



Printable Diary for Lucent

From:



To:



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☒ Food Diary

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☒ Exercise notes

July 1, 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
Grainful - Chana Masala (New), 1 container (283g)	300	50g	8g	12g	0mg	160mg	13g	10g
Lunch								
Enlightened - Strawberry Cheesecake (Minus Erythritol), 1 container (2 cup (70g) ea.)	280	40g	6g	24g	40mg	200mg	20g	20g
Tres Latin Foods - Spinach & Cheese Papusa, 71 g (1 Papusa)	160	15g	8g	7g	10mg	230mg	1g	2g
Dinner								
Krinos - Tahini - Ground Sesame Seed, 1 Tbsp	90	4g	8g	3g	0mg	0mg	0g	2g
Sweet potato, 0.5 medium, 5 inch long	56	13g	0g	1g	0mg	36mg	3g	2g
Organic Sunshine Burger - Falafel Patty, 75 g	210	21g	13g	8g	0mg	320mg	1g	5g
TOTAL:	1,166	154g	47g	57g	52mg	1,016mg	38g	51g

July 2, 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
Choczero - Sugar-free Honest Syrup Maple Pecan, 1 tablespoon(20g)	30	13g	0g	0g	0mg	5mg	0g	11g
Gardein - Seven Grain Crispy Tenders-meat Free - Corrected 09/18, 1 container (10 pieces (51g) ea.)	450	40g	20g	35g	0mg	1,150mg	0g	5g
Lunch								
Kashi - Chimichurri Quinoa Bowl, 1 entree	240	41g	7g	10g	0mg	330mg	5g	12g
Dinner								
Trader Joe - Frozen Palak Paneer, 1 package	440	16g	34g	18g	40mg	960mg	6g	8g
TOTAL:	1,230	121g	65g	65g	42mg	2,515mg	11g	46g

July 3, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kashi - Sweet Potato Quinoa Bowl, 255 gram	270	48g	6g	9g	0mg	280mg	11g	12g
Lunch								
Land O Lakes - Mild Cheddar Cheese Stick, 1 stick	110	1g	9g	6g	30mg	190mg	0g	0g
Roseli - String Cheese Stick, 1 stick	80	0g	6g	6g	15mg	200mg	0g	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								
Strawberry - Strawberry, 10 med	40	9g	0g	1g	0mg	0mg	6g	2g
Michelob Ultra - Pint, 1 Pint	127	21g	9g	1g	0mg	0mg	0g	0g
Supper								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 4 tenders (100g)	190	18g	8g	14g	0mg	370mg	1g	1g
TOTAL:	1,217	129g	56g	65g	65mg	1,460mg	34g	35g

July 4, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Cookies & Cream Ice Cream (Minus Erythritol), 1 container (2 cup (69g) ea.)	320	52g	10g	24g	40mg	380mg	20g	20g
Lunch								
Gda Joseph's - Lavash Bread, 1/2 lavash	60	9g	2g	5g	0mg	280mg	0g	4g
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 2 tbsp (33g)	182	9g	11g	11g	1mg	138mg	2g	2g
Dinner								
Gardein - Seven Grain Crispy Tenders-meat Free - Corrected 09/18, 1 container (10 pieces (51g) ea.)	450	40g	20g	35g	0mg	1,150mg	0g	5g
Snacks								
Strawberry - Strawberry, 4 med	16	4g	0g	0g	0mg	0mg	2g	1g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Supper								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
TOTAL:	1,198	143g	52g	84g	43mg	2,168mg	25g	49g

July 5, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:								
	1,312	108g	66g	72g	71mg	2,288mg	35g	37g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Fudge Brownie (Minus Erythritol), 1 container (2 cup (71g) ea.)	400	56g	14g	28g	40mg	180mg	24g	20g
Lunch								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Dinner								
Gda Joseph's - Lavash Bread, 1/2 lavash	60	9g	2g	5g	0mg	280mg	0g	4g
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 2 tbsp (33g)	182	9g	11g	11g	1mg	138mg	2g	2g
Snacks								
Corona - Premier Beer, 12 oz.	90	3g	0g	1g	0mg	0mg	0g	0g
Supper								
Tandoor Chef Edited - Palak Paneer, 1 container (10 oz ea.)	480	16g	36g	20g	30mg	1,540mg	8g	6g
TOTAL:	1,312	108g	66g	72g	71mg	2,288mg	35g	37g

July 6, 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
Frozen Peanut Butter Bites, 2 serving(s)	244	24g	17g	13g	3mg	59mg	1g	12g
Lemon Cookies v2, 2 serving(s)	102	10g	5g	3g	10mg	1mg	1g	2g
Lunch								
Enlightened - Fudge Brownie (Minus Erythritol), 1 container (2 cup (71g) ea.)	400	56g	14g	28g	40mg	180mg	24g	20g
Dinner								
Michelob Ultra - Pint, 1 Pint	127	21g	9g	1g	0mg	0mg	0g	0g
Snacks								
81k Kraft String Cheese Twists - Natural Low-Moisture Part Skim Mozzarella & Cheddar Cheeses, 1 Stick	60	0g	4g	6g	15mg	140mg	0g	0g
Supper								
Trader Joes - Reduced Carb Whole Wheat Flour Tortilla, 28 g	45	10g	2g	4g	0mg	130mg	0g	7g
Beyond Meat - Beyond Beef, 4 oz	250	3g	18g	20g	0mg	390mg	0g	2g
TOTAL:	1,328	139g	72g	82g	68mg	1,050mg	27g	48g

July 7, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
TOTAL:	1,352	143g	60g	88g	21mg	1,948mg	22g	58g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lily's - dark chocolate peanut butter cup, 1 pieces	65	7g	6g	2g	0mg	25mg	0g	2g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
Lunch								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Dinner								
Gda Joseph's - Lavash Bread, 1/2 lavash	60	9g	2g	5g	0mg	280mg	0g	4g
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 2 tbsp (33g)	182	9g	11g	11g	1mg	138mg	2g	2g
Supper								
Choczero - Honest Syrup Chocolate, 2 TB (20g)	70	26g	0g	0g	0mg	10mg	0g	22g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	1,352	143g	60g	88g	21mg	1,948mg	22g	58g

July 8, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
From the Ground - Cauliflower Pretzels, 20 twists	110	23g	2g	1g	0mg	330mg	1g	3g
Dark Chocolate Hummus, 2 serving(s)	126	23g	4g	4g	0mg	9mg	4g	13g
Peanut Butter Cookie Dough Hummus, 2 serving(s)	162	14g	9g	8g	0mg	34mg	2g	5g
Lunch								
Choczero - Honest Syrup Chocolate, 2 TB (20g)	70	26g	0g	0g	0mg	10mg	0g	22g
Enlightened - Fudge Brownie (Minus Erythritol), 1 container (2 cup (71g) ea.)	400	56g	14g	28g	40mg	180mg	24g	20g
Dinner								
Trader Joe's - Palak Paneer (Corrected), 1 package (150g)	440	16g	34g	18g	40mg	960mg	6g	8g
Supper								
Premier Protein - Vanilla Shake 14 oz Bottle, 14 oz	160	5g	3g	30g	25mg	410mg	2g	2g
TOTAL:	1,468	163g	66g	89g	105mg	1,933mg	39g	73g

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

July 9, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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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
Morning Star - falafel burger, 113 gram	180	27g	8g	9g	0mg	440mg	3g	9g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Lunch								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Dinner								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
Snacks								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Supper								
Lily's - dark chocolate peanut butter cup, 1 pieces	65	7g	6g	2g	0mg	25mg	0g	2g
TOTAL:	1,328	142g	75g	67g	60mg	1,980mg	17g	37g

July 10, 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, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Dinner								
Maple Grove Farms of Vermont - Maple Sugar Candy, 5 pieces	160	42g	0g	0g	0mg	0mg	37g	--g
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 2 tbsp (33g)	182	9g	11g	11g	1mg	138mg	2g	2g
Snacks								
Premier Protein - Chocolate High Protein Shake (14 Oz), 14 oz	160	5g	3g	30g	20mg	410mg	2g	3g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Supper								
Trader Joe's - Palak Paneer (Corrected), 1 package (150g)	440	16g	34g	18g	40mg	960mg	6g	8g
TOTAL:	1,542	134g	72g	101g	81mg	2,228mg	65g	43g

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

July 11, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Maple Grove Farms of Vermont - Maple Sugar Candy, 10 pieces	320	84g	0g	0g	0mg	0mg	74g	--g
Peanut Butter Cookie Dough Hummus, 3 serving(s)	243	21g	13g	13g	0mg	50mg	3g	7g
From the Ground - Cauliflower Pretzels, 20 twists	110	23g	2g	1g	0mg	330mg	1g	3g
Dinner								
Gda Joseph's - Lavash Bread, 1/2 lavash	60	9g	2g	5g	0mg	280mg	0g	4g
Nuts 'n more - Toffee crunch (minus erythritol), 2 tablespoon	182	8g	10g	12g	1mg	0mg	1g	4g
Snacks								
81k Kraft String Cheese Twists - Natural Low-Moisture Part Skim Mozzarella & Cheddar Cheeses, 1 Stick	60	0g	4g	6g	15mg	140mg	0g	0g
Supper								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	1,375	177g	49g	65g	36mg	1,220mg	95g	38g

July 12, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Peanut Butter Cookie Dough Hummus, 3 serving(s)	243	21g	13g	13g	0mg	50mg	3g	7g
From the Ground - Cauliflower Pretzels, 20 twists	110	23g	2g	1g	0mg	330mg	1g	3g
Dr. Praeger's - Kale Bites, 28 pieces (86g)	280	32g	14g	4g	0mg	580mg	2g	8g
Lunch								
Reese's Peanut Butter Cups - Peanut Butter Lovers, 1 package (39 g)	220	21g	14g	6g	0mg	160mg	18g	2g
Dinner								
Cheesecake Factory - Crispy Fried Cheese, 0.2 Plate (Small Plates & Snacks Menu)	214	10g	15g	10g	59mg	378mg	1g	1g
Bud Light - Platinum Beer, 15 oz	171	5g	0g	1g	0mg	0mg	0g	0g
Snacks								
Baklava - Baklava, 1 piece	334	29g	23g	5g	35mg	253mg	10g	2g
Supper								
mitsides - zwmos gia zymarika, 10 cubes	70	5g	5g	3g	--mg	12mg	3g	3g
Falafel - Falafel, 2 ball	114	11g	6g	5g	0mg	100mg	0g	0g
Michelob Ultra Amber - Beer, 12 oz	95	3g	0g	1g	0mg	11mg	0g	0g
Nando's - Halloumi, 1 slices	89	1g	7g	6g	0mg	0mg	1g	0g
TOTAL:	1,940	161g	99g	55g	94mg	1,874mg	39g	26g

July 13, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Flapjacked - Mighty Muffin Lemon Poppy Seed, 1 cup (55grams)	230	22g	7g	20g	30mg	350mg	10g	5g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Lunch								
Butterfinger - Full Size - Improved Recipe, 1 bar	250	36g	10g	5g	--mg	140mg	21g	2g
Nabisco (Mondelez) - Double Stuf Oreo, 44 gram	220	31g	10g	1g	0mg	130mg	20g	1g
Dinner								
Beck's - Premier light, 12 oz	64	4g	0g	1g	0mg	0mg	0g	0g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Supper								
Bunker Hill - Buffalo Crunchy Cheese Crisps , 7 crisps	180	1g	15g	10g	45mg	252mg	0g	0g
T.G.I. FRIDAY'S, fried mozzarella, 1 piece	117	9g	7g	6g	15mg	258mg	1g	1g
Michelob Ultra Amber - Beer, 15 oz	119	4g	0g	1g	0mg	13mg	0g	0g
Maple Grove Farms of Vermont - Maple Sugar Candy, 5 pieces	160	42g	0g	0g	0mg	0mg	37g	--g
TOTAL:	1,778	183g	81g	56g	148mg	1,513mg	99g	15g

July 14, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Peanut Butter Cookie Dough Hummus, 3 serving(s)	243	21g	13g	13g	0mg	50mg	3g	7g
From the Ground - Cauliflower Pretzels, 20 twists	110	23g	2g	1g	0mg	330mg	1g	3g
Lunch								
Maple Grove Farms of Vermont - Maple Sugar Candy, 7.5 pieces	240	63g	0g	0g	0mg	0mg	56g	--g
Chimay Blue - Beer , 12 ounces	212	19g	0g	--g	--mg	11mg	--g	--g
Dinner								
Baklava - Baklava, 0.66 piece	220	19g	15g	3g	23mg	167mg	7g	1g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 5 tenders (100g)	238	23g	10g	18g	0mg	463mg	1g	1g
Supper								
Enlightened - Red Velvet Ice Cream (Minus Sugar Alcohol), 1/2 cup (70g)	70	10g	2g	6g	10mg	50mg	5g	5g
TOTAL:	1,552	195g	58g	47g	62mg	1,256mg	78g	20g

July 15, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
TOTAL:	2,032	201g	105g	100g	203mg	2,496mg	58g	28g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Frozen Peanut Butter Bites, 2 serving(s)	244	24g	17g	13g	3mg	59mg	1g	12g
Lemon Cookies v2, 2 serving(s)	102	10g	5g	3g	10mg	1mg	1g	2g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Lunch								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Maple Grove Farms of Vermont - Maple Sugar Candy, 5 pieces	160	42g	0g	0g	0mg	0mg	37g	--g
Dinner								
Domino's - Stuffed Cheesy Bread, 2 Piece	280	32g	12g	12g	30mg	480mg	2g	2g
Generic - Fried Cheese Ravioli, 1 pieces	37	2g	3g	0g	1mg	90mg	1g	0g
T.G.I. FRIDAY'S, fried mozzarella, 1 piece	117	9g	7g	6g	15mg	258mg	1g	1g
Snacks								
81k Kraft String Cheese Twists - Natural Low-Moisture Part Skim Mozzarella & Cheddar Cheeses, 1 Stick	60	0g	4g	6g	15mg	140mg	0g	0g
Premier Protein - Bananas and Cream, 1 container	160	5g	3g	30g	25mg	270mg	1g	2g
Supper								
Generic - Fried Cheese Ravioli, 1 pieces	37	2g	3g	0g	1mg	90mg	1g	0g
Domino's - Stuffed Cheesy Bread, 2 Piece	280	32g	12g	12g	30mg	480mg	2g	2g
T.G.I. FRIDAY'S, fried mozzarella, 1 piece	117	9g	7g	6g	15mg	258mg	1g	1g
TOTAL:	2,032	201g	105g	100g	203mg	2,496mg	58g	28g

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

July 16, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Mighty Muffin - Peanut Butter Muffin, 1 muffin	240	22g	8g	20g	5mg	350mg	9g	5g
Lunch								
Maple Grove Farms of Vermont - Maple Sugar Candy, 7.5 pieces	240	63g	0g	0g	0mg	0mg	56g	--g
Dinner								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
Snacks								
Eatingevolved - Keto Cups / Original, 1 keto cup	130	5g	13g	2g	--mg	0mg	1g	4g
TOTAL:	1,544	169g	57g	66g	34mg	1,584mg	74g	15g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Supper								
Lagunitas - Ipa, 16 oz.	240	17g	--g	3g	0mg	124mg	--g	--g
TOTAL:	1,544	169g	57g	66g	34mg	1,584mg	74g	15g

July 17, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Fudge Brownie (Minus Erythritol), 1 container (2 cup (71g) ea.)	400	56g	14g	28g	40mg	180mg	24g	20g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Lunch								
Choczero - Sugar-free Honest Syrup Maple Pecan, 3 tablespoon(20g)	90	39g	0g	0g	0mg	15mg	0g	33g
Gardein - Seven Grain Crispy Tenders-meat Free - Corrected 09/18, 1 container (10 pieces (51g) ea.)	450	40g	20g	35g	0mg	1,150mg	0g	5g
Dinner								
Gaffel - Kölsch, 1000 ml	410	8g	--g	--g	--mg	--mg	--g	--g
Snacks								
Baklava - Baklava, 0.5 piece	167	15g	11g	3g	18mg	127mg	5g	1g
Supper								
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
TOTAL:	1,936	205g	67g	86g	87mg	1,957mg	36g	72g

July 18, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Lunch								
Choczero - Milk Chocolate Keto Bark Peanut, 1 Bar	140	10g	13g	1g	--mg	25mg	1g	7g
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
Dinner								
Ziyad - Baba Ghanouj, 8 tbsp (30g)	160	16g	8g	4g	0mg	840mg	4g	8g
Pita - Pita, 2 pita	200	44g	1g	8g	0mg	320mg	2g	0g
Falafel - Falafel, 6 ball	342	32g	18g	14g	0mg	300mg	0g	0g
Supper								
T.g.i Fridays - Mozzarella Sticks, 2 piece	200	20g	10g	6g	20mg	420mg	2g	2g
Nabisco - Mint Creme Oreo, 2 cookies (29 g)	140	21g	7g	1g	0mg	85mg	13g	0g
TOTAL:	2,004	205g	79g	55g	49mg	2,497mg	36g	31g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Peekskill - Simple Sour Ale, 16 oz	180	--g	--g	--g	--mg	--mg	--g	--g
Black & Tan Beer - Guinness/bass, 16 oz	223	15g	--g	1g	--mg	22mg	7g	1g
TOTAL:	2,004	205g	79g	55g	49mg	2,497mg	36g	31g

July 19, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)	360	48g	10g	20g	20mg	400mg	24g	16g
Plantpure - Peanuty Buddha Bowl, 1 meal tray	290	24g	16g	14g	0mg	400mg	7g	5g
Lunch								
Baklava - Baklava, 0.5 piece	167	15g	11g	3g	18mg	127mg	5g	1g
Nabisco - Mint Creme Oreo, 2 cookies (29 g)	140	21g	7g	1g	0mg	85mg	13g	0g
Dinner								
Evolved - Caramel Sea Salt Coconut Butter Cups Dark Chocolate, 2 butter cup	260	14g	22g	2g	--mg	200mg	8g	6g
Snacks								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Supper								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 4 tenders (100g)	190	18g	8g	14g	0mg	370mg	1g	1g
TOTAL:	1,477	154g	80g	56g	40mg	1,652mg	58g	41g

July 20, 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								
hail merry - chocolate almond butter cup, 50 gram	250	14g	19g	7g	0mg	115mg	8g	5g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Dinner								
Starbucks - Caramel Ribbon Crunch Frappucino Tall No Whip, 6 oz	115	23g	2g	1g	8mg	95mg	23g	0g
Planter's Cheez Balls - Cheese Flavored Snack, 103.6 balls	392	50g	17g	6g	0mg	420mg	3g	0g
Supper								
Baklava - Baklava, 0.5 piece	167	15g	11g	3g	18mg	127mg	5g	1g
TOTAL:	1,882	210g	76g	61g	46mg	1,607mg	67g	43g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Madtree - Lift, 16 oz	188	13g	--g	--g	--mg	--mg	--g	--g
Kashi - Sweet Potato Quinoa Bowl, 255 gram	270	48g	6g	9g	0mg	280mg	11g	12g
TOTAL:	1,882	210g	76g	61g	46mg	1,607mg	67g	43g

July 21, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
dr. Praeger's - Carrot Puffs, 13 pieces	140	17g	8g	2g	0mg	290mg	4g	6g
Dr. Praeger's - Kale Bites, 14 pieces (86g)	140	16g	7g	2g	0mg	290mg	1g	4g
Lunch								
Nuts 'n More - White Chocolate Pretzel, 33 g	182	9g	11g	11g	1mg	138mg	2g	2g
Dinner								
Lily's - dark chocolate peanut butter cup, 1 pieces	65	7g	6g	2g	0mg	25mg	0g	2g
Choczero - Sugar-free Honest Syrup Maple Pecan, 3 tablespoon(20g)	90	39g	0g	0g	0mg	15mg	0g	33g
Gardein - Seven Grain Crispy Tenders-meat Free - Corrected 09/18, 1 container (10 pieces (51g) ea.)	450	40g	20g	35g	0mg	1,150mg	0g	5g
Supper								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Kashi - Mayan Harvest Bake Bowl, 1 Entree	330	56g	8g	10g	0mg	320mg	22g	11g
TOTAL:	1,686	212g	80g	70g	32mg	2,483mg	34g	76g

July 22, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Lunch								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Dinner								
Gardein - Turk'y Cutlet With Gravy, 1 container (250 grams ea.)	560	42g	26g	38g	0mg	1,040mg	4g	1g
81k Kraft String Cheese Twists - Natural Low-Moisture Part Skim Mozzarella & Cheddar Cheeses, 1 Stick	60	0g	4g	6g	15mg	140mg	0g	0g
Supper								

TOTAL:	1,569	125g	76g	117g	86mg	2,415mg	28g	44g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Premier Protein - Chocolate High Protein Shake (14 Oz), 14 oz	160	5g	3g	30g	20mg	410mg	2g	3g
TOTAL:	1,569	125g	76g	117g	86mg	2,415mg	28g	44g

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

July 23, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Lunch								
Reese's Peanut Butter Cups - Peanut Butter Lovers, 1 package (39 g)	220	21g	14g	6g	0mg	160mg	18g	2g
Dinner								
Choczero - Milk Chocolate, 1 piece	50	4g	5g	--g	0mg	10mg	1g	3g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Choczero - Milk Chocolate, 1 piece	50	4g	5g	--g	0mg	10mg	1g	3g
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Supper								
Curried Cauliflower and Sweet Potatoes, 0.5 serving(s)	92	18g	1g	3g	0mg	83mg	5g	3g
Morningstar Farms - Meal Starters - Steak Strips, 0.5 container (54 strips (85g) ea.)	338	14g	10g	52g	0mg	968mg	0g	5g
Green Giant - Riced Veggies, Kohlrabi, 0.5 container (3.00 cup)	38	9g	0g	3g	0mg	30mg	3g	2g
Food Network - Korean-Style Marinated Skirt Steak, 0.5 Serving	121	2g	7g	13g	37mg	286mg	2g	0g
TOTAL:	1,598	132g	80g	113g	88mg	2,222mg	51g	51g

July 24, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
TOTAL:	1,553	118g	73g	121g	89mg	2,437mg	32g	35g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	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								
81k Kraft String Cheese Twists - Natural Low-Moisture Part Skim Mozzarella & Cheddar Cheeses, 1 Stick	60	0g	4g	6g	15mg	140mg	0g	0g
Premier Protein - Vanilla Shake 14 oz Bottle, 14 oz	160	5g	3g	30g	25mg	410mg	2g	2g
Supper								
Nuts 'n More - Mint Chocolate Chip, 33 grams	179	10g	10g	11g	--mg	77mg	6g	3g
Gda Joseph's - Lavash Bread, 1/2 lavash	60	9g	2g	5g	0mg	280mg	0g	4g
TOTAL:	1,553	118g	73g	121g	89mg	2,437mg	32g	35g

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

July 25, 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
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Dinner								
Rebellion - Bbq Protein Crisps, 2.5 oz.	225	25g	6g	25g	0mg	575mg	5g	10g
Trader Joe's - Creamy Spinach & Artichoke Dip, 1 container (16 tbsp (30g) ea.)	360	16g	24g	16g	80mg	1,360mg	8g	0g
Snacks								
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
Supper								
From the Ground Up - Sea Salt Cauliflower Crackers, 100 pieces (1.0 oz/28g)	250	45g	6g	5g	0mg	700mg	5g	5g
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Lily's - dark chocolate peanut butter cup, 1 pieces	65	7g	6g	2g	0mg	25mg	0g	2g
TOTAL:	1,789	183g	86g	98g	131mg	3,635mg	41g	60g

July 26, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
Lunch								
Snickers - Maple Almond Butter Squares, 1 bar	110	12g	6g	2g	--mg	75mg	--g	--g
Salsarita's - Chips Only, 1 bag	480	36g	33g	3g	--mg	135mg	--g	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								
Premier Protein - Chocolate High Protein Shake (14 Oz), 14 oz	160	5g	3g	30g	20mg	410mg	2g	3g
Supper								
Nuts 'n More - White Chocolate Pretzel, 66 g	364	18g	22g	22g	2mg	276mg	4g	4g
TOTAL:	1,714	133g	88g	99g	42mg	1,616mg	24g	40g

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

July 27, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Black Cherry Chocolate Chip (Minus Sugar Alcohols), 1 container (2 cup (72g) ea.)	360	48g	12g	28g	20mg	120mg	24g	20g
Lunch								
Enlightened - Mesquite Bbq Roasted Broad Beans, 3 oz	300	45g	9g	21g	0mg	450mg	3g	15g
Dinner								
Jack In The Box - Grilled Cheese, 1 serving	330	31g	18g	11g	25mg	730mg	3g	2g
Salsarita's - Chips Only, 1 bag	480	36g	33g	3g	--mg	135mg	--g	3g
Snacks								
Elisha - Lychee Flavour Aerated Water, 12.3 fl oz	80	21g	0g	0g	0mg	0mg	20g	0g
Drumstick - Lil'cone Snack Size, 1 drumstick	120	18g	40g	1g	--mg	60mg	11g	1g
Supper								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Beechers - Smoked Cheddar, 2 ounce	240	2g	18g	14g	40mg	460mg	0g	0g
Rebellion - Bbq Protein Crisps, 2 oz.	180	20g	5g	20g	0mg	460mg	4g	8g
TOTAL:	2,160	235g	141g	100g	87mg	2,485mg	65g	61g

July 28, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
dr. Praeger's - Carrot Puffs, 26 pieces	280	34g	16g	4g	0mg	580mg	8g	12g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 5 tenders (100g)	238	23g	10g	18g	0mg	463mg	1g	1g
Lunch								
Choczero - Milk Chocolate Keto Bark Peanut, 1 Bar	140	10g	13g	1g	--mg	25mg	1g	7g
Dinner								
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)	360	48g	10g	20g	20mg	400mg	24g	16g
Snacks								
Goose Island - Ipa Beer, 8 oz	137	34g	--g	--g	--mg	--mg	--g	--g
Supper								
Mascot - Dark Chocolate Sea Salt Caramels, 30 gram	130	19g	5g	2g	5mg	170mg	14g	1g
Trader Joe's - Peanut Butter Cartwheel Cookies, 2 cookie (25 g)	220	28g	10g	4g	0mg	130mg	16g	0g
TOTAL:	1,505	196g	64g	49g	25mg	1,768mg	64g	37g

July 29, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Lunch								
Meyer Lemon Cups - Hail Merry, 1 cups (43g)	105	9g	8g	2g	0mg	48mg	5g	2g
Dinner								
Angie's Boomchickapop - White Cheddar Popcorn, 0.5 container (11 3/10 cups ea.)	338	34g	20g	7g	11mg	563mg	5g	7g
Snacks								
Premier Protein - Vanilla Shake 14 oz Bottle, 14 oz	160	5g	3g	30g	25mg	410mg	2g	2g
Supper								
81k Kraft String Cheese Twists - Natural Low-Moisture Part Skim Mozzarella & Cheddar Cheeses, 1 Stick	60	0g	4g	6g	15mg	140mg	0g	0g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 6 tenders (100g)	285	27g	12g	21g	0mg	555mg	2g	2g
TOTAL:	1,678	117g	109g	82g	133mg	2,826mg	26g	29g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
TOTALS:					
	165	13	0	0	0

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Dinner									
Enlightened - Fudge Brownie (Minus Erythritol), 0.7 container (2 cup (71g) ea.)		280	39g	10g	20g	28mg	126mg	17g	14g
TOTAL:		1,390	114g	86g	64g	110mg	1,976mg	31g	30g