



Good afternoon, Mark



Weight	Food	Activity
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Fri 8/21

Today

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You have a rollover!
You have 3 rollovers from yesterday.

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Breakfast 7

Track

Cheerios Breakfast and Milk ^

7

Low-fat milk
1 cup(s)

4

Cheerios Original toasted whole grain oat cereal
1 oz

3

Lunch 4

Track

Turkey sandwich no cheese ^

4

8/24/2020

My Day | Weight Watchers Tracker

Fresh apple(s) 1 medium	0
Uncooked carrot(s) 1/2 cup(s)	0
Kirkland Signature 98% Fat free turkey breast slices browned in vegetable oil 2 1/2 slice(s)	1
365 Everyday Value 8 Grain bread 1 slice(s)	3

Dinner 9

Track

Near East Roasted garlic and olive oil couscous mix 1 1/2 oz	4
Olive oil 1 tsp	1
Cooked broccoli 1/2 cup(s)	0
Cooked farmed Atlantic salmon fillet(s) 3 oz	0
Low-fat milk 1 cup(s)	4

Save meal

Snacks

Track