



# Printable Diary for Lucent

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## October 1, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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, 1 serving(s)	204	37g	7g	4g	20mg	21mg	12g	0g
Lunch								
Lasagna, 1 serving(s)	615	48g	30g	45g	75mg	1,213mg	8g	5g
Archer Farms - Pumpkin Spice Crème-filled Rolled Wafers, 5 wafers (30g)	250	37g	12g	2g	0mg	42mg	28g	0g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Supper								
Starbucks - Mocha Cookie Crumble Frappucino-Venti-No Whip, 24 fl. oz	460	92g	10g	7g	15mg	320mg	86g	2g
TOTAL:	1,969	251g	79g	86g	130mg	2,016mg	155g	27g

## October 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Bravo Cucina Italiano - Balsamic Onion, Portobello & Gorgonzola Flatbread, 1 flatbread	470	--g	--g	--g	--mg	--mg	--g	--g
Bravo - Bread, 2 bun	300	56g	8g	0g	0mg	0mg	0g	0g
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, 1 serving(s)	204	37g	7g	4g	20mg	21mg	12g	0g
Lunch								
Aladdin Food - Deep Fried Ravioli, 2 Raviolis	176	13g	10g	6g	26mg	203mg	3g	0g
Hofbrauhaus - Pilsner, 1 pint	149	--g	--g	--g	--mg	--mg	--g	--g
Dinner								
TOTAL:	2,670	232g	109g	46g	66mg	1,688mg	81g	25g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Delish - Praline Pecans, 3 oz	450	48g	30g	3g	--mg	150mg	45g	--g
Kirkland Signature Popcorn - Kirkland Signature Popcorn (Popped), 13.75 cup	481	41g	34g	5g	0mg	894mg	0g	5g
<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>2,670</b>	<b>232g</b>	<b>109g</b>	<b>46g</b>	<b>66mg</b>	<b>1,688mg</b>	<b>81g</b>	<b>25g</b>

### October 3, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Earl Grey Cinnamon Rolls, 2 serving(s)	407	73g	14g	7g	40mg	42mg	23g	0g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Aladdin Food - Deep Fried Ravioli, 4 Raviolis	352	26g	21g	13g	51mg	406mg	7g	0g
Lasagna, 1 serving(s)	615	48g	30g	45g	75mg	1,213mg	8g	5g
<b>Dinner</b>								
Brusters - Graham Central Station Ice Cream (Website), 140 g	410	45g	23g	4g	25mg	180mg	33g	--g
<b>Supper</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>TOTAL:</b>	<b>2,247</b>	<b>275g</b>	<b>92g</b>	<b>95g</b>	<b>210mg</b>	<b>2,708mg</b>	<b>101g</b>	<b>15g</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>

### October 4, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Domino's - Garlic Butter, 1 cup	250	--g	28g	--g	--mg	160mg	--g	--g
Carbquick Biscuits, 3 serving(s)	530	9g	52g	5g	174mg	186mg	7g	11g
<b>Lunch</b>								
Great Value - Reduced Calorie Syrup (2020-03-08 Per Label), 2 Tbsp.	50	13g	0g	0g	0mg	75mg	12g	1g

<b>TOTAL:</b>	<b>2,813</b>	<b>272g</b>	<b>168g</b>	<b>73g</b>	<b>263mg</b>	<b>3,640mg</b>	<b>65g</b>	<b>61g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Kodiak Cakes - Kodiak Cakes 100% Whole Wheat, 50 gram	179	28g	2g	13g	9mg	358mg	3g	5g
<b>Dinner</b>								
Taj Mahal - Aloo Naan, 2 six inch bread	624	122g	11g	13g	--mg	796mg	30g	8g
Rice, 1 cup cooked	200	47g	0g	4g	0mg	0mg	0g	0g
Trader Joe's - Palak Paneer (Corrected), 2 package (150g)	880	32g	68g	36g	80mg	1,920mg	12g	16g
<b>Supper</b>								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
<b>TOTAL:</b>	<b>2,813</b>	<b>272g</b>	<b>168g</b>	<b>73g</b>	<b>263mg</b>	<b>3,640mg</b>	<b>65g</b>	<b>61g</b>

### October 5, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Earl Grey Cinnamon Rolls, 2 serving(s)	407	73g	14g	7g	40mg	42mg	23g	0g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Alexia - Crispy Onion Rings, 0.5 container (360 gs ea.)	540	65g	27g	7g	0mg	878mg	7g	2g
Starbucks - Tall Mocha Cookie Crumble Frappuccino, No Whip, 12 oz.	240	49g	5g	3g	--mg	--mg	--g	0g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
<b>Dinner</b>								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
<b>Supper</b>								
Lasagna, 1 serving(s)	615	48g	30g	45g	75mg	1,213mg	8g	5g
<b>TOTAL:</b>	<b>2,017</b>	<b>271g</b>	<b>92g</b>	<b>65g</b>	<b>115mg</b>	<b>2,313mg</b>	<b>40g</b>	<b>40g</b>

### October 6, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Carbquick Biscuits, 2 serving(s)	353	6g	35g	3g	116mg	124mg	4g	7g
Domino's - Garlic Butter, 1 cup	250	--g	28g	--g	--mg	160mg	--g	--g
<b>Lunch</b>								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
<b>Dinner</b>								

<b>TOTAL:</b>	<b>1,950</b>	<b>155g</b>	<b>128g</b>	<b>50g</b>	<b>155mg</b>	<b>1,714mg</b>	<b>55g</b>	<b>56g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Starbucks - Tall Java Chip Frappuccino - No Whip, 12 oz	230	47g	4g	4g	5mg	0mg	44g	1g
<b>Snacks</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>Supper</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
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>TOTAL:</b>	<b>1,950</b>	<b>155g</b>	<b>128g</b>	<b>50g</b>	<b>155mg</b>	<b>1,714mg</b>	<b>55g</b>	<b>56g</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>

### October 7, 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>								
Starbucks - Tall Java Chip Frappuccino - No Whip, 12 oz	230	47g	4g	4g	5mg	0mg	44g	1g
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>								
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, 3 slice	1,050	87g	57g	45g	105mg	1,860mg	6g	3g
<b>TOTAL:</b>	<b>2,448</b>	<b>239g</b>	<b>120g</b>	<b>109g</b>	<b>150mg</b>	<b>3,406mg</b>	<b>71g</b>	<b>38g</b>

### October 8, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
<b>TOTAL:</b>	<b>2,090</b>	<b>218g</b>	<b>113g</b>	<b>76g</b>	<b>90mg</b>	<b>2,360mg</b>	<b>79g</b>	<b>44g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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, 2 slice	700	58g	38g	30g	70mg	1,240mg	4g	2g
<b>Lunch</b>								
Starbucks - Grande Mocha Cookie Crumble Frappacino, No Whip, 16 oz	350	70g	7g	5g	10mg	240mg	66g	2g
<b>Dinner</b>								
ChocZero - Dark Chocolate Pumpkins, 4 Piece	80	12g	8g	0g	--mg	--mg	--g	8g
Choc Zero - Milk Chocolate Pumpkins, 2 Piece	50	6g	4g	0g	0mg	0mg	0g	4g
ChocZero - Dark Chocolate Pumpkins, 2 Piece	40	6g	4g	0g	--mg	--mg	--g	4g
Choczero - Milk Chocolate Peanut Butter Cup, 3 cup	240	12g	18g	6g	0mg	30mg	3g	9g
Choc zero - White choc Pb cups, 2 cup	160	10g	12g	6g	0mg	20mg	2g	8g
<b>Supper</b>								
Healthy Life Wheat Buns - Sandwich Wheat Buns, 1 Bun	80	18g	1g	4g	0mg	210mg	3g	3g
Impossible Burger - Impossible Vegan Meat, 113 grams	240	9g	14g	19g	0mg	370mg	0g	3g
<b>TOTAL:</b>	<b>2,090</b>	<b>218g</b>	<b>113g</b>	<b>76g</b>	<b>90mg</b>	<b>2,360mg</b>	<b>79g</b>	<b>44g</b>

### October 9, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Choczero - Milk Chocolate Peanut Butter Cup, 3 cup	240	12g	18g	6g	0mg	30mg	3g	9g
Quest - Chocolate Chip Cookie*, 1 Cookie	250	19g	17g	15g	30mg	220mg	1g	9g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.75 cup	480	21g	36g	18g	0mg	150mg	21g	6g
<b>Dinner</b>								
Farm Rich - Breaded Mozzarella Sticks Corrected, 3 sticks (86g)	270	23g	15g	12g	20mg	650mg	2g	1g
<b>Snacks</b>								
Choc zero - White choc Pb cups, 2 cup	160	10g	12g	6g	0mg	20mg	2g	8g
Choc Zero - Milk Chocolate Pumpkins, 4 Piece	100	12g	8g	0g	0mg	0mg	0g	8g
<b>Supper</b>								
Choczero - Milk Chocolate Peanut Butter Cup, 1 cup	80	4g	6g	2g	0mg	10mg	1g	3g
Bert, Feta, Mozzarella Pizza, 2 serving(s)	551	55g	26g	27g	52mg	560mg	3g	0g
Beet Pesto, 1.22 serving(s)	145	3g	14g	3g	4mg	54mg	1g	1g
<b>TOTAL:</b>	<b>2,281</b>	<b>159g</b>	<b>152g</b>	<b>89g</b>	<b>106mg</b>	<b>1,694mg</b>	<b>34g</b>	<b>45g</b>

### October 10, 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>								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Orange Sweet Rolls, 1 serving(s)	374	56g	15g	6g	40mg	16mg	9g	0g
<b>Lunch</b>								
Bert, Feta, Mozzarella Pizza, 2 serving(s)	551	55g	26g	27g	52mg	560mg	3g	0g
Beet Pesto, 1.22 serving(s)	145	3g	14g	3g	4mg	54mg	1g	1g
<b>Dinner</b>								
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
<b>Snacks</b>								
Choc Zero - Milk Chocolate Pumpkins, 4 Piece	100	12g	8g	0g	0mg	0mg	0g	8g
Choczero - Milk Chocolate Peanut Butter Cup, 1 cup	80	4g	6g	2g	0mg	10mg	1g	3g
Choc zero - White choc Pb cups, 2 cup	160	10g	12g	6g	0mg	20mg	2g	8g
<b>Supper</b>								
Choczero - Milk Chocolate Peanut Butter Cup, 1 cup	80	4g	6g	2g	0mg	10mg	1g	3g
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
<b>TOTAL:</b>	<b>2,095</b>	<b>205g</b>	<b>109g</b>	<b>72g</b>	<b>96mg</b>	<b>1,983mg</b>	<b>24g</b>	<b>40g</b>

## October 11, 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
Orange Sweet Rolls, 1 serving(s)	374	56g	15g	6g	40mg	16mg	9g	0g
<b>Lunch</b>								
Lasagna, 1 serving(s)	615	48g	30g	45g	75mg	1,213mg	8g	5g
<b>Dinner</b>								
Farm Rich - Breaded Mozzarella Sticks Corrected, 3 sticks (86g)	270	23g	15g	12g	20mg	650mg	2g	1g
<b>Snacks</b>								
Choczero - Milk Chocolate Peanut Butter Cup, 2 cup	160	8g	12g	4g	0mg	20mg	2g	6g
Choc Zero - Milk Chocolate Pumpkins, 11 Piece	275	33g	22g	0g	0mg	0mg	0g	22g
<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>2,099</b>	<b>200g</b>	<b>112g</b>	<b>95g</b>	<b>155mg</b>	<b>2,319mg</b>	<b>37g</b>	<b>54g</b>

## October 12, 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>								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Orange Sweet Rolls, 1 serving(s)	374	56g	15g	6g	40mg	16mg	9g	0g
<b>Lunch</b>								
Gardein - Mandarin Orange Crispy Chik'n, 1 container (17.5 nuggets ea.)	525	75g	15g	28g	0mg	1,375mg	38g	0g
Delish - Praline Pecans, 1 oz	150	16g	10g	1g	--mg	50mg	15g	--g
<b>Dinner</b>								
ChocZero - Dark Chocolate Pumpkins, 5 Piece	100	15g	10g	0g	--mg	--mg	--g	10g
Choc Zero - Milk Chocolate Pumpkins, 2 Piece	50	6g	4g	0g	0mg	0mg	0g	4g
Starbucks - Pumpkin Spice Latte, Tall, Skim, No Whip, 12 oz	200	38g	--g	11g	--mg	170mg	37g	--g
<b>Supper</b>								
Gardein - Nashville Hot Chick'n Tenders, 6 tenders	400	34g	18g	26g	0mg	1,080mg	2g	2g
Buffalo Cauliflower, 1 serving(s)	225	21g	15g	8g	0mg	126mg	8g	8g
<b>TOTAL:</b>	<b>2,029</b>	<b>261g</b>	<b>87g</b>	<b>80g</b>	<b>40mg</b>	<b>2,817mg</b>	<b>109g</b>	<b>24g</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>

## October 13, 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
Orange Sweet Rolls, 1 serving(s)	374	56g	15g	6g	40mg	16mg	9g	0g
<b>Lunch</b>								
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
Chili Hot + Black Beans, 1 serving(s)	265	34g	7g	22g	0mg	908mg	5g	15g
<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
<b>Snacks</b>								
<b>TOTAL:</b>	<b>1,973</b>	<b>259g</b>	<b>83g</b>	<b>70g</b>	<b>60mg</b>	<b>2,814mg</b>	<b>56g</b>	<b>34g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Grapes - Red Grapes, 184 Grams	124	32g	0g	1g	0mg	0mg	30g	2g
Supper								
Kirkland Signature Popcorn - Kirkland Signature Popcorn (Popped), 3 cup	105	9g	8g	1g	0mg	195mg	0g	1g
Starbucks - Tall Mocha Cookie Crumble Frappuccino, No Whip, 12 oz.	240	49g	5g	3g	--mg	--mg	--g	0g
TOTAL:	1,973	259g	83g	70g	60mg	2,814mg	56g	34g

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

### October 14, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
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
Field Roast - Vegetarian Smoked Apple Sage Sausage, 92 g (1 sausage)	220	16g	8g	23g	0mg	560mg	4g	0g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Dogfish - Slightly Mighty Lo-Cal IPA, 24 fl oz	190	7g	0g	2g	--mg	--mg	--g	--g
Supper								
Enlightened - Cookie Bites, 24 bites	90	6g	6g	5g	10mg	90mg	1g	4g
Buffalo Cauliflower v2, 1 serving(s)	239	24g	15g	9g	0mg	143mg	9g	10g
TOTAL:	2,099	137g	121g	91g	130mg	2,913mg	48g	38g

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

### October 15, 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
Orange Sweet Rolls, 1 serving(s)	374	56g	15g	6g	40mg	16mg	9g	0g
<b>Lunch</b>								
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
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>								
Domino's - Parmesan Bread Twists, 1 Pieces (69g)	115	14g	6g	3g	0mg	120mg	1g	1g
<b>TOTAL:</b>	<b>2,509</b>	<b>274g</b>	<b>123g</b>	<b>79g</b>	<b>180mg</b>	<b>3,011mg</b>	<b>54g</b>	<b>7g</b>

### October 16, 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, 2 slice	700	58g	38g	30g	70mg	1,240mg	4g	2g
<b>Lunch</b>								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Orange Sweet Rolls, 1 serving(s)	374	56g	15g	6g	40mg	16mg	9g	0g
<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
<b>Snacks</b>								
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
<b>Supper</b>								
Morningstar Farms - MorningStar Farms® Pepperoni Pizza Bites, 6 bites	180	23g	7g	9g	0mg	450mg	3g	3g
Farm Rich - Breaded Mozzarella Sticks Corrected, 3 sticks (86g)	270	23g	15g	12g	20mg	650mg	2g	1g
<b>TOTAL:</b>	<b>2,119</b>	<b>217g</b>	<b>93g</b>	<b>85g</b>	<b>150mg</b>	<b>2,787mg</b>	<b>44g</b>	<b>26g</b>

### October 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - Keto Brownie Dough Bites, 24 pieces	90	4g	7g	4g	10mg	80mg	1g	3g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Orange Sweet Rolls, 1 serving(s)	374	56g	15g	6g	40mg	16mg	9g	0g

<b>TOTAL:</b>	<b>1,944</b>	<b>134g</b>	<b>108g</b>	<b>79g</b>	<b>246mg</b>	<b>2,218mg</b>	<b>31g</b>	<b>15g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Carr Valley Cheese - Bread Cheese, 4 oz	400	0g	28g	24g	160mg	600mg	0g	0g
Wine - Glass - Dry Red Wine, 0.42 cup	125	3g	0g	0g	0mg	10mg	--g	--g
Kraft - Cracker Barrel Sharp White Cheddar Cracker Cuts, 4 slices (33 g)	140	0g	12g	7g	35mg	200mg	0g	0g
<b>Dinner</b>								
Nuts 'n More - Salted Caramel, 2 Tbsp (33g)	190	7g	14g	11g	1mg	102mg	1g	3g
Kirkland Signature Popcorn - Kirkland Signature Popcorn (Popped), 6 cup	210	18g	15g	2g	0mg	390mg	0g	2g
<b>Snacks</b>								
York - Peppermint Hot Chocolate Mix, 1 pouch	90	19g	2g	2g	--mg	240mg	17g	1g
<b>Supper</b>								
Impossible Burger - Impossible Vegan Meat, 113 grams	240	9g	14g	19g	0mg	370mg	0g	3g
Healthy Life Wheat Buns - Sandwich Wheat Buns, 1 Bun	80	18g	1g	4g	0mg	210mg	3g	3g
<b>TOTAL:</b>	<b>1,944</b>	<b>134g</b>	<b>108g</b>	<b>79g</b>	<b>246mg</b>	<b>2,218mg</b>	<b>31g</b>	<b>15g</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>

## October 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Cheese Pizza, 3 serving(s)	818	80g	40g	37g	81mg	1,218mg	8g	1g
<b>Lunch</b>								
Enlightened - keto cookie dough bites: peanut butter (minus sugar alcohols), 30 g (24 pcs)	110	5g	8g	6g	5mg	150mg	1g	3g
Starbucks - Grande Salted Carmel Mocha- No Whip, 16 oz.	330	61g	8g	12g	20mg	270mg	52g	2g
Grapes - Red Grapes, 92 Grams	62	16g	0g	1g	0mg	0mg	15g	1g
<b>Dinner</b>								
Cheese Pizza, 2 serving(s)	545	54g	27g	25g	54mg	812mg	5g	1g
<b>Supper</b>								
gardein - hot and Spicy jerky, 28 gram	90	8g	1g	10g	0mg	640mg	5g	0g
Quest - Spicy sweet chili protein chips, 32 g (1bag)	140	5g	5g	19g	10mg	300mg	1g	1g
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g

<b>TOTAL:</b>	<b>2,320</b>	<b>258g</b>	<b>108g</b>	<b>113g</b>	<b>174mg</b>	<b>3,445mg</b>	<b>90g</b>	<b>34g</b>
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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
TOTAL:	2,320	258g	108g	113g	174mg	3,445mg	90g	34g
October 19, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Justin's - Maple Cashew Butter, 32 g/1 pack	200	11g	15g	4g	0mg	100mg	5g	1g
quest - soft peanut butter cookie, 116 gram	440	44g	26g	30g	--mg	--mg	--g	24g
Dinner								
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
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
Supper								
Choczero - Milk Chocolate Peanut Butter Cup, 3 cup	240	12g	18g	6g	0mg	30mg	3g	9g
Cantaloupe, 2 cup, cubed	109	26g	1g	3g	0mg	51mg	25g	3g
TOTAL:	1,801	156g	106g	82g	30mg	1,441mg	37g	54g
October 20, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Choczero - Milk Chocolate Peanut Butter Cup, 3 cup	240	12g	18g	6g	0mg	30mg	3g	9g
Lunch								
ChocZero - Dark Chocolate Pumpkins, 5 Piece	100	15g	10g	0g	--mg	--mg	--g	10g
Choc Zero - Milk Chocolate Pumpkins, 4 Piece	100	12g	8g	0g	0mg	0mg	0g	8g
Choczero - Milk Chocolate Peanut Butter Cup, 3 cup	240	12g	18g	6g	0mg	30mg	3g	9g
Dinner								
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 - Soft Tortillas, 4 tortillas	320	54g	9g	8g	0mg	1,800mg	4g	4g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Snacks								
Healthy Life Wheat Buns - Sandwich Wheat Buns, 1 Bun	80	18g	1g	4g	0mg	210mg	3g	3g
Impossible - Burger Patties, 1 patty	240	9g	18g	19g	--mg	370mg	1g	3g
TOTAL:	2,648	218g	153g	90g	0mg	3,021mg	74g	71g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Starbucks - Tall Pumpkin Spice Creme Frappuccino No Whip, 12 oz	170	33g	2g	4g	--mg	--mg	33g	--g
<b>Supper</b>								
Dogfish - Slightly Mighty Lo-Cal IPA, 24 fl oz	190	7g	0g	2g	--mg	--mg	--g	--g
Choczero - Milk Chocolate Peanut Butter Cup, 3 cup	240	12g	18g	6g	0mg	30mg	3g	9g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.75 cup	480	21g	36g	18g	0mg	150mg	21g	6g
<b>TOTAL:</b>	<b>2,648</b>	<b>218g</b>	<b>153g</b>	<b>90g</b>	<b>0mg</b>	<b>3,021mg</b>	<b>74g</b>	<b>71g</b>

### October 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g
Affogsto, 1 serving(s)	62	9g	1g	2g	6mg	24mg	8g	0g
<b>Lunch</b>								
Giant Eagle - Sprinkle Thumbprint Cookie, 2 cookie	237	19g	17g	4g	44mg	127mg	10g	2g
Chocolate Coffee Ice Cream, 2 serving(s)	193	17g	12g	2g	46mg	32mg	15g	1g
Guinness Caramel Sauce, 1 serving(s)	88	10g	6g	0g	22mg	4mg	5g	0g
<b>Dinner</b>								
Giant Eagle - Sprinkle Thumbprint Cookie, 2 cookie	237	19g	17g	4g	44mg	127mg	10g	2g
Healthy Life Wheat Buns - Sandwich Wheat Buns, 1 Bun	80	18g	1g	4g	0mg	210mg	3g	3g
Impossible - Burger Patties, 1 patty	240	9g	18g	19g	--mg	370mg	1g	3g
<b>Snacks</b>								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.5 cup	320	14g	24g	12g	0mg	100mg	14g	4g
Choc Zero - Milk Chocolate Pumpkins, 4 Piece	100	12g	8g	0g	0mg	0mg	0g	8g
Choczero - Milk Chocolate Peanut Butter Cup, 3 cup	240	12g	18g	6g	0mg	30mg	3g	9g
<b>Supper</b>								
Giant Eagle - Sprinkle Thumbprint Cookie, 1 cookie	119	9g	9g	2g	22mg	63mg	5g	1g
Healthy Life Wheat Buns - Sandwich Wheat Buns, 1 Bun	80	18g	1g	4g	0mg	210mg	3g	3g
Vegan BBQ, 1 serving(s)	133	24g	2g	6g	0mg	2,327mg	7g	3g
<b>TOTAL:</b>	<b>2,415</b>	<b>235g</b>	<b>145g</b>	<b>70g</b>	<b>199mg</b>	<b>3,634mg</b>	<b>88g</b>	<b>43g</b>

### October 22, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Giant Eagle - Sprinkle Thumbprint Cookie, 3 cookie	356	28g	26g	5g	66mg	190mg	15g	3g
<b>Lunch</b>								

<b>TOTAL:</b>	<b>3,303</b>	<b>285g</b>	<b>194g</b>	<b>85g</b>	<b>255mg</b>	<b>3,147mg</b>	<b>71g</b>	<b>46g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 2 slice	700	58g	38g	30g	70mg	1,240mg	4g	2g
Dinner								
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 2 slice	700	58g	38g	30g	70mg	1,240mg	4g	2g
Snacks								
Choc Zero - Milk Chocolate Pumpkins, 12 Piece	300	36g	24g	0g	0mg	0mg	0g	24g
Dogfish - Slightly Mighty Lo-Cal IPA, 24 fl oz	190	7g	0g	2g	--mg	--mg	--g	--g
Supper								
Terra chips - Chips, 45 chips	450	48g	27g	3g	0mg	150mg	9g	9g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
Giant Eagle - Sprinkle Thumbprint Cookie, 2 cookie	237	19g	17g	4g	44mg	127mg	10g	2g
TOTAL:	3,303	285g	194g	85g	255mg	3,147mg	71g	46g

## October 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Giant Eagle - Sprinkle Thumbprint Cookie, 4 cookie	475	38g	35g	7g	88mg	254mg	20g	4g
Lunch								
Terra chips - Chips, 30 chips	300	32g	18g	2g	0mg	100mg	6g	6g
Dinner								
Maple Grove Farms - Pure Maple Candy, 6.25 pieces	175	45g	--g	1g	--mg	--mg	43g	--g
ChocZero - Dark Chocolate Pumpkins, 6 Piece	120	18g	12g	0g	--mg	--mg	--g	12g
Giant Eagle - Sprinkle Thumbprint Cookie, 2 cookie	237	19g	17g	4g	44mg	127mg	10g	2g
Snacks								
Chocolate Coffee Ice Cream, 2.5 serving(s)	241	21g	15g	3g	58mg	40mg	19g	1g
Guinness Caramel Sauce, 1 serving(s)	88	10g	6g	0g	22mg	4mg	5g	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 (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
TOTAL:	2,126	212g	133g	43g	232mg	1,685mg	109g	28g

## October 24, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:								
	2,172	236g	107g	65g	82mg	5,230mg	55g	21g

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
Affogsto, 1 serving(s)	62	9g	1g	2g	6mg	24mg	8g	0g
<b>Lunch</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
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
<b>Dinner</b>								
Kirkland Signature Popcorn - Kirkland Signature Popcorn (Popped), 6 cup	210	18g	15g	2g	0mg	390mg	0g	2g
Alexia - Crispy Onion Rings, 0.5 container (360 gs ea.)	540	65g	27g	7g	0mg	878mg	7g	2g
<b>Snacks</b>								
Chocolate Coffee Ice Cream, 1 serving(s)	97	8g	6g	1g	23mg	16mg	8g	1g
Guinness Caramel Sauce, 0.5 serving(s)	44	5g	3g	0g	11mg	2mg	2g	0g
Giant Eagle - Sprinkle Thumbprint Cookie, 1 cookie	119	9g	9g	2g	22mg	63mg	5g	1g
<b>Supper</b>								
Mema's Goulash, 1 serving(s)	285	39g	7g	17g	0mg	897mg	15g	8g
old el paso - Soft Tortillas, 4 tortillas	320	54g	9g	8g	0mg	1,800mg	4g	4g
<b>TOTAL:</b>	<b>2,172</b>	<b>236g</b>	<b>107g</b>	<b>65g</b>	<b>82mg</b>	<b>5,230mg</b>	<b>55g</b>	<b>21g</b>

**October 25, 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
Affogsto, 1 serving(s)	62	9g	1g	2g	6mg	24mg	8g	0g
<b>Lunch</b>								
Healthy Life Wheat Buns - Sandwich Wheat Buns, 1 Bun	80	18g	1g	4g	0mg	210mg	3g	3g
Vegan BBQ, 1 serving(s)	133	24g	2g	6g	0mg	2,327mg	7g	3g
<b>Dinner</b>								
Dairy Queen - Reese's Blizzard Cake, 0.3 container (1760 gs ea.)	1,176	161g	48g	22g	72mg	456mg	130g	2g
<b>Snacks</b>								
Maple Grove Farms - Pure Maple Candy, 6.25 pieces	175	45g	--g	1g	--mg	--mg	43g	--g
<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
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
<b>TOTAL:</b>	<b>2,121</b>	<b>286g</b>	<b>82g</b>	<b>61g</b>	<b>98mg</b>	<b>4,177mg</b>	<b>197g</b>	<b>11g</b>

October 26, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g
Lunch								
Royal dansk - Cookies, 8 cookies	320	40g	16g	4g	0mg	0mg	0g	0g
ブルボン - Mini Bit Assort Chocolate, 25.5 g	150	13g	10g	2g	--mg	--mg	--g	--g
Quest - Spicy sweet chili protein chips, 32 g (1bag)	140	5g	5g	19g	10mg	300mg	1g	1g
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
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
Snacks								
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
Supper								
Dairy Queen - Reese's Blizzard Cake, 0.15 container (1760 gs ea.)	588	80g	24g	11g	36mg	228mg	65g	1g
TOTAL:	2,074	216g	96g	68g	81mg	1,698mg	76g	9g

October 27, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g
Lunch								
Royal dansk - Cookies, 4 cookies	160	20g	8g	2g	0mg	0mg	0g	0g
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
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 4 shells (31g)	300	34g	16g	4g	0mg	300mg	0g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
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
Snacks								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
TOTAL:	2,080	236g	97g	82g	58mg	2,702mg	57g	50g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Supper</b>								
Dairy Queen - Reese's Blizzard Cake, 0.03 container (1760 gs ea.)	127	17g	5g	2g	8mg	49mg	14g	0g
Starbucks - Tall Nonfat Peppermint Latte , 12 oz	150	28g	0g	9g	5mg	110mg	27g	0g
<b>TOTAL:</b>	<b>2,080</b>	<b>236g</b>	<b>97g</b>	<b>82g</b>	<b>58mg</b>	<b>2,702mg</b>	<b>57g</b>	<b>50g</b>

### October 28, 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
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g
<b>Lunch</b>								
Dairy Queen - Reese's Blizzard Cake, 0.15 container (1760 gs ea.)	588	80g	24g	11g	36mg	228mg	65g	1g
<b>Dinner</b>								
Taj Mahal - Aloo Naan, 2 six inch bread	624	122g	11g	13g	--mg	796mg	30g	8g
Rice, 1 cup cooked	200	47g	0g	4g	0mg	0mg	0g	0g
Trader Joe's - Palak Paneer (Corrected), 2 package (150g)	880	32g	68g	36g	80mg	1,920mg	12g	16g
<b>TOTAL:</b>	<b>2,583</b>	<b>326g</b>	<b>114g</b>	<b>69g</b>	<b>131mg</b>	<b>2,954mg</b>	<b>111g</b>	<b>29g</b>

### October 29, 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
Dairy Queen - Reese's Blizzard Cake, 0.15 container (1760 gs ea.)	588	80g	24g	11g	36mg	228mg	65g	1g
<b>Lunch</b>								
Enlightened - Snickerdoodle Cookie Dough Bites, 24 pieces	90	12g	7g	4g	10mg	80mg	1g	3g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	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
<b>Snacks</b>								
Starbucks - Hazelnut Latte (Tall), 12 fl. oz.	180	24g	6g	9g	20mg	130mg	23g	0g
<b>Supper</b>								
Orange Tofu v2, 1 serving(s)	424	37g	21g	22g	0mg	1,305mg	23g	3g
<b>TOTAL:</b>	<b>1,944</b>	<b>196g</b>	<b>93g</b>	<b>93g</b>	<b>96mg</b>	<b>2,508mg</b>	<b>130g</b>	<b>33g</b>



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

October 30, 2020									
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
Breakfast									
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g	
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g	
Lunch									
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	
Dinner									
Orange Tofu v2, 1 serving(s)	424	37g	21g	22g	0mg	1,305mg	23g	3g	
Snacks									
Witch Please Cocktail, 1 serving(s)	287	38g	0g	0g	0mg	0mg	27g	1g	
Supper									
Babybel - Mini White Cheddar, 2 piece	140	0g	12g	8g	30mg	280mg	0g	0g	
Mini Apple Pies, 2 serving(s)	571	75g	30g	5g	80mg	0mg	23g	4g	
TOTAL:	2,218	252g	96g	65g	125mg	2,908mg	84g	29g	

October 31, 2020									
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
Breakfast									
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g	
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g	
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g	
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g	
Lunch									
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g	
Dinner									
Recently Deceased Cocktail, 1 serving(s)	204	20g	0g	0g	0mg	7mg	14g	1g	
Kroger - Mashed Cauliflower - Roasted Garlic, 0.5 container (360 g (1/2 cup) ea.)	90	11g	5g	3g	15mg	720mg	3g	5g	
Coffin Meatloaf, 1 serving(s)	219	11g	12g	15g	0mg	1,279mg	2g	2g	
Snacks									
TOTAL:	2,200	242g	103g	55g	148mg	4,539mg	71g	39g	

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Coffin Meatloaf, 1 serving(s)	219	11g	12g	15g	0mg	1,279mg	2g	2g
Supper								
Chocolate Coffee Ice Cream, 2 serving(s)	193	17g	12g	2g	46mg	32mg	15g	1g
Guinness Caramel Sauce, 1 serving(s)	88	10g	6g	0g	22mg	4mg	5g	0g
TOTAL:	2,200	242g	103g	55g	148mg	4,539mg	71g	39g

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