



# Printable Diary for Lucent

From:



To:



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## October 1, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Choczero - Milk Chocolate Keto Bark Peanut, 1 Bar	140	10g	13g	1g	--mg	25mg	1g	7g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - Grillers Crumbles (Hbl), 0.3 container (3 cup (58g) ea.)	108	7g	4g	16g	0mg	594mg	2g	7g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Lunch								
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
Dinner								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Snacks								
Wicked Weed Brewing - Coolcumber, 12 oz	180	--g	--g	--g	--mg	--mg	--g	--g
Supper								
Eatingevolved - Keto Cups / Original (New Recipe), 1 keto cup	130	5g	12g	2g	--mg	5mg	1g	3g
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Field Roast - Fruffalo Wings, 1 container (14 wings with spicy buffalo sauces ea.)	720	46g	30g	22g	0mg	860mg	12g	2g
TOTAL:	2,070	140g	112g	58g	5mg	2,134mg	40g	33g

## October 2, 2019

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								
Enlightened - Mesquite Bbq Roasted Broad Beans, 3.5 oz	350	53g	11g	25g	0mg	525mg	4g	18g
Dinner								
TOTAL:	2,002	246g	84g	96g	50mg	2,735mg	100g	61g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Morning Star Farms - Grillers Crumbles (Hbl), 0.5 container (3 cup (58g) ea.)	180	12g	6g	27g	0mg	990mg	3g	12g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
<b>Supper</b>								
Angie's Boomchickapop - White Cheddar Popcorn, 2.5 cups	150	15g	9g	3g	5mg	250mg	2g	3g
Maple Grove Farms of Vermont - Maple Sugar Candy, 10 pieces	320	84g	0g	0g	0mg	0mg	74g	--g
<b>TOTAL:</b>	<b>2,002</b>	<b>246g</b>	<b>84g</b>	<b>96g</b>	<b>50mg</b>	<b>2,735mg</b>	<b>100g</b>	<b>61g</b>

### October 3, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - Grillers Crumbles (Hbl), 0.3 container (3 cup (58g) ea.)	108	7g	4g	16g	0mg	594mg	2g	7g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Lunch</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
<b>Dinner</b>								
Sun Chips - Sun Chips Harvest Cheddar, 7 ounce	981	131g	42g	14g	0mg	1,447mg	14g	19g
Vosges - Dark milk chocolate tumeric ginger, 6 squares	345	33g	24g	5g	0mg	38mg	27g	3g
fritos - jalepeno cheddar cheese dip, 1 container (16.00 tablespoon)	320	24g	20g	8g	0mg	0mg	0g	0g
<b>Supper</b>								
Nuts 'n More Dark Chocolate PB Brownies, 1 serving(s)	134	10g	9g	5g	0mg	64mg	3g	7g
Snap Kitchen - Hail Merry Meyer Lemon Cups, 1 serving	210	17g	16g	3g	0mg	95mg	10g	4g
<b>TOTAL:</b>	<b>2,510</b>	<b>265g</b>	<b>142g</b>	<b>57g</b>	<b>2mg</b>	<b>2,538mg</b>	<b>57g</b>	<b>57g</b>

### October 4, 2019

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>								
Starbucks - Nitro Cold Brew With Sweet Cream - Grande, 12 oz	70	4g	5g	1g	15mg	20mg	4g	--g
<b>Dinner</b>								
<b>TOTAL:</b>	<b>1,804</b>	<b>190g</b>	<b>73g</b>	<b>121g</b>	<b>50mg</b>	<b>4,184mg</b>	<b>69g</b>	<b>51g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Stonewall Kitchen - Sesame Ginger Teriyaki Sauce, 4 Tbsp	100	22g	2g	2g	0mg	1,340mg	18g	0g
Morning star - BBQ chick'n nuggets, 1 container (12 nuggets)	600	69g	24g	36g	0mg	1,500mg	15g	9g
Enlightened - Mesquite Bbq Roasted Broad Beans, 2.5 oz	250	38g	8g	18g	0mg	375mg	3g	13g
<b>Snacks</b>								
Premier - Cookies and Cream Shake, 1 bottle	160	5g	3g	30g	15mg	240mg	1g	1g
<b>Supper</b>								
Peet's - Small Almond Milk Latte, 12 oz	90	10g	4g	1g	0mg	225mg	9g	1g
Nuts 'n More Dark Chocolate PB Brownies, 1 serving(s)	134	10g	9g	5g	0mg	64mg	3g	7g
<b>TOTAL:</b>	<b>1,804</b>	<b>190g</b>	<b>73g</b>	<b>121g</b>	<b>50mg</b>	<b>4,184mg</b>	<b>69g</b>	<b>51g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Circuit training, general		165	13		
<b>TOTALS:</b>	<b>165</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>0</b>

October 5, 2019

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>								
Eatingevolved - Keto Cups / Original (New Recipe), 1 keto cup	130	5g	12g	2g	--mg	5mg	1g	3g
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
<b>Dinner</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 6 tenders (100g)	285	27g	12g	21g	0mg	555mg	2g	2g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
<b>Snacks</b>								
Michelob - Ultra Lime Cactus, 12 fl oz	95	6g	0g	1g	--mg	--mg	--g	--g
<b>Supper</b>								
Hail Merry - Key Lime Cups, 2 cups	210	16g	16g	3g	0mg	110mg	11g	3g
Dark Chocolate Hummus, 2 serving(s)	126	23g	4g	4g	0mg	9mg	4g	13g
From the Ground - Cauliflower Pretzels, 20 twists	110	23g	2g	1g	0mg	330mg	1g	3g
<b>TOTAL:</b>	<b>1,626</b>	<b>176g</b>	<b>76g</b>	<b>76g</b>	<b>22mg</b>	<b>1,799mg</b>	<b>37g</b>	<b>66g</b>

October 6, 2019

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>								
Pizza Hut (Corrected Again) - Large Pan Cheese Pizza, 4 slice	1,440	148g	68g	64g	140mg	2,640mg	8g	8g
<b>Lunch</b>								
Choczero - Milk Chocolate Keto Bark Peanut, 1 Bar	140	10g	13g	1g	--mg	25mg	1g	7g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Skinny Cow Low Fat - Ice Cream Sandwich Mint, 1 Sandwich	160	28g	4g	4g	10mg	150mg	15g	1g
<b>Dinner</b>								
Enlightened - Mint Chocolate Chip Ice Cream (Minus Erythritol), 1 cup (70 grams)	160	20g	5g	12g	20mg	90mg	10g	10g
<b>Supper</b>								
Michelob Ultra - Pint, 1 Pint	127	21g	9g	1g	0mg	0mg	0g	0g
Beyond Meat - Hamburger, 1 patty	290	6g	22g	20g	--mg	450mg	--g	3g
Fuddruckers - Bun, 1 Bun (3 oz)	240	40g	5g	7g	--mg	400mg	5g	1g
Sodexo Healthcare - Onion Rings, 1 oz	95	9g	6g	1g	0mg	158mg	1g	1g
<b>TOTAL:</b>	<b>2,752</b>	<b>297g</b>	<b>135g</b>	<b>117g</b>	<b>170mg</b>	<b>4,063mg</b>	<b>41g</b>	<b>36g</b>

October 7, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Hail Merry - Dark Chocolate Cups, 1 package	210	16g	14g	5g	0mg	125mg	12g	4g
Skinny Cow Low Fat - Ice Cream Sandwich Mint, 1 Sandwich	160	28g	4g	4g	10mg	150mg	15g	1g
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Enlightened - Mint Chocolate Chip Ice Cream (Minus Erythritol), 1 cup (70 grams)	160	20g	5g	12g	20mg	90mg	10g	10g
<b>Dinner</b>								
Devi - Pani Puri, 5 pieces	270	33g	12g	6g	0mg	410mg	0g	4g
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>								
Cinnaholic - Plain Cinnamon Roll (No Frosting), 0.66 roll	310	51g	9g	5g	0mg	271mg	--g	--g
Cinnaholic - Topping - Cookie Dough, 1.32 oz	162	23g	7g	1g	0mg	193mg	--g	--g
Cinnaholic - Raspberry Frosting, 1.32 oz	151	22g	7g	0g	0mg	90mg	--g	--g
<b>TOTAL:</b>	<b>2,773</b>	<b>316g</b>	<b>138g</b>	<b>89g</b>	<b>112mg</b>	<b>3,619mg</b>	<b>51g</b>	<b>57g</b>

October 8, 2019

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>								
Jack In The Box - Grilled Cheese, 1 serving	330	31g	18g	11g	25mg	730mg	3g	2g
Sodexo Healthcare - Onion Rings, 4 oz	380	37g	24g	4g	0mg	630mg	4g	2g
<b>Dinner</b>								
Maesri - Masaman Curry Paste, 1 container (80 g (1 tbsp) ea.)	240	24g	14g	0g	0mg	2,680mg	8g	4g
Morrison - Brown Rice, 1 cup	248	52g	2g	5g	0mg	78mg	1g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Whole Cashews - Unsalted, 1/8 cup (28g)	80	4g	7g	3g	0mg	0mg	1g	1g
Tofu - Fried, 2 oz	153	6g	11g	10g	0mg	9mg	2g	2g
Chaokoh - Coconut Milk, 0.5 container (1 7/10 cup (80 g) ea.)	375	5g	35g	5g	0mg	38mg	3g	0g
<b>Snacks</b>								
Lagunitas - Ipa, 16 oz.	240	53g	--g	7g	0mg	124mg	--g	--g
Michelob Ultra Amber - Beer, 12 oz	95	3g	0g	1g	0mg	11mg	0g	0g
<b>Supper</b>								
Snap Kitchen - Hail Merry Chocolate Almond Cups, 1 serving	240	18g	19g	6g	0mg	115mg	10g	5g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Skinny Cow Low Fat - Ice Cream Sandwich Mint, 1 Sandwich	160	28g	4g	4g	10mg	150mg	15g	1g
<b>TOTAL:</b>	<b>2,758</b>	<b>282g</b>	<b>148g</b>	<b>64g</b>	<b>35mg</b>	<b>4,720mg</b>	<b>49g</b>	<b>29g</b>

**October 9, 2019**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
A Taste of Thai - Peanut Noodles 5.25 oz (148g), 1 package	630	102g	20g	12g	0mg	610mg	21g	3g
<b>Lunch</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Skinny Cow Low Fat - Ice Cream Sandwich Mint, 1 Sandwich	160	28g	4g	4g	10mg	150mg	15g	1g
<b>Dinner</b>								
Domino's Pizza - Cinnastix Icing Only, 0.5 container	125	29g	1g	0g	0mg	0mg	28g	0g
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 5 Slice	1,550	145g	75g	55g	150mg	2,600mg	--g	5g
<b>Snacks</b>								
Milk Duds - Fun Size, 16 pieces	200	36g	8g	4g	0mg	104mg	24g	0g
<b>Supper</b>								
IGA - Cashews with Sea Salt, 1 cup	680	36g	56g	20g	0mg	360mg	8g	4g
<b>TOTAL:</b>	<b>3,915</b>	<b>452g</b>	<b>194g</b>	<b>107g</b>	<b>162mg</b>	<b>4,234mg</b>	<b>106g</b>	<b>27g</b>

## October 10, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Kraft - Macaroni & Cheese Deluxe, 1 container (4 cup)	1,240	180g	40g	48g	60mg	3,560mg	12g	4g
<b>Dinner</b>								
Domino's Pizza - Cinnastix Icing Only, 1 container	250	57g	3g	0g	0mg	0mg	55g	0g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice	1,240	116g	60g	44g	120mg	2,080mg	--g	4g
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
<b>Supper</b>								
Andes - Snap Bar, 0.75 bar	173	19g	11g	2g	0mg	15mg	17g	1g
<b>TOTAL:</b>	<b>3,403</b>	<b>434g</b>	<b>138g</b>	<b>104g</b>	<b>180mg</b>	<b>5,995mg</b>	<b>94g</b>	<b>11g</b>

## October 11, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 3 Slice	930	87g	45g	33g	90mg	1,560mg	--g	3g
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
<b>Lunch</b>								
Skor - Candy Bar, 1 bar	200	25g	12g	1g	20mg	130mg	24g	1g
<b>Dinner</b>								
Oreo - Maple Creme, 4 cookies	280	42g	12g	2g	0mg	40mg	24g	0g
Nuts n More Caramel PB Cheesecake, 1 serving(s)	231	13g	17g	6g	29mg	154mg	5g	4g
<b>Snacks</b>								
Quest - Peppermint Bark, 1 bar (60g)	190	22g	7g	21g	5mg	210mg	1g	14g
<b>Supper</b>								
Sam Adams - Oktoberfest, 12 oz bottle	180	19g	0g	0g	0mg	0mg	0g	0g
Generic - Fried Ravioli, 3 pieces	239	28g	6g	13g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>2,750</b>	<b>298g</b>	<b>123g</b>	<b>86g</b>	<b>144mg</b>	<b>2,434mg</b>	<b>64g</b>	<b>24g</b>

## October 12, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Kroger - Boxed Vegetable Broth, 1 cup	10	1g	0g	0g	0mg	760mg	--g	0g
<b>Dinner</b>								
Kroger - Boxed Vegetable Broth, 1 cup	10	1g	0g	0g	0mg	760mg	--g	0g
<b>Supper</b>								
<b>TOTAL:</b>	<b>125</b>	<b>10g</b>	<b>1g</b>	<b>2g</b>	<b>0mg</b>	<b>2,676mg</b>	<b>3g</b>	<b>0g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Michelob Ultra Amber - Beer, 7 oz	55	2g	0g	0g	0mg	6mg	0g	0g
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Imagine - Miso Broth, 1 cup	35	4g	1g	2g	0mg	850mg	2g	0g
<b>TOTAL:</b>	<b>125</b>	<b>10g</b>	<b>1g</b>	<b>2g</b>	<b>0mg</b>	<b>2,676mg</b>	<b>3g</b>	<b>0g</b>

## October 13, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Imagine - Ramen Broth, 1 cup	25	3g	1g	1g	0mg	530mg	0g	0g
<b>Dinner</b>								
Starbucks - Nitro Cold Brew - Grande, 8 oz	3	0g	0g	1g	0mg	5mg	4g	0g
Market Pantry - Vegetable Broth, 1 cup	15	3g	0g	0g	0mg	570mg	2g	0g
<b>Supper</b>								
Imagine - Ramen Broth, 1 cup	25	3g	1g	1g	0mg	530mg	0g	0g
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
<b>TOTAL:</b>	<b>83</b>	<b>11g</b>	<b>2g</b>	<b>3g</b>	<b>0mg</b>	<b>1,935mg</b>	<b>7g</b>	<b>0g</b>

## October 14, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - Sriracha Roasted Broad Beans, 28 g	100	15g	3g	7g	0mg	130mg	1g	5g
Nuts n More Caramel PB Cheesecake, 1 serving(s)	231	13g	17g	6g	29mg	154mg	5g	4g
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>								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Hershey's - Special Dark Minis, 1 Pieces	34	5g	2g	0g	1mg	3mg	4g	1g
Lucerne - Mild Cheddar Cheese, 1 oz	110	1g	9g	7g	30mg	180mg	0g	0g
<b>Dinner</b>								
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>Snacks</b>								
Premier - Cookies and Cream Shake, 1 bottle	160	5g	3g	30g	15mg	240mg	1g	1g
<b>Supper</b>								
Iwon Organics - Sweet Dijon Protein Stix, 1.5 ounce	180	20g	7g	10g	0mg	200mg	3g	5g
Nuts n More Caramel PB Cheesecake, 1 serving(s)	231	13g	17g	6g	29mg	154mg	5g	4g
<b>TOTAL:</b>	<b>2,121</b>	<b>134g</b>	<b>132g</b>	<b>108g</b>	<b>204mg</b>	<b>2,821mg</b>	<b>48g</b>	<b>44g</b>

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Circuit training, general				165	13			
TOTALS:				165	13	0	0	0

### October 15, 2019

FOODS				Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch											
Imagine - Miso Broth, 2 cup				70	8g	2g	4g	0mg	1,700mg	4g	0g
Dinner											
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz				100	15g	3g	7g	0mg	150mg	1g	5g
Nuts n More Caramel PB Cheesecake, 2 serving(s)				462	27g	34g	12g	59mg	307mg	10g	8g
Boar's Head - Smoked Gouda Cheese, 1 oz.				90	1g	7g	6g	15mg	400mg	0g	0g
Market Pantry, Target - Brussels Sprouts, whole, 12oz, 0.5 container (24.00 sprouts (85g))				90	16g	0g	6g	0mg	30mg	4g	6g
Supper											
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)				360	48g	10g	20g	20mg	400mg	24g	16g
TOTAL:				1,172	115g	56g	55g	94mg	2,987mg	43g	35g

### October 16, 2019

FOODS				Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast											
Nuts n More Caramel PB Cheesecake, 1 serving(s)				231	13g	17g	6g	29mg	154mg	5g	4g
Lunch											
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)				70	14g	6g	2g	2mg	70mg	0g	12g
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz				200	30g	6g	14g	0mg	300mg	2g	10g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)				475	45g	20g	35g	0mg	925mg	3g	3g
Dinner											
Morning Star Farms - Grillers Crumbles (Hbl), 0.5 container (3 cup (58g) ea.)				180	12g	6g	27g	0mg	990mg	3g	12g
Avocado - Avocado, 0.5 medium				117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Nacho & Taco Blend, 0.33 Cup				110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)				375	43g	20g	5g	0mg	375mg	0g	3g
Nuts n More Caramel PB Cheesecake, 1 serving(s)				231	13g	17g	6g	29mg	154mg	5g	4g
Snacks											

TOTAL:				2,199	214g	119g	108g	87mg	3,463mg	43g	64g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Land O Lakes - Mint and Chocolate Hot Cocoa Mix, 35 g (1 envelope)	140	26g	3g	3g	0mg	250mg	24g	1g
<b>Supper</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
<b>TOTAL:</b>	<b>2,199</b>	<b>214g</b>	<b>119g</b>	<b>108g</b>	<b>87mg</b>	<b>3,463mg</b>	<b>43g</b>	<b>64g</b>

### October 17, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - Grillers Crumbles (Hbl), 0.3 container (3 cup (58g) ea.)	108	7g	4g	16g	0mg	594mg	2g	7g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Lunch</b>								
Nuts n More Caramel PB Cheesecake, 1 serving(s)	231	13g	17g	6g	29mg	154mg	5g	4g
<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
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Supper</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 6 tenders (100g)	285	27g	12g	21g	0mg	555mg	2g	2g
<b>TOTAL:</b>	<b>1,466</b>	<b>126g</b>	<b>77g</b>	<b>82g</b>	<b>49mg</b>	<b>2,103mg</b>	<b>27g</b>	<b>45g</b>

### October 18, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Nuts n More Caramel PB Cheesecake, 2 serving(s)	462	27g	34g	12g	59mg	307mg	10g	8g
<b>Lunch</b>								
Rebellion - Bbq Protein Crisps, 2 oz.	180	20g	5g	20g	0mg	460mg	4g	8g
Trader Joe's - Creamy Spinach & Artichoke Dip, 1 container (16 tbsp (30g) ea.)	360	16g	24g	16g	80mg	1,360mg	8g	0g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Dinner</b>								
Maple Grove Farms of Vermont - Maple Sugar Candy, 5 pieces	160	42g	0g	0g	0mg	0mg	37g	--g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Nuts n More Caramel PB Cheesecake, 2 serving(s)	462	27g	34g	12g	59mg	307mg	10g	8g

<b>TOTAL:</b>	<b>2,621</b>	<b>242g</b>	<b>129g</b>	<b>110g</b>	<b>253mg</b>	<b>3,959mg</b>	<b>100g</b>	<b>52g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Snacks								
Teas' Tea - Matcha Green Tea Latte, 12 fl oz (240 mL)	135	32g	0g	3g	0mg	68mg	26g	0g
Lone Star - Beer, 24 oz.	272	23g	--g	2g	--mg	22mg	--g	--g
Supper								
Beechers - Smoked Cheddar, 0.5 ounce	60	1g	5g	4g	10mg	115mg	0g	0g
Quest - 4-cheese Thin Crust Pizzas, 0.5 pizza	330	24g	21g	27g	45mg	1,020mg	3g	18g
TOTAL:	2,621	242g	129g	110g	253mg	3,959mg	100g	52g

### October 19, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Imagine - Ramen Broth, 2 cup	50	6g	2g	2g	0mg	1,060mg	0g	0g
Dinner								
Nuun - Sport Tri-berry, 2 tablet	30	4g	0g	0g	0mg	600mg	2g	0g
TOTAL:	80	10g	2g	2g	0mg	1,660mg	2g	0g

### October 20, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Imagine - Miso Broth, 1 cup	35	4g	1g	2g	0mg	850mg	2g	0g
Lunch								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Dinner								
Ocean's Halo - Pozole Broth, 1 cup	20	4g	0g	0g	0mg	850mg	1g	1g
Ocean's Halo - Pho Broth , 1 cup	10	2g	0g	0g	0mg	760mg	1g	1g
Supper								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
TOTAL:	95	14g	1g	2g	0mg	3,060mg	6g	2g

### October 21, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Nuts n More Caramel PB Cheesecake, 1 serving(s)	231	13g	17g	6g	29mg	154mg	5g	4g
Lunch								
TOTAL:	2,335	201g	139g	95g	41mg	2,583mg	82g	55g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Dates, medjool, 3 date, pitted	199	54g	0g	1g	0mg	1mg	48g	5g
Enlightened - Red Velvet Ice Cream (Minus Sugar Alcohol), 1/2 cup (70g)	70	10g	2g	6g	10mg	50mg	5g	5g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Gardien - Spicy gochujang style chick'n wings, 1 package (240g)	390	26g	17g	37g	0mg	1,210mg	10g	1g
Dinner								
Honey Glazed Tofu, 0.25 serving(s)	1,012	41g	82g	27g	0mg	729mg	8g	15g
Snacks								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Supper								
Vegan Chocolate Guinness Cake, 0.6 serving(s)	163	16g	11g	2g	0mg	69mg	4g	5g
TOTAL:	2,335	201g	139g	95g	41mg	2,583mg	82g	55g

### October 22, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Honey Glazed Tofu, 0.2 serving(s)	809	33g	66g	21g	0mg	583mg	7g	12g
Vegan Chocolate Guinness Cake, 0.6 serving(s)	163	16g	11g	2g	0mg	69mg	4g	5g
Lunch								
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
Hershey's - Take 5 Bar, 0.5 Package	105	13g	6g	2g	0mg	105mg	9g	1g
Skittles - Fun Size, 2 Pack (15g)	120	27g	1g	0g	0mg	4mg	22g	0g
Reese's - Peanut Butter Pumpkin, 1 package	170	18g	10g	4g	0mg	135mg	16g	1g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Dinner								
Peet's - black and white true iced espresso, 240 ml	100	13g	3g	5g	0mg	0mg	12g	0g
Supper								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Beechers - Smoked Cheddar, 1 ounce	120	1g	9g	7g	20mg	230mg	0g	0g
Rebellion - Bbq Protein Crisps, 1.5 oz.	135	15g	4g	15g	0mg	345mg	3g	6g
TOTAL:	2,102	186g	129g	70g	27mg	1,841mg	96g	42g

### October 23, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
TOTAL:	2,740	265g	146g	70g	69mg	2,593mg	47g	54g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Honey Glazed Tofu, 0.2 serving(s)	809	33g	66g	21g	0mg	583mg	7g	12g
Vegan Chocolate Guinness Cake, 0.6 serving(s)	163	16g	11g	2g	0mg	69mg	4g	5g
<b>Lunch</b>								
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 0.5 container (2 cup (69g) ea.)	180	24g	5g	10g	10mg	200mg	12g	8g
Vegan Chocolate Guinness Cake, 1 serving(s)	272	27g	18g	3g	0mg	115mg	7g	8g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Nuts n More Caramel PB Cheesecake, 2 serving(s)	462	27g	34g	12g	59mg	307mg	10g	8g
<b>Dinner</b>								
Jeff's - Kolsch, 10 oz	133	14g	--g	1g	--mg	9mg	--g	--g
Boddington's - Pub Ale, 16 fluid ounce	197	49g	0g	2g	0mg	0mg	0g	0g
Paddys - Whiskey, 1 oz	64	0g	--g	--g	--mg	--mg	--g	--g
<b>Supper</b>								
Pita - Pita, 2 pita	200	44g	1g	8g	0mg	320mg	2g	0g
Ziyad - Baba Ghanouj, 8 tbsp (30g)	160	16g	8g	4g	0mg	840mg	4g	8g
<b>TOTAL:</b>	<b>2,740</b>	<b>265g</b>	<b>146g</b>	<b>70g</b>	<b>69mg</b>	<b>2,593mg</b>	<b>47g</b>	<b>54g</b>

### October 24, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Honey Glazed Tofu, 0.2 serving(s)	809	33g	66g	21g	0mg	583mg	7g	12g
Vegan Chocolate Guinness Cake, 0.6 serving(s)	163	16g	11g	2g	0mg	69mg	4g	5g
<b>Lunch</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 2 tbsp (33g)	182	9g	11g	11g	1mg	138mg	2g	2g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Dinner</b>								
Olive Oil, 2 tbsp	239	0g	27g	0g	0mg	1mg	0g	0g
Thai Kitchen - Pad Thai for Two, 1 container (2 cups ea.)	760	170g	3g	8g	--mg	680mg	30g	6g
<b>Snacks</b>								
Roseli - String Cheese Stick, 1 stick	80	0g	6g	6g	15mg	200mg	0g	0g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Supper</b>								
Sam Adams - Boston Lager, 16 oz	210	24g	0g	0g	0mg	15mg	0g	0g
Carrabba's - Mozzarella Marinara, 1 pieces	165	7g	11g	9g	35mg	392mg	3g	1g
<b>TOTAL:</b>	<b>2,878</b>	<b>303g</b>	<b>147g</b>	<b>73g</b>	<b>53mg</b>	<b>2,448mg</b>	<b>48g</b>	<b>48g</b>

October 25, 2019

FOODS				Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast											
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz				100	15g	3g	7g	0mg	150mg	1g	5g
Vegan Chocolate Guinness Cake, 0.8 serving(s)				217	21g	14g	3g	0mg	92mg	6g	6g
Lunch											
Avocado - Avocado, 0.25 medium				59	3g	5g	1g	0mg	3mg	0g	3g
Chaokoh - Coconut Milk, 0.25 container (1 7/10 cup (80 g) ea.)				188	3g	18g	3g	0mg	19mg	1g	0g
Maesri - Masaman Curry Paste, 0.5 container (80 g (1 tbsp) ea.)				120	12g	7g	0g	0mg	1,340mg	4g	2g
Morrison - Brown Rice, 1 cup				248	52g	2g	5g	0mg	78mg	1g	2g
Tofu - Fried, 2 oz				153	6g	11g	10g	0mg	9mg	2g	2g
Singha - Beer, 12 oz				115	18g	0g	--g	--mg	0mg	--g	--g
Dinner											
Starbucks - Nitro Cold Brew With Sweet Cream - Grande, 12 oz				70	4g	5g	1g	15mg	20mg	4g	--g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)				400	32g	18g	28g	20mg	420mg	16g	20g
Snacks											
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz				100	15g	3g	7g	0mg	150mg	1g	5g
Supper											
Premier - Cookies and Cream Shake, 1 bottle				160	5g	3g	30g	15mg	240mg	1g	1g
TOTAL:				1,930	186g	89g	95g	50mg	2,521mg	37g	46g

October 25, 2019

EXERCISES						Calories	Minutes	Sets	Reps	Weight
Cardiovascular										
Circuit training, general						169	13			
TOTALS:						169	13	0	0	0

October 26, 2019

FOODS				Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast											
Nuun - Sport Tri-berry, 1 tablet				15	2g	0g	0g	0mg	300mg	1g	0g
Lunch											
Ocean's Halo - Pho Broth , 1 cup				10	2g	0g	0g	0mg	760mg	1g	1g
Dinner											
Ocean's Halo - Ramen Broth, 245 grams				35	1g	2g	3g	0mg	820mg	0g	1g
Snacks											
Ocean's Halo - Miso Broth (Correct), 1 cup				40	6g	1g	3g	0mg	650mg	0g	2g
TOTAL:				115	14g	3g	6g	0mg	3,100mg	4g	4g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Supper								
Market Pantry - Vegetable Broth, 1 cup	15	3g	0g	0g	0mg	570mg	2g	0g
TOTAL:	115	14g	3g	6g	0mg	3,100mg	4g	4g

### October 27, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Ocean's Halo - Pho Broth , 1 cup	10	2g	0g	0g	0mg	760mg	1g	1g
Lunch								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Ocean's Halo - Pozole Broth, 1 cup	20	4g	0g	0g	0mg	850mg	1g	1g
Dinner								
Ocean's Halo - Ramen Broth, 245 grams	35	1g	2g	3g	0mg	820mg	0g	1g
Snacks								
Ocean's Halo - Pho Broth , 1 cup	10	2g	0g	0g	0mg	760mg	1g	1g
Supper								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
TOTAL:	105	13g	2g	3g	0mg	3,790mg	5g	4g

### October 28, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Beechers - Smoked Cheddar, 1 ounce	120	1g	9g	7g	20mg	230mg	0g	0g
Market Pantry, Target - Brussels Sprouts, whole, 12oz, 1 container (24.00 sprouts (85g))	180	32g	0g	12g	0mg	60mg	8g	12g
Dinner								
Domino's Pizza - Cinnastix Icing Only, 0.5 container	125	29g	1g	0g	0mg	0mg	28g	0g
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice	1,240	116g	60g	44g	120mg	2,080mg	--g	4g
TOTAL:	2,235	251g	98g	75g	142mg	2,780mg	46g	28g

### October 29, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
TOTAL:	3,147	372g	147g	89g	173mg	4,461mg	134g	34g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Domino's Pizza - Cinnastix Icing Only, 0.5 container	125	29g	1g	0g	0mg	0mg	28g	0g
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice	1,240	116g	60g	44g	120mg	2,080mg	--g	4g
<b>Lunch</b>								
Skittles - Fun Size, 4 Pack (15g)	240	54g	3g	0g	0mg	8mg	44g	0g
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
Kit Kat - Kit Kat, 3 two piece bars	210	27g	11g	3g	5mg	30mg	21g	1g
<b>Dinner</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 2 tbsp (33g)	182	9g	11g	11g	1mg	138mg	2g	2g
<b>Supper</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Beechers - Smoked Cheddar, 0.5 ounce	60	1g	5g	4g	10mg	115mg	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>3,147</b>	<b>372g</b>	<b>147g</b>	<b>89g</b>	<b>173mg</b>	<b>4,461mg</b>	<b>134g</b>	<b>34g</b>

### October 30, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>Lunch</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Dinner</b>								
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 0.75 container (2 cup (69g) ea.)	270	36g	8g	15g	15mg	300mg	18g	12g
Vegan Chocolate Guinness Cake, 1 serving(s)	272	27g	18g	3g	0mg	115mg	7g	8g
<b>Snacks</b>								
P-nuff Crunch - Baked peanut puffs, 1 oz	130	17g	6g	5g	0mg	160mg	2g	3g
<b>Supper</b>								
Lilies - Creamy Milk Net Carbs, 0.75 oz	80	2g	7g	1g	--mg	--mg	--g	--g
Enlightened - Garlic & Onion Roasted Broad Beans, 0.5 oz (28 g)	50	8g	2g	4g	0mg	65mg	1g	3g
<b>TOTAL:</b>	<b>2,421</b>	<b>255g</b>	<b>128g</b>	<b>102g</b>	<b>18mg</b>	<b>2,550mg</b>	<b>42g</b>	<b>66g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Simply Protein - Peanut Butter Cookie Baked Bar, 0.5 bar	110	12g	6g	6g	0mg	58mg	1g	6g
Atkins - Protein Wafer Crisp Lemon, 0.5 bar	100	2g	7g	6g	0mg	28mg	1g	2g
Lesser Evil - Grain Free Paleo Puffs, 0.5 oz	65	9g	3g	1g	0mg	95mg	0g	1g
Biena - Chick Pea Snacks, 0.84 oz. (1 pack)	105	15g	4g	5g	0mg	140mg	0g	6g
Simple Mills - Farmhouse Cheddar Almond Flour Crackers, 5.1 crackers	45	5g	3g	1g	1mg	87mg	0g	1g
Biena - Baked Chickpea Puffs Aged White Cheddar, 0.5 ounce	75	6g	5g	4g	--mg	135mg	1g	1g
ㇿ - ㇿ , 2 bag	300	30g	18g	2g	--mg	--mg	--g	--g
UNREAL - Crispy dark chocolate peanut butter cups, 1 Single	70	7g	5g	1g	0mg	30mg	5g	1g
Rhythm Superfoods - Kale Chips - Original, 0.8 oz (28g)	104	5g	7g	4g	0mg	192mg	2g	2g
<b>TOTAL:</b>	<b>2,421</b>	<b>255g</b>	<b>128g</b>	<b>102g</b>	<b>18mg</b>	<b>2,550mg</b>	<b>42g</b>	<b>66g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Circuit training, general	169	13			
<b>TOTALS:</b>	<b>169</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>0</b>

October 31, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 0.25 container (2 cup (69g) ea.)	90	12g	3g	5g	5mg	100mg	6g	4g
Vegan Chocolate Guinness Cake, 1 serving(s)	272	27g	18g	3g	0mg	115mg	7g	8g
<b>Lunch</b>								
Moon Cheese - Pepperjack, 0.5 container (28.5 pieces (12 grams) ea.)	166	0g	12g	10g	48mg	356mg	0g	0g
California Walnuts - Raw, 0.25 cup shelled (1 oz)	190	4g	18g	4g	0mg	1mg	--g	2g
Atkins - protein wafer crisp (peanut butter), 1 bar	190	3g	14g	11g	0mg	65mg	1g	5g
Off the Eaten Paths - Veggie Puffs, 1 serving	140	16g	7g	5g	--mg	160mg	1g	2g
<b>Dinner</b>								
UNREAL - Crispy dark chocolate peanut butter cups, 1 Single	70	7g	5g	1g	0mg	30mg	5g	1g
Simple Mills - Farmhouse Cheddar Almond Flour Crackers, 17 crackers	150	18g	9g	4g	4mg	290mg	0g	2g
RW Garcia yellow corn chips - Corn chips, 1 oz	140	16g	7g	1g	0mg	--mg	--g	--g
Lesser Evil - Grain Free Paleo Puffs, 1 oz	130	18g	6g	1g	0mg	190mg	0g	1g
Snap Kitchen - Lesser Evil Paleo Puffs "No Cheese", 1 serving	130	18g	6g	1g	0mg	190mg	0g	1g
<b>Supper</b>								
<b>TOTAL:</b>	<b>2,374</b>	<b>190g</b>	<b>134g</b>	<b>67g</b>	<b>57mg</b>	<b>2,121mg</b>	<b>33g</b>	<b>31g</b>



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Biena - Baked Chickpea Puffs Aged White Cheddar, 1.2 ounce	180	13g	11g	8g	--mg	324mg	1g	1g
Glucerna Mini Treats - Chocolate Peanut Net Carbs, 1 Bar	80	10g	4g	3g	0mg	50mg	3g	0g
Snap Kitchen - Lesser Evil Paleo Puffs "No Cheese", 0.66 serving	86	12g	4g	1g	0mg	125mg	0g	1g
Munk Pack - Coconut White Chocolate Macadamia Protein Cookie, 42 g	180	16g	10g	9g	0mg	125mg	9g	3g
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>2,374</b>	<b>190g</b>	<b>134g</b>	<b>67g</b>	<b>57mg</b>	<b>2,121mg</b>	<b>33g</b>	<b>31g</b>