



# Printable Diary for Lucent

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## August 1, 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
Double Chocolate Mint Cookies, 2 serving(s)	159	17g	9g	2g	14mg	0mg	7g	1g
Biscoff Cookies, 4 serving(s)	374	36g	25g	3g	62mg	301mg	12g	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>								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Kraft - Classic Catalina Dressing, 1.5 fluid ounce	135	14g	9g	0g	0mg	585mg	12g	0g
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)	540	62g	22g	30g	--mg	1,026mg	8g	8g
<b>Supper</b>								
King Leo - Soft Peppermint Stick, 1 stick	40	10g	0g	0g	0mg	0mg	10g	0g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Alexia - Mashed Cauliflower - Sea Salt, 1 container (1 1/2 cup (113g) ea.)	210	21g	11g	3g	30mg	1,380mg	6g	6g
<b>TOTAL:</b>	<b>2,073</b>	<b>208g</b>	<b>111g</b>	<b>73g</b>	<b>146mg</b>	<b>3,987mg</b>	<b>72g</b>	<b>48g</b>

## August 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Pecan Muffins, 1 serving(s)	309	18g	26g	3g	37mg	35mg	11g	2g
Biscoff Cookies, 2 serving(s)	187	18g	12g	2g	31mg	150mg	6g	0g
Justin's - Classic Cashew Butter, 1 tablespoon	105	5g	9g	3g	0mg	18mg	1g	--g
<b>Lunch</b>								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Enlightened - Mesquite Bbq Roasted Broad Beans, 4.5 oz	450	68g	14g	32g	0mg	675mg	5g	23g
<b>TOTAL:</b>	<b>2,205</b>	<b>235g</b>	<b>118g</b>	<b>77g</b>	<b>108mg</b>	<b>2,986mg</b>	<b>62g</b>	<b>67g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Dinner</b>								
Kraft - Classic Catalina Dressing, 2.5 fluid ounce	225	23g	15g	0g	0mg	975mg	20g	0g
New York - Texas Toast Croutons Cheese & Garlic, 10 tbsp (7g)	175	20g	10g	5g	0mg	325mg	0g	0g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
Romaine - Romaine Lettuce, 3 cup(shred)47g	24	6g	0g	3g	--mg	6mg	3g	3g
Grimmway farms - Whole Carrots, 1 carrot	30	7g	0g	1g	0mg	60mg	5g	2g
<b>Snacks</b>								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
New Belgium - Accumulation White IPA, 12 fl oz	186	14g	0g	0g	0mg	0mg	0g	0g
<b>Supper</b>								
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Strawberry, 170 g	54	13g	1g	1g	0mg	2mg	8g	3g
<b>TOTAL:</b>	<b>2,205</b>	<b>235g</b>	<b>118g</b>	<b>77g</b>	<b>108mg</b>	<b>2,986mg</b>	<b>62g</b>	<b>67g</b>

## August 3, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
La Colombe - Mocha, 1 can	110	16g	4g	5g	10mg	115mg	13g	1g
Gingerbread Cookie - Cookie, 2 cookie	500	38g	34g	30g	0mg	400mg	0g	22g
<b>Lunch</b>								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Kit Kat - Mini, 16 gr 1 unidad	74	10g	3g	0g	--mg	4mg	--g	--g
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
<b>Dinner</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>Supper</b>								
Strawberry, 100 g	32	8g	0g	1g	0mg	1mg	5g	2g
<b>TOTAL:</b>	<b>1,848</b>	<b>174g</b>	<b>108g</b>	<b>81g</b>	<b>45mg</b>	<b>1,965mg</b>	<b>45g</b>	<b>57g</b>

## August 4, 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>								
Double Chocolate Mint Cookies, 4 serving(s)	318	33g	18g	4g	28mg	0mg	13g	1g
<b>Lunch</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>Dinner</b>								
Chili Hot + Black Beans, 1 serving(s)	265	34g	7g	22g	0mg	908mg	5g	15g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
<b>Snacks</b>								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
<b>Supper</b>								
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
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
Beck's - Premier light, 12 oz	64	4g	0g	1g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>2,020</b>	<b>190g</b>	<b>114g</b>	<b>80g</b>	<b>63mg</b>	<b>2,814mg</b>	<b>29g</b>	<b>91g</b>

### August 5, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fig Bars v2, 1 serving(s)	178	22g	9g	2g	21mg	65mg	10g	3g
Rise Nitro Brewing Co. - Nitro Cold Brew Oat Milk Mocha , 7 oz	150	25g	5g	1g	0mg	190mg	15g	1g
<b>Lunch</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>Dinner</b>								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Chili Hot + Black Beans, 1 serving(s)	265	34g	7g	22g	0mg	908mg	5g	15g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
<b>TOTAL:</b>	<b>2,073</b>	<b>227g</b>	<b>99g</b>	<b>76g</b>	<b>132mg</b>	<b>4,208mg</b>	<b>102g</b>	<b>82g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Snacks</b>								
Starbucks - Caramel Ribbon Crunch Frappucino Tall No Whip, 12 oz	230	46g	4g	2g	15mg	190mg	46g	0g
<b>Supper</b>								
kroger - Mexican Cheese, 0.25 cup	100	1g	8g	6g	25mg	170mg	0g	0g
Alexia - Mashed Cauliflower - Sea Salt, 1 container (1 1/2 cup (113g) ea.)	210	21g	11g	3g	30mg	1,380mg	6g	6g
<b>TOTAL:</b>	<b>2,073</b>	<b>227g</b>	<b>99g</b>	<b>76g</b>	<b>132mg</b>	<b>4,208mg</b>	<b>102g</b>	<b>82g</b>

### August 6, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Joseph's - Lavash Wrap, 64 g (1/2 piece)	120	18g	3g	12g	0mg	580mg	0g	8g
Justin snack pack - Maple almond butter, 2 pack	400	32g	28g	10g	0mg	420mg	6g	0g
<b>Lunch</b>								
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
Fig Bars v2, 1 serving(s)	178	22g	9g	2g	21mg	65mg	10g	3g
<b>Dinner</b>								
Peanut Udon Noodles, 1 serving(s)	538	57g	30g	12g	0mg	1,762mg	2g	2g
Strawberry, 250 g	80	19g	1g	2g	0mg	3mg	12g	5g
<b>Snacks</b>								
Double Chocolate Mint Cookies, 1 serving(s)	79	8g	5g	1g	7mg	0mg	3g	0g
<b>Supper</b>								
Shells and Cheese - Velveeta, 1/2 container (12.00 oz)	570	78g	18g	21g	30mg	1,365mg	11g	2g
<b>TOTAL:</b>	<b>2,080</b>	<b>248g</b>	<b>104g</b>	<b>62g</b>	<b>62mg</b>	<b>4,215mg</b>	<b>46g</b>	<b>32g</b>

### August 7, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Double Chocolate Mint Cookies, 1 serving(s)	79	8g	5g	1g	7mg	0mg	3g	0g
Peanut Udon Noodles, 1 serving(s)	538	57g	30g	12g	0mg	1,762mg	2g	2g
<b>Lunch</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>Dinner</b>								
Fig Bars v2, 1 serving(s)	178	22g	9g	2g	21mg	65mg	10g	3g
<b>TOTAL:</b>	<b>2,032</b>	<b>220g</b>	<b>104g</b>	<b>65g</b>	<b>63mg</b>	<b>4,215mg</b>	<b>79g</b>	<b>23g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
<b>Snacks</b>								
Starbucks - Caramel Ribbon Crunch Frappucino Tall No Whip, 12 oz	230	46g	4g	2g	15mg	190mg	46g	0g
<b>Supper</b>								
Strawberry, 150 g	48	12g	0g	1g	0mg	2mg	7g	3g
Peanut Udon Noodles, 0.5 serving(s)	269	28g	15g	6g	0mg	881mg	1g	1g
<b>TOTAL:</b>	<b>2,032</b>	<b>220g</b>	<b>104g</b>	<b>65g</b>	<b>63mg</b>	<b>4,215mg</b>	<b>79g</b>	<b>23g</b>

### August 8, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Peanut Udon Noodles, 0.5 serving(s)	269	28g	15g	6g	0mg	881mg	1g	1g
<b>Lunch</b>								
Domino's - Artisan - Spinach & Feta, 1 Slice (62g)	150	17g	7g	6g	10mg	250mg	1g	1g
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 4 slice	1,400	116g	76g	60g	140mg	2,480mg	8g	4g
<b>Dinner</b>								
yooahoo - Strawberry Drink, 6.5 oz	100	21g	1g	1g	0mg	150mg	19g	0g
<b>Snacks</b>								
sheetz pepper jack - pepper jack cheese, 0.9 oz.	99	1g	8g	6g	27mg	153mg	0g	0g
<b>Supper</b>								
Domino's - Artisan - Spinach & Feta, 1 Slice (62g)	150	17g	7g	6g	10mg	250mg	1g	1g
<b>TOTAL:</b>	<b>2,168</b>	<b>200g</b>	<b>114g</b>	<b>85g</b>	<b>187mg</b>	<b>4,164mg</b>	<b>30g</b>	<b>7g</b>

### August 9, 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 - Artisan - Spinach & Feta, 2 Slice (62g)	300	34g	14g	12g	20mg	500mg	2g	2g
<b>Lunch</b>								
Starbucks - Tall Mocha Cookie Crumble Frappuccino, No Whip, 12 oz.	240	49g	5g	3g	--mg	--mg	--g	0g
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>								
<b>TOTAL:</b>	<b>2,229</b>	<b>260g</b>	<b>98g</b>	<b>77g</b>	<b>105mg</b>	<b>3,373mg</b>	<b>68g</b>	<b>46g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
<b>Snacks</b>								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
<b>Supper</b>								
Romaine - Romaine Lettuce, 3 cup(shred)47g	24	6g	0g	3g	--mg	6mg	3g	3g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
New York - Texas Toast Croutons Cheese & Garlic, 40 gram	200	23g	11g	6g	0mg	371mg	0g	0g
Kraft - Classic Catalina Dressing, 2.5 fluid ounce	225	23g	15g	0g	0mg	975mg	20g	0g
Grimmway farms - Whole Carrots, 3 carrot	90	21g	0g	3g	0mg	180mg	15g	6g
<b>TOTAL:</b>	<b>2,229</b>	<b>260g</b>	<b>98g</b>	<b>77g</b>	<b>105mg</b>	<b>3,373mg</b>	<b>68g</b>	<b>46g</b>

### August 10, 2020

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>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 4.5 oz	450	68g	14g	32g	0mg	675mg	5g	23g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
<b>Dinner</b>								
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
<b>Snacks</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 0.5 container (2 cup (68g) ea.)	200	16g	9g	14g	10mg	210mg	8g	10g
Blackstone - Nut Brown Ale, 24 oz	342	28g	--g	--g	--mg	--mg	--g	--g
<b>Supper</b>								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Quest - Protein chip BBQ(Improved), 1 pack	130	4g	4g	22g	10mg	280mg	0g	2g
<b>TOTAL:</b>	<b>1,972</b>	<b>205g</b>	<b>74g</b>	<b>118g</b>	<b>50mg</b>	<b>2,175mg</b>	<b>32g</b>	<b>103g</b>

### August 11, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
<b>TOTAL:</b>	<b>2,106</b>	<b>189g</b>	<b>72g</b>	<b>174g</b>	<b>168mg</b>	<b>3,603mg</b>	<b>110g</b>	<b>27g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lenny & Larry's - The Complete Cookie (Salted Caramel), 1 cookie	420	55g	13g	16g	0mg	530mg	26g	10g
<b>Lunch</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 0.5 container (2 cup (68g) ea.)	200	16g	9g	14g	10mg	210mg	8g	10g
<b>Dinner</b>								
Zone - Protien Bar-cinnamon Roll, 1 bar	220	22g	7g	15g	5mg	230mg	17g	--g
<b>Snacks</b>								
Girl Scouts - Fruit Slices, 5 pieces	217	55g	0g	0g	0mg	25mg	42g	0g
<b>Supper</b>								
Morningstar Farms - Meal Starters - Steak Strips, 39.6 strips (85g)	495	20g	15g	76g	0mg	1,419mg	0g	7g
Food Network - Korean-Style Marinated Skirt Steak, 2 Serving	484	8g	26g	50g	148mg	1,144mg	6g	0g
<b>TOTAL:</b>	<b>2,106</b>	<b>189g</b>	<b>72g</b>	<b>174g</b>	<b>168mg</b>	<b>3,603mg</b>	<b>110g</b>	<b>27g</b>

## August 12, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</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>								
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>Supper</b>								
Grapes - Black Grapes, 40 grapes	64	17g	0g	6g	0mg	2mg	16g	1g
<b>TOTAL:</b>	<b>2,176</b>	<b>237g</b>	<b>108g</b>	<b>67g</b>	<b>30mg</b>	<b>2,662mg</b>	<b>34g</b>	<b>32g</b>

## August 13, 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>TOTAL:</b>	<b>2,253</b>	<b>257g</b>	<b>106g</b>	<b>78g</b>	<b>53mg</b>	<b>2,964mg</b>	<b>85g</b>	<b>42g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Just Cookie Dough - Birthday Cake, 102 g	450	63g	18g	3g	0mg	480mg	30g	0g
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Red grapes, 134 g	92	24g	0g	1g	0mg	3mg	21g	1g
<b>Dinner</b>								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Beyond Meat - Beyond Sausage-hot Italian, 1 Cooked Link	220	7g	15g	14g	--mg	410mg	--g	3g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
<b>Snacks</b>								
Red grapes, 50 g	35	9g	0g	0g	0mg	1mg	8g	0g
Strawberry, 100 g	32	8g	0g	1g	0mg	1mg	5g	2g
<b>Supper</b>								
Tofu Tikka Masala Pizza, 2 serving(s)	566	62g	23g	28g	33mg	633mg	11g	5g
<b>TOTAL:</b>	<b>2,253</b>	<b>257g</b>	<b>106g</b>	<b>78g</b>	<b>53mg</b>	<b>2,964mg</b>	<b>85g</b>	<b>42g</b>

### August 14, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Tofu Tikka Masala Pizza, 3 serving(s)	848	93g	35g	42g	50mg	950mg	16g	8g
<b>Lunch</b>								
Just Cookie Dough - Birthday Cake, 68 g	300	42g	12g	2g	0mg	320mg	20g	0g
<b>Dinner</b>								
Mint Chocolate Peanut Butter Rolls, 1 serving(s)	301	40g	11g	9g	21mg	16mg	10g	1g
<b>Snacks</b>								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
<b>Supper</b>								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Cold Spicy Sesame Noodles, 10 serving(s)	361	38g	19g	10g	0mg	1,194mg	5g	2g
<b>TOTAL:</b>	<b>2,010</b>	<b>250g</b>	<b>91g</b>	<b>66g</b>	<b>71mg</b>	<b>2,695mg</b>	<b>52g</b>	<b>45g</b>

### August 15, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
<b>TOTAL:</b>	<b>2,108</b>	<b>232g</b>	<b>102g</b>	<b>67g</b>	<b>38mg</b>	<b>5,100mg</b>	<b>49g</b>	<b>19g</b>



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Mint Chocolate Peanut Butter Rolls, 1 serving(s)	301	40g	11g	9g	21mg	16mg	10g	1g
Lunch								
Maille - Dijon Originale (Ac), 12 tsp	120	0g	6g	5g	--mg	1,560mg	--g	--g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
Dinner								
Cold Spicy Sesame Noodles, 13 serving(s)	469	49g	25g	13g	0mg	1,552mg	7g	2g
Tofu Tikka Masala Pizza, 1 serving(s)	283	31g	12g	14g	17mg	317mg	5g	3g
TOTAL:	2,108	232g	102g	67g	38mg	5,100mg	49g	19g

### August 16, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Mint Chocolate Peanut Butter Rolls, 1 serving(s)	301	40g	11g	9g	21mg	16mg	10g	1g
Lunch								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Cold Spicy Sesame Noodles, 10 serving(s)	361	38g	19g	10g	0mg	1,194mg	5g	2g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Supper								
Grimmway farms - Whole Carrots, 1 carrot	30	7g	0g	1g	0mg	60mg	5g	2g
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
TOTAL:	2,137	181g	110g	73g	41mg	2,765mg	49g	40g

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

### August 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	1,799	192g	88g	68g	30mg	2,428mg	62g	61g

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
Oreo Nabisco - Oreo, 8 cookies	427	67g	19g	3g	0mg	373mg	37g	3g
<b>Lunch</b>								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Cold Spicy Sesame Noodles, 8 serving(s)	289	30g	15g	8g	0mg	955mg	4g	1g
<b>Dinner</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
<b>Snacks</b>								
Kirkland Signature California Pistachios - Pistachios, 1 oz/49 kernels/28 g	170	8g	14g	6g	0mg	160mg	2g	3g
<b>Supper</b>								
Guinness - Extra Stout (Usa), 11.2 fl. oz.	158	13g	0g	2g	--mg	--mg	--g	--g
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
<b>TOTAL:</b>	<b>1,799</b>	<b>192g</b>	<b>88g</b>	<b>68g</b>	<b>30mg</b>	<b>2,428mg</b>	<b>62g</b>	<b>61g</b>

August 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Mint Chocolate Peanut Butter Rolls, 1 serving(s)	301	40g	11g	9g	21mg	16mg	10g	1g
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Cold Spicy Sesame Noodles, 8 serving(s)	289	30g	15g	8g	0mg	955mg	4g	1g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
<b>Dinner</b>								
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
<b>Snacks</b>								
Oreo Nabisco - Oreo, 3 cookies	160	25g	7g	1g	0mg	140mg	14g	1g
<b>Supper</b>								
Morning star - BBQ chick'n nuggets, 1 container (12 nuggets)	600	69g	24g	36g	0mg	1,500mg	15g	9g
Kraft - Classic Catalina Dressing, 2 fluid ounce	180	18g	12g	0g	0mg	780mg	16g	0g

<b>TOTAL:</b>	<b>1,940</b>	<b>226g</b>	<b>97g</b>	<b>63g</b>	<b>26mg</b>	<b>3,656mg</b>	<b>83g</b>	<b>29g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Kirkland Signature California Pistachios - Pistachios, 0.5 oz/49 kernels/28 g	85	4g	7g	3g	0mg	80mg	1g	2g
TOTAL:	1,940	226g	97g	63g	26mg	3,656mg	83g	29g
August 19, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Mint Chocolate Peanut Butter Rolls, 1 serving(s)	301	40g	11g	9g	21mg	16mg	10g	1g
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Lunch								
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
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Kirkland Signature California Pistachios - Pistachios, 1 oz/49 kernels/28 g	170	8g	14g	6g	0mg	160mg	2g	3g
Supper								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 60 ml	138	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	2,079	183g	103g	96g	82mg	2,744mg	39g	90g
EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				75	30			
TOTALS:				75	30	0	0	0
August 20, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Mint Chocolate Peanut Butter Rolls, 1 serving(s)	301	40g	11g	9g	21mg	16mg	10g	1g
TOTAL:	1,956	206g	88g	104g	72mg	2,819mg	40g	78g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Lunch								
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
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Kirkland Signature California Pistachios - Pistachios, 0.5 oz/49 kernels/28 g	85	4g	7g	3g	0mg	80mg	1g	2g
Supper								
Enlightened - Mesquite Bbq Roasted Broad Beans, 4.5 oz	450	68g	14g	32g	0mg	675mg	5g	23g
TOTAL:	1,956	206g	88g	104g	72mg	2,819mg	40g	78g

### August 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Mint Chocolate Peanut Butter Rolls, 1 serving(s)	301	40g	11g	9g	21mg	16mg	10g	1g
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Lunch								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Maille - Dijon Originale (Ac), 12 tsp	120	0g	6g	5g	--mg	1,560mg	--g	--g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
Dinner								
Kirkland Signature California Pistachios - Pistachios, 0.5 oz/49 kernels/28 g	85	4g	7g	3g	0mg	80mg	1g	2g
Oreo Nabisco - Oreo, 3 cookies	160	25g	7g	1g	0mg	140mg	14g	1g
Supper								
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
TOTAL:	1,916	193g	102g	64g	36mg	3,876mg	48g	45g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
TOTALS:					
	75	30	0	0	0

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

August 22, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Mint Chocolate Peanut Butter Rolls, 1 serving(s)	301	40g	11g	9g	21mg	16mg	10g	1g
La Colombe Coffee - Draft Latte, 1 can	90	14g	3g	5g	0mg	0mg	10g	2g
Lunch								
Cauliflower Mac and Cheese, 1 serving(s)	334	20g	21g	19g	62mg	429mg	10g	3g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Supper								
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
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
TOTAL:	1,950	182g	100g	94g	134mg	2,528mg	55g	71g

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

August 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
Cauliflower Mac and Cheese, 2 serving(s)	669	40g	43g	38g	125mg	857mg	19g	5g
Lunch								
Kirkland Signature California Pistachios - Pistachios, 1 oz/49 kernels/28 g	170	8g	14g	6g	0mg	160mg	2g	3g
TOTAL:	2,117	183g	119g	105g	149mg	3,177mg	93g	26g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
<b>Dinner</b>								
Starbucks - Grande Mocha Cookie Crumble Frappacino, No Whip, 16 oz	350	70g	7g	5g	10mg	240mg	66g	2g
<b>Supper</b>								
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>TOTAL:</b>	<b>2,117</b>	<b>183g</b>	<b>119g</b>	<b>105g</b>	<b>149mg</b>	<b>3,177mg</b>	<b>93g</b>	<b>26g</b>

### August 24, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
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>								
Kirkland Signature California Pistachios - Pistachios, 0.5 oz/49 kernels/28 g	85	4g	7g	3g	0mg	80mg	1g	2g
<b>Dinner</b>								
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Earth Fare - Organic Corn Flakes Cereal, 2 cup	240	86g	1g	6g	--mg	640mg	14g	4g
<b>Supper</b>								
Quest - Protein chip BBQ(Improved), 1 pack	130	4g	4g	22g	10mg	280mg	0g	2g
Gardein - Mandarin Orange Crispy Chik'n, 1 container (17.5 nuggets ea.)	525	75g	15g	28g	0mg	1,375mg	38g	0g
<b>TOTAL:</b>	<b>1,985</b>	<b>276g</b>	<b>72g</b>	<b>93g</b>	<b>41mg</b>	<b>4,159mg</b>	<b>72g</b>	<b>60g</b>

### August 25, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Mint Chocolate Peanut Butter Rolls, 1 serving(s)	301	40g	11g	9g	21mg	16mg	10g	1g
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
<b>Lunch</b>								
Oreo Nabisco - Oreo, 10 cookies	533	83g	23g	3g	0mg	467mg	47g	3g

<b>TOTAL:</b>	<b>2,285</b>	<b>286g</b>	<b>92g</b>	<b>41g</b>	<b>36mg</b>	<b>3,303mg</b>	<b>148g</b>	<b>11g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Dinner</b>								
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram	405	58g	19g	2g	0mg	171mg	30g	2g
Orange Tofu, 1 serving(s)	595	70g	25g	24g	0mg	2,543mg	40g	4g
Veuve Clicquot - Champagne Brut, 250 ml	178	2g	--g	1g	--mg	--mg	2g	--g
<b>Supper</b>								
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 43.2 gram	203	29g	9g	1g	0mg	86mg	15g	1g
<b>TOTAL:</b>	<b>2,285</b>	<b>286g</b>	<b>92g</b>	<b>41g</b>	<b>36mg</b>	<b>3,303mg</b>	<b>148g</b>	<b>11g</b>

### August 26, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 43.2 gram	203	29g	9g	1g	0mg	86mg	15g	1g
<b>Lunch</b>								
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram	405	58g	19g	2g	0mg	171mg	30g	2g
Orange Tofu, 1 serving(s)	595	70g	25g	24g	0mg	2,543mg	40g	4g
<b>Dinner</b>								
Orange Tofu, 1 serving(s)	595	70g	25g	24g	0mg	2,543mg	40g	4g
<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
<b>TOTAL:</b>	<b>2,198</b>	<b>259g</b>	<b>96g</b>	<b>79g</b>	<b>20mg</b>	<b>5,763mg</b>	<b>141g</b>	<b>31g</b>

### August 27, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram	405	58g	19g	2g	0mg	171mg	30g	2g
<b>Lunch</b>								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
<b>Dinner</b>								
Crispy Tofu, 1 serving(s)	645	14g	48g	41g	0mg	68mg	5g	5g
<b>Supper</b>								

<b>TOTAL:</b>	<b>2,165</b>	<b>218g</b>	<b>125g</b>	<b>54g</b>	<b>0mg</b>	<b>1,420mg</b>	<b>74g</b>	<b>25g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram	405	58g	19g	2g	0mg	171mg	30g	2g
TOTAL:	2,165	218g	125g	54g	0mg	1,420mg	74g	25g
August 28, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Crispy Tofu, 1 serving(s)	645	14g	48g	41g	0mg	68mg	5g	5g
Lunch								
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram	405	58g	19g	2g	0mg	171mg	30g	2g
Dinner								
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
Supper								
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram	405	58g	19g	2g	0mg	171mg	30g	2g
TOTAL:	2,070	189g	117g	76g	30mg	1,943mg	72g	26g
August 29, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Mint Chocolate Peanut Butter Rolls, 1 serving(s)	301	40g	11g	9g	21mg	16mg	10g	1g
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
Lunch								
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram	405	58g	19g	2g	0mg	171mg	30g	2g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Supper								
Maille - Dijon Originale (Ac), 12 tsp	120	0g	6g	5g	--mg	1,560mg	--g	--g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
TOTAL:	2,186	236g	107g	70g	56mg	3,812mg	79g	36g
EXERCISES				Calories	Minutes	Sets	Reps	Weight



EXERCISES					Calories	Minutes	Sets	Reps	Weight			
Cardiovascular												
Walking, 3.0 mph, mod. pace					150	60						
TOTALS:					150	60	0	0	0			
August 30, 2020												
FOODS					Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast												
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram					405	58g	19g	2g	0mg	171mg	30g	2g
Lunch												
Kirkland Signature California Pistachios - Pistachios, 0.5 oz/49 kernels/28 g					85	4g	7g	3g	0mg	80mg	1g	2g
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
Dinner												
Starbucks - Caramel Sauce Tbsp, 2 Tbsp					160	26g	6g	--g	20mg	55mg	21g	--g
Starbucks - Caramel Ribbon Crunch Frappucino Tall No Whip, 12 oz					230	46g	4g	2g	15mg	190mg	46g	0g
Supper												
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram					405	58g	19g	2g	0mg	171mg	30g	2g
TOTAL:					2,000	267g	93g	41g	65mg	2,270mg	135g	37g
August 31, 2020												
FOODS					Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast												
Flying Apron Sugar Cookie (Vegan & Gluten Free) - Sugar Cookie, 86.4 gram					405	58g	19g	2g	0mg	171mg	30g	2g
Lunch												
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
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)					540	62g	22g	30g	--mg	1,026mg	8g	8g
Dinner												
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)					400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:					2,175	247g	114g	70g	20mg	2,697mg	62g	65g

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Snacks									
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties		100	21g	7g	2g	0mg	145mg	1g	20g
Supper									
Alexia - Crispy Onion Rings, 160 g		480	58g	24g	6g	0mg	780mg	6g	2g
TOTAL:		2,175	247g	114g	70g	20mg	2,697mg	62g	65g

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