



Printable Diary for Lucent

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March 1, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Vegetable Stuffed Portabella Mushrooms, 1 serving(s)	177	27g	3g	14g	5mg	161mg	13g	10g
Lunch								
hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	1g	2g
Stacy's Pita Chips - Simply Naked Baked Pita Chips, 20 chips (28g)	260	38g	10g	6g	0mg	540mg	1g	1g
Dinner								
Chaokoh - Coconut Milk, 0.5 container (1 7/10 cup (80 g) ea.)	375	5g	35g	5g	0mg	38mg	3g	0g
Tofu - Fried, 2 oz	153	6g	11g	10g	0mg	9mg	2g	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
Morrison - Brown Rice, 1 cup	248	52g	2g	5g	0mg	78mg	1g	2g
Maesri - Masaman Curry Paste, 1 container (80 g (1 tbsp) ea.)	240	24g	14g	0g	0mg	2,680mg	8g	4g
Supper								
Planter's Cheez Balls - Cheese Flavored Snack, 103.6 balls	392	50g	17g	6g	0mg	420mg	3g	0g
TOTAL:	2,212	232g	122g	53g	5mg	4,131mg	34g	41g

March 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Strawberry Bread, 1 serving(s)	122	12g	7g	2g	19mg	72mg	1g	0g
Lunch								
Little Caesars - Crazy Bread, 3 stick	300	45g	9g	9g	0mg	450mg	3g	3g
Little Caesars - Deep Deep Dish Cheese Pizza (Website), 284 g	640	78g	22g	30g	40mg	1,000mg	8g	4g
TOTAL:	1,784	217g	79g	48g	62mg	1,912mg	52g	43g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Dinner								
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 1 cups (1 package)	105	12g	6g	3g	3mg	75mg	11g	1g
Supper								
So Delicious - Salted Caramel Cashew Milk Bar, 1 bar	180	17g	13g	1g	0mg	100mg	12g	1g
Godiva - Chocolate Liquor, 2 fluid ounce	237	16g	8g	--g	--mg	--mg	16g	--g
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
TOTAL:	1,784	217g	79g	48g	62mg	1,912mg	52g	43g

March 3, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Moon Cheese - Cheddar, 54 g (6-7 pieces)	315	5g	23g	23g	90mg	630mg	0g	0g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Strawberry Bread, 1 serving(s)	122	12g	7g	2g	19mg	72mg	1g	0g
Lunch								
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
life savers - Candy, 8 pieces	120	30g	0g	0g	0mg	0mg	28g	0g
Dinner								
Godiva - Chocolate Liquor, 1 fluid ounce	119	8g	4g	--g	--mg	--mg	8g	--g
Dominos - Feta Spinach Bread, 1 Piece	160	17g	7g	7g	15mg	270mg	--g	0g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice	1,240	116g	60g	44g	120mg	2,080mg	--g	4g
TOTAL:	2,396	227g	122g	82g	249mg	3,237mg	60g	19g

March 4, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Dominos - Feta Spinach Bread, 4 Piece	640	68g	28g	28g	60mg	1,080mg	--g	0g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 2 Slice	620	58g	30g	22g	60mg	1,040mg	--g	2g
Dinner								
La Colombe - Draft Latte (Vanilla), 9 fl. oz. (266 mL)	100	14g	3g	5g	10mg	105mg	12g	--g
Hampton Farms - Honey Chipotle Cashews, 2 oz.	300	24g	20g	8g	0mg	230mg	12g	2g
Supper								
TOTAL:	2,210	211g	108g	94g	155mg	3,125mg	42g	27g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Angie's Boomchickapop - White Cheddar Popcorn, 2.5 cups	150	15g	9g	3g	5mg	250mg	2g	3g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	2,210	211g	108g	94g	155mg	3,125mg	42g	27g

March 5, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Hampton Farms - Honey Chipotle Cashews, 2 oz.	300	24g	20g	8g	0mg	230mg	12g	2g
Strawberry Bread, 1 serving(s)	122	12g	7g	2g	19mg	72mg	1g	0g
Lunch								
Gardein - Nashville Hot Chick'n Tenders, 1 container (7.5 tenders (84g) ea.)	500	43g	23g	33g	0mg	1,350mg	3g	3g
Dinner								
Premier Protein - Caramel Protein Drink, 11 oz	160	4g	3g	30g	20mg	320mg	1g	1g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Snacks								
Strawberry Bread, 1 serving(s)	122	12g	7g	2g	19mg	72mg	1g	0g
Hampton Farms - Honey Chipotle Cashews, 3 oz.	450	36g	30g	12g	0mg	345mg	18g	3g
Supper								
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
Beer cheese - Cheese, 2 oz	220	0g	18g	14g	0mg	0mg	0g	0g
Wahoo's - Tofu Taco, 1 Taco	193	24g	6g	10g	7mg	248mg	--g	--g
Sodexo Campus - Soft Pretzel, 3 Pretzel/2.5 oz	510	114g	3g	18g	0mg	3,090mg	3g	3g
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 60 ml	138	--g	--g	--g	--mg	--mg	--g	--g
Skrewball - Peanut Butter Whiskey, 1 fl oz	90	24g	0g	0g	0mg	20mg	13g	0g
TOTAL:	3,265	314g	124g	131g	65mg	5,892mg	53g	32g

March 6, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Strawberry Bread, 1 serving(s)	122	12g	7g	2g	19mg	72mg	1g	0g
Lunch								
TOTAL:	1,411	139g	75g	63g	39mg	1,807mg	27g	61g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Ole Xtreme Wellness - High Fiber Carb Lean Tortilla, 45 gram	50	15g	2g	5g	0mg	280mg	0g	11g
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Beyond Meat - Burger, 1 Patty (4 oz)	250	3g	18g	20g	0mg	390mg	0g	2g
Dinner								
Stacy's Pita Chips - Simply Naked Baked Pita Chips, 20 chips (28g)	260	38g	10g	6g	0mg	540mg	1g	1g
Supper								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Godiva - Chocolate Liquor, 1 fluid ounce	119	8g	4g	--g	--mg	--mg	8g	--g
TOTAL:	1,411	139g	75g	63g	39mg	1,807mg	27g	61g

March 7, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
Lunch								
Premier Protein - Caramel Protein Drink, 11 oz	160	4g	3g	30g	20mg	320mg	1g	1g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Dinner								
Boar's Head - Muenster Cheese, 0.5 oz (28g)	50	0g	4g	3g	13mg	95mg	0g	0g
Ole Xtreme Wellness - High Fiber Carb Lean Tortilla, 45 gram	50	15g	2g	5g	0mg	280mg	0g	11g
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Beyond Meat - Burger, 1 Patty (4 oz)	250	3g	18g	20g	0mg	390mg	0g	2g
Supper								
Catawba Brewing Company - Ipa Beer, 20 Fluid Ounces	225	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	1,500	125g	66g	97g	33mg	2,375mg	6g	70g

March 8, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Strawberry Bread, 1 serving(s)	122	12g	7g	2g	19mg	72mg	1g	0g
TOTAL:	1,587	135g	82g	86g	94mg	2,792mg	34g	45g

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
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
Lunch								
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	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
Supper								
Boar's Head - Muenster Cheese, 1 oz (28g)	100	0g	8g	6g	25mg	190mg	0g	0g
Bird's Eye - Sea salt & cracked pepper Brussels Sprouts, 1 container (264.00 grams)	240	27g	9g	9g	0mg	990mg	9g	9g
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
TOTAL:	1,587	135g	82g	86g	94mg	2,792mg	34g	45g

March 9, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)	540	62g	22g	30g	--mg	1,026mg	8g	8g
Lunch								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Strawberry Bread, 1 serving(s)	122	12g	7g	2g	19mg	72mg	1g	0g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 6 shells (31g)	450	51g	24g	6g	0mg	450mg	0g	3g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Supper								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
TOTAL:	1,839	196g	94g	82g	44mg	2,753mg	15g	63g

March 10, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	1,766	202g	91g	41g	29mg	1,418mg	88g	26g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Girl Scouts - Fruit Slices, 8 pieces	347	88g	0g	0g	0mg	40mg	67g	0g
Lunch								
Planters - Honey Roasted Peanuts (1.75oz), 1 pack	280	12g	23g	12g	0mg	150mg	6g	4g
Dinner								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Snacks								
Godiva - Chocolate Liquor, 1 fluid ounce	119	8g	4g	--g	--mg	--mg	8g	--g
Choczero - Milk Chocolate Hazelnut Ketobark, 1 bar	150	11g	14g	3g	10mg	10mg	1g	8g
Supper								
Snyder's - Cheddar Cheese Pretzel Bites, 2 oz	280	32g	16g	4g	--mg	520mg	2g	2g
Strawberry Bread, 1 serving(s)	122	12g	7g	2g	19mg	72mg	1g	0g
TOTAL:	1,766	202g	91g	41g	29mg	1,418mg	88g	26g

March 11, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Choczero - Maple Pecan Sugar Free Syrup, 4 Tbsp. (20g)	128	60g	0g	0g	0mg	20mg	0g	56g
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								
STöK - Protein Cold Brew coffee Mocha, 15 fl oz	210	25g	3g	20g	20mg	180mg	20g	1g
Boar's Head - Muenster Cheese, 1 oz (28g)	100	0g	8g	6g	25mg	190mg	0g	0g
flex chips - bbq, 56 gram	180	24g	5g	20g	--mg	580mg	4g	8g
Dinner								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Oreos - Trolls oreos, 2 cookies	150	21g	7g	0g	0mg	80mg	12g	0g
Snacks								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Supper								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 66 g	300	40g	14g	2g	0mg	210mg	22g	2g
Alexia - Sweet Potato Waffle Fries, 3 Cup	390	60g	15g	6g	0mg	990mg	12g	9g

TOTAL:	2,703	327g	84g	93g	45mg	3,695mg	72g	120g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
la Tulipe - sauvignon blanc bordeaux , 750 ml	605	15g	0g	1g	0mg	0mg	0g	0g
TOTAL:	2,703	327g	84g	93g	45mg	3,695mg	72g	120g

March 12, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Dairy Queen Onion Rings - Onion Rings, 113 g	320	39g	16g	5g	--mg	--mg	--g	--g
Fancy Grilled Cheese - Grilled Cheese Sandwich, 1 sandwich	320	66g	13g	18g	20mg	1,010mg	0g	4g
Lunch								
Butterfinger Mini - Mini, 1 bars (30gm)	47	7g	2g	1g	0mg	25mg	4g	0g
Girl Scouts - Fruit Slices, 4 pieces	173	44g	0g	0g	0mg	20mg	33g	0g
Dinner								
Catawba Brewing Company - Ipa Beer, 12 Fluid Ounces	135	--g	--g	--g	--mg	--mg	--g	--g
Oreos - Trolls oreos, 2 cookies	150	21g	7g	0g	0mg	80mg	12g	0g
Supper								
Strawberry Bread, 1 serving(s)	122	12g	7g	2g	19mg	72mg	1g	0g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Alexia - Crispy Onion Rings, 300 g	900	109g	45g	11g	0mg	1,463mg	11g	4g
TOTAL:	2,267	319g	97g	39g	39mg	2,815mg	62g	28g

March 13, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lunch								
Snyder's - Cheddar Cheese Pretzel Bites, 2 oz	280	32g	16g	4g	--mg	520mg	2g	2g
Dinner								
Leah's Better Bites - Snicker doodle Cookie dough bite, 2 bite	200	28g	8g	2g	0mg	0mg	16g	0g
Snacks								
Sargento - 4 Cheese Mexican Cheese, 28 grams (1/4 Cup)	110	2g	9g	6g	25mg	170mg	0g	0g
Gardein Chili, 1 serving(s)	505	47g	21g	36g	0mg	699mg	6g	12g
Supper								
TOTAL:	1,695	183g	86g	80g	45mg	2,099mg	42g	74g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	1,695	183g	86g	80g	45mg	2,099mg	42g	74g
March 14, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Gardein Chili, 1 serving(s)	505	47g	21g	36g	0mg	699mg	6g	12g
Lunch								
PopCorners Flex - Protein Crisps, 28 gram	100	12g	3g	10g	0mg	220mg	1g	4g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Dinner								
Irish Soda Bread with Neat Egg, 1 serving(s)	136	23g	3g	3g	9mg	78mg	5g	0g
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Pineapple Upside Down Cookies, 2 serving(s)	204	35g	6g	2g	0mg	61mg	20g	0g
ChocZero Almond Cherry Cookies, 4 serving(s)	526	23g	44g	9g	6mg	245mg	2g	16g
Supper								
Gardein Chili, 1 serving(s)	505	47g	21g	36g	0mg	699mg	6g	12g
TOTAL:	2,203	211g	115g	98g	30mg	2,082mg	44g	58g
March 15, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
TOTAL:	1,329	103g	72g	69g	60mg	1,675mg	23g	38g
March 16, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	1,419	112g	83g	80g	51mg	1,982mg	22g	57g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Lunch								
ChocZero Almond Cherry Cookies, 1 serving(s)	131	6g	11g	2g	1mg	61mg	1g	4g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Dinner								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Supper								
Boar's Head - Muenster Cheese, 0.5 oz (28g)	50	0g	4g	3g	13mg	95mg	0g	0g
Ole Xtreme Wellness - High Fiber Carb Lean Tortilla, 45 gram	50	15g	2g	5g	0mg	280mg	0g	11g
Beyond Meat - Burger, 1 Patty (4 oz)	250	3g	18g	20g	0mg	390mg	0g	2g
TOTAL:	1,419	112g	83g	80g	51mg	1,982mg	22g	57g

March 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Choczero - Maple Pecan Sugar Free Syrup, 3 Tbsp. (20g)	96	45g	0g	0g	0mg	15mg	0g	42g
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								
la colombe mocha draft latte - coffee, 1 can	110	16g	4g	5g	10mg	115mg	13g	1g
Dinner								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Snacks								
Jameson - Whiskey, 1 oz	70	--g	--g	--g	--mg	--mg	--g	--g
Supper								
ChocZero - Chocolate Syrup, 1 tablespoon	37	15g	0g	0g	0mg	5mg	0g	14g
Chocolate Guinness Cupcakes, 1 serving(s)	124	19g	4g	2g	0mg	2mg	7g	2g
TOTAL:	1,467	214g	59g	50g	10mg	2,212mg	27g	86g

March 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lunch								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 1 pieces (32g)	50	8g	4g	1g	0mg	35mg	0g	7g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Snacks								
ChocZero Almond Cherry Cookies, 1 serving(s)	131	6g	11g	2g	1mg	61mg	1g	4g
Supper								
Jameson - Whiskey, 1 oz	70	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	1,580	117g	87g	72g	61mg	1,771mg	24g	49g

March 19, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Lunch								
ChocZero - Chocolate Syrup, 1 tablespoon	37	15g	0g	0g	0mg	5mg	0g	14g
Chocolate Guinness Cupcakes, 1 serving(s)	124	19g	4g	2g	0mg	2mg	7g	2g
Dinner								
ChocZero Almond Cherry Cookies, 1 serving(s)	131	6g	11g	2g	1mg	61mg	1g	4g
Alexia - Crispy Onion Rings, 140 g	420	51g	21g	5g	0mg	683mg	5g	2g
Supper								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	1,580	165g	78g	57g	36mg	1,837mg	34g	50g

March 20, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
La Colombe - Draft Latte (Vanilla), 9 fl. oz. (266 mL)	100	14g	3g	5g	10mg	105mg	12g	--g
Lunch								
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Dinner								
Strawberry Bread, 1 serving(s)	122	12g	7g	2g	19mg	72mg	1g	0g
Snacks								
Jameson - Whiskey, 1 oz	70	--g	--g	--g	--mg	--mg	--g	--g
Supper								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
TOTAL:	1,532	133g	97g	29g	109mg	2,142mg	32g	26g

March 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lunch								
Snyders of Hanover - Cheddar Cheese Pretzel Pieces, 1.32 Cup	560	64g	32g	8g	0mg	1,040mg	4g	4g
Leah's Better Bites - Snicker doodle Cookie dough bite, 1 bite	100	14g	4g	1g	0mg	0mg	8g	0g
Dinner								
Norton Chardonnay - Chardonnay Wine, 13 oz	247	3g	0g	0g	--mg	18mg	--g	--g
Supper								
Choczero - Maple Pecan Sugar Free Syrup, 4 Tbsp. (20g)	128	60g	0g	0g	0mg	20mg	0g	56g
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
TOTAL:	2,002	222g	82g	73g	35mg	2,693mg	31g	86g

March 22, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
La Colombe - Draft Latte, Corrected, 9 fl oz (aka 266 ml or 1 can)	90	14g	3g	5g	10mg	95mg	10g	2g
Lunch								
ChocZero - Chocolate Syrup, 1 tablespoon	37	15g	0g	0g	0mg	5mg	0g	14g
TOTAL:	2,391	312g	105g	64g	130mg	2,702mg	83g	51g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocolate Guinness Cupcakes, 1 serving(s)	124	19g	4g	2g	0mg	2mg	7g	2g
Dinner								
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
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
Snacks								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 1 pieces (32g)	50	8g	4g	1g	0mg	35mg	0g	7g
Supper								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	2,391	312g	105g	64g	130mg	2,702mg	83g	51g

March 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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
Domino's Pizza - Cinnastix Icing Only, 1 container	250	57g	3g	0g	0mg	0mg	55g	0g
Lunch								
Enlightened - Mesquite Bbq Roasted Broad Beans, 3.5 oz	350	53g	11g	25g	0mg	525mg	4g	18g
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 45 ml	104	--g	--g	--g	--mg	--mg	--g	--g
Dinner								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Supper								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Corona - Corona Light Beer, 1 bottle/12 o	99	5g	0g	1g	--mg	--mg	--g	--g
TOTAL:	2,443	300g	99g	72g	90mg	2,605mg	71g	56g

March 24, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
TOTAL:	1,665	130g	90g	73g	61mg	1,881mg	25g	62g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lunch								
ChocZero Almond Cherry Cookies, 1 serving(s)	131	6g	11g	2g	1mg	61mg	1g	4g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Supper								
Jameson - Whiskey, 1.5 oz	105	--g	--g	--g	--mg	--mg	--g	--g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	1,665	130g	90g	73g	61mg	1,881mg	25g	62g

March 25, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lunch								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Dinner								
Norton Chardonnay - Chardonnay Wine, 5 oz	95	1g	0g	0g	--mg	7mg	--g	--g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Publix - Four Cheese Self-Rising Crust Pizza, 0.501 of pizza	870	123g	27g	39g	45mg	1,260mg	15g	6g
Snacks								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Supper								
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
TOTAL:	2,370	264g	108g	96g	85mg	2,688mg	61g	74g

March 26, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Choczero - Maple Pecan Sugar Free Syrup, 4 Tbsp. (20g)	128	60g	0g	0g	0mg	20mg	0g	56g
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								
Cheetos Puffs® - Cheetos Puffs – White Cheddar Cheese , 32 Pieces (28g.)	160	16g	9g	2g	5mg	280mg	1g	1g
ChocZero Almond Cherry Cookies, 1 serving(s)	131	6g	11g	2g	1mg	61mg	1g	4g
Michelobe Ultra - Beer, 12 oz	95	3g	0g	--g	0mg	0mg	0g	0g
Dinner								
Morningstar Farms - Parmesan Garlic Wings-100% Vegetarian, 1 container (17.5 wings ea.)	665	74g	25g	42g	--mg	1,820mg	4g	11g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
TOTAL:	1,739	214g	74g	82g	6mg	3,366mg	7g	90g

March 27, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
Lunch								
Justin's - Maple Cashew Butter, 32 g/1 pack	200	11g	15g	4g	0mg	100mg	5g	1g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Dinner								
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 10 tbsp (33g)	910	45g	55g	55g	5mg	690mg	10g	10g
Boom chicka pop - White Cheddar Popcorn, 1/2 container (11.25 cups)	338	34g	20g	7g	11mg	585mg	5g	7g
Nutz - Jordan Almonds, 9 pieces	170	32g	5g	9g	0mg	5mg	--g	1g
Supper								
Boar's Head - Muenster Cheese, 0.5 oz (28g)	50	0g	4g	3g	13mg	95mg	0g	0g
Green Giant - (In grams) Baby Brussels Sprout & Butter Sauce (lightly sauced), 1 container (260.00 g (2/3 c frozen, 1/2 c prepared))	150	23g	4g	8g	10mg	825mg	8g	8g
TOTAL:	2,528	233g	142g	95g	39mg	3,310mg	37g	43g

March 28, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Lunch								
ChocZero - Chocolate Syrup, 1 tablespoon	37	15g	0g	0g	0mg	5mg	0g	14g
Chocolate Guinness Cupcakes, 1 serving(s)	124	19g	4g	2g	0mg	2mg	7g	2g
Dinner								
Nutz - Jordan Almonds, 18 pieces	340	64g	10g	18g	0mg	10mg	--g	2g
Cheetos Puffs® - Cheetos Puffs – White Cheddar Cheese , 64 Pieces (28g.)	320	32g	18g	4g	10mg	560mg	2g	2g
Supper								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	2,108	214g	123g	68g	125mg	2,117mg	41g	58g

March 29, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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
Lunch								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Dinner								
Nutz - Jordan Almonds, 13.5 pieces	255	48g	8g	14g	0mg	8mg	--g	2g
ChocZero Almond Cherry Cookies, 1 serving(s)	131	6g	11g	2g	1mg	61mg	1g	4g
Supper								
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)	360	48g	10g	20g	20mg	400mg	24g	16g
Norton Chardonnay - Chardonnay Wine, 5 oz	95	1g	0g	0g	--mg	7mg	--g	--g
Peanuts, 2 oz	322	9g	28g	15g	0mg	10mg	3g	5g
TOTAL:	2,223	195g	116g	76g	21mg	1,651mg	42g	61g

March 30, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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
Lunch								
Peanuts, 1 oz	161	5g	14g	7g	0mg	5mg	1g	2g
Cheetos Puffs® - Cheetos Puffs – White Cheddar Cheese , 40 Pieces (28g.)	200	20g	11g	3g	6mg	350mg	1g	1g
Dinner								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Supper								
Michelobe Ultra - Beer, 12 oz	95	3g	0g	--g	0mg	0mg	0g	0g
TOTAL:	1,623	163g	80g	75g	41mg	2,020mg	22g	75g

March 31, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
Dinner								
Norton Chardonnay - Chardonnay Wine, 5 oz	95	1g	0g	0g	--mg	7mg	--g	--g
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
TOTAL:	1,585	176g	78g	33g	0mg	2,607mg	27g	16g