

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: Lisa Nunez Female 49 yrs 5 ft 6 in 160 lb

Day(s): Day 1, Day 2, Day 3, Day 4, Day 5, Day 6, Day 7 (Breakfast, Lunch, Dinner)

Activity Level: Low active Strive for an Active activity level.

Weight Change: Lose 2 lb per week Best not to exceed 2 lbs per week.

BMI: 25.8 Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Day 1	Breakfast	creamer, french vanilla, single	1 ea	25	13.5	13.5	0
		coffee, regular, prepared from	1 cup	4.8	0.1	0	0.2
	Lunch	sandwich, turkey breast, Fresh	1 ea	250	27	4.5	18
		water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
	Dinner	chicken breast, stewed, skinless	100 g	151	27.3	7.7	29
		rice, white, cooked, medium	0.5 cup	120.9	1.8	0.5	2.2
		water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
Day Total			--	551.7	69.6	26.2	49.4
Day 2	Breakfast	coffee, regular, prepared from	1 cup	4.8	0.1	0	0.2
		coffee, regular, prepared from	1 cup	4.8	0.1	0	0.2
	Lunch	pocket, ham & cheese, frozen	1 ea	306.1	104.5	40.5	11.6
		water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
	Dinner	salad, taco (USDA: Fast Food)	1.5 cup	279.2	132.9	61.4	13.2
		water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
	Day Total			--	594.8	237.6	102
Day 3	Breakfast	coffee, regular, prepared from	1 cup	4.8	0.1	0	0.2
	Lunch	quesadilla, chicken (USDA: Fast	1 oz	83.3	38.9	15.7	4.3
	Dinner	chicken breast, roasted, skinless	1 ea	141.9	27.6	7.8	26.7

Day	Meal	Item	Amount	Cals	FatCal	SatFatCal	Prot (g)
Day 3	Dinner	rice, brown, cooked, long grain	0.8 cup	186.3	13.2	3.5	4.2
		Day Total	--	416.4	79.9	27	35.3
Day 4	Lunch	quesadilla, chicken (USDA: Fast	1 ea	529.2	247.1	99.7	27.1
		water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
	Dinner	turkey light meat, roasted, with	100 g	177	50.1	14.4	29.6
		lettuce, iceberg, fresh, shredded	1 cup	10.1	0.9	0.1	0.6
		tomatoes, cherry, red, fresh,	1 ea	3.1	0.3	0	0.1
		lemon juice, fresh, yield per	1 ea	1.3	0.1	0	0
		Day Total	--	720.6	298.5	114.3	57.5
Day 5	Breakfast	instant coffee, french vanilla	1.3 Tbs	67.3	24.2	5.8	0.3
		instant coffee, french vanilla	1.3 Tbs	67.3	24.2	5.8	0.3
	Lunch	quesadilla, chicken (USDA: Fast	1 ea	529.2	247.1	99.7	27.1
		water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
	Dinner	burrito, bean (USDA: Taco Bell)	1 ea	386.6	100.7	38.4	13.6
		water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
		Day Total	--	1050.5	396.2	149.7	41.4
Day 6	Breakfast	instant coffee, french vanilla	1.3 Tbs	67.3	24.2	5.8	0.3
		instant coffee, french vanilla	1.3 Tbs	67.3	24.2	5.8	0.3
	Lunch	quesadilla, chicken (USDA: Fast	1 ea	529.2	247.1	99.7	27.1
		water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
	Dinner	water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
		rice, brown, cooked, medium	0.5 cup	109.2	7.3	1.4	2.3
		chicken light meat, roasted,	100 g	173	40.6	11.4	30.9
		Day Total	--	946.1	343.3	124.2	61
Day 7	Breakfast	instant coffee, french vanilla	1.3 Tbs	67.3	24.2	5.8	0.3
		instant coffee, french vanilla	1.3 Tbs	67.3	24.2	5.8	0.3
		instant coffee, french vanilla	1.3 Tbs	67.3	24.2	5.8	0.3
	Lunch	water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
	Dinner	water, Dasani, non-carbonated	8 fl-oz	0	0	0	0
		chicken light meat, roasted,	100 g	173	40.6	11.4	30.9
		Day Total	--	375	113.2	28.8	32
		Average Day Total	--	665	219.7	81.7	43.1

Day	Meal	Item	Carbs (g)	Sugar (g)	SugAdd (g)	Fiber (g)	Fib-S (g)	Fib-I (g)
Day 1	Breakfast	creamer, french vanilla, single	3	3		0		
		coffee, regular, prepared from	0.8	0	0	0	0	0
	Lunch	sandwich, turkey breast, Fresh	40	6		5		
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	chicken breast, stewed, skinless	0	0	0	0	0	0
		rice, white, cooked, medium	26.6			0.3	0.1	0.2
		water, Dasani, non-carbonated	0	0	0	0	0	0
		Day Total	70.4	9	0	5.3	0.1	0.2
Day 2	Breakfast	coffee, regular, prepared from	0.8	0	0	0	0	0
		coffee, regular, prepared from	0.8	0	0	0	0	0
	Lunch	pocket, ham & cheese, frozen	38.8	9.7		1.9		
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	salad, taco (USDA: Fast Food)	23.6					
		water, Dasani, non-carbonated	0	0	0	0	0	0
		Day Total	64	9.7	0	1.9	0	0
Day 3	Breakfast	coffee, regular, prepared from	0.8	0	0	0	0	0
	Lunch	quesadilla, chicken (USDA: Fast	6.8	0.5		0.5		
	Dinner	chicken breast, roasted, skinless	0	0	0	0	0	0
		rice, brown, cooked, long grain	38.8	0.4	0	2.4	0.3	2.2
		Day Total	46.4	0.9	0	2.9	0.3	2.2
Day 4	Lunch	quesadilla, chicken (USDA: Fast	43.3	3.4		3.1		
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	turkey light meat, roasted, with	0.1	0	0	0	0	0
		lettuce, iceberg, fresh, shredded	2.1	1.3	0	0.8		
		tomatoes, cherry, red, fresh,	0.7	0.4	0	0.2		
		lemon juice, fresh, yield per	0.4	0.1	0	0	0	0
		Day Total	46.5	5.3	0	4.1	0	0
Day 5	Breakfast	instant coffee, french vanilla	10.4	7.6		0.2		
		instant coffee, french vanilla	10.4	7.6		0.2		
	Lunch	quesadilla, chicken (USDA: Fast	43.3	3.4		3.1		
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	burrito, bean (USDA: Taco Bell)	57.8	3.2		7.8		

Day	Meal	Item	Carbs (g)	Sugar (g)	SugAdd (g)	Fiber (g)	Fib-S (g)	Fib-I (g)
Day 5	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	0
		Day Total	121.9	21.8	0	11.2	0	0
Day 6	Breakfast	instant coffee, french vanilla	10.4	7.6		0.2		
		instant coffee, french vanilla	10.4	7.6		0.2		
	Lunch	quesadilla, chicken (USDA: Fast	43.3	3.4		3.1		
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	0
		rice, brown, cooked, medium	22.9			1.8	0.2	1.6
		chicken light meat, roasted,	0	0	0	0	0	0
		Day Total	87.1	18.6	0	5.2	0.2	1.6
Day 7	Breakfast	instant coffee, french vanilla	10.4	7.6		0.2		
		instant coffee, french vanilla	10.4	7.6		0.2		
		instant coffee, french vanilla	10.4	7.6		0.2		
	Lunch	water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	0
		chicken light meat, roasted,	0	0	0	0	0	0
		Day Total	31.3	22.8	0	0.6	0	0
		Average Day Total	66.8	12.6	0	4.5	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	creamer, french vanilla, single	1.5	1.5	0	0	0	0
		coffee, regular, prepared from	0	0	0	0	0	0
	Lunch	sandwich, turkey breast, Fresh	3	0.5	0			25
		water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	chicken breast, stewed, skinless	3	0.8		1	0.7	77
		rice, white, cooked, medium	0.2	0.1	0	0.1	0.1	0
		water, Dasani, non-carbonated	0	0	0	0	0	
		Day Total	7.7	2.9	0	1.1	0.7	102
Day 2	Breakfast	coffee, regular, prepared from	0	0	0	0	0	0
		coffee, regular, prepared from	0	0	0	0	0	0
	Lunch	pocket, ham & cheese, frozen	11.6	4.5	0.2	3.2	2.5	29.2
		water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	salad, taco (USDA: Fast Food)	14.8	6.8		5.2	1.7	43.6

Day	Meal	Item	Fat (g)	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)
Day 2	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	
		Day Total	26.4	11.3	0.2	8.4	4.2	72.8
Day 3	Breakfast	coffee, regular, prepared from	0	0	0	0	0	0
	Lunch	quesadilla, chicken (USDA: Fast	4.3	1.7	0.1	1.1	1.2	10.5
	Dinner	chicken breast, roasted, skinless	3.1	0.9		1.1	0.7	73.1
		rice, brown, cooked, long grain	1.5	0.4	0	0.5	0.5	0
		Day Total	8.9	3	0.1	2.7	2.4	83.6
Day 4	Lunch	quesadilla, chicken (USDA: Fast	27.4	11.1	0.6	6.8	7.4	66.6
		water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	turkey light meat, roasted, with	5.6	1.6	0.1	2	1.6	89
		lettuce, iceberg, fresh, shredded	0.1	0	0	0	0.1	0
		tomatoes, cherry, red, fresh,	0	0	0	0	0	0
		lemon juice, fresh, yield per	0	0	0	0	0	0
		Day Total	33.2	12.7	0.7	8.8	9	155.6
Day 5	Breakfast	instant coffee, french vanilla	2.7	0.6				0
		instant coffee, french vanilla	2.7	0.6				0
	Lunch	quesadilla, chicken (USDA: Fast	27.4	11.1	0.6	6.8	7.4	66.6
		water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	burrito, bean (USDA: Taco Bell)	11.2	4.3	0.2	2.3	4.1	9.2
		water, Dasani, non-carbonated	0	0	0	0	0	
		Day Total	44	16.6	0.8	9.1	11.5	75.8
Day 6	Breakfast	instant coffee, french vanilla	2.7	0.6				0
		instant coffee, french vanilla	2.7	0.6				0
	Lunch	quesadilla, chicken (USDA: Fast	27.4	11.1	0.6	6.8	7.4	66.6
		water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	
		rice, brown, cooked, medium	0.8	0.2	0	0.3	0.3	0
		chicken light meat, roasted,	4.5	1.3		1.5	1	85
		Day Total	38.1	13.8	0.6	8.6	8.6	151.6
Day 7	Breakfast	instant coffee, french vanilla	2.7	0.6				0
		instant coffee, french vanilla	2.7	0.6				0
		instant coffee, french vanilla	2.7	0.6				0

Day	Meal	Item	Fat (g)	Fat-S (g)	Fat-T (g)	Fat-M (g)	Fat-P (g)	Chol (mg)
Day 7	Lunch	water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	
		chicken light meat, roasted,	4.5	1.3		1.5	1	85
		Day Total	12.6	3.2	0	1.5	1	85
		Average Day Total	24.4	9.1	0.3	5.7	5.3	103.8
Day	Meal	Item	Water (g)	A-RAE(mcg)	A-Car (mcg)	B1 (mg)	B2 (mg)	B3 (mg)
Day 1	Breakfast	creamers, french vanilla, single		0	0			
		coffee, regular, prepared from	236.2	0	0	0	0	0.6
	Lunch	sandwich, turkey breast, Fresh						
		water, Dasani, non-carbonated	236.7					
	Dinner	chicken breast, stewed, skinless	68.3	6	0	0	0.1	8.5
		rice, white, cooked, medium	63.8	0		0.2	0	1.7
		water, Dasani, non-carbonated	236.7					
		Day Total	841.7	6	0	0.2	0.1	10.7
Day 2	Breakfast	coffee, regular, prepared from	236.2	0	0	0	0	0.6
		coffee, regular, prepared from	236.2	0	0	0	0	0.6
	Lunch	pocket, ham & cheese, frozen	62.2	0	0	0.5	0.3	4.3
		water, Dasani, non-carbonated	236.7					
	Dinner	salad, taco (USDA: Fast Food)	143.3			0.1	0.4	2.5
		water, Dasani, non-carbonated	236.7					
		Day Total	1151.3	0	0	0.6	0.7	7.9
Day 3	Breakfast	coffee, regular, prepared from	236.2	0	0	0	0	0.6
	Lunch	quesadilla, chicken (USDA: Fast	12.1	20.4	6.5	0.1	0.1	1.2
	Dinner	chicken breast, roasted, skinless	56.1	5.2	0	0.1	0.1	11.8
		rice, brown, cooked, long grain	106.5	0	0	0.3	0.1	3.9
		Day Total	410.9	25.6	6.5	0.4	0.3	17.4
Day 4	Lunch	quesadilla, chicken (USDA: Fast	76.7	129.6	41.4	0.4	0.3	7.6
		water, Dasani, non-carbonated	236.7					
	Dinner	turkey light meat, roasted, with	64.8	10	0	0	0.2	11.6
		lettuce, iceberg, fresh, shredded	68.9	18.1	215.3	0	0	0.1
		tomatoes, cherry, red, fresh,	16.1	7.1	76.3	0	0	0.1

Day	Meal	Item	Water (g)	A-RAE(mcg)	A-Car (mcg)	B1 (mg)	B2 (mg)	B3 (mg)
Day 4	Dinner	lemon juice, fresh, yield per	5.4	0	0.1	0	0	0
		Day Total	468.6	164.8	333.1	0.4	0.6	19.4
Day 5	Breakfast	instant coffee, french vanilla	0.2					
		instant coffee, french vanilla	0.2					
	Lunch	quesadilla, chicken (USDA: Fast	76.7	129.6	41.4	0.4	0.3	7.6
		water, Dasani, non-carbonated	236.7					
	Dinner	burrito, bean (USDA: Taco Bell)	98.4	5.5	74	0.4	0.2	3.7
		water, Dasani, non-carbonated	236.7					
		Day Total	648.9	135.2	115.4	0.7	0.5	11.3
Day 6	Breakfast	instant coffee, french vanilla	0.2					
		instant coffee, french vanilla	0.2					
	Lunch	quesadilla, chicken (USDA: Fast	76.7	129.6	41.4	0.4	0.3	7.6
		water, Dasani, non-carbonated	236.7					
	Dinner	water, Dasani, non-carbonated	236.7					
		rice, brown, cooked, medium	71.1	0		0.1	0	1.3
		chicken light meat, roasted,	64.8	9	0	0.1	0.1	12.4
		Day Total	686.4	138.6	41.4	0.5	0.5	21.3
Day 7	Breakfast	instant coffee, french vanilla	0.2					
		instant coffee, french vanilla	0.2					
		instant coffee, french vanilla	0.2					
	Lunch	water, Dasani, non-carbonated	236.7					
	Dinner	water, Dasani, non-carbonated	236.7					
		chicken light meat, roasted,	64.8	9	0	0.1	0.1	12.4
		Day Total	538.8	9	0	0.1	0.1	12.4
		Average Day Total	678.1	68.4	70.9	0.4	0.4	14.4
Day	Meal	Item	B6 (mg)	B12 (mcg)	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)
Day 1	Breakfast	creamers, french vanilla, single			0	0		
		coffee, regular, prepared from	0	0	0		0	0
	Lunch	sandwich, turkey breast, Fresh			15			
		water, Dasani, non-carbonated						
	Dinner	chicken breast, stewed, skinless	0.3	0.2	0	0.1	0.3	3

Day	Meal	Item	B6 (mg)	B12 (mcg)	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)
Day 1	Dinner	rice, white, cooked, medium	0	0	0	0		53.9
		water, Dasani, non-carbonated						
		Day Total	0.4	0.2	15	0.1	0.3	56.9
Day 2	Breakfast	coffee, regular, prepared from	0	0	0		0	0
		coffee, regular, prepared from	0	0	0		0	0
	Lunch	pocket, ham & cheese, frozen	0.1	0.4	0.1	0.3	0.4	68.6
		water, Dasani, non-carbonated						
	Dinner	salad, taco (USDA: Fast Food)	0.2	0.6	3.6			83.2
		water, Dasani, non-carbonated						
Day 3	Breakfast	Day Total	0.3	1.1	3.7	0.3	0.4	151.7
		coffee, regular, prepared from	0	0	0		0	0
	Lunch	quesadilla, chicken (USDA: Fast	0	0.1	0	0.1	0.1	14.7
	Dinner	chicken breast, roasted, skinless	0.5	0.3	0	0.1	0.2	3.4
		rice, brown, cooked, long grain	0.2	0	0	0	0.3	13.6
		Day Total	0.7	0.3	0	0.1	0.6	31.8
Day 4	Lunch	quesadilla, chicken (USDA: Fast	0.1	0.3	0.2	0.4	0.5	93.6
		water, Dasani, non-carbonated						
	Dinner	turkey light meat, roasted, with	0.8	0.5	0	0.4	0.1	9
		lettuce, iceberg, fresh, shredded	0	0	2	0	0.1	20.9
		tomatoes, cherry, red, fresh,	0	0	2.3	0	0.1	2.5
		lemon juice, fresh, yield per	0	0	2.3	0	0	1.2
Day 5	Breakfast	Day Total	1	0.8	6.8	0.8	0.8	127.2
		instant coffee, french vanilla			0			
	instant coffee, french vanilla			0				
	Lunch	quesadilla, chicken (USDA: Fast	0.1	0.3	0.2	0.4	0.5	93.6
		water, Dasani, non-carbonated						
	Dinner	burrito, bean (USDA: Taco Bell)	0.2	0.3	0.7		0.9	92.5
water, Dasani, non-carbonated								
Day 6	Breakfast	Day Total	0.3	0.6	0.9	0.4	1.4	186.1
		instant coffee, french vanilla			0			
	instant coffee, french vanilla			0				
Lunch	quesadilla, chicken (USDA: Fast	0.1	0.3	0.2	0.4	0.5	93.6	

Day	Meal	Item	B6 (mg)	B12 (mcg)	C (mg)	D (mcg)	E-Toco (mg)	Fola (mcg)
Day 6	Lunch	water, Dasani, non-carbonated						
	Dinner	water, Dasani, non-carbonated						
		rice, brown, cooked, medium	0.1	0	0	0		3.9
		chicken light meat, roasted,	0.6	0.3	0	0.1	0.3	4
		Day Total		0.9	0.7	0.2	0.5	0.8
Day 7	Breakfast	instant coffee, french vanilla			0			
		instant coffee, french vanilla			0			
		instant coffee, french vanilla			0			
	Lunch	water, Dasani, non-carbonated						
	Dinner	water, Dasani, non-carbonated						
		chicken light meat, roasted,	0.6	0.3	0	0.1	0.3	4
		Day Total		0.6	0.3	0	0.1	0.3
	Average Day Total		0.6	0.6	3.8	0.3	0.6	94.2
Day	Meal	Item	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Selen (mcg)
Day 1	Breakfast	creamer, french vanilla, single	0	0			0	
		coffee, regular, prepared from	9.5	0.1	9.5	7.2	71.5	0.2
	Lunch	sandwich, turkey breast, Fresh	40	2.7				
		water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	chicken breast, stewed, skinless	13	0.9	24	165	187	22.3
		rice, white, cooked, medium	2.8	1.4	12.1	34.4	27	7
		water, Dasani, non-carbonated	0	0	0	0	0	
	Day Total		65.3	5.1	45.6	206.6	285.5	29.5
Day 2	Breakfast	coffee, regular, prepared from	9.5	0.1	9.5	7.2	71.5	0.2
		coffee, regular, prepared from	9.5	0.1	9.5	7.2	71.5	0.2
	Lunch	pocket, ham & cheese, frozen	193	2.5	22.9	213.4	238.8	14.7
		water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	salad, taco (USDA: Fast Food)	192.1	2.3	51.5	142.6	415.8	4.4
		water, Dasani, non-carbonated	0	0	0	0	0	
	Day Total		404.2	5	93.4	370.2	797.6	19.6
Day 3	Breakfast	coffee, regular, prepared from	9.5	0.1	9.5	7.2	71.5	0.2
	Lunch	quesadilla, chicken (USDA: Fast	76.3	0.5	7.1	88.7	51.9	5.9

Day	Meal	Item	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Selen (mcg)
Day 3	Dinner	chicken breast, roasted, skinless	12.9	0.9	24.9	196.1	220.2	23.7
		rice, brown, cooked, long grain	4.5	0.8	59.1	156	130.3	8.8
		Day Total	103.2	2.3	100.6	448	473.8	38.7
Day 4	Lunch	quesadilla, chicken (USDA: Fast	484.2	3.2	45	563.4	329.4	37.4
		water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	turkey light meat, roasted, with	11	0.8	32	230	248	29.3
		lettuce, iceberg, fresh, shredded	13	0.3	5	14.4	101.5	0.1
		tomatoes, cherry, red, fresh,	1.7	0	1.9	4.1	40.3	0
		lemon juice, fresh, yield per	0.4	0	0.4	0.5	6.1	0
		Day Total	510.2	4.3	84.3	812.4	725.3	66.8
Day 5	Breakfast	instant coffee, french vanilla	1.7	0		28.4	76.4	
		instant coffee, french vanilla	1.7	0		28.4	76.4	
	Lunch	quesadilla, chicken (USDA: Fast	484.2	3.2	45	563.4	329.4	37.4
		water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	burrito, bean (USDA: Taco Bell)	229.4	4.4	62.9	301.6	482.9	19.2
		water, Dasani, non-carbonated	0	0	0	0	0	
		Day Total	717	7.7	107.9	921.8	965.1	56.7
Day 6	Breakfast	instant coffee, french vanilla	1.7	0		28.4	76.4	
		instant coffee, french vanilla	1.7	0		28.4	76.4	
	Lunch	quesadilla, chicken (USDA: Fast	484.2	3.2	45	563.4	329.4	37.4
		water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	
		rice, brown, cooked, medium	9.8	0.5	42.9	75.1	77	
		chicken light meat, roasted,	15	1.1	27	216	247	24.4
		Day Total	512.3	4.9	114.9	911.3	806.3	61.8
Day 7	Breakfast	instant coffee, french vanilla	1.7	0		28.4	76.4	
		instant coffee, french vanilla	1.7	0		28.4	76.4	
		instant coffee, french vanilla	1.7	0		28.4	76.4	
	Lunch	water, Dasani, non-carbonated	0	0	0	0	0	
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	
		chicken light meat, roasted,	15	1.1	27	216	247	24.4
		Day Total	20	1.2	27	301.3	476.3	24.4

Day	Meal	Item	Calc (mg)	Iron (mg)	Magn (mg)	Phos (mg)	Potas (mg)	Selen (mcg)
Average Day Total			333.2	4.4	82	567.4	647.1	42.5
Day	Meal	Item	Sod (mg)	Zinc (mg)	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)
Day 1	Breakfast	creamer, french vanilla, single	0				0	0
		coffee, regular, prepared from	9.5	0	0	0	0	62
	Lunch	sandwich, turkey breast, Fresh	650				0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	chicken breast, stewed, skinless	63	1	0.1	0.6	0	0
		rice, white, cooked, medium	0	0.4	0	0	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
Day Total			722.5	1.4	0.1	0.6	0	62
Day 2	Breakfast	coffee, regular, prepared from	9.5	0	0	0	0	62
		coffee, regular, prepared from	9.5	0	0	0	0	62
	Lunch	pocket, ham & cheese, frozen	640.1	1.2	0.2	2.2	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	salad, taco (USDA: Fast Food)	762.3	2.7	0.1	1.7	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Day Total			1421.5	3.9	0.3	3.9	0
Day 3	Breakfast	coffee, regular, prepared from	9.5	0	0	0	0	62
	Lunch	quesadilla, chicken (USDA: Fast	211.2	0.4	0.1	1	0	0
	Dinner	chicken breast, roasted, skinless	63.6	0.9	0.1	0.6	0	0
		rice, brown, cooked, long grain	6.1	1.1	0	0.5	0	0
	Day Total			290.4	2.4	0.2	2.1	0
Day 4	Lunch	quesadilla, chicken (USDA: Fast	1341	2.6	0.9	6.5	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	turkey light meat, roasted, with	101	1.8	0.1	1.5	0	0
		lettuce, iceberg, fresh, shredded	7.2	0.1	0	0	0	0
		tomatoes, cherry, red, fresh,	0.8	0	0	0	0	0
		lemon juice, fresh, yield per	0.1	0	0	0	0	0
	Day Total			1450.1	4.5	1	8	0
Day 5	Breakfast	instant coffee, french vanilla	55.9					
		instant coffee, french vanilla	55.9					

Day	Meal	Item	Sod (mg)	Zinc (mg)	Omega3 (g)	Omega6 (g)	Alc (g)	Caff (mg)
Day 5	Lunch	quesadilla, chicken (USDA: Fast	1341	2.6	0.9	6.5	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	burrito, bean (USDA: Taco Bell)	1041.5	1.6	0.6	3.5	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Day Total		2494.3	4.1	1.5	9.9	0	0
Day 6	Breakfast	instant coffee, french vanilla	55.9					
		instant coffee, french vanilla	55.9					
	Lunch	quesadilla, chicken (USDA: Fast	1341	2.6	0.9	6.5	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	0
		rice, brown, cooked, medium	1	0.6	0	0.3	0	0
		chicken light meat, roasted,	77	1.2	0.1	0.8	0	0
	Day Total		1530.7	4.4	1	7.6	0	0
Day 7	Breakfast	instant coffee, french vanilla	55.9					
		instant coffee, french vanilla	55.9					
		instant coffee, french vanilla	55.9					
	Lunch	water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	0
		chicken light meat, roasted,	77	1.2	0.1	0.8	0	0
	Day Total		244.6	1.2	0.1	0.8	0	0
	Average Day Total		1164.9	3.1	0.6	4.7	0	35.4
Day	Meal	Item	MPFruit (cup)	MPDairy (cup)	MPGrain (oz eq)	MPVeg (cup)	MPProt (oz eq)	XxFruit
Day 1	Breakfast	creamer, french vanilla, single						0
		coffee, regular, prepared from	0	0	0	0	0	0
	Lunch	sandwich, turkey breast, Fresh	0	0	2.4	0	1.6	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	chicken breast, stewed, skinless	0	0	0	0	3.5	0
		rice, white, cooked, medium	0	0	1	0	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Day Total		0	0	3.4	0	5.1	0

Day	Meal	Item	MPFruit (cup)	MPDairy (cup)	MPGrain (oz eq)	MPVeg (cup)	MPProt (oz eq)	XxFruit
Day 2	Breakfast	coffee, regular, prepared from	0	0	0	0	0	0
		coffee, regular, prepared from	0	0	0	0	0	0
	Lunch	pocket, ham & cheese, frozen	0	0.7	2.3	0	0.7	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	salad, taco (USDA: Fast Food)	0	0.7	1.4	0	1.3	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
		Day Total	0	1.3	3.7	0	2	0
Day 3	Breakfast	coffee, regular, prepared from	0	0	0	0	0	0
	Lunch	quesadilla, chicken (USDA: Fast	0	0.3	0.4	0	0.4	0
	Dinner	chicken breast, roasted, skinless	0	0	0	0	3	0
		rice, brown, cooked, long grain	0	0	1.6	0	0	0
		Day Total	0	0.3	2	0	3.5	0
Day 4	Lunch	quesadilla, chicken (USDA: Fast	0	1.6	2.6	0	2.8	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	turkey light meat, roasted, with	0	0	0	0	3.5	0
		lettuce, iceberg, fresh, shredded	0	0	0	0.6	0	0
		tomatoes, cherry, red, fresh,	0	0	0	0.1	0	0
		lemon juice, fresh, yield per	0	0	0	0	0	0
		Day Total	0	1.6	2.6	0.7	6.4	0
Day 5	Breakfast	instant coffee, french vanilla						0
		instant coffee, french vanilla						0
	Lunch	quesadilla, chicken (USDA: Fast	0	1.6	2.6	0	2.8	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	burrito, bean (USDA: Taco Bell)	0	0.8	3.5	0	0.9	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
		Day Total	0	2.4	6.1	0	3.8	0
Day 6	Breakfast	instant coffee, french vanilla						0
		instant coffee, french vanilla						0
	Lunch	quesadilla, chicken (USDA: Fast	0	1.6	2.6	0	2.8	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	0
		rice, brown, cooked, medium	0	0	1	0	0	0

Day	Meal	Item	MPFruit (cup)	MPDairy (cup)	MPGrain (oz eq)	MPVeg (cup)	MPProt (oz eq)	XxFruit
Day 6	Dinner	chicken light meat, roasted,	0	0	0	0	3.5	0
		Day Total	0	1.6	3.6	0	6.4	0
Day 7	Breakfast	instant coffee, french vanilla						0
		instant coffee, french vanilla						0
		instant coffee, french vanilla						0
	Lunch	water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	0
		chicken light meat, roasted,	0	0	0	0	3.5	0
		Day Total	0	0	0	0	3.5	0
	Average Day Total		0	1	3	0.1	4.4	0
Day	Meal	Item	XxOCarb	XxStarch	XxVeg	XxFat	XxAlc	XxNoFtMlk
Day 1	Breakfast	creamer, french vanilla, single	0.2	0	0	0.3	0	0
		coffee, regular, prepared from	0	0	0	0	0	0
	Lunch	sandwich, turkey breast, Fresh	0	2.7	0	0	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	chicken breast, stewed, skinless	0	0	0	0	0	0
		rice, white, cooked, medium	0	1.8	0	0	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Day Total		0.2	4.4	0	0.3	0	0
Day 2	Breakfast	coffee, regular, prepared from	0	0	0	0	0	0
		coffee, regular, prepared from	0	0	0	0	0	0
	Lunch	pocket, ham & cheese, frozen	0	2.6	0	2.1	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	salad, taco (USDA: Fast Food)	0	1.6	0	2.5	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Day Total		0	4.2	0	4.6	0	0
Day 3	Breakfast	coffee, regular, prepared from	0	0	0	0	0	0
	Lunch	quesadilla, chicken (USDA: Fast	0	0.5	0	0.7	0	0
	Dinner	chicken breast, roasted, skinless	0	0	0	0	0	0
		rice, brown, cooked, long grain	0	2.6	0	0		
	Day Total		0	3	0	0.7	0	0

Day	Meal	Item	XxOCarb	XxStarch	XxVeg	XxFat	XxAlc	XxNoFtMk
Day 4	Lunch	quesadilla, chicken (USDA: Fast	0	2.9	0	4.4	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	turkey light meat, roasted, with	0	0	0	0	0	0
		lettuce, iceberg, fresh, shredded	0	0	0.4	0	0	0
		tomatoes, cherry, red, fresh,	0	0	0.1	0	0	0
		lemon juice, fresh, yield per	0	0	0	0		
	Day Total		0	2.9	0.6	4.4	0	0
Day 5	Breakfast	instant coffee, french vanilla	0.7	0	0	0.5	0	0
		instant coffee, french vanilla	0.7	0	0	0.5	0	0
	Lunch	quesadilla, chicken (USDA: Fast	0	2.9	0	4.4	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	burrito, bean (USDA: Taco Bell)	0	3.8	0	2.1	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Day Total		1.4	6.7	0	7.6	0	0
Day 6	Breakfast	instant coffee, french vanilla	0.7	0	0	0.5	0	0
		instant coffee, french vanilla	0.7	0	0	0.5	0	0
	Lunch	quesadilla, chicken (USDA: Fast	0	2.9	0	4.4	0	0
		water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	0
		rice, brown, cooked, medium	0	1.5	0	0	0	0
		chicken light meat, roasted,	0	0	0	0	0	0
	Day Total		1.4	4.4	0	5.5	0	0
Day 7	Breakfast	instant coffee, french vanilla	0.7	0	0	0.5	0	0
		instant coffee, french vanilla	0.7	0	0	0.5	0	0
		instant coffee, french vanilla	0.7	0	0	0.5	0	0
	Lunch	water, Dasani, non-carbonated	0	0	0	0	0	0
	Dinner	water, Dasani, non-carbonated	0	0	0	0	0	0
		chicken light meat, roasted,	0	0	0	0	0	0
	Day Total		2.1	0	0	1.6	0	0
Average Day Total			0.7	3.7	0.1	3.5	0	0

Day	Meal	Item	XxLnMeat
Day 1	Breakfast	creamer, french vanilla, single	0
		coffee, regular, prepared from	0
	Lunch	sandwich, turkey breast, Fresh	1.4
		water, Dasani, non-carbonated	0
	Dinner	chicken breast, stewed, skinless	4.1
		rice, white, cooked, medium	0
		water, Dasani, non-carbonated	0
	Day Total		5.6
Day 2	Breakfast	coffee, regular, prepared from	0
		coffee, regular, prepared from	0
	Lunch	pocket, ham & cheese, frozen	0.5
		water, Dasani, non-carbonated	0
	Dinner	salad, taco (USDA: Fast Food)	1.2
		water, Dasani, non-carbonated	0
	Day Total		1.8
Day 3	Breakfast	coffee, regular, prepared from	0
	Lunch	quesadilla, chicken (USDA: Fast	0.4
	Dinner	chicken breast, roasted, skinless	3.8
		rice, brown, cooked, long grain	
	Day Total		4.2
Day 4	Lunch	quesadilla, chicken (USDA: Fast	2.6
		water, Dasani, non-carbonated	0
	Dinner	turkey light meat, roasted, with	4.2
		lettuce, iceberg, fresh, shredded	0
		tomatoes, cherry, red, fresh,	0
		lemon juice, fresh, yield per	
	Day Total		6.8
Day 5	Breakfast	instant coffee, french vanilla	0
		instant coffee, french vanilla	0
	Lunch	quesadilla, chicken (USDA: Fast	2.6
		water, Dasani, non-carbonated	0
	Dinner	burrito, bean (USDA: Taco Bell)	0.3

Day	Meal	Item	XxLnMeat
Day 5	Dinner	water, Dasani, non-carbonated	0
		Day Total	2.9
Day 6	Breakfast	instant coffee, french vanilla	0
		instant coffee, french vanilla	0
	Lunch	quesadilla, chicken (USDA: Fast	2.6
		water, Dasani, non-carbonated	0
	Dinner	water, Dasani, non-carbonated	0
		rice, brown, cooked, medium	0
		chicken light meat, roasted,	4.4
		Day Total	7
Day 7	Breakfast	instant coffee, french vanilla	0
		instant coffee, french vanilla	0
		instant coffee, french vanilla	0
	Lunch	water, Dasani, non-carbonated	0
	Dinner	water, Dasani, non-carbonated	0
		chicken light meat, roasted,	4.4
		Day Total	4.4
		Average Day Total	4.7