



Printable Diary for Lucent

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change report

June 1, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
Eggless Cinnamon Rolls, 1 serving(s)	258	33g	11g	6g	31mg	55mg	3g	0g
Lunch								
Tofu Masaman Curry, 1 serving(s)	948	76g	58g	33g	0mg	1,879mg	19g	14g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
Dinner								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Sargento - 4 Cheese Mexican Cheese, 14 grams (1/4 Cup)	55	1g	5g	3g	13mg	85mg	0g	0g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Supper								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Beck's - Premier light, 12 oz	64	4g	0g	1g	0mg	0mg	0g	0g
TOTAL:	2,240	234g	119g	75g	46mg	3,798mg	45g	65g

June 2, 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
Lunch								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
Dinner								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
Snacks								
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 45 ml	104	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	1,704	149g	88g	65g	20mg	2,180mg	48g	38g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Supper								
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
TOTAL:	1,704	149g	88g	65g	20mg	2,180mg	48g	38g

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

June 3, 2020
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Crispy Cheese Pan Pizza, 0.7 serving(s)	351	15g	22g	28g	59mg	739mg	1g	4g
Lunch								
Eggless Feta Rolls, 2 serving(s)	511	62g	24g	14g	77mg	166mg	2g	0g
Dinner								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.63 cup	400	18g	30g	15g	0mg	125mg	18g	5g
Snacks								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.5 cup	320	14g	24g	12g	0mg	100mg	14g	4g
Supper								
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 45 ml	104	--g	--g	--g	--mg	--mg	--g	--g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	2,191	158g	125g	98g	156mg	1,620mg	51g	47g

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

June 4, 2020
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	2,364	300g	95g	86g	85mg	3,218mg	107g	54g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Eggless Apricot Kolaches, 1 serving(s)	203	34g	6g	3g	18mg	252mg	14g	1g
<b>Lunch</b>								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Sargento - 4 Cheese Mexican Cheese, 14 grams (1/4 Cup)	55	1g	5g	3g	13mg	85mg	0g	0g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
<b>Dinner</b>								
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
<b>Snacks</b>								
Shirley's - Pina Colada Smoothie, 8 oz.	195	18g	1g	14g	0mg	0mg	15g	1g
<b>Supper</b>								
Edible Snickerdoodle Cookie Dough, 5 serving(s)	204	23g	11g	2g	27mg	12mg	10g	0g
Jelly Beans - Assorted Flavors, 70 pieces	280	74g	0g	0g	--mg	30mg	56g	--g
<b>TOTAL:</b>	<b>2,364</b>	<b>300g</b>	<b>95g</b>	<b>86g</b>	<b>85mg</b>	<b>3,218mg</b>	<b>107g</b>	<b>54g</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>

June 5, 2020

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 - 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
<b>Lunch</b>								
Jelly Beans - Assorted Flavors, 70 pieces	280	74g	0g	0g	--mg	30mg	56g	--g
Shirley's - Pina Colada Smoothie, 8 oz.	195	18g	1g	14g	0mg	0mg	15g	1g
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 198 g	900	120g	42g	6g	0mg	630mg	66g	6g
<b>TOTAL:</b>	<b>4,767</b>	<b>492g</b>	<b>220g</b>	<b>122g</b>	<b>60mg</b>	<b>5,566mg</b>	<b>190g</b>	<b>37g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Dinner</b>								
Shipyard - Brown Ale, 16 oz	187	--g	--g	--g	--mg	--mg	--g	--g
Catawba Brewing Company - Ipa Beer, 14 Fluid Ounces	157	--g	--g	--g	--mg	--mg	--g	--g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.75 cup	480	21g	36g	18g	0mg	150mg	21g	6g
<b>Supper</b>								
Kirkland - Cashews, 56 g	320	16g	26g	10g	0mg	240mg	2g	2g
Fisher - Praline Pecans, 0.75 cup	540	24g	48g	6g	0mg	330mg	15g	6g
Kraft - Macaroni & Cheese Deluxe, 1 container (4 cup)	1,240	180g	40g	48g	60mg	3,560mg	12g	4g
<b>TOTAL:</b>	<b>4,767</b>	<b>492g</b>	<b>220g</b>	<b>122g</b>	<b>60mg</b>	<b>5,566mg</b>	<b>190g</b>	<b>37g</b>

## June 6, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Eggless Apricot Kolaches, 1 serving(s)	203	34g	6g	3g	18mg	252mg	14g	1g
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Alexia - Mashed Cauliflower - Sea Salt, 1 container (1 1/2 cup (113g) ea.)	210	21g	11g	3g	30mg	1,380mg	6g	6g
<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>Supper</b>								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
<b>TOTAL:</b>	<b>1,698</b>	<b>196g</b>	<b>81g</b>	<b>59g</b>	<b>70mg</b>	<b>3,737mg</b>	<b>55g</b>	<b>46g</b>

## June 7, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.5 cup	320	14g	24g	12g	0mg	100mg	14g	4g
<b>Dinner</b>								
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
<b>Snacks</b>								
<b>TOTAL:</b>	<b>2,025</b>	<b>183g</b>	<b>95g</b>	<b>77g</b>	<b>20mg</b>	<b>2,396mg</b>	<b>44g</b>	<b>48g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
<b>Supper</b>								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)	540	62g	22g	30g	--mg	1,026mg	8g	8g
<b>TOTAL:</b>	<b>2,025</b>	<b>183g</b>	<b>95g</b>	<b>77g</b>	<b>20mg</b>	<b>2,396mg</b>	<b>44g</b>	<b>48g</b>

## June 8, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Eggless Apricot Kolaches, 1 serving(s)	203	34g	6g	3g	18mg	252mg	14g	1g
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
<b>Lunch</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>Dinner</b>								
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Sargento - 4 Cheese Mexican Cheese, 14 grams (1/4 Cup)	55	1g	5g	3g	13mg	85mg	0g	0g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
<b>Snacks</b>								
Shirley's - Pina Colada Smoothie, 8 oz.	195	18g	1g	14g	0mg	0mg	15g	1g
<b>Supper</b>								
Golden Simple - Cheese Curds, 4.5 oz	375	33g	20g	18g	60mg	960mg	3g	2g
<b>TOTAL:</b>	<b>1,783</b>	<b>194g</b>	<b>69g</b>	<b>90g</b>	<b>111mg</b>	<b>3,281mg</b>	<b>63g</b>	<b>40g</b>

## June 9, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 198 g	900	120g	42g	6g	0mg	630mg	66g	6g
<b>Dinner</b>								
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
<b>Snacks</b>								
Shirley's - Pina Colada Smoothie, 8 oz.	195	18g	1g	14g	0mg	0mg	15g	1g
<b>Supper</b>								
<b>TOTAL:</b>	<b>1,894</b>	<b>206g</b>	<b>78g</b>	<b>59g</b>	<b>25mg</b>	<b>1,838mg</b>	<b>88g</b>	<b>19g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Darn Rum Punch - Jamaican Rum Punch , 128 grams	104	12g	0g	0g	0mg	3mg	4g	0g
<b>TOTAL:</b>	<b>1,894</b>	<b>206g</b>	<b>78g</b>	<b>59g</b>	<b>25mg</b>	<b>1,838mg</b>	<b>88g</b>	<b>19g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace		125	50		
<b>TOTALS:</b>	<b>125</b>	<b>50</b>	<b>0</b>	<b>0</b>	<b>0</b>

### June 10, 2020

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 - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
<b>Lunch</b>								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Edible Snickerdoodle Cookie Dough, 5 serving(s)	204	23g	11g	2g	27mg	12mg	10g	0g
<b>Dinner</b>								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
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>								
New Belgium Brewing - Tartastic, 12 oz	135	18g	--g	--g	--mg	--mg	--g	--g
<b>Supper</b>								
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
<b>TOTAL:</b>	<b>1,795</b>	<b>193g</b>	<b>77g</b>	<b>90g</b>	<b>47mg</b>	<b>2,268mg</b>	<b>35g</b>	<b>67g</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>

### June 11, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>2,358</b>	<b>274g</b>	<b>120g</b>	<b>43g</b>	<b>112mg</b>	<b>3,938mg</b>	<b>146g</b>	<b>47g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>Lunch</b>								
Alexia - Mashed Cauliflower - Sea Salt, 1 container (1 1/2 cup (113g) ea.)	210	21g	11g	3g	30mg	1,380mg	6g	6g
<b>Dinner</b>								
Lenny & Larry's - The Complete Cookie (Salted Caramel), 0.5 cookie	210	28g	7g	8g	0mg	265mg	13g	5g
Truffle Mustard Mushrooms and Onions, 1 serving(s)	393	34g	16g	10g	0mg	773mg	21g	5g
<b>Supper</b>								
Tropical Smoothie - Watermelon Mojito, 24 oz	410	102g	0g	2g	0mg	10mg	93g	3g
Angie's - Sea Salt Boom Chicka Pop, 0.5 container (140 grams ea.)	375	40g	23g	5g	0mg	375mg	0g	5g
<b>TOTAL:</b>	<b>2,358</b>	<b>274g</b>	<b>120g</b>	<b>43g</b>	<b>112mg</b>	<b>3,938mg</b>	<b>146g</b>	<b>47g</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>

**June 12, 2020**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
<b>Lunch</b>								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
<b>Dinner</b>								
Tropical Smoothie - Watermelon Mojito, 12 oz	205	51g	0g	1g	0mg	5mg	47g	2g
<b>Snacks</b>								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
<b>Supper</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)	270	43g	4g	20g	0mg	1,129mg	5g	14g
<b>TOTAL:</b>	<b>1,855</b>	<b>248g</b>	<b>84g</b>	<b>56g</b>	<b>2mg</b>	<b>3,344mg</b>	<b>80g</b>	<b>53g</b>

**June 13, 2020**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
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)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Lunch								
Fisher - Praline Pecans, 0.5 cup	360	16g	32g	4g	0mg	220mg	10g	4g
Dinner								
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
Supper								
Enlightened - Fudge Brownie (Minus Erythritol), 1 container (2 cup (71g) ea.)	400	56g	14g	28g	40mg	180mg	24g	20g
TOTAL:	1,970	232g	102g	64g	42mg	3,004mg	50g	62g

### June 14, 2020

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
Lunch								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Delish - Praline Pecans, 2 oz	300	32g	20g	2g	--mg	100mg	30g	--g
Dinner								
Nuts N More - Cookie Butter, 2 tbsp (33g)	192	9g	12g	11g	2mg	105mg	7g	2g
Snacks								
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 45 ml	104	--g	--g	--g	--mg	--mg	--g	--g
Supper								
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:	2,031	149g	104g	72g	2mg	2,180mg	52g	21g

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

### June 15, 2020



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
So Delicious - Coconut Milk Vanilla Bean, 127.5 g 1/2 cup	150	27g	9g	2g	0mg	143mg	2g	17g
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Lunch								
Kraft - Deluxe Macaroni & Cheese, 1 container (4 cups ea.)	1,240	168g	40g	44g	60mg	3,560mg	12g	4g
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Dinner								
Meatless Meatloaf with Primal BBQ, 2 serving(s)	429	21g	25g	29g	0mg	857mg	4g	4g
Supper								
Tropical Smoothie - Watermelon Mojito, 8 oz	137	34g	0g	1g	0mg	3mg	31g	1g
TOTAL:	2,061	272g	81g	77g	62mg	4,658mg	50g	45g

June 16, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 165 g	750	100g	35g	5g	0mg	525mg	55g	5g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Generic - kiwi melon flavored water, 12.3 fluid oz.	80	20g	0g	0g	0mg	28mg	0g	0g
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
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
Supper								
Tropical Smoothie - Watermelon Mojito, 12 oz	205	51g	0g	1g	0mg	5mg	47g	2g
TOTAL:	1,947	254g	88g	48g	25mg	1,913mg	107g	44g

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

June 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	2,569	246g	112g	98g	50mg	2,515mg	83g	63g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 155.1 g	705	94g	33g	5g	0mg	494mg	52g	5g
Lunch								
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
Dinner								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
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
Supper								
Little Caesars - Deep Deep Dish Cheese Pizza (Website), 142 g	320	39g	11g	15g	20mg	500mg	4g	2g
Quest - Protein chip BBQ(Improved), 1 pack	130	4g	4g	22g	10mg	280mg	0g	2g
Charles Shaw - Sauvignon Blanc, 12 oz	286	10g	0g	0g	0mg	0mg	--g	--g
TOTAL:	2,569	246g	112g	98g	50mg	2,515mg	83g	63g

June 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Dinner								
Generic - Blue Hawaiian, 1 glass	155	4g	1g	0g	0mg	4mg	3g	0g
Supper								
Vegan Fried Chicken, 6 serving(s)	987	64g	71g	23g	0mg	374mg	2g	4g
TOTAL:	2,137	192g	127g	50g	0mg	2,148mg	25g	37g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
TOTALS:	150	60	0	0	0

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

### June 19, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Vegan Fried Chicken, 7 serving(s)	1,152	74g	83g	27g	0mg	436mg	2g	5g
Lunch								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 75.9 g	345	46g	16g	2g	0mg	241mg	25g	2g
Dinner								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Snacks								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Supper								
Birds Eye Steamfresh - Premium Brussels Sprouts, 1 container (308 g (3/4 cup) ea.)	180	28g	0g	12g	0mg	60mg	8g	12g
New Belgium Brewing - Tartastic, 12 oz	135	18g	--g	--g	--mg	--mg	--g	--g
Stella Artois - Lager, 1 bottle	153	12g	--g	2g	--mg	14mg	--g	--g
Michelob - Ultra Lime Cactus, 12 fl oz	95	5g	0g	1g	--mg	--mg	--g	--g
TOTAL:	2,370	221g	122g	48g	1mg	1,026mg	38g	67g

### June 20, 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
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Dinner								
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:	2,090	122g	128g	69g	106mg	2,580mg	52g	41g

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

### June 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Quest - Cheese Pizza, 1 pizza	660	12g	40g	54g	90mg	2,040mg	6g	--g
Lunch								
Enlightened - Mesquite Bbq Roasted Broad Beans, 4 oz	400	60g	12g	28g	0mg	600mg	4g	20g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Dinner								
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Supper								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	1,970	202g	105g	95g	90mg	3,940mg	21g	76g

### June 22, 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
Quest - Cheese Pizza, 1 pizza	660	12g	40g	54g	90mg	2,040mg	6g	--g
Lunch								
Nuts N More - Cookie Butter, 4 tbsp (33g)	384	18g	24g	22g	4mg	210mg	14g	4g
Joseph's - Lavash Wrap, 64 g (1/2 piece)	120	18g	3g	12g	0mg	580mg	0g	8g
Dinner								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Delish - Praline Pecans, 1 oz	150	16g	10g	1g	--mg	50mg	15g	--g
Supper								
Tropical Smoothie - Watermelon Mojito, 12 oz	205	51g	0g	1g	0mg	5mg	47g	2g
Morning star - veggie sausage pizza bits, 10 bites	283	33g	12g	15g	--mg	733mg	5g	7g
TOTAL:	2,012	184g	105g	108g	94mg	3,798mg	89g	54g

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

June 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
Lunch								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Dinner								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Snacks								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Supper								
Little Caesars - Deep Deep Dish Cheese Pizza (Website), 142 g	320	39g	11g	15g	20mg	500mg	4g	2g
Yuengling - Flight , 48 fl oz	380	10g	2g	4g	--mg	--mg	--g	--g
Zapp's - Voodoo Chips, 1 container (2.5 oz ea.)	350	40g	20g	5g	0mg	600mg	8g	3g
TOTAL:	2,140	228g	95g	52g	20mg	2,940mg	32g	52g

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

June 24, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Gingerbread Cookie - Cookie, 1 cookie	250	19g	17g	15g	0mg	200mg	0g	11g
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Morning Star Nuggets - Chicken Nuggets, 1 container (14 nuggets ea.)	700	70g	32g	42g	0mg	1,295mg	7g	11g
Kraft - Classic Catalina Dressing, 2 fluid ounce	180	18g	12g	0g	0mg	780mg	16g	0g
TOTAL:	1,966	194g	100g	88g	6mg	2,415mg	35g	37g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
<b>Dinner</b>								
Canola Oill - Canola Oil, 1.5 tbsp (14g)	189	0g	21g	0g	0mg	0mg	--g	--g
MTR Vada fritter mix - breakfast mix, 9 cup	477	72g	9g	27g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>1,966</b>	<b>194g</b>	<b>100g</b>	<b>88g</b>	<b>6mg</b>	<b>2,415mg</b>	<b>35g</b>	<b>37g</b>

### June 25, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fat Rabbit - Orange Cauliflower Renegade, 1 container (312 g)	260	38g	8g	11g	0mg	530mg	12g	7g
Edible Snickerdoodle Cookie Dough, 5 serving(s)	204	23g	11g	2g	27mg	12mg	10g	0g
<b>Lunch</b>								
Lemon Cups Meyer/ Hail Mary - Hail Merry, 2 cups (43g)	220	17g	17g	3g	0mg	110mg	11g	3g
Boarshead - Chipotle Gouda Cheese, 2 oz	200	--g	16g	12g	40mg	480mg	0g	0g
Quest - Protein chip BBQ(Improved), 1 pack	130	4g	4g	22g	10mg	280mg	0g	2g
<b>Dinner</b>								
Nuts N More - Cookie Butter, 4 tbsp (33g)	384	18g	24g	22g	4mg	210mg	14g	4g
Joseph's - Lavash Wrap, 64 g (1/2 piece)	120	18g	3g	12g	0mg	580mg	0g	8g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
<b>Supper</b>								
Little Caesars - Deep Deep Dish Cheese Pizza (Website), 142 g	320	39g	11g	15g	20mg	500mg	4g	2g
<b>TOTAL:</b>	<b>1,938</b>	<b>178g</b>	<b>101g</b>	<b>101g</b>	<b>101mg</b>	<b>2,847mg</b>	<b>52g</b>	<b>46g</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>

### June 26, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Quest - Protein Cookie Peanut Butter Cookie, 1 Cookie	220	22g	13g	15g	15mg	220mg	1g	12g
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
<b>Lunch</b>								
Gardein - Golden Fishless Filet (Grams), 240 g (2 pieces)	450	30g	30g	23g	0mg	875mg	0g	8g
<b>TOTAL:</b>	<b>2,271</b>	<b>225g</b>	<b>107g</b>	<b>99g</b>	<b>15mg</b>	<b>2,442mg</b>	<b>18g</b>	<b>46g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Primal Kitchen - Ranch Dressing *jmr, 2 TBSP	120	2g	13g	0g	0mg	210mg	0g	0g
Trader Joe's - Carb Savvy Tortillas, 3 tortilla	135	27g	5g	9g	0mg	390mg	0g	18g
<b>Dinner</b>								
Vegan Fried Chicken, 10 serving(s)	1,146	130g	45g	51g	0mg	713mg	6g	8g
<b>Supper</b>								
Generic - Blue Hawaiian, 1 glass	155	4g	1g	0g	0mg	4mg	3g	0g
<b>TOTAL:</b>	<b>2,271</b>	<b>225g</b>	<b>107g</b>	<b>99g</b>	<b>15mg</b>	<b>2,442mg</b>	<b>18g</b>	<b>46g</b>

### June 27, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
<b>Lunch</b>								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Field Roast - Vegetarian Smoked Apple Sage Sausage, 92 g (1 sausage)	220	16g	8g	23g	0mg	560mg	4g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
<b>Dinner</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
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
<b>Supper</b>								
Pina Colada, 1 serving(s)	284	41g	1g	0g	0mg	21mg	19g	0g
<b>TOTAL:</b>	<b>1,999</b>	<b>196g</b>	<b>88g</b>	<b>79g</b>	<b>77mg</b>	<b>2,491mg</b>	<b>49g</b>	<b>20g</b>

### June 28, 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
Kroger - Nacho & Taco Blend, 0.2 Cup	66	1g	5g	4g	15mg	102mg	0g	0g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Lunch</b>								
<b>TOTAL:</b>	<b>1,972</b>	<b>211g</b>	<b>91g</b>	<b>62g</b>	<b>35mg</b>	<b>2,129mg</b>	<b>46g</b>	<b>67g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Pina Colada, 1 serving(s)	284	41g	1g	0g	0mg	21mg	19g	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
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
<b>Supper</b>								
Beck's - Premier light, 12 oz	64	4g	0g	1g	0mg	0mg	0g	0g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
<b>TOTAL:</b>	<b>1,972</b>	<b>211g</b>	<b>91g</b>	<b>62g</b>	<b>35mg</b>	<b>2,129mg</b>	<b>46g</b>	<b>67g</b>

### June 29, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
<b>Lunch</b>								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Kraft - Classic Catalina Dressing, 2 fluid ounce	180	18g	12g	0g	0mg	780mg	16g	0g
Morning Star - Buffalo Wings, 1 container (17.5 wings ea.)	700	74g	28g	46g	0mg	1,400mg	7g	11g
<b>Dinner</b>								
Nuts N More - Cookie Butter, 4 tbsp (33g)	384	18g	24g	22g	4mg	210mg	14g	4g
Joseph's - Lavash Wrap, 64 g (1/2 piece)	120	18g	3g	12g	0mg	580mg	0g	8g
<b>Supper</b>								
Alexia - Mashed Cauliflower - Sea Salt, 1 container (1 1/2 cup (113g) ea.)	210	21g	11g	3g	30mg	1,380mg	6g	6g
<b>TOTAL:</b>	<b>2,077</b>	<b>204g</b>	<b>100g</b>	<b>90g</b>	<b>67mg</b>	<b>4,485mg</b>	<b>60g</b>	<b>47g</b>

### June 30, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
La Colombe Coffee - Draft Latte, 1 can	90	14g	3g	5g	0mg	0mg	10g	2g
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
<b>Lunch</b>								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
<b>TOTAL:</b>	<b>2,218</b>	<b>204g</b>	<b>93g</b>	<b>73g</b>	<b>58mg</b>	<b>2,101mg</b>	<b>67g</b>	<b>32g</b>



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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
Dinner								
Morning Star Farms - Veggie Pepperoni pizza bites, 0.5 container (18 Bites (85g))	270	35g	11g	14g	0mg	675mg	5g	5g
Pina Colada v2, 1 serving(s)	210	27g	0g	0g	0mg	11mg	10g	0g
Supper								
Quest - Protein chip BBQ(Improved), 1 pack	130	4g	4g	22g	10mg	280mg	0g	2g
Vegan Fig Bars, 1 serving(s)	180	23g	8g	2g	15mg	20mg	13g	3g
TOTAL:	2,218	204g	93g	73g	58mg	2,101mg	67g	32g