


Printable Diary for Lucent


From:



Show:
 ☒ Food Diary
 ☒ Food Notes

change report

To:



☒ Exercise Diary
 ☒ Exercise notes

February 1, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|----------|-------|------|---------|---------|---------|--------|-------|
| Breakfast | | | | | | | | |
| Orange Sweet Rolls, 2 serving(s) | 494 | 46g | 30g | 7g | 82mg | 292mg | 3g | 2g |
| Lunch | | | | | | | | |
| Sunflower Seeds - Sunflower Seeds Kernels, 1 Ounce | 140 | 3g | 11g | 6g | --mg | 3mg | 0g | 2g |
| Select - Rice snacks, 30 g | 114 | 26g | 1g | 2g | 0mg | 0mg | 0g | 0g |
| Dinner | | | | | | | | |
| Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice | 1,240 | 116g | 60g | 44g | 120mg | 2,080mg | --g | 4g |
| TOTAL: | 1,988 | 191g | 102g | 59g | 202mg | 2,375mg | 3g | 8g |

February 2, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|----------|-------|------|---------|---------|---------|--------|-------|
| Breakfast | | | | | | | | |
| Dominos - Feta Spinach Bread, 1 Piece | 160 | 17g | 7g | 7g | 15mg | 270mg | --g | 0g |
| Domino's - Medium Handmade Pan Pizza With Extra Cheese, 5 Slice | 1,550 | 145g | 75g | 55g | 150mg | 2,600mg | --g | 5g |
| Dinner | | | | | | | | |
| Blue Moon Brewing Company - Blue Moon Belgian White Beer, 12 ounces | 168 | 14g | 0g | 2g | 0mg | 15mg | 0g | 0g |
| Supper | | | | | | | | |
| Balanced2Thrive Brownies, 1 serving(s) | 77 | 3g | 6g | 2g | 0mg | 114mg | 0g | 2g |
| Orange Sweet Rolls, 1 serving(s) | 247 | 23g | 15g | 4g | 41mg | 146mg | 1g | 1g |
| TOTAL: | 2,202 | 202g | 103g | 70g | 206mg | 3,145mg | 1g | 8g |

February 3, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|----------|-------|-----|---------|---------|--------|--------|-------|
| Breakfast | | | | | | | | |
| Ben & Jerry's - Non-dairy Caramel Almond Brittle Grams 2018, 1 container (416 gs ea.) | 1,040 | 140g | 52g | 8g | 0mg | 600mg | 100g | --g |
| TOTAL: | 1,586 | 207g | 78g | 13g | 0mg | 894mg | 102g | 35g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|--------------|-------------|------------|------------|------------|--------------|-------------|------------|
| 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 | | | | | | | | |
| Bulleit - Bourbon, 1.5 oz. | 109 | 0g | 0g | 0g | 0mg | 0mg | 0g | 0g |
| Bravo - Bread, 1 bun | 150 | 28g | 4g | 0g | 0mg | 0mg | 0g | 0g |
| Supper | | | | | | | | |
| Balanced2Thrive Brownies, 1 serving(s) | 77 | 3g | 6g | 2g | 0mg | 114mg | 0g | 2g |
| TOTAL: | 1,586 | 207g | 78g | 13g | 0mg | 894mg | 102g | 35g |

February 4, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| Breakfast | | | | | | | | |
| Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz. | 240 | 23g | 15g | 3g | 0mg | 405mg | 2g | 2g |
| Sargento - 4 Cheese Mexican Cheese, 28 grams (1/4 Cup) | 110 | 2g | 9g | 6g | 25mg | 170mg | 0g | 0g |
| Chili Hot + Black Soy, 0.2 serving(s) | 330 | 43g | 9g | 27g | 0mg | 1,025mg | 7g | 18g |
| Lunch | | | | | | | | |
| Take five - Take 5 Candy Bar, 0.5 Bar | 100 | 13g | 6g | 2g | 0mg | 90mg | 9g | 1g |
| Hershey's - Candy Cane Bar (With Candy Bits), 6 blocks | 190 | 23g | 10g | 2g | 5mg | 35mg | 20g | 0g |
| Dinner | | | | | | | | |
| Bird's Eye - Sea salt & cracked pepper Brussels Sprouts, 1 container (264.00 grams) | 240 | 27g | 9g | 9g | 0mg | 990mg | 9g | 9g |
| Supper | | | | | | | | |
| Kroger - Nacho & Taco Blend, 0.27 Cup | 88 | 1g | 7g | 6g | 20mg | 136mg | 0g | 0g |
| Old El Paso - Bold Nacho Cheese Taco Shells, 4 shells (31g) | 300 | 34g | 16g | 4g | 0mg | 300mg | 0g | 2g |
| Morning Star Farms - Meal Starters Grillers Crumbles, 0.4 container (3 cup (50 g) ea.) | 168 | 10g | 5g | 22g | 0mg | 528mg | 2g | 7g |
| Avocado - Avocado, 0.5 medium | 117 | 6g | 11g | 1g | 0mg | 5mg | 1g | 5g |
| TOTAL: | 1,883 | 182g | 97g | 82g | 50mg | 3,684mg | 50g | 44g |

February 5, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|------------------------------------|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| Breakfast | | | | | | | | |
| Alexia - Crispy Onion Rings, 160 g | 480 | 58g | 24g | 6g | 0mg | 780mg | 6g | 2g |
| Orange Sweet Rolls, 1 serving(s) | 247 | 23g | 15g | 4g | 41mg | 146mg | 1g | 1g |
| TOTAL: | | | | | | | | |
| TOTAL: | 1,251 | 142g | 67g | 19g | 41mg | 1,478mg | 11g | 12g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| Dinner | | | | | | | | |
| Planter's Cheez Balls - Cheese Flavored Snack, 103.6 balls | 392 | 50g | 17g | 6g | 0mg | 420mg | 3g | 0g |
| Supper | | | | | | | | |
| Balanced2Thrive Brownies, 1 serving(s) | 77 | 3g | 6g | 2g | 0mg | 114mg | 0g | 2g |
| Chocorite - Coconut Almond (Minus Sugar Alcohols), 1 pieces (34g) | 55 | 8g | 5g | 1g | 0mg | 18mg | 1g | 7g |
| TOTAL: | 1,251 | 142g | 67g | 19g | 41mg | 1,478mg | 11g | 12g |

February 6, 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 |
| Orange Sweet Rolls, 1 serving(s) | 247 | 23g | 15g | 4g | 41mg | 146mg | 1g | 1g |
| Dinner | | | | | | | | |
| La Colombe - Draft Latte (Vanilla), 9 fl. oz. (266 mL) | 100 | 14g | 3g | 5g | 10mg | 105mg | 12g | --g |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g) | 100 | 16g | 7g | 1g | 0mg | 70mg | 0g | 14g |
| Supper | | | | | | | | |
| Hardees * Correct Info - Biscuit, 0.33 biscuit | 142 | 14g | 9g | 2g | 0mg | 317mg | 1g | 1g |
| Apple Cider Muffin - Muffin, 1 muffin | 209 | 34g | 7g | 4g | --mg | 162mg | --g | 2g |
| Four Roses - Bourbon, 1.5 oz. | 104 | --g | --g | --g | --mg | --mg | --g | --g |
| TOTAL: | 1,602 | 195g | 78g | 26g | 51mg | 1,920mg | 23g | 41g |

February 7, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| Breakfast | | | | | | | | |
| Orange Sweet Rolls, 1 serving(s) | 247 | 23g | 15g | 4g | 41mg | 146mg | 1g | 1g |
| Lunch | | | | | | | | |
| Field Roast - Miniature Corn Dogs, 11 corn dogs | 715 | 80g | 36g | 22g | 0mg | 1,458mg | 17g | 0g |
| Dinner | | | | | | | | |
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g) | 100 | 16g | 7g | 1g | 0mg | 70mg | 0g | 14g |
| Snacks | | | | | | | | |
| Good & Plenty - Good & Plenty Licorice Candy, 33 pieces (40g) | 140 | 35g | 0g | 1g | 0mg | 120mg | 25g | 0g |
| Supper | | | | | | | | |
| TOTAL: | 1,724 | 196g | 77g | 61g | 61mg | 2,305mg | 46g | 49g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| Premier Protein - Caramel Protein Drink, 11 oz | 160 | 4g | 3g | 30g | 20mg | 320mg | 1g | 1g |
| Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g) | 110 | 15g | 9g | 1g | 0mg | 35mg | 1g | 13g |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Norton Chardonnay - Chardonnay Wine, 8 oz | 152 | 2g | 0g | 0g | --mg | 11mg | --g | --g |
| TOTAL: | 1,724 | 196g | 77g | 61g | 61mg | 2,305mg | 46g | 49g |

February 8, 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 |
| Lunch | | | | | | | | |
| Blueberry Muffins, 3 serving(s) | 330 | 39g | 17g | 5g | 0mg | 21mg | 5g | 2g |
| Orange Sweet Rolls, 1 serving(s) | 247 | 23g | 15g | 4g | 41mg | 146mg | 1g | 1g |
| Dinner | | | | | | | | |
| Feel good foods - Three cheese bites, 5 pieces | 220 | 29g | 9g | 7g | 15mg | 380mg | 4g | 2g |
| Snacks | | | | | | | | |
| Beechwood - Smoked Cheddar, 1 oz | 120 | 1g | 10g | 7g | 25mg | 200mg | 0g | 0g |
| Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g) | 110 | 15g | 9g | 1g | 0mg | 35mg | 1g | 13g |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Supper | | | | | | | | |
| Gardein - Asian Style Chick'n Fried Rice Skillet, 0.15 container (570 gs ea.) | 99 | 17g | 1g | 5g | 0mg | 264mg | 2g | 2g |
| Domino's - Marinara Sauce, 1 Container | 25 | 5g | 0g | 1g | 0mg | 270mg | 4g | 1g |
| Carr Valley Cheese - Bread Cheese, 6 oz | 600 | 0g | 42g | 36g | 240mg | 900mg | 0g | 0g |
| TOTAL: | 1,951 | 166g | 117g | 69g | 321mg | 2,431mg | 18g | 55g |

February 9, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|-------------|------------|--------------|----------------|------------|------------|
| Breakfast | | | | | | | | |
| Balanced2Thrive Brownies, 1 serving(s) | 77 | 3g | 6g | 2g | 0mg | 114mg | 0g | 2g |
| Orange Sweet Rolls, 1 serving(s) | 247 | 23g | 15g | 4g | 41mg | 146mg | 1g | 1g |
| Lunch | | | | | | | | |
| | | | | | | | | |
| TOTAL: | 2,702 | 261g | 133g | 93g | 211mg | 3,645mg | 19g | 81g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|-------------|------------|--------------|----------------|------------|------------|
| Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g) | 90 | 21g | 5g | 1g | 0mg | 150mg | 1g | 19g |
| Dinner | | | | | | | | |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Domino's - Medium Handmade Pan Pizza With Extra Cheese, 5 Slice | 1,550 | 145g | 75g | 55g | 150mg | 2,600mg | --g | 5g |
| Supper | | | | | | | | |
| Basil Hayden - Bourbon Whiskey 30ml (1 oz), 60 ml | 138 | --g | --g | --g | --mg | --mg | --g | --g |
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g) | 100 | 16g | 7g | 1g | 0mg | 70mg | 0g | 14g |
| Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.) | 400 | 32g | 18g | 28g | 20mg | 420mg | 16g | 20g |
| TOTAL: | 2,702 | 261g | 133g | 93g | 211mg | 3,645mg | 19g | 81g |

February 10, 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 |
| Pho Kim Long - Vegan Pho, 1 large bowl | 400 | 50g | 2g | 8g | --mg | 200mg | 2g | 10g |
| Lunch | | | | | | | | |
| Elisha - Lychee Flavour Aerated Water, 12.3 fl oz | 80 | 21g | 0g | 0g | 0mg | 0mg | 20g | 0g |
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g) | 100 | 16g | 7g | 1g | 0mg | 70mg | 0g | 14g |
| Enlightened - Mesquite Bbq Roasted Broad Beans, 4 oz | 400 | 60g | 12g | 28g | 0mg | 600mg | 4g | 20g |
| Dinner | | | | | | | | |
| Newman's Own -- Vodka Sauce - Vodka Sauce, 0.25 cup | 55 | 6g | 3g | 3g | 3mg | 220mg | 5g | 1g |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Kite Hill - Mushroom Ravioli, 0.5 container (2.5 cup (100g) ea.) | 238 | 40g | 4g | 9g | 0mg | 188mg | 1g | 0g |
| Supper | | | | | | | | |
| Kahlua - Coffee Liquor 90, 1 oz | 90 | 15g | --g | --g | --mg | 3mg | 15g | --g |
| TOTAL: | 1,563 | 250g | 42g | 53g | 3mg | 1,571mg | 49g | 85g |

February 11, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|----------------------------------|--------------|-------------|-------------|------------|--------------|----------------|------------|------------|
| Breakfast | | | | | | | | |
| Orange Sweet Rolls, 1 serving(s) | 247 | 23g | 15g | 4g | 41mg | 146mg | 1g | 1g |
| TOTAL: | 2,505 | 280g | 120g | 49g | 159mg | 2,666mg | 96g | 51g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|-------------|------------|--------------|----------------|------------|------------|
| Lunch | | | | | | | | |
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g) | 100 | 16g | 7g | 1g | 0mg | 70mg | 0g | 14g |
| Kirkland Mexican Shredded Cheese - Shredded Cheese, 0.5 cup | 165 | 2g | 14g | 9g | 38mg | 255mg | 0g | 0g |
| Skittles - Sour Skittles, 2.85 oz (40g about 1/4 cup) | 326 | 75g | 3g | 0g | 0mg | 20mg | 57g | 0g |
| Fresh Baguette - Baguette, 4.6 oz | 335 | 69g | 1g | 10g | 0mg | 0mg | 0g | 3g |
| Dinner | | | | | | | | |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Deep - Malai Kofta, 1 container (282 gms ea.) | 660 | 28g | 56g | 14g | 80mg | 1,040mg | 12g | 4g |
| Supper | | | | | | | | |
| Bird's Eye - Sea salt & cracked pepper Brussels Sprouts, 264 grams | 240 | 27g | 9g | 9g | 0mg | 990mg | 9g | 9g |
| Godiva - Chocolate Liquor, 2 fluid ounce | 237 | 16g | 8g | --g | --mg | --mg | 16g | --g |
| Michelobe Ultra - Beer, 12 oz | 95 | 3g | 0g | --g | 0mg | 0mg | 0g | 0g |
| TOTAL: | 2,505 | 280g | 120g | 49g | 159mg | 2,666mg | 96g | 51g |

February 12, 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 |
| Lunch | | | | | | | | |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Orange Sweet Rolls, 1 serving(s) | 247 | 23g | 15g | 4g | 41mg | 146mg | 1g | 1g |
| Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g) | 540 | 62g | 22g | 30g | --mg | 1,026mg | 8g | 8g |
| Dinner | | | | | | | | |
| Whole Foods - Almond Cookie, 1 cookie | 270 | 34g | 12g | 6g | 0mg | 20mg | 18g | 1g |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Supper | | | | | | | | |
| Kroger - Nacho & Taco Blend, 0.27 Cup | 88 | 1g | 7g | 6g | 20mg | 136mg | 0g | 0g |
| Old El Paso - Bold Nacho Cheese Taco Shells, 4 shells (31g) | 300 | 34g | 16g | 4g | 0mg | 300mg | 0g | 2g |
| Morning Star Farms - Meal Starters Grillers Crumbles, 0.4 container (3 cup (50 g) ea.) | 168 | 10g | 5g | 22g | 0mg | 528mg | 2g | 7g |
| Avocado - Avocado, 0.5 medium | 117 | 6g | 11g | 1g | 0mg | 5mg | 1g | 5g |
| TOTAL: | 2,030 | 228g | 109g | 78g | 61mg | 2,521mg | 32g | 78g |

February 13, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|----------|-------|------|---------|---------|---------|--------|-------|
| Breakfast | | | | | | | | |
| Blueberry Muffins, 2 serving(s) | 220 | 26g | 11g | 3g | 0mg | 14mg | 3g | 1g |
| Lunch | | | | | | | | |
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g) | 100 | 16g | 7g | 1g | 0mg | 70mg | 0g | 14g |
| Snap Kitchen - Hail Merry Chocolate Peanut Butter Cups, 1 serving | 220 | 13g | 17g | 5g | 0mg | 125mg | 8g | 2g |
| Dinner | | | | | | | | |
| Luna's Living Kitchen - Zesty Lemon Cookie Bites, 2 cookies | 170 | 14g | 12g | 4g | 0mg | 60mg | 8g | 2g |
| Old El Paso - Bold Nacho Cheese Taco Shells, 4 shells (31g) | 300 | 34g | 16g | 4g | 0mg | 300mg | 0g | 2g |
| Morning Star Farms - Meal Starters Grillers Crumbles, 0.4 container (3 cup (50 g) ea.) | 168 | 10g | 5g | 22g | 0mg | 528mg | 2g | 7g |
| Snacks | | | | | | | | |
| Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g) | 90 | 21g | 5g | 1g | 0mg | 150mg | 1g | 19g |
| Supper | | | | | | | | |
| Cheesecake Factory - Brown Bread, 3 slices (1 serving) | 132 | 29g | 2g | 3g | 0mg | 426mg | 2g | 3g |
| Cheesecake Factory - Crispy Fried Cheese, 0.25 Plate (Small Plates & Snacks Menu) | 268 | 12g | 19g | 13g | 74mg | 473mg | 1g | 1g |
| Cheesecake Factory - Roasted Mushroom Flatbread With Truffle Oil, 0.5 flatbread | 680 | 50g | 43g | 26g | 73mg | 1,295mg | 5g | 3g |
| Beer - Milk Stout, 16 oz. | 256 | --g | --g | --g | --mg | --mg | --g | --g |
| Whole Foods - Almond Cookie, 1 cookie | 270 | 34g | 12g | 6g | 0mg | 20mg | 18g | 1g |
| TOTAL: | 2,874 | 259g | 149g | 88g | 147mg | 3,461mg | 48g | 55g |

February 14, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|----------|-------|-----|---------|---------|---------|--------|-------|
| Breakfast | | | | | | | | |
| Bird's Eye - Sea salt & cracked pepper Brussels Sprouts, 264 grams | 240 | 27g | 9g | 9g | 0mg | 990mg | 9g | 9g |
| Lunch | | | | | | | | |
| Alexia - Mashed Cauliflower - Sea Salt, 0.5 cup (113g) | 70 | 7g | 4g | 1g | 10mg | 460mg | 2g | 2g |
| Upton's Naturals - Cheesy Bacon Mac, 0.5 container (286 g) | 270 | 44g | 6g | 10g | 0mg | 270mg | 1g | 4g |
| Meatless Meatloaf, 4 serving(s) | 430 | 32g | 22g | 26g | 0mg | 1,058mg | 19g | 3g |
| Dinner | | | | | | | | |
| Vegan Chocolate Lava Cakes, 1 serving(s) | 250 | 33g | 14g | 4g | 0mg | 50mg | 10g | 10g |
| Snacks | | | | | | | | |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| TOTAL: | 1,538 | 176g | 68g | 52g | 10mg | 2,973mg | 54g | 48g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| Supper | | | | | | | | |
| Godiva - Chocolate Liquor, 1.5 fluid ounce | 178 | 12g | 6g | --g | --mg | --mg | 12g | --g |
| TOTAL: | 1,538 | 176g | 68g | 52g | 10mg | 2,973mg | 54g | 48g |

February 15, 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 |
| Alexia - Mashed Cauliflower - Sea Salt, 0.5 cup (113g) | 70 | 7g | 4g | 1g | 10mg | 460mg | 2g | 2g |
| Meatless Meatloaf, 4 serving(s) | 430 | 32g | 22g | 26g | 0mg | 1,058mg | 19g | 3g |
| Lunch | | | | | | | | |
| Vanilla Vodka - Flavored Vodka, 1.5 ounces | 100 | 25g | 0g | 0g | --mg | 0mg | --g | --g |
| Harvey's - Bristol Cream Sherry, 2 oz. | 86 | 5g | 0g | 0g | 0mg | 6mg | 2g | 0g |
| Godiva - Chocolate Liquer, 2 oz | 201 | 23g | --g | 0g | --mg | --mg | --g | --g |
| Rise - Nitro Cold Brew Coffee, Black, 1 can | 2 | 0g | 0g | 1g | 0mg | 0mg | 0g | 0g |
| Hail Merry - Chocolate Mint Tart, 2 tarts | 190 | 21g | 13g | 7g | 0mg | 140mg | 13g | 5g |
| Dinner | | | | | | | | |
| brittle - Peanut Brittle, 5 pieces | 160 | 24g | 7g | 3g | 0mg | 140mg | 18g | 1g |
| Abuelita Tortilla Chips - Tortilla Chips, 2 oz 28g about 16 chips | 300 | 42g | 12g | 4g | 0mg | 150mg | 0g | 4g |
| Pillsbury - Pink Lemonade Cookie Mix, 4 cookies | 320 | 46g | 15g | 2g | 48mg | 290mg | 28g | 0g |
| Snickers - Mini, 1 Snickers | 45 | 5g | 2g | 1g | 1mg | 20mg | 5g | 0g |
| Kroger Cheddar Cheese Slice, 1 slice | 80 | 0g | 7g | 5g | 20mg | 135mg | 0g | 0g |
| Generic - Sesame Seed Bun, 1 bun | 180 | 33g | 3g | 6g | 0mg | 290mg | 5g | 2g |
| Beyond Burger (New Formula) - Vegetarian Burger, 4 oz patty | 250 | 3g | 18g | 20g | 0mg | 390mg | 0g | 2g |
| Supper | | | | | | | | |
| Meatless Meatloaf, 2 serving(s) | 215 | 16g | 11g | 13g | 0mg | 529mg | 9g | 2g |
| TOTAL: | 2,739 | 297g | 123g | 90g | 79mg | 3,643mg | 102g | 34g |

February 16, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|--------------|-------------|-------------|------------|-------------|----------------|------------|------------|
| Breakfast | | | | | | | | |
| Pure Maple Syrup - Maple Syrup, 0.25 cup | 220 | 54g | 0g | 0g | 0mg | 10mg | 48g | 0g |
| 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 | | | | | | | | |
| Vegan Chocolate Lava Cakes, 1 serving(s) | 250 | 33g | 14g | 4g | 0mg | 50mg | 10g | 10g |
| TOTAL: | 2,194 | 244g | 107g | 85g | 32mg | 2,750mg | 92g | 55g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|-------------|------------|-------------|----------------|------------|------------|
| Dinner | | | | | | | | |
| Starbucks - Latte, Coconut Milk, 12 oz | 130 | 14g | 8g | 1g | --mg | 160mg | 12g | 1g |
| Godiva - Almond Praline Raindrop, 1 piece | 67 | 7g | 4g | 1g | 2mg | 8mg | 6g | 1g |
| Godiva - Hazelnut Praline Truffle, 21 g (about 2 pieces) | 115 | 11g | 8g | 2g | 5mg | 15mg | 11g | 1g |
| Snacks | | | | | | | | |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Manischewitz - Blackberry Wine, 2 ounce | 50 | 2g | --g | --g | --mg | 2mg | 0g | --g |
| Supper | | | | | | | | |
| 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: | 2,194 | 244g | 107g | 85g | 32mg | 2,750mg | 92g | 55g |

February 17, 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 | | | | | | | | |
| Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g) | 110 | 15g | 9g | 1g | 0mg | 35mg | 1g | 13g |
| Vegan Chocolate Lava Cakes, 1 serving(s) | 250 | 33g | 14g | 4g | 0mg | 50mg | 10g | 10g |
| Dinner | | | | | | | | |
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g) | 100 | 16g | 7g | 1g | 0mg | 70mg | 0g | 14g |
| Thin mints - Thin Mints, 8 cookies | 320 | 44g | 16g | 2g | 0mg | 220mg | 20g | 2g |
| Snacks | | | | | | | | |
| Babybel - Mini White Cheddar, 1 piece | 70 | 0g | 6g | 4g | 15mg | 140mg | 0g | 0g |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Supper | | | | | | | | |
| 9.5% Rose Wine - Rose Wine, 120 ml | 83 | --g | --g | --g | --mg | --mg | --g | --g |
| Spinach Artichoke Spaghetti Squash, 1 serving(s) | 704 | 44g | 36g | 35g | 91mg | 1,352mg | 16g | 9g |
| TOTAL: | 2,088 | 206g | 111g | 68g | 106mg | 2,633mg | 50g | 75g |

February 18, 2020

| 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 |
| Lunch | | | | | | | | |
| Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties | 100 | 21g | 7g | 2g | 0mg | 145mg | 1g | 20g |
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g) | 100 | 16g | 7g | 1g | 0mg | 70mg | 0g | 14g |
| Archer Farms - Roasted Jumbo Cashews With Sea Salt, 1 oz | 160 | 8g | 13g | 5g | 0mg | 95mg | 2g | 1g |
| Dinner | | | | | | | | |
| Luna's Living Kitchen - Zesty Lemon Cookie Bites, 2 cookies | 170 | 14g | 12g | 4g | 0mg | 60mg | 8g | 2g |
| Enlightened - Mesquite Bbq Roasted Broad Beans, 4 oz | 400 | 60g | 12g | 28g | 0mg | 600mg | 4g | 20g |
| Supper | | | | | | | | |
| Miller - High Life, 12 fl oz | 141 | 12g | 0g | --g | 0mg | 10mg | 0g | 0g |
| Vegan Chocolate Lava Cakes, 1 serving(s) | 250 | 33g | 14g | 4g | 0mg | 50mg | 10g | 10g |
| TOTAL: | 1,681 | 212g | 75g | 64g | 20mg | 1,430mg | 49g | 83g |

February 19, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|--------------|-------------|-------------|------------|--------------|----------------|------------|------------|
| Breakfast | | | | | | | | |
| A Taste of Thai - Peanut Noodles 5.25 oz (148g), 1 package | 630 | 102g | 20g | 12g | 0mg | 610mg | 21g | 3g |
| Dinner | | | | | | | | |
| Domino's - Cinnamon Bread Twist, 3 Twists | 375 | 47g | 18g | 8g | 0mg | 255mg | 8g | 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 | | | | | | | | |
| So Delicious - Salted Caramel Cashew Milk Bar, 0.5 bar | 90 | 9g | 7g | 1g | 0mg | 50mg | 6g | 1g |
| Supper | | | | | | | | |
| Godiva - Chocolate Liqueur, 1 oz | 101 | 11g | --g | 0g | --mg | --mg | --g | --g |
| TOTAL: | 2,686 | 342g | 108g | 65g | 120mg | 2,995mg | 90g | 10g |

February 20, 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 |
| | | | | | | | | |
| TOTAL: | 2,760 | 301g | 163g | 60g | 70mg | 2,330mg | 169g | 45g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|--------------|-------------|-------------|------------|-------------|----------------|-------------|------------|
| Domino's - Medium Handmade Pan Pizza With Extra Cheese, 2 Slice | 620 | 58g | 30g | 22g | 60mg | 1,040mg | --g | 2g |
| Lunch | | | | | | | | |
| Elisha - Lychee Flavour Aerated Water, 12.3 fl oz | 80 | 21g | 0g | 0g | 0mg | 0mg | 20g | 0g |
| Dinner | | | | | | | | |
| Legendary Foods - Pizza Flavored Almonds - Net. Carbs, 1 bag | 200 | 3g | 18g | 7g | --mg | 210mg | 2g | --g |
| Supper | | | | | | | | |
| Heb - Pecans Praline, 0.75 cup (32g) | 600 | 39g | 45g | 9g | --mg | 360mg | 18g | 3g |
| Generic - Butter Toffee Peanuts, 5 oz | 650 | 100g | 30g | 15g | 0mg | 400mg | 85g | 5g |
| Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g) | 110 | 15g | 9g | 1g | 0mg | 35mg | 1g | 13g |
| Lindt - Milk Chocolate - 10.58 oz / 300g Bar, 10 blocks | 400 | 44g | 24g | 4g | 10mg | 140mg | 42g | 2g |
| TOTAL: | 2,760 | 301g | 163g | 60g | 70mg | 2,330mg | 169g | 45g |

February 21, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|--------------|-------------|------------|------------|------------|----------------|------------|------------|
| Breakfast | | | | | | | | |
| Generic - Butter Toffee Peanuts, 5 oz | 650 | 100g | 30g | 15g | 0mg | 400mg | 85g | 5g |
| Dinner | | | | | | | | |
| Basil Hayden - Bourbon Whiskey 30ml (1 oz), 60 ml | 138 | --g | --g | --g | --mg | --mg | --g | --g |
| Beer cheese - Cheese, 3 oz | 330 | 0g | 27g | 21g | 0mg | 0mg | 0g | 0g |
| Sodexo Campus - Soft Pretzel, 5 Pretzel/2.5 oz | 850 | 190g | 5g | 30g | 0mg | 5,150mg | 5g | 5g |
| Apple Cider Muffin - Muffin, 3 muffin | 627 | 102g | 21g | 12g | --mg | 486mg | --g | 6g |
| TOTAL: | 2,595 | 392g | 83g | 78g | 0mg | 6,036mg | 90g | 16g |

February 22, 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 |
| Red Baron - 5 Cheese & Garlic Pizza, 1 pizza | 380 | 41g | 18g | 14g | 30mg | 580mg | 2g | 1g |
| Lunch | | | | | | | | |
| Legendary Foods - Buffalo Blue Wing Seasoned Almonds (Minus Erythritol), 43 g | 230 | 7g | 20g | 9g | 0mg | 260mg | 2g | 3g |
| Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz | 200 | 30g | 6g | 14g | 0mg | 300mg | 2g | 10g |
| Dinner | | | | | | | | |
| Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g) | 110 | 15g | 9g | 1g | 0mg | 35mg | 1g | 13g |
| TOTAL: | 2,984 | 249g | 147g | 114g | 198mg | 3,360mg | 48g | 49g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|-------------|-------------|--------------|----------------|------------|------------|
| Godiva - Masterpieces (Valentines), 10 pieces | 440 | 44g | 28g | 6g | 20mg | 70mg | 34g | 1g |
| Supper | | | | | | | | |
| Philly Soft Pretzel - Soft Pretzel, 1 regular pretzel | 290 | 70g | 0g | 14g | 0mg | 1,100mg | 4g | 4g |
| Cheesecake Factory - Crispy Fried Cheese, 0.5 Plate (Small Plates & Snacks Menu) | 535 | 25g | 37g | 26g | 148mg | 945mg | 3g | 3g |
| Fontana - Saganaki, 100 g | 339 | 1g | 22g | 29g | --mg | --mg | --g | --g |
| Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces | 180 | --g | --g | --g | --mg | --mg | --g | --g |
| Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces | 180 | --g | --g | --g | --mg | --mg | --g | --g |
| TOTAL: | 2,984 | 249g | 147g | 114g | 198mg | 3,360mg | 48g | 49g |

February 23, 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 |
| Gardein - Rigatoni n' Saus'age, 284 gram | 270 | 37g | 9g | 13g | 0mg | 750mg | 7g | 5g |
| Trader Joes - Meatless Meatballs Frozen, 3 meatballs | 75 | 4g | 4g | 7g | 0mg | 235mg | 1g | 1g |
| Lunch | | | | | | | | |
| Good & Plenty - Good & Plenty Licorice Candy, 66 pieces (40g) | 280 | 70g | 0g | 2g | 0mg | 240mg | 50g | 0g |
| Heb - Pecans Praline, 0.5 cup (32g) | 400 | 26g | 30g | 6g | --mg | 240mg | 12g | 2g |
| Dinner | | | | | | | | |
| hummus - Hummus, 4 tbsp | 140 | 8g | 10g | 4g | 0mg | 260mg | 2g | 4g |
| Falafel - Falafel, 8 ball | 456 | 43g | 24g | 18g | 0mg | 400mg | 0g | 0g |
| Supper | | | | | | | | |
| Generic - Sauvignon Blanc, 5 ounce | 120 | 3g | 0g | 0g | 0mg | 1mg | --g | 0g |
| Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 165 g | 750 | 100g | 35g | 5g | 0mg | 525mg | 55g | 5g |
| TOTAL: | 2,601 | 306g | 121g | 56g | 0mg | 2,686mg | 128g | 30g |

February 24, 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 |
| Lunch | | | | | | | | |
| hail merry - chocolate almond butter cup, 50 gram | 250 | 14g | 19g | 7g | 0mg | 115mg | 8g | 5g |
| Ancient Harvest - Pow! Mac and Cheese (As Packaged), 1 container (6.3 oz (71g) ea.) | 650 | 113g | 5g | 40g | 13mg | 775mg | 5g | 18g |

| | | | | | | | | |
|---------------|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| TOTAL: | 1,640 | 217g | 65g | 89g | 13mg | 2,525mg | 33g | 79g |
|---------------|--------------|-------------|------------|------------|-------------|----------------|------------|------------|

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| Dinner | | | | | | | | |
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g) | 100 | 16g | 7g | 1g | 0mg | 70mg | 0g | 14g |
| Snacks | | | | | | | | |
| Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g) | 90 | 21g | 5g | 1g | 0mg | 150mg | 1g | 19g |
| Supper | | | | | | | | |
| So Delicious - Salted Caramel Cashew Milk Bar, 0.5 bar | 90 | 9g | 7g | 1g | 0mg | 50mg | 6g | 1g |
| Gardein - Chipotle Georgia style chick'n wings, 1 packet | 360 | 23g | 15g | 37g | 0mg | 1,220mg | 12g | 2g |
| TOTAL: | 1,640 | 217g | 65g | 89g | 13mg | 2,525mg | 33g | 79g |

February 25, 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 |
| Lunch | | | | | | | | |
| Fancy Grilled Cheese - Grilled Cheese Sandwich, 1 sandwich | 320 | 66g | 13g | 18g | 20mg | 1,010mg | 0g | 4g |
| Dairy Queen Onion Rings - Onion Rings, 113 g | 320 | 39g | 16g | 5g | --mg | --mg | --g | --g |
| 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 | | | | | | | | |
| Basil Hayden - Bourbon Whiskey 30ml (1 oz), 60 ml | 138 | --g | --g | --g | --mg | --mg | --g | --g |
| TOTAL: | 1,765 | 191g | 86g | 65g | 45mg | 2,365mg | 4g | 35g |

February 26, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| Breakfast | | | | | | | | |
| Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g) | 375 | 43g | 20g | 5g | 0mg | 375mg | 0g | 3g |
| Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.) | 210 | 12g | 6g | 27g | 0mg | 660mg | 3g | 9g |
| Avocado - Avocado, 0.5 medium | 117 | 6g | 11g | 1g | 0mg | 5mg | 1g | 5g |
| Lunch | | | | | | | | |
| Godiva - Masterpieces (Valentines), 5 pieces | 220 | 22g | 14g | 3g | 10mg | 35mg | 17g | 1g |
| TOTAL: | 1,702 | 208g | 77g | 80g | 26mg | 1,778mg | 61g | 87g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| 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 |
| Supper | | | | | | | | |
| Vegetable Stuffed Portabella Mushrooms, 3 serving(s) | 530 | 81g | 8g | 41g | 16mg | 483mg | 38g | 30g |
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 1 pieces (32g) | 50 | 8g | 4g | 1g | 0mg | 35mg | 0g | 7g |
| TOTAL: | 1,702 | 208g | 77g | 80g | 26mg | 1,778mg | 61g | 87g |

February 27, 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 |
| Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs) | 780 | 87g | 39g | 24g | 0mg | 1,590mg | 18g | 0g |
| Lunch | | | | | | | | |
| Good & Plenty - Good & Plenty Licorice Candy, 33 pieces (40g) | 140 | 35g | 0g | 1g | 0mg | 120mg | 25g | 0g |
| Nutz - Jordan Almonds, 18 pieces | 340 | 64g | 10g | 18g | 0mg | 10mg | --g | 2g |
| Dinner | | | | | | | | |
| Carrabba's - Sm Bread Loaf , 1/2 loaf | 250 | 42g | 6g | 7g | --mg | --mg | --g | --g |
| Sam Adams - Beer - Sam Adams Boston Lager., 12 oz | 175 | 18g | 0g | 2g | 0mg | 0mg | 0g | 0g |
| Carrabba's - Mozzarella Appetizer, 3 pieces | 444 | 20g | 270g | 24g | 90mg | 1,184mg | 8g | 6g |
| Supper | | | | | | | | |
| Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 132 g | 600 | 80g | 28g | 4g | 0mg | 420mg | 44g | 4g |
| TOTAL: | 2,829 | 362g | 360g | 81g | 90mg | 3,394mg | 95g | 26g |

February 28, 2020

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|-------------|-------------|--------------|----------------|------------|------------|
| Breakfast | | | | | | | | |
| Carrabba's - Mozzarella Marinara, 4 pieces | 661 | 29g | 45g | 35g | 139mg | 1,569mg | 11g | 5g |
| Lunch | | | | | | | | |
| Falafel - Falafel, 10 ball | 570 | 54g | 30g | 23g | 0mg | 500mg | 0g | 0g |
| Vegan Chocolate Lava Cakes, 1 serving(s) | 250 | 33g | 14g | 4g | 0mg | 50mg | 10g | 10g |
| Dinner | | | | | | | | |
| Nutz - Jordan Almonds, 18 pieces | 340 | 64g | 10g | 18g | 0mg | 10mg | --g | 2g |
| Supper | | | | | | | | |
| TOTAL: | 2,428 | 265g | 124g | 103g | 144mg | 3,030mg | 36g | 44g |

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|--------------|-------------|-------------|-------------|--------------|----------------|------------|------------|
| Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g) | 100 | 16g | 7g | 1g | 0mg | 70mg | 0g | 14g |
| hummus - Hummus, 2 tbsp | 70 | 4g | 5g | 2g | 0mg | 130mg | 1g | 2g |
| Vegetable Stuffed Portabella Mushrooms, 1 serving(s) | 177 | 27g | 3g | 14g | 5mg | 161mg | 13g | 10g |
| Stacy's Pita Chips - Simply Naked Baked Pita Chips, 20 chips (28g) | 260 | 38g | 10g | 6g | 0mg | 540mg | 1g | 1g |
| TOTAL: | 2,428 | 265g | 124g | 103g | 144mg | 3,030mg | 36g | 44g |

February 29, 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 |
| Vegetable Stuffed Portabella Mushrooms, 2 serving(s) | 353 | 54g | 5g | 28g | 10mg | 322mg | 26g | 20g |
| Lunch | | | | | | | | |
| quest bar hero - quest bar vanilla caramel, 60 gramo | 170 | 29g | 9g | 16g | 10mg | 230mg | 12g | 10g |
| Dinner | | | | | | | | |
| Godiva - Chocolate Liquor, 2 fluid ounce | 237 | 16g | 8g | --g | --mg | --mg | 16g | --g |
| 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 |
| Snacks | | | | | | | | |
| Eatingevolved - Keto Cups / Original (New Recipe), 1 keto cup | 130 | 5g | 12g | 2g | --mg | 5mg | 1g | 3g |
| Supper | | | | | | | | |
| Kraft - Honey Bbq Sauce, 2 fluid ounce | 120 | 28g | 0g | 0g | 0mg | 560mg | 24g | 0g |
| Morning star - BBQ chick'n nuggets, 1 container (12 nuggets) | 600 | 69g | 24g | 36g | 0mg | 1,500mg | 15g | 9g |
| TOTAL: | 2,050 | 258g | 82g | 91g | 20mg | 3,322mg | 97g | 58g |