



# Printable Diary for Lucent

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To:



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## September 1, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
Chili Hot + Black Beans, 1 serving(s)	265	34g	7g	22g	0mg	908mg	5g	15g
Lunch								
Oreo Nabisco - Oreo, 6 cookies	320	50g	14g	2g	0mg	280mg	28g	2g
Dinner								
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram	405	58g	19g	2g	0mg	171mg	30g	2g
Supper								
Snyders peanut butter filled pieces - Pretzel peanut butter, 2 oz	240	32g	10g	8g	0mg	280mg	2g	2g
Dogfish - Slightly Mighty Lo-Cal IPA, 24 fl oz	190	7g	0g	2g	--mg	--mg	--g	--g
Left Hand Brewing Company - Nitro Milk Stout, 12 oz	185	18g	0g	1g	0mg	0mg	18g	0g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
TOTAL:	2,280	269g	100g	50g	34mg	2,389mg	88g	62g

## September 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
Lunch								
Domino's - Sweet Icing Dipping Cup, 0.5 cup	115	26g	2g	0g	0mg	55mg	26g	0g
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
TOTAL:	2,185	224g	114g	72g	155mg	2,965mg	48g	20g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 4 slice	1,400	116g	76g	60g	140mg	2,480mg	8g	4g
TOTAL:	2,185	224g	114g	72g	155mg	2,965mg	48g	20g
September 3, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Domino's - Parmesan Bread Twists, 1 Pieces (69g)	115	14g	6g	3g	0mg	120mg	1g	1g
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 2 slice	700	58g	38g	30g	70mg	1,240mg	4g	2g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Kirkland Signature California Pistachios - Pistachios, 0.5 oz/49 kernels/28 g	85	4g	7g	3g	0mg	80mg	1g	2g
Dinner								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Follow Your Heart - High Omega Vegan Ranch, 3 tbsp	210	2g	23g	2g	0mg	180mg	0g	0g
Field Roast - Fruffalo Wings, 1 container (14 wings with spicy buffalo sauces ea.)	720	46g	30g	22g	0mg	860mg	12g	2g
Supper								
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
TOTAL:	2,275	169g	126g	82g	80mg	3,000mg	21g	41g
September 4, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Quest Protein Cookie - Chocolate Chip Cookie - Quest - Mg, 1 cookie	250	13g	17g	15g	30mg	220mg	1g	9g
Quest - Gingerbread Cookie, 1 cookies	250	19g	17g	15g	35mg	200mg	--g	11g
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
Lunch								
Fritos - Twisted Honey Bbq, 4 oz	620	66g	38g	6g	0mg	800mg	4g	6g
Dinner								
Cheese Herb Pizza, 2 serving(s)	510	51g	25g	21g	48mg	372mg	0g	0g
Starbucks - Caramel Ribbon Crunch Frappucino Tall No Whip, 12 oz	230	46g	4g	2g	15mg	190mg	46g	0g
TOTAL:	2,170	218g	119g	82g	153mg	2,177mg	56g	40g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Supper</b>								
Quest - Bbq Chips (Improved), 32 g	130	4g	4g	21g	10mg	340mg	--g	1g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
<b>TOTAL:</b>	<b>2,170</b>	<b>218g</b>	<b>119g</b>	<b>82g</b>	<b>153mg</b>	<b>2,177mg</b>	<b>56g</b>	<b>40g</b>

### September 5, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Private Collection - Shaved Parmesan, 1 tbs grams5	20	0g	1g	2g	5mg	40mg	0g	0g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Cheese Herb Pizza, 2 serving(s)	510	51g	25g	21g	48mg	372mg	0g	0g
<b>Lunch</b>								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
<b>Dinner</b>								
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Tofurkey - Italian Vegetarian Sausage, 3.5 oz (1 sausage)	280	8g	14g	30g	0mg	620mg	3g	1g
<b>Supper</b>								
Ben & Jerry's Chocolate Salted 'n Swirled - Ice cream, 1 container (2 cup)	960	132g	45g	9g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>2,270</b>	<b>252g</b>	<b>117g</b>	<b>75g</b>	<b>73mg</b>	<b>1,907mg</b>	<b>10g</b>	<b>35g</b>

### September 6, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Caramel Peanut Butter Rolls, 1 serving(s)	275	36g	11g	8g	20mg	46mg	4g	1g
<b>Lunch</b>								
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Dinner</b>								
Shells and Cheese - Velveeta, 1/2 container (12.00 oz)	570	78g	18g	21g	30mg	1,365mg	11g	2g
<b>TOTAL:</b>	<b>2,117</b>	<b>216g</b>	<b>104g</b>	<b>90g</b>	<b>90mg</b>	<b>3,126mg</b>	<b>34g</b>	<b>36g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Snacks								
Nestlé - Winter Dark Chocolate & Mint Morsels, 1.5 Tbsp	120	14g	7g	0g	0mg	0mg	12g	0g
Supper								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Kirkland Signature California Pistachios - Pistachios, 0.5 oz/49 kernels/28 g	85	4g	7g	3g	0mg	80mg	1g	2g
TOTAL:	2,117	216g	104g	90g	90mg	3,126mg	34g	36g

### September 7, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Lunch								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Caramel Peanut Butter Rolls, 1 serving(s)	275	36g	11g	8g	20mg	46mg	4g	1g
Dinner								
Oreo Nabisco - Oreo, 13 cookies	693	108g	30g	4g	0mg	607mg	61g	4g
Snacks								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.5 cup	320	14g	24g	12g	0mg	100mg	14g	4g
Supper								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Gardein - Nashville Hot Chick'n Tenders, 8 tenders	533	45g	24g	35g	0mg	1,440mg	3g	3g
TOTAL:	2,534	265g	138g	82g	20mg	3,084mg	86g	44g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace		75	30		
TOTALS:		75	30	0	0

### September 8, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Caramel Peanut Butter Rolls, 1 serving(s)	275	36g	11g	8g	20mg	46mg	4g	1g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
fritos - jalepeno cheddar cheese dip, 1 container (16.00 tablespoon)	320	24g	20g	8g	0mg	0mg	0g	0g
Frito-Lay - SunChips Harvest Cheddar, 1 container (196.00 g)	980	133g	42g	14g	0mg	1,400mg	14g	14g
Dinner								
Starbucks - Tall Mocha 2% no Whip, 12 oz	200	32g	6g	10g	20mg	115mg	26g	1g
Snacks								
Kroger - Original Graham Crackers 2020, 4 crackers (27g)	130	24g	3g	2g	--mg	135mg	7g	1g
Supper								
Chipotle Gouda Pizza, 2 serving(s)	516	54g	23g	22g	45mg	799mg	2g	1g
TOTAL:	2,591	337g	114g	69g	90mg	2,685mg	65g	38g

### September 9, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chipotle Gouda Pizza, 3 serving(s)	775	81g	34g	33g	68mg	1,199mg	3g	1g
Lunch								
Kroger - Original Graham Crackers 2020, 8 crackers (27g)	260	48g	6g	4g	--mg	270mg	14g	2g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Strawberry, 200 g	64	15g	1g	1g	0mg	2mg	10g	4g
Snacks								
Quest - Protein chip BBQ(Improved), 1 pack	130	4g	4g	22g	10mg	280mg	0g	2g
Supper								
Generic Cabernet - Cabernet Sauvignon, 5 oz	115	4g	0g	1g	0mg	0mg	1g	0g
Delish - Praline Pecans, 2 oz	300	32g	20g	2g	--mg	100mg	30g	--g
Snyders peanut butter filled pieces - Pretzel peanut butter, 2 oz	240	32g	10g	8g	0mg	280mg	2g	2g
TOTAL:	2,284	248g	93g	99g	98mg	2,551mg	76g	31g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
TOTALS:	100	45	0	0	0

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Walking, 3.0 mph, mod. pace	100	45			
TOTALS:	100	45	0	0	0

### September 10, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Caramel Peanut Butter Rolls, 1 serving(s)	275	36g	11g	8g	20mg	46mg	4g	1g
Rise - Oat Milk Latte - Nitro Cold Brew Coffee, 1 can	110	18g	4g	1g	0mg	170mg	12g	0g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Gardein - Nashville Hot Chick'n Tenders, 8 tenders	533	45g	24g	35g	0mg	1,440mg	3g	3g
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Dinner								
Pina Colada v2, 1.5 serving(s)	284	37g	0g	0g	0mg	16mg	15g	0g
Eggless Pumpkin Bread, 2 serving(s)	285	27g	18g	5g	45mg	42mg	2g	1g
Supper								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Kraft - Parmesan Shaved, 0.25 cups	110	1g	8g	9g	25mg	410mg	0g	0g
Alexia - Mashed Cauliflower - Sea Salt, 1 container (1 1/2 cup (113g) ea.)	210	21g	11g	3g	30mg	1,380mg	6g	6g
TOTAL:	2,137	228g	103g	65g	120mg	3,919mg	44g	50g

### September 11, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Eggless Pumpkin Bread, 1 serving(s)	143	13g	9g	2g	23mg	21mg	1g	1g
Lunch								
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 4 slice	1,400	116g	76g	60g	140mg	2,480mg	8g	4g
Domino's - Parmesan Bread Twists, 3 Pieces (69g)	345	41g	17g	8g	0mg	360mg	2g	2g
Dinner								
Starbucks - Tall Mocha 2% no Whip, 12 oz	200	32g	6g	10g	20mg	115mg	26g	1g
Supper								
Genovive - Cinnamon Almond Crunch Snack, 34 grams	130	18g	3g	12g	0mg	285mg	4g	4g

TOTAL:	2,833	286g	135g	103g	183mg	3,601mg	52g	14g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Generic Cabernet - Cabernet Sauvignon, 5 oz	115	4g	0g	1g	0mg	0mg	1g	0g
<b>TOTAL:</b>	<b>2,833</b>	<b>286g</b>	<b>135g</b>	<b>103g</b>	<b>183mg</b>	<b>3,601mg</b>	<b>52g</b>	<b>14g</b>

### September 12, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 1 slice	350	29g	19g	15g	35mg	620mg	2g	1g
Domino's - Parmesan Bread Twists, 1 Pieces (69g)	115	14g	6g	3g	0mg	120mg	1g	1g
<b>Lunch</b>								
Great Value - Reduced Calorie Syrup (2020-03-08 Per Label), 4 Tbsp.	100	26g	0g	0g	0mg	150mg	24g	1g
Kodiak Cakes - Kodiak Cakes 100% Whole Wheat, 100 gram	358	57g	4g	26g	19mg	717mg	6g	9g
<b>Dinner</b>								
Starbucks - Caramel Ribbon Crunch Frappucino Tall No Whip, 12 oz	230	46g	4g	2g	15mg	190mg	46g	0g
Edible Snickerdoodle Cookie Dough, 5 serving(s)	204	23g	11g	2g	27mg	12mg	10g	0g
<b>Snacks</b>								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
<b>Supper</b>								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Tofurkey - Italian Vegetarian Sausage, 3.5 oz (1 sausage)	280	8g	14g	30g	0mg	620mg	3g	1g
<b>TOTAL:</b>	<b>2,027</b>	<b>248g</b>	<b>81g</b>	<b>89g</b>	<b>116mg</b>	<b>3,239mg</b>	<b>99g</b>	<b>32g</b>

### September 13, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Eggless Pumpkin Bread, 1 serving(s)	143	13g	9g	2g	23mg	21mg	1g	1g
<b>Lunch</b>								
Chipotle Gouda Pizza Soft, 3 serving(s)	1,177	137g	49g	44g	131mg	1,305mg	3g	1g
<b>Dinner</b>								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>Supper</b>								
<b>TOTAL:</b>	<b>1,915</b>	<b>207g</b>	<b>83g</b>	<b>77g</b>	<b>174mg</b>	<b>1,891mg</b>	<b>21g</b>	<b>42g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>1,915</b>	<b>207g</b>	<b>83g</b>	<b>77g</b>	<b>174mg</b>	<b>1,891mg</b>	<b>21g</b>	<b>42g</b>

### September 14, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Caramel Peanut Butter Rolls, 1 serving(s)	275	36g	11g	8g	20mg	46mg	4g	1g
<b>Lunch</b>								
Chipotle Gouda Pizza Soft, 2 serving(s)	785	91g	33g	29g	88mg	870mg	2g	1g
<b>Dinner</b>								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Gardein - Nashville Hot Chick'n Tenders, 8 tenders	533	45g	24g	35g	0mg	1,440mg	3g	3g
<b>Supper</b>								
Starbucks - Tall Mocha Cookie Crumble Frappuccino, No Whip, 12 oz.	240	49g	5g	3g	--mg	--mg	--g	0g
<b>TOTAL:</b>	<b>2,143</b>	<b>256g</b>	<b>97g</b>	<b>81g</b>	<b>113mg</b>	<b>2,666mg</b>	<b>21g</b>	<b>25g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace		75	30		
<b>TOTALS:</b>	<b>75</b>	<b>30</b>	<b>0</b>	<b>0</b>	<b>0</b>

### September 15, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Caramel Peanut Butter Rolls, 1 serving(s)	275	36g	11g	8g	20mg	46mg	4g	1g
<b>Lunch</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>Dinner</b>								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 0.75 oz.	120	11g	8g	2g	0mg	203mg	1g	1g
<b>TOTAL:</b>	<b>1,787</b>	<b>196g</b>	<b>91g</b>	<b>84g</b>	<b>70mg</b>	<b>2,043mg</b>	<b>26g</b>	<b>70g</b>



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
Chili Hot + Black Beans, 0.5 serving(s)	132	17g	4g	11g	0mg	454mg	3g	7g
<b>Snacks</b>								
Starbucks - Tall Mocha Cookie Crumble Frappuccino, No Whip, 12 oz.	240	49g	5g	3g	--mg	--mg	--g	0g
<b>Supper</b>								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Trader Joe's - Carb Savvy Tortillas, 1 tortilla	45	9g	2g	3g	0mg	130mg	0g	6g
Beyond Meat - Burger, 1 Patty (4 oz)	250	3g	18g	20g	0mg	390mg	0g	2g
<b>TOTAL:</b>	<b>1,787</b>	<b>196g</b>	<b>91g</b>	<b>84g</b>	<b>70mg</b>	<b>2,043mg</b>	<b>26g</b>	<b>70g</b>

### September 16, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Caramel Peanut Butter Rolls, 1 serving(s)	275	36g	11g	8g	20mg	46mg	4g	1g
<b>Lunch</b>								
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
<b>Dinner</b>								
Lenny & Larry's - The Complete Cookie (Salted Caramel), 0.5 cookie	210	28g	7g	8g	0mg	265mg	13g	5g
<b>Snacks</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 4.5 oz	450	68g	14g	32g	0mg	675mg	5g	23g
<b>Supper</b>								
Mike's - Harder Lemonade, 1 can (16 oz)	390	44g	--g	--g	--mg	--mg	46g	--g
Oreo Nabisco - Oreo, 3 cookies	160	25g	7g	1g	0mg	140mg	14g	1g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Trader Joe's - Carb Savvy Tortillas, 1 tortilla	45	9g	2g	3g	0mg	130mg	0g	6g
Beyond Meat - Burger, 1 Patty (4 oz)	250	3g	18g	20g	0mg	390mg	0g	2g
<b>TOTAL:</b>	<b>2,310</b>	<b>266g</b>	<b>94g</b>	<b>85g</b>	<b>55mg</b>	<b>2,351mg</b>	<b>96g</b>	<b>53g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace		150	60		
<b>TOTALS:</b>		<b>150</b>	<b>60</b>	<b>0</b>	<b>0</b>

## September 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Rise Nitro Brewing Co. - Nitro Cold Brew Oat Milk Mocha , 7 oz	150	25g	5g	1g	0mg	190mg	15g	1g
Caramel Peanut Butter Rolls, 1 serving(s)	275	36g	11g	8g	20mg	46mg	4g	1g
<b>Lunch</b>								
Oreo Nabisco - Oreo, 1 cookies	53	8g	2g	0g	0mg	47mg	5g	0g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Dunkin' Donuts - Glazed Donut, 2 Donut	520	62g	28g	6g	0mg	660mg	24g	2g
<b>Dinner</b>								
Domino's - Artisan - Spinach & Feta, 2 Slice (62g)	300	34g	14g	12g	20mg	500mg	2g	2g
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 4 slice	1,400	116g	76g	60g	140mg	2,480mg	8g	4g
Domino's - Parmesan Bread Twists, 2 Pieces (69g)	230	27g	11g	5g	0mg	240mg	1g	1g
<b>Supper</b>								
Starbucks - Tall Mocha 2% no Whip, 12 oz	200	32g	6g	10g	20mg	115mg	26g	1g
<b>TOTAL:</b>	<b>3,228</b>	<b>361g</b>	<b>160g</b>	<b>104g</b>	<b>200mg</b>	<b>4,423mg</b>	<b>86g</b>	<b>32g</b>

## September 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
Chili Hot + Black Beans, 1 serving(s)	265	34g	7g	22g	0mg	908mg	5g	15g
<b>Lunch</b>								
Abbott - Zone Perfect Bar - Fudge Graham, 1 bar (50 g)	220	25g	7g	14g	5mg	180mg	17g	2g
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
<b>Dinner</b>								
Jelly Belly - Jelly Belly, 35 pieces	140	37g	0g	0g	0mg	0mg	28g	0g
Delish - Praline Pecans, 2 oz	300	32g	20g	2g	--mg	100mg	30g	--g
<b>Supper</b>								
Walnuts - Walnuts, 0.25 cup	200	4g	20g	5g	0mg	1mg	1g	2g
Eggless Pumpkin Bread, 1 serving(s)	143	13g	9g	2g	23mg	21mg	1g	1g
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 2 slice	700	58g	38g	30g	70mg	1,240mg	4g	2g
<b>TOTAL:</b>	<b>2,418</b>	<b>244g</b>	<b>132g</b>	<b>85g</b>	<b>128mg</b>	<b>3,145mg</b>	<b>88g</b>	<b>38g</b>

## September 19, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Oreo Nabisco - Oreo, 9 cookies	480	75g	21g	3g	0mg	420mg	42g	3g
<b>Lunch</b>								
Delish - Praline Pecans, 1 oz	150	16g	10g	1g	--mg	50mg	15g	--g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
<b>Dinner</b>								
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 3 slice	1,050	87g	57g	45g	105mg	1,860mg	6g	3g
<b>Snacks</b>								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
<b>Supper</b>								
Quest - Protein chip BBQ(Improved), 1 pack	130	4g	4g	22g	10mg	280mg	0g	2g
Enlightened - Red Velvet Ice Cream (Minus Sugar Alcohol), 1/2 cup (70g)	70	10g	2g	6g	10mg	50mg	5g	5g
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>2,345</b>	<b>239g</b>	<b>122g</b>	<b>87g</b>	<b>125mg</b>	<b>2,890mg</b>	<b>77g</b>	<b>48g</b>

## September 20, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Caramel Peanut Butter Rolls, 1 serving(s)	275	36g	11g	8g	20mg	46mg	4g	1g
<b>Lunch</b>								
fritos - jalepeno cheddar cheese dip, 1 container (16.00 tablespoon)	320	24g	20g	8g	0mg	0mg	0g	0g
Frito-Lay - SunChips Harvest Cheddar, 1 container (196.00 g)	980	133g	42g	14g	0mg	1,400mg	14g	14g
<b>Dinner</b>								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
<b>Supper</b>								
Xtreme Wellness - Spinach & Herb, 45 gram	50	15g	2g	5g	0mg	310mg	0g	11g
Impossible - Burger Patties, 1 patty	240	9g	18g	19g	--mg	370mg	1g	3g
<b>TOTAL:</b>	<b>2,045</b>	<b>245g</b>	<b>104g</b>	<b>58g</b>	<b>25mg</b>	<b>2,206mg</b>	<b>31g</b>	<b>42g</b>

## September 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>Lunch</b>								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Gardein - Nashville Hot Chick'n Tenders, 8 tenders	533	45g	24g	35g	0mg	1,440mg	3g	3g
<b>Dinner</b>								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Field Roast - Vegetarian Smoked Apple Sage Sausage, 92 g (1 sausage)	220	16g	8g	23g	0mg	560mg	4g	0g
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
<b>Snacks</b>								
Starbucks - Hazelnut Latte (Tall), 12 fl. oz.	180	24g	6g	9g	20mg	130mg	23g	0g
<b>Supper</b>								
Carr Valley Cheese - Bread Cheese, 2 oz	200	0g	14g	12g	80mg	300mg	0g	0g
<b>TOTAL:</b>	<b>2,178</b>	<b>161g</b>	<b>112g</b>	<b>120g</b>	<b>140mg</b>	<b>3,665mg</b>	<b>53g</b>	<b>36g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace		75	30		
<b>TOTALS:</b>	<b>75</b>	<b>30</b>	<b>0</b>	<b>0</b>	<b>0</b>

September 22, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chili Hot + Black Beans, 1 serving(s)	265	34g	7g	22g	0mg	908mg	5g	15g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
<b>Lunch</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>Dinner</b>								
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
<b>TOTAL:</b>	<b>2,012</b>	<b>179g</b>	<b>100g</b>	<b>100g</b>	<b>80mg</b>	<b>3,363mg</b>	<b>28g</b>	<b>73g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
<b>Supper</b>								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>2,012</b>	<b>179g</b>	<b>100g</b>	<b>100g</b>	<b>80mg</b>	<b>3,363mg</b>	<b>28g</b>	<b>73g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace		75	30		
<b>TOTALS:</b>	<b>75</b>	<b>30</b>	<b>0</b>	<b>0</b>	<b>0</b>

September 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Lunch</b>								
Hofbrauhaus - Pilsner, 1 pint	149	--g	--g	--g	--mg	--mg	--g	--g
Sonic - Grilled Cheese, 0.5 sandwich	205	23g	9g	7g	18mg	520mg	3g	1g
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
<b>Dinner</b>								
Kraft - Shells & Cheese, 0.5 container (12 oz ea.)	495	86g	7g	--g	23mg	1,515mg	--g	3g
<b>Supper</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Snyders peanut butter filled pieces - Pretzel peanut butter, 1 oz	120	16g	5g	4g	0mg	140mg	1g	1g
<b>TOTAL:</b>	<b>2,027</b>	<b>238g</b>	<b>78g</b>	<b>62g</b>	<b>61mg</b>	<b>3,516mg</b>	<b>25g</b>	<b>76g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
<b>TOTALS:</b>	<b>75</b>	<b>30</b>	<b>0</b>	<b>0</b>	<b>0</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Walking, 3.0 mph, mod. pace	75	30			
TOTALS:	75	30	0	0	0

### September 24, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lunch								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Edible Snickerdoodle Cookie Dough, 5 serving(s)	204	23g	11g	2g	27mg	12mg	10g	0g
Lenny and Larry's - Complete Cookie (Chocolate Donut), 1 container (114.00 gram)	420	54g	14g	16g	0mg	500mg	28g	10g
Dinner								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Field Roast - Vegetarian Smoked Apple Sage Sausage, 92 g (1 sausage)	220	16g	8g	23g	0mg	560mg	4g	0g
Snacks								
Darn Rum Punch - Jamaican Rum Punch , 128 grams	104	12g	0g	0g	0mg	3mg	4g	0g
Snyders peanut butter filled pieces - Pretzel peanut butter, 1 oz	120	16g	5g	4g	0mg	140mg	1g	1g
Supper								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Tillamook - Tillamook Sharp White Cheddar Snack Portions (Corrected), 0.75 oz	90	1g	7g	5g	25mg	150mg	0g	0g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
Delish - Praline Pecans, 1 oz	150	16g	10g	1g	--mg	50mg	15g	--g
TOTAL:	2,263	222g	108g	96g	92mg	2,695mg	92g	52g

### September 25, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Caramel Peanut Butter Rolls, 1 serving(s)	275	36g	11g	8g	20mg	46mg	4g	1g
Lunch								
Quest - Chocolate Chip Cookie*, 1 Cookie	250	19g	17g	15g	30mg	220mg	1g	9g
Delish - Praline Pecans, 3 oz	450	48g	30g	3g	--mg	150mg	45g	--g
TOTAL:	2,187	203g	115g	66g	158mg	2,346mg	70g	24g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Dinner								
Odell - Ipa, 16 ounces	267	27g	--g	--g	--mg	--mg	--g	--g
Sonic - Grilled Cheese, 0.5 sandwich	205	23g	9g	7g	18mg	520mg	3g	1g
Snacks								
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 1 pieces (36g)	45	11g	3g	1g	0mg	75mg	1g	10g
Aroma Espresso Bar - Affogato, 1 serving (80 g)	130	10g	9g	2g	55mg	35mg	10g	0g
Supper								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage - Hot Italian Sausage, 1 Cooked link (76g)	190	5g	12g	16g	0mg	500mg	0g	3g
TOTAL:	2,187	203g	115g	66g	158mg	2,346mg	70g	24g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	150	60			
TOTALS:	150	60	0	0	0

September 26, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
coffeemate - Coffeemate Caramel Macchiato, 2 tbsp	70	10g	3g	0g	0mg	0mg	10g	0g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Earl Grey Cinnamon Rolls, 2 serving(s)	407	73g	14g	7g	40mg	42mg	23g	0g
Lunch								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage - Hot Italian Sausage, 1 Cooked link (76g)	190	5g	12g	16g	0mg	500mg	0g	3g
Dinner								
Vegan Sloppy Joe, 1 serving(s)	383	30g	19g	24g	0mg	1,146mg	8g	5g
Snacks								
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
Supper								
Vegan Sloppy Joe, 1 serving(s)	383	30g	19g	24g	0mg	1,146mg	8g	5g
TOTAL:	1,928	197g	85g	81g	60mg	3,505mg	65g	13g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace	150	60			
<b>TOTALS:</b>	<b>150</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>0</b>

September 27, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
coffeemate - Coffeemate Caramel Macchiato, 1 tbsp	35	5g	2g	0g	0mg	0mg	5g	0g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Earl Grey Cinnamon Rolls, 2 serving(s)	407	73g	14g	7g	40mg	42mg	23g	0g
<b>Lunch</b>								
Vegan Sloppy Joe, 1 serving(s)	383	30g	19g	24g	0mg	1,146mg	8g	5g
<b>Dinner</b>								
Beet Pesto, 1.62 serving(s)	192	4g	19g	4g	6mg	71mg	2g	1g
Beet, Kale, Feta Pizza, 2 serving(s)	488	57g	21g	21g	30mg	386mg	3g	1g
<b>Snacks</b>								
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
<b>Supper</b>								
Parle - Hide & Seek - Cafe Mocha, 5 pieces (55g)	135	21g	5g	2g	0mg	33mg	9g	--g
Starbucks - Tall Mocha Cookie Crumble Frappuccino, No Whip, 12 oz.	240	49g	5g	3g	--mg	--mg	--g	0g
<b>TOTAL:</b>	<b>2,075</b>	<b>264g</b>	<b>85g</b>	<b>61g</b>	<b>76mg</b>	<b>1,689mg</b>	<b>60g</b>	<b>7g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace	150	60			
<b>TOTALS:</b>	<b>150</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>0</b>

September 28, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Cadbury - Flake 32g, 1 bar	168	19g	9g	2g	--mg	--mg	19g	1g
<b>Lunch</b>								
coffeemate - Coffeemate Caramel Macchiato, 2 tbsp	70	10g	3g	0g	0mg	0mg	10g	0g
Tea - Black Tea, Unsweetened, 1 Cup	2	1g	0g	0g	0mg	7mg	--g	--g
Earl Grey Cinnamon Rolls, 2 serving(s)	407	73g	14g	7g	40mg	42mg	23g	0g
<b>TOTAL:</b>	<b>2,322</b>	<b>251g</b>	<b>119g</b>	<b>78g</b>	<b>114mg</b>	<b>1,503mg</b>	<b>81g</b>	<b>27g</b>



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Dinner</b>								
Beet Pesto, 2.43 serving(s)	288	5g	29g	7g	9mg	107mg	3g	2g
Beet, Kale, Feta Pizza, 3 serving(s)	732	85g	31g	31g	45mg	579mg	5g	2g
<b>Snacks</b>								
Parle - Hide and Seek Fab Chocolate Biscuits, 1 pieces (50g)	65	9g	3g	1g	0mg	18mg	5g	0g
<b>Supper</b>								
Kirkland - Microwave Popcorn, Movie Theatre Butter, 5.5 cups	190	17g	12g	2g	0mg	330mg	0g	2g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>TOTAL:</b>	<b>2,322</b>	<b>251g</b>	<b>119g</b>	<b>78g</b>	<b>114mg</b>	<b>1,503mg</b>	<b>81g</b>	<b>27g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace		75	30		
<b>TOTALS:</b>	<b>75</b>	<b>30</b>	<b>0</b>	<b>0</b>	<b>0</b>

## September 29, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Parle - Hide & Seek Chocolate Chip Cookies, 10 pieces (22g)	250	40g	10g	3g	0mg	63mg	18g	--g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>Lunch</b>								
Farmrich - Mozzarella Bites (From Label), 6 pieces (46g)	450	42g	24g	21g	60mg	930mg	9g	3g
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
<b>Dinner</b>								
Lasagna, 1 serving(s)	615	48g	30g	45g	75mg	1,213mg	8g	5g
<b>TOTAL:</b>	<b>2,165</b>	<b>183g</b>	<b>120g</b>	<b>83g</b>	<b>215mg</b>	<b>3,257mg</b>	<b>57g</b>	<b>12g</b>

## September 30, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
coffeemate - Coffeemate Caramel Macchiato, 2 tbsp	70	10g	3g	0g	0mg	0mg	10g	0g
Earl Grey Cinnamon Rolls, 1 serving(s)	204	37g	7g	4g	20mg	21mg	12g	0g
<b>Lunch</b>								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
<b>TOTAL:</b>	<b>2,257</b>	<b>275g</b>	<b>105g</b>	<b>94g</b>	<b>105mg</b>	<b>3,354mg</b>	<b>118g</b>	<b>49g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Gardein - Nashville Hot Chick'n Tenders, 8 tenders	533	45g	24g	35g	0mg	1,440mg	3g	3g
Dinner								
Starbucks - Grande Mocha Cookie Crumble Frappacino, No Whip, 16 oz	350	70g	7g	5g	10mg	240mg	66g	2g
Snacks								
Archer Farms - Pumpkin Spice Crème-filled Rolled Wafers, 3 wafers (30g)	150	22g	7g	1g	0mg	25mg	17g	0g
Supper								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Lasagna, 1 serving(s)	615	48g	30g	45g	75mg	1,213mg	8g	5g
TOTAL:	2,257	275g	105g	94g	105mg	3,354mg	118g	49g