



Nutrition Tools For Reddit Feedback



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	A	B	C	D	E	F	G	I	J	K	M	N	O	P	Q	R	S	T	U	V	W	X
1	Day	Date	Calories	Fat	F cal	F%	Carbs	C cal	C%	Protein	P cal	P%	Meal 1	Meal 2	Meal 3	Daily Cost	Weekly Cost	Avg Daily				
7	Thursday	8/21/2014	1368	30	271	20%	175	701	51%	99	397	29%	Spaghetti with Meat Sauce	Curried Potatoes and Lentils	Protein Shake	\$3.65						
8	Friday	8/22/2014	1494	26	233	16%	176	706	47%	139	556	37%	Spaghetti with Meat Sauce	Chicken Salsa Verde	Protein Shake	\$5.35						
9	Saturday	8/23/2014	1349	13	115	9%	182	728	54%	127	506	38%	Curried Potatoes and Lentils	Chicken Salsa Verde	Protein Shake	\$4.51						
10	Sunday	8/24/2014	855	5	47	6%	95	379	44%	107	429	50%	None	Chicken Salsa Verde	Protein Shake	\$3.88	\$31.72	\$4.53				
11	Monday	8/25/2014	1494	26	233	16%	176	706	47%	139	556	37%	Spaghetti with Meat Sauce	Chicken Salsa Verde	Protein Shake	\$5.35						
12	Tuesday	8/26/2014	1368	30	271	20%	175	701	51%	99	397	29%	Spaghetti with Meat Sauce	Curried Potatoes and Lentils	Protein Shake	\$3.65						
13	Wednesday	8/27/2014	1494	26	233	16%	176	706	47%	139	556	37%	Spaghetti with Meat Sauce	Chicken Salsa Verde	Protein Shake	\$5.35						
14	Thursday	8/28/2014	1368	30	271	20%	175	701	51%	99	397	29%	Spaghetti with Meat Sauce	Curried Potatoes and Lentils	Protein Shake	\$3.65						
15	Friday	8/29/2014	1494	26	233	16%	176	706	47%	139	556	37%	Spaghetti with Meat Sauce	Chicken Salsa Verde	Protein Shake	\$5.35						
16	Saturday	8/30/2014	1349	13	115	9%	182	728	54%	127	506	38%	Curried Potatoes and Lentils	Chicken Salsa Verde	Protein Shake	\$4.51						
17	Sunday	8/31/2014	1349	13	115	9%	182	728	54%	127	506	38%	Curried Potatoes and Lentils	Chicken Salsa Verde	Protein Shake	\$4.51	\$32.35	\$4.62				
18	Monday	9/1/2014	1714	27	243	14%	200	798	47%	168	673	39%	Taco Chicken Bowl	Sesame Chicken and Rice	Protein Shake	\$5.44						
19	Tuesday	9/2/2014	1301	43	383	29%	126	503	39%	104	415	32%	Taco Chicken Bowl	Turkey Burger	None	\$3.77						
20	Wednesday	9/3/2014	1714	27	243	14%	200	798	47%	168	673	39%	Taco Chicken Bowl	Sesame Chicken and Rice	Protein Shake	\$5.44						
21	Thursday	9/4/2014	1301	43	383	29%	126	503	39%	104	415	32%	Taco Chicken Bowl	Turkey Burger	None	\$3.77						
22	Friday	9/5/2014	1714	27	243	14%	200	798	47%	168	673	39%	Taco Chicken Bowl	Sesame Chicken and Rice	Protein Shake	\$5.44						
23	Saturday	9/6/2014	1509	48	434	29%	112	449	30%	157	626	41%	Turkey Burger	Sesame Chicken and Rice	Protein Shake	\$5.87						
24	Sunday	9/7/2014	1275	46	416	33%	106	425	33%	109	434	34%	Turkey Burger	Sesame Chicken and Rice	None	\$4.32	\$34.04	\$4.86				
25	Monday	9/8/2014	1714	27	243	14%	200	798	47%	168	673	39%	Taco Chicken Bowl	Sesame Chicken and Rice	Protein Shake	\$5.44						
26	Tuesday	9/9/2014	1301	43	383	29%	126	503	39%	104	415	32%	Taco Chicken Bowl	Turkey Burger	None	\$3.77						
27	Wednesday	9/10/2014	1714	27	243	14%	200	798	47%	168	673	39%	Taco Chicken Bowl	Sesame Chicken and Rice	Protein Shake	\$5.44						
28	Thursday	9/11/2014	1301	43	383	29%	126	503	39%	104	415	32%	Taco Chicken Bowl	Turkey Burger	None	\$3.77						
29	Friday	9/12/2014	1714	27	243	14%	200	798	47%	168	673	39%	Taco Chicken Bowl	Sesame Chicken and Rice	Protein Shake	\$5.44						
30	Saturday	9/13/2014	1509	48	434	29%	112	449	30%	157	626	41%	Turkey Burger	Sesame Chicken and Rice	Protein Shake	\$5.87						
31	Sunday	9/14/2014	1275	46	416	33%	106	425	33%	109	434	34%	Turkey Burger	Sesame Chicken and Rice	None	\$4.32	\$34.04	\$4.86				
32	Monday	9/15/2014														#N/A						
33	Tuesday	9/16/2014														#N/A						
34	Wednesday	9/17/2014														#N/A						
35	Thursday	9/18/2014														#N/A						
36	Friday	9/19/2014														#N/A						
37	Saturday	9/20/2014														#N/A						
38	Sunday	9/21/2014														#N/A	#N/A	#N/A				
39	Monday	9/22/2014														#N/A						



Daily Stats

Calorie Breakdown Chart

Recipe List

Grocery List

Pantry List

Ingredient List



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