	7	0			75	
		lemonade, fresh squeezed	0	0	0	0	0	0	
		french fries, waffle (Chik-fil-A)	14.2	1.5	0			0	
		dipping sauce, polynesian	6	1	0			0	
		Dinner	mashed potatoes, prepared from	4.4	0.8	0.5	1.5	0.9	1
beef steak, top sirloin, broiled,	44.7		17.6		18.6	1.7	272.2		
	Snack	asparagus, boiled, with salt,	0.2	0	0	0	0.1	0	
		protein powder, vanilla shake,	1	0.5	0			15	
		energy drink, Red Bull (Red Bull)	0	0	0	0	0	0	
		Day Total		143.6	40.7	1.6	41.2	16.1	869.3

Day 3	Breakfast	egg, hard boiled, large (USDA)	10.6	3.3		4.1	1.4	373
		oatmeal, instant, apple &	1.5	0	0			0
		yogurt, strawberry, individual	2	1	0			10
	Lunch	vegetables, mixed, Steamfresh,	0.5	0	0			0
		chicken, ground (FNDDS)	20.6	5.3		6.9	5.8	184
		mashed potatoes, prepared from	4.4	0.8	0.5	1.5	0.9	1
	Dinner	pizza, original crust, pepperoni,	29.2	12.1		9.6	5.4	64
	Snack	hot wings, mild (Wingstop)	39	9	3			207
		Day Total	107.8	31.4	3.5	22.1	13.6	839
		Average Day Total	133.9	37.1	2.1	30.4	16.3	902.8
Day	Meal	Item	Water (g)	A-RAE(mcg)	A-Car (mcg)	B1 (mg)	B2 (mg)	B3 (mg)
Day 1	Breakfast	scrambled eggs (USDA)	126.1	265.6	42.9	0.1	0.6	0.1
		bacon, turkey, cooked (USDA)	16.3	0	0	0	0.1	1.8
		hash browns, patty (USDA: Fast	52.2	0.1	1.1	0.1	0	1.9
	Lunch	rice, white, cooked, long grain,	54.1	0	0	0.1	0	1.2
		chicken, ground (FNDDS)	123.1	48	0	0.2	0.4	17.3
		vegetables, mixed, Steamfresh,		320				
	Dinner	burrito topping, chicken		0	0			
		burrito topping, fajita vegetable		10				
		topping, white rice (Chipotle)		2.5				
		burrito topping, black bean		5				
		salsa, fresh tomato (Chipotle)		2.5				
		salsa, fresh tomato (Chipotle) (2)		2.5				
		sour cream (Chipotle)		120.1	0			
		guacamole (Chipotle)		17.5				
		tortilla chips (Chipotle)		0	0			
	Snack	protein powder, vanilla shake,		0	0			
		smoothie, Mango-a-Go-Go,						
		Day Total	371.8	793.9	44	0.5	1.2	22.3
Day 2	Breakfast	bacon, turkey, cooked (USDA)	16.3	0	0	0	0.1	1.8
		scrambled eggs (USDA)	126.1	265.6	42.9	0.1	0.6	0.1
		hash browns, patty (USDA: Fast	52.2	0.1	1.1	0.1	0	1.9
	Lunch	sandwich, chicken deluxe (Chik-						
		lemonade, fresh squeezed		0	0			

Day 3	Dinner	french fries, waffle (Chik-fil-A)					
		dipping sauce, polynesian	5				
		mashed potatoes, prepared from	79	46.2	31.5	0.1	1.2
		beef steak, top sirloin, broiled,	161.1	0	0	0.2	20.6
		asparagus, boiled, with salt,	83.4	45.3	543.6	0.1	1
		protein powder, vanilla shake,	0	0			
		energy drink, Red Bull (Red Bull)	0	0			20
		Day Total	518	362.2	619.1	0.7	1.3
		egg, hard boiled, large (USDA)	74.6	149	11	0.1	0.1
		oatmeal, instant, apple &	0	0			
Day 3	Breakfast	yogurt, strawberry, individual					
		vegetables, mixed, Steamfresh,	320				
		chicken, ground (FNDDS)	123.1	48	0	0.2	17.3
		mashed potatoes, prepared from	79	46.2	31.5	0.1	1.2
		pizza, original crust, pepperoni,	107.3	142.7		1.1	7.9
		hot wings, mild (Wingstop)					
		Day Total	384	705.9	42.5	1.4	2.2
		Average Day Total	424.6	620.7	235.2	0.9	1.6
Day	Meal	Item	B6 (mg)	B12 (mcg)	C (mg)	D (mcg)	E-Toco (mg)
Day 1	Breakfast	scrambled eggs (USDA)	0.2	1.3	0	3	1.9
		bacon, turkey, cooked (USDA)	0.2	0.2	0	0.2	0.2
		hash browns, patty (USDA: Fast	0.2	0	5.7	0	2.8
	Lunch	rice, white, cooked, long grain,	0.1	0	0	0	0
		chicken, ground (FNDDS)	1.3	2.7	0	0.4	0.2
		vegetables, mixed, Steamfresh,			0		
	Dinner	burrito topping, chicken			2.4		
		burrito topping, fajita vegetable			36		
		topping, white rice (Chipotle)			1.8		
		burrito topping, black bean			1.2		
		salsa, fresh tomato (Chipotle)			8.4		
		salsa, fresh tomato (Chipotle) (2)			8.4		
		sour cream (Chipotle)			0		
		guacamole (Chipotle)			4.2		
Day 1	Snack	protein powder, vanilla shake,			0		
		smoothie, Mango-a-Go-Go,			66		

Day	Meal	Item	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Selen (mcg)
Day 2	Breakfast	Day Total	1.9	4.1	134.1	3.6	5.1	136.4
		bacon, turkey, cooked (USDA)	0.2	0.2	0	0.2	0.2	4.5
		scrambled eggs (USDA)	0.2	1.3	0	3	1.9	59.4
	Lunch	hash browns, patty (USDA: Fast	0.2	0	5.7	0	2.8	12.7
		sandwich, chicken deluxe (Chik-			6			
		lemonade, fresh squeezed			26.7			
		french fries, waffle (Chik-fil-A)			2.8			
		dipping sauce, polynesian			1.2			
	Dinner	mashed potatoes, prepared from	0.3	0.1	11	0.2	0.4	9.4
		beef steak, top sirloin, broiled,	1.5	5	0		1.3	22.7
		asparagus, boiled, with salt,	0.1	0	6.9	0	1.4	134.1
	Snack	protein powder, vanilla shake,			0			
		energy drink, Red Bull (Red Bull)	5	4.8	0			
		Day Total	7.4	11.3	60.5	3.4	7.9	242.8
Day 3	Breakfast	egg, hard boiled, large (USDA)	0.1	1.1	0	2.2	1	44
		oatmeal, instant, apple &			0			
		yogurt, strawberry, individual			0	2		
	Lunch	vegetables, mixed, Steamfresh,			0			
		chicken, ground (FNDDS)	1.3	2.7	0	0.4	0.2	14
		mashed potatoes, prepared from	0.3	0.1	11	0.2	0.4	9.4
	Dinner	pizza, original crust, pepperoni,	0.4	1.9	0	0	2.7	177.1
	Snack	hot wings, mild (Wingstop)						
		Day Total	2	5.8	11	4.8	4.4	244.6
		Average Day Total	3.8	7.1	68.5	3.9	5.8	208
Day 1	Breakfast	scrambled eggs (USDA)	108.9	2.2	18.2	272.2	217.8	38.8
		bacon, turkey, cooked (USDA)	4.5	1.1	14.5	230	197.5	12.9
		hash browns, patty (USDA: Fast	20.1	0.6	22.3	103.9	376.3	0.4
	Lunch	rice, white, cooked, long grain,	7.9	0.9	9.5	34	27.6	5.9
		chicken, ground (FNDDS)	56	3	60	504	584	61.6
		vegetables, mixed, Steamfresh,	20	0				
	Dinner	burrito topping, chicken	60	2.9				
		burrito topping, fajita vegetable	20	0.4				
		topping, white rice (Chipotle)	10	0.5				
		burrito topping, black bean	40	1.8				
		salsa, fresh tomato (Chipotle)	10	0.9				
		salsa, fresh tomato (Chipotle) (2)	10	0.9				

Day 2	Snack	sour cream (Chipotle)	60	0				
		guacamole (Chipotle)	20	1.3				
		tortilla chips (Chipotle)	400	3.1				
		protein powder, vanilla shake,	80	0				
		smoothie, Mango-a-Go-Go,	100	0.7				
	Breakfast	Day Total	1027.4	20.3	124.4	1144.1	1403.2	119.6
		bacon, turkey, cooked (USDA)	4.5	1.1	14.5	230	197.5	12.9
		scrambled eggs (USDA)	108.9	2.2	18.2	272.2	217.8	38.8
		hash browns, patty (USDA: Fast	20.1	0.6	22.3	103.9	376.3	0.4
		Lunch	sandwich, chicken deluxe (Chik-	200	2.7			
lemonade, fresh squeezed			14.9	0				
french fries, waffle (Chik-fil-A)			11.9	0.9				
dipping sauce, polynesian		0	0					
Day 3	Dinner	mashed potatoes, prepared from	22	0.3	20	50.4	342.3	0.8
		beef steak, top sirloin, broiled,	51	5.1	62.4	569.8	927	82.2
		asparagus, boiled, with salt,	20.7	0.8	12.6	48.6	201.6	5.5
	Snack	protein powder, vanilla shake,	80	0				
		energy drink, Red Bull (Red Bull)	0	0				
	Breakfast	Day Total	534	13.6	149.8	1275	2262.5	140.6
		egg, hard boiled, large (USDA)	50	1.2	10	172	126	30.8
		oatmeal, instant, apple &	120	1.1				
		yogurt, strawberry, individual	200	0		150		
		Lunch	vegetables, mixed, Steamfresh,	20	0			
chicken, ground (FNDDS)			56	3	60	504	584	61.6
mashed potatoes, prepared from			22	0.3	20	50.4	342.3	0.8
Dinner		pizza, original crust, pepperoni,	373.9	4.9	56.6	482.2	369	72.1
	Snack	hot wings, mild (Wingstop)						
Day Total		842	10.4	146.5	1358.6	1421.3	165.3	
Average Day Total		801.1	14.8	140.2	1259.2	1695.7	141.9	
Day	Meal	Item	Sod (mg)	Zinc (mg)	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)
Day 1	Breakfast	scrambled eggs (USDA)	239.2	1.7	0.3	3.6	0	0
		bacon, turkey, cooked (USDA)	1142.5	1.5	0.2	3.2	0	0
		hash browns, patty (USDA: Fast	600	0.4	0.5	5.5	0	0
	Lunch	rice, white, cooked, long grain,	0.8	0.4	0	0	0	0
		chicken, ground (FNDDS)	800	6.2	0.4	5.3	0	0
		vegetables, mixed, Steamfresh,	24.3				0	0
	Dinner	burrito topping, chicken	620				0	0
		burrito topping, fajita vegetable	150		0	0	0	0
		topping, white rice (Chipotle)	350				0	0

Day 2	Snack		burrito topping, black bean	210			0	0	
			salsa, fresh tomato (Chipotle)	550		0	0	0	0
			salsa, fresh tomato (Chipotle) (2)	550		0	0	0	0
			sour cream (Chipotle)	30				0	0
			guacamole (Chipotle)	370				0	0
			tortilla chips (Chipotle)	393.3				0	0
			protein powder, vanilla shake,	170				0	0
			smoothie, Mango-a-Go-Go,	45				0	0
			Day Total	6245.1	10.2	1.4	17.7	0	0
		Breakfast		bacon, turkey, cooked (USDA)	1142.5	1.5	0.2	3.2	0
			scrambled eggs (USDA)	239.2	1.7	0.3	3.6	0	0
	Lunch		hash browns, patty (USDA: Fast	600	0.4	0.5	5.5	0	0
			sandwich, chicken deluxe (Chik-	1590				0	0
			lemonade, fresh squeezed	11.1		0	0	0	0
			french fries, waffle (Chik-fil-A)	219.3				0	0
			dipping sauce, polynesian	210				0	0
	Dinner		mashed potatoes, prepared from	349.6	0.3	0.1	0.8	0	0
			beef steak, top sirloin, broiled,	153.1	13.6	0.4	1.3	0	0
			asparagus, boiled, with salt,	216	0.5	0	0.1	0	0
	Snack		protein powder, vanilla shake,	170				0	0
		energy drink, Red Bull (Red Bull)	100		0	0	0		
Day 3	Breakfast		Day Total	5000.8	18.1	1.5	14.5	0	0
			egg, hard boiled, large (USDA)	124	1	0.1	1.3	0	0
			oatmeal, instant, apple &	110				0	0
			yogurt, strawberry, individual	95				0	0
	Lunch		vegetables, mixed, Steamfresh,	24.3				0	0
			chicken, ground (FNDDS)	800	6.2	0.4	5.3	0	0
	Dinner		mashed potatoes, prepared from	349.6	0.3	0.1	0.8	0	0
			pizza, original crust, pepperoni,	1650.7	3.3	0.5	4.4	0	0
	Snack		hot wings, mild (Wingstop)	729					0
			Day Total	3882.6	10.8	1.1	11.9	0	0
		Average Day Total	5042.9	13	1.3	14.7	0	0	
Day	Meal	Item	MPFruit (cup)	MPDairy (cup)	MPGrain (oz eq)	MPVeg (cup) eq)	MPProt (oz eq)	XxFruit	
Day 1	Breakfast	scrambled eggs (USDA)	0	0	0	0	3.3	0	
		bacon, turkey, cooked (USDA)	0	0	0	0	2.1	0	
		hash browns, patty (USDA: Fast	0	0	0	0.9	0	0	

	<i>Lunch</i>	rice, white, cooked, long grain, chicken, ground (FNDDS)	0	0	1	0	0	0
			0	0	0	0	6.9	
	<i>Dinner</i>	vegetables, mixed, Steamfresh, burrito topping, chicken	0	0	0	0.7	0	0
							8	0
		burrito topping, fajita vegetable	0	0	0	0.3	0	0
		topping, white rice (Chipotle)	0	0	2.4	0	0	0
		burrito topping, black bean					2	0
		salsa, fresh tomato (Chipotle)						0
		salsa, fresh tomato (Chipotle) (2)						0
		sour cream (Chipotle)						0
		guacamole (Chipotle)						0
		tortilla chips (Chipotle)	0	0	4.4	0	0	0
	<i>Snack</i>	protein powder, vanilla shake, smoothie, Mango-a-Go-Go,	0	0	0	0	4.4	0
								0
<i>Day 2</i>	Day Total		0	0	7.8	1.9	26.7	0
	<i>Breakfast</i>	bacon, turkey, cooked (USDA)	0	0	0	0	2.1	0
		scrambled eggs (USDA)	0	0	0	0	3.3	0
		hash browns, patty (USDA: Fast	0	0	0	0.9	0	0
	<i>Lunch</i>	sandwich, chicken deluxe (Chik- lemonade, fresh squeezed	0	0.7	2.5	0	3.4	0
								0
		french fries, waffle (Chik-fil-A) dipping sauce, polynesian	0	0	0	1	0	0
								0
	<i>Dinner</i>	mashed potatoes, prepared from beef steak, top sirloin, broiled, asparagus, boiled, with salt,	0	0	0	0.5	0	0
			0	0	0	0	10	0
			0	0	0	0.5	0	0
	<i>Snack</i>	protein powder, vanilla shake, energy drink, Red Bull (Red Bull)	0	0	0	0	4.4	0
			0	0	0	0	0	0
	Day Total		0	0.7	2.5	2.8	23.2	0
	<i>Breakfast</i>	egg, hard boiled, large (USDA)	0	0	0	0	2	0
		oatmeal, instant, apple & yogurt, strawberry, individual	0	0	1.3	0	0	0
			0	0.7	0	0	0	0
	<i>Lunch</i>	vegetables, mixed, Steamfresh, chicken, ground (FNDDS)	0	0	0	0.7	0	0
			0	0	0	0	6.9	
	<i>Dinner</i>	mashed potatoes, prepared from pizza, original crust, pepperoni,	0	0	0	0.5	0	0
			0	1.3	4.4	0	2.4	0
		hot wings, mild (Wingstop)	0	0	0	0	6.5	0
	Day Total		0	2	5.7	1.2	17.8	0
	Average Day Total		0	0.9	5.4	2	22.6	0
Day	Meal	Item	XxOCarb	XxStarch	XxVeg	XxFat	XxAle	XxNoFtMilk
<i>Day 1</i>	<i>Breakfast</i>	scrambled eggs (USDA)	0	0	0	2.7	0	0
		bacon, turkey, cooked (USDA)	0	0	0	1.9	0	0
		hash browns, patty (USDA: Fast	0	2	0	3.2	0	0
	<i>Lunch</i>	rice, white, cooked, long grain, chicken, ground (FNDDS)	0	1.5	0	0		

	Dinner	vegetables, mixed, Steamfresh,	0	0	2.8	0	0	0
		burrito topping, chicken	0	0	0	0	0	0
		burrito topping, fajita vegetable	0	0	1	0	0	0
		topping, white rice (Chipotle)	0	2.7	0	0.3	0	0
		burrito topping, black bean	0	1.5	0	0.1	0	0
		salsa, fresh tomato (Chipotle)	0	0	0.2	0	0	0
		salsa, fresh tomato (Chipotle) (2)	0	0	0.2	0	0	0
		sour cream (Chipotle)	0	0	0	1.8	0	0
		guacamole (Chipotle)	0	0	0	4.4	0	0
		tortilla chips (Chipotle)	0	4.9	0	4.1	0	0
Snack	protein powder, vanilla shake,	0	0	0	0	0	0	
	smoothie, Mango-a-Go-Go,	6.3	0	0	0.4	0	0	
	Day Total	6.3	12.6	4.2	18.9	0	0	
Day 2	Breakfast	bacon, turkey, cooked (USDA)	0	0	0	1.9	0	0
		scrambled eggs (USDA)	0	0	0	2.7	0	0
		hash browns, patty (USDA: Fast	0	2	0	3.2	0	0
	Lunch	sandwich, chicken deluxe (Chik-	0	2.8	0	3.3	0	0
		lemonade, fresh squeezed	3.9	0	0	0	0	0
		french fries, waffle (Chik-fil-A)	0	2.2	0	2.4	0	0
		dipping sauce, polynesian	0	0	0	1.2	0	0
	Dinner	mashed potatoes, prepared from	0	1.2	0	0.6	0	0
		beef steak, top sirloin, broiled,	0	0	0	4.6	0	0
		asparagus, boiled, with salt,	0	0	0.7	0	0	0
Snack	protein powder, vanilla shake,	0	0	0	0	0	0	
	energy drink, Red Bull (Red Bull)	1.9	0	0	0	0	0	
	Day Total	5.7	8.2	0.7	20	0	0	
Day 3	Breakfast	egg, hard boiled, large (USDA)	0	0	0	1.4	0	0
		oatmeal, instant, apple &	0	1.5	0	0	0	0
		yogurt, strawberry, individual	1.7	0	0	0.4	0	0
	Lunch	vegetables, mixed, Steamfresh,	0	0	2.8	0	0	0
		chicken, ground (FNDDS)						
	Dinner	mashed potatoes, prepared from	0	1.2	0	0.6	0	0
		pizza, original crust, pepperoni,	0	4.9	0	5	0	0
	Snack	hot wings, mild (Wingstop)	0	0	0	5.2	0	0
	Day Total	1.7	7.6	2.8	12.7	0	0	
	Average Day Total	4.6	9.5	2.6	17.2	0	0	

Day	Meal	Item	XxLnMeat
<i>Day 1</i>	<i>Breakfast</i>	scrambled eggs (USDA)	2.4
		bacon, turkey, cooked (USDA)	2.1
		hash browns, patty (USDA: Fast	0
	<i>Lunch</i>	rice, white, cooked, long grain,	
		chicken, ground (FNDDS)	
	<i>Dinner</i>	vegetables, mixed, Steamfresh,	0
		burrito topping, chicken	9.1
		burrito topping, fajita vegetable	0
		topping, white rice (Chipotle)	0
		burrito topping, black bean	0.5
		salsa, fresh tomato (Chipotle)	0
		salsa, fresh tomato (Chipotle) (2)	0
		sour cream (Chipotle)	0
		guacamole (Chipotle)	0
		tortilla chips (Chipotle)	0
	<i>Snack</i>	protein powder, vanilla shake,	4.3

		smoothie, Mango-a-Go-Go,	0
		Day Total	18.4
Day 2	Breakfast	bacon, turkey, cooked (USDA)	2.1
		scrambled eggs (USDA)	2.4
		hash browns, patty (USDA: Fast	0
	Lunch	sandwich, chicken deluxe (Chik-	3.2
		lemonade, fresh squeezed	0
		french fries, waffle (Chik-fil-A)	0
		dipping sauce, polynesian	0
	Dinner	mashed potatoes, prepared from	0
		beef steak, top sirloin, broiled,	10.9
		asparagus, boiled, with salt,	0
	Snack	protein powder, vanilla shake,	4.3
		energy drink, Red Bull (Red Bull)	0.1
		Day Total	23
Day 3	Breakfast	egg, hard boiled, large (USDA)	1.8
		oatmeal, instant, apple &	0
		yogurt, strawberry, individual	0
	Lunch	vegetables, mixed, Steamfresh,	0
		chicken, ground (FNDDS)	
		mashed potatoes, prepared from	0
	Dinner	pizza, original crust, pepperoni,	2.1
	Snack	hot wings, mild (Wingstop)	6.4
		Day Total	10.3
		Average Day Total	17.2