



# Printable Diary for Lucent

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## December 1, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sweet Potato Casserole with Maple Pecan Topping, 1 serving(s)	471	66g	22g	6g	10mg	116mg	25g	14g
Lunch								
La Colombe - Peppermint Mocha Draft Latte, 1 can	110	15g	4g	6g	10mg	20mg	13g	1g
Dinner								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
Choc Zero - Milk Chocolate Maple Pecan Truffles, 1 piece	80	8g	7g	0g	--mg	--mg	--g	7g
Snacks								
(Lisa) Fritos - Jalapeno Cheddar Cheese Dip, 0.8 container (16 tbs ea.)	256	19g	16g	6g	26mg	--mg	6g	0g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 3 oz.	480	45g	30g	6g	0mg	810mg	3g	3g
Supper								
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Nabisco - Double Stuf Oreo, 1 cookies (29g)	70	11g	4g	1g	0mg	48mg	7g	1g
Chili Hot + Black Beans, 1 serving(s)	387	43g	15g	24g	0mg	1,093mg	4g	12g
TOTAL:	2,599	272g	145g	60g	86mg	2,706mg	71g	57g

## December 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Simple truth - Chocolate truffle brownie batter, 1/2 container (8 tbs)	220	32g	12g	2g	0mg	10mg	22g	2g
Lunch								
Domino's - Garlic Twists, 2 pieces	220	27g	19g	5g	--mg	220mg	1g	1g

TOTAL:	2,805	316g	144g	89g	175mg	3,685mg	113g	10g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 5 slice	1,750	145g	95g	75g	175mg	3,100mg	10g	5g
<b>Dinner</b>								
Maple Grove Farms - Pure Maple Candy, 6.25 pieces	175	45g	--g	1g	--mg	--mg	43g	--g
<b>Supper</b>								
Land O' Lakes - Cocoa Classics Caramel, 1 envelope	140	26g	3g	3g	0mg	260mg	24g	1g
Royal dansk - Cookies, 4 cookies	160	20g	8g	2g	0mg	0mg	0g	0g
Nabisco - Double Stuf Oreo, 2 cookies (29g)	140	21g	7g	1g	0mg	95mg	13g	1g
<b>TOTAL:</b>	<b>2,805</b>	<b>316g</b>	<b>144g</b>	<b>89g</b>	<b>175mg</b>	<b>3,685mg</b>	<b>113g</b>	<b>10g</b>

### December 3, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Mini Pecan Pies, 1 serving(s)	305	20g	24g	3g	32mg	127mg	1g	3g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Maple Grove Farms - Pure Maple Candy, 6.25 pieces	175	45g	--g	1g	--mg	--mg	43g	--g
<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>								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
<b>Supper</b>								
Angie's Boom Chicka Pop - Dark Chocolate Flavored Frizzled Sea Salt Kettle Corn, 2.5 cup	340	38g	20g	2g	0mg	180mg	22g	4g
Royal dansk - Cookies, 1 cookies	40	5g	2g	1g	0mg	0mg	0g	0g
Nabisco - Double Stuf Oreo, 4 cookies (29g)	280	42g	14g	2g	0mg	190mg	26g	2g
<b>TOTAL:</b>	<b>2,035</b>	<b>211g</b>	<b>108g</b>	<b>63g</b>	<b>72mg</b>	<b>2,077mg</b>	<b>114g</b>	<b>32g</b>

### December 4, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
La Colombe - Peppermint Mocha Draft Latte, 1 can	110	15g	4g	6g	10mg	20mg	13g	1g
<b>Lunch</b>								
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g

<b>TOTAL:</b>	<b>2,072</b>	<b>210g</b>	<b>108g</b>	<b>75g</b>	<b>30mg</b>	<b>3,768mg</b>	<b>46g</b>	<b>17g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Gardein - Nashville Hot Chick'n Tenders, 1 container (7.5 tenders ea.)	500	43g	23g	33g	0mg	1,350mg	3g	3g
<b>Dinner</b>								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
<b>Snacks</b>								
York - Peppermint Hot Chocolate Mix, 1 pouch	90	19g	2g	2g	--mg	240mg	17g	1g
<b>Supper</b>								
Choc Zero - Milk Chocolate Maple Pecan Truffles, 1 piece	80	8g	7g	0g	--mg	--mg	--g	7g
Rutherford Hill Merlot - Merlot, 5 oz	122	30g	--g	--g	--mg	--mg	--g	--g
Alexia - Crispy Onion Rings, 0.5 container (360 gs ea.)	540	65g	27g	7g	0mg	878mg	7g	2g
<b>TOTAL:</b>	<b>2,072</b>	<b>210g</b>	<b>108g</b>	<b>75g</b>	<b>30mg</b>	<b>3,768mg</b>	<b>46g</b>	<b>17g</b>

## December 5, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Cauliflower Mac and Cheese, 2 serving(s)	699	31g	48g	40g	128mg	1,001mg	10g	5g
<b>Lunch</b>								
Boarshead - Chipotle Gouda Cheese, 2 oz	200	--g	16g	12g	40mg	480mg	0g	0g
Vegan Pepperoni, 2 serving(s)	238	8g	7g	33g	0mg	4mg	1g	2g
<b>Dinner</b>								
Chorizo Pizza, 3 serving(s)	845	78g	42g	43g	87mg	1,143mg	3g	1g
<b>Supper</b>								
Ghirardelli Hot Chocolate - Hot Chocolate Powder, 3 tbsp (25g)	90	21g	2g	1g	0mg	0mg	18g	2g
<b>TOTAL:</b>	<b>2,072</b>	<b>138g</b>	<b>115g</b>	<b>129g</b>	<b>255mg</b>	<b>2,628mg</b>	<b>32g</b>	<b>10g</b>

## December 6, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
<b>Lunch</b>								
Starbucks - Caffé Mocha Tall, 12 oz	270	34g	13g	10g	40mg	120mg	27g	1g
Cauliflower Mac and Cheese, 1 serving(s)	349	15g	24g	20g	64mg	500mg	5g	3g
<b>TOTAL:</b>	<b>1,894</b>	<b>187g</b>	<b>96g</b>	<b>91g</b>	<b>217mg</b>	<b>1,895mg</b>	<b>68g</b>	<b>46g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Dinner</b>								
Chorizo Pizza, 2 serving(s)	564	52g	28g	29g	58mg	762mg	2g	1g
<b>Snacks</b>								
Royal dansk - Cookies, 2 cookies	80	10g	4g	1g	0mg	0mg	0g	0g
<b>Supper</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>TOTAL:</b>	<b>1,894</b>	<b>187g</b>	<b>96g</b>	<b>91g</b>	<b>217mg</b>	<b>1,895mg</b>	<b>68g</b>	<b>46g</b>

## December 7, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Mini Apple Pies, 1 serving(s)	269	30g	15g	3g	40mg	0mg	9g	2g
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
<b>Dinner</b>								
(Lisa) Fritos - Jalapeno Cheddar Cheese Dip, 1 container (16 tbls ea.)	320	24g	20g	8g	32mg	--mg	8g	0g
Sunchips - Harvest Cheddar (Updated), 1 container (98 chips (28g) ea.)	980	133g	42g	14g	0mg	1,190mg	14g	14g
<b>Supper</b>								
Mulled Pomegranate Wine, 4 serving(s)	82	17g	0g	0g	0mg	3mg	14g	0g
Peanut Butter Banana Cookies, 2 serving(s)	200	19g	12g	6g	16mg	7mg	5g	2g
<b>TOTAL:</b>	<b>2,151</b>	<b>246g</b>	<b>112g</b>	<b>37g</b>	<b>128mg</b>	<b>1,379mg</b>	<b>60g</b>	<b>22g</b>

## December 8, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Peanut Butter Banana Cookies, 4 serving(s)	400	39g	24g	12g	33mg	14mg	11g	4g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Justin's - Classic Cashew Butter, 2 tablespoon	210	9g	17g	5g	0mg	35mg	2g	--g
<b>Lunch</b>								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
<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
<b>TOTAL:</b>	<b>1,807</b>	<b>132g</b>	<b>99g</b>	<b>76g</b>	<b>73mg</b>	<b>1,679mg</b>	<b>18g</b>	<b>36g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
<b>Snacks</b>								
Jameson - Cold Brew, 3 fluid ounces	140	0g	0g	0g	--mg	--mg	--g	--g
<b>Supper</b>								
Quest - Spicy sweet chili protein chips, 32 g (1bag)	140	5g	5g	19g	10mg	300mg	1g	1g
<b>TOTAL:</b>	<b>1,807</b>	<b>132g</b>	<b>99g</b>	<b>76g</b>	<b>73mg</b>	<b>1,679mg</b>	<b>18g</b>	<b>36g</b>

## December 9, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Oreo - Mint Oreo, 4 cookies	280	40g	14g	2g	0mg	240mg	26g	2g
<b>Lunch</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
<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
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
<b>Snacks</b>								
Maple Grove Farms of Vermont - Maple Sugar Candy, 6.25 pieces	200	53g	0g	0g	0mg	0mg	46g	--g
<b>Supper</b>								
Healthy Life Wheat Buns - Sandwich Wheat Buns, 1 Bun	80	18g	1g	4g	0mg	210mg	3g	3g
Impossible Burger - Impossible Vegan Meat, 113 grams	240	9g	14g	19g	0mg	370mg	0g	3g
<b>TOTAL:</b>	<b>1,963</b>	<b>216g</b>	<b>91g</b>	<b>83g</b>	<b>30mg</b>	<b>2,701mg</b>	<b>81g</b>	<b>32g</b>

## December 10, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
<b>Lunch</b>								
<b>TOTAL:</b>	<b>2,355</b>	<b>308g</b>	<b>99g</b>	<b>85g</b>	<b>182mg</b>	<b>2,583mg</b>	<b>111g</b>	<b>40g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Maple Grove Farms of Vermont - Maple Sugar Candy, 6.25 pieces	200	53g	0g	0g	0mg	0mg	46g	--g
Old El Paso - Bold Nacho Cheese Taco Shells, 2 shells (31g)	150	17g	8g	2g	0mg	150mg	0g	1g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.2 container (3 cup (50 g) ea.)	84	5g	2g	11g	0mg	264mg	1g	4g
<b>Dinner</b>								
Chorizo Pizza, 3 serving(s)	768	78g	33g	44g	91mg	1,294mg	2g	1g
<b>Snacks</b>								
Lindt Excellence - 70% Cocoa, 1 pieces	63	4g	5g	3g	0mg	2mg	3g	1g
ChocZero - Peppermint White Chocolate, 2 Piece (10g)	110	10g	7g	2g	4mg	16mg	2g	8g
<b>Supper</b>								
Mint Smore, 1 serving(s)	126	25g	4g	2g	0mg	74mg	9g	3g
Chorizo Pizza, 1 serving(s)	256	26g	11g	15g	30mg	431mg	1g	0g
Oreo Truffles with Mint, 1 serving(s)	103	11g	6g	1g	11mg	76mg	7g	0g
Mint Oreo Truffles, 1 serving(s)	157	18g	9g	1g	11mg	90mg	13g	0g
Oreo Nabisco - Oreo, 2 cookies	107	17g	5g	1g	0mg	93mg	9g	1g
<b>TOTAL:</b>	<b>2,355</b>	<b>308g</b>	<b>99g</b>	<b>85g</b>	<b>182mg</b>	<b>2,583mg</b>	<b>111g</b>	<b>40g</b>

## December 11, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocolate Rum Truffles, 1 serving(s)	69	5g	5g	2g	5mg	2mg	2g	1g
Mocha Coffee Truffles, 1 serving(s)	71	5g	6g	2g	7mg	3mg	2g	1g
<b>Lunch</b>								
Chorizo Pizza, 1 serving(s)	256	26g	11g	15g	30mg	431mg	1g	0g
Choczero - Pumpkin Spice Syrup, 1 tablespoon	60	15g	0g	0g	--mg	5mg	0g	14g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Dinner</b>								
Bourbon - Bourbon and Water, 2 oz.	140	--g	0g	0g	0mg	0mg	--g	--g
ChocZero - Peppermint White Chocolate, 1 Piece (10g)	55	5g	4g	1g	2mg	8mg	1g	4g
Gardein - Stuffed Turk'y, 1 cutlet	320	32g	13g	22g	0mg	740mg	4g	2g
<b>Snacks</b>								
ChocZero - Peppermint White Chocolate, 1 Piece (10g)	55	5g	4g	1g	2mg	8mg	1g	4g
Mint Oreo Truffles, 1 serving(s)	157	18g	9g	1g	11mg	90mg	13g	0g
Mint Smore, 1 serving(s)	126	25g	4g	2g	0mg	74mg	9g	3g
<b>Supper</b>								
Matcha Coconut Cookies, 4 serving(s)	244	22g	15g	4g	32mg	14mg	4g	4g
<b>TOTAL:</b>	<b>2,332</b>	<b>220g</b>	<b>117g</b>	<b>86g</b>	<b>98mg</b>	<b>2,858mg</b>	<b>48g</b>	<b>41g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocolate Cherry Cookies, 1 serving(s)	79	13g	4g	1g	7mg	5mg	7g	1g
ChocZero - Peppermint White Chocolate, 1 Piece (10g)	55	5g	4g	1g	2mg	8mg	1g	4g
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Gardein - Nashville Hot Chick'n Tenders, 1 container (7.5 tenders ea.)	500	43g	23g	33g	0mg	1,350mg	3g	3g
<b>TOTAL:</b>	<b>2,332</b>	<b>220g</b>	<b>117g</b>	<b>86g</b>	<b>98mg</b>	<b>2,858mg</b>	<b>48g</b>	<b>41g</b>

### December 12, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
<b>Lunch</b>								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
<b>Dinner</b>								
Starbucks - Peppermint Mocha Frappuccino Blended Creme - Venti, 24 fl oz	530	73g	23g	8g	70mg	310mg	69g	2g
Mint Oreo Truffles, 1 serving(s)	157	18g	9g	1g	11mg	90mg	13g	0g
Mint Smore, 1 serving(s)	126	25g	4g	2g	0mg	74mg	9g	3g
<b>Snacks</b>								
Choczero - Milk Chocolate Peanut Butter Cup, 4 cup	320	16g	24g	8g	0mg	40mg	4g	12g
ChocZero - Peppermint White Chocolate, 1 Piece (10g)	55	5g	4g	1g	2mg	8mg	1g	4g
<b>Supper</b>								
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)	387	43g	15g	24g	0mg	1,093mg	4g	12g
<b>TOTAL:</b>	<b>2,536</b>	<b>276g</b>	<b>133g</b>	<b>76g</b>	<b>138mg</b>	<b>3,273mg</b>	<b>126g</b>	<b>59g</b>

### December 13, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Mint Oreo Truffles, 1 serving(s)	157	18g	9g	1g	11mg	90mg	13g	0g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Mocha Coffee Truffles, 1 serving(s)	71	5g	6g	2g	7mg	3mg	2g	1g
<b>TOTAL:</b>	<b>2,252</b>	<b>200g</b>	<b>114g</b>	<b>72g</b>	<b>82mg</b>	<b>3,938mg</b>	<b>76g</b>	<b>23g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocolate Rum Truffles, 1 serving(s)	69	5g	5g	2g	5mg	2mg	2g	1g
Gardein - Holiday Roast, 0.5 container (1 th of roast with 3.5 tbsp gravy ea.)	800	56g	40g	52g	0mg	2,120mg	12g	--g
<b>Dinner</b>								
Matcha Coconut Cookies, 2 serving(s)	122	11g	7g	2g	16mg	7mg	2g	2g
Mint Oreo Truffles, 1 serving(s)	157	18g	9g	1g	11mg	90mg	13g	0g
Mint Smore, 1 serving(s)	126	25g	4g	2g	0mg	74mg	9g	3g
<b>Supper</b>								
ChocZero - Peppermint White Chocolate, 1 Piece (10g)	55	5g	4g	1g	2mg	8mg	1g	4g
ChocZero - Milk Chocolate peanut butter cups, 2 piece	160	8g	12g	4g	--mg	20mg	2g	6g
Lotus Biscoff Cookies - Biscoff Single Pack (6.25g), 6 cookies	180	28g	7g	2g	0mg	144mg	14g	0g
Alexia - Mashed Cauliflower, 1 container (339 gs ea.)	210	21g	11g	3g	30mg	1,380mg	6g	6g
Wild Turkey - Longbranch Whiskey, 2 oz	140	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>2,252</b>	<b>200g</b>	<b>114g</b>	<b>72g</b>	<b>82mg</b>	<b>3,938mg</b>	<b>76g</b>	<b>23g</b>

<b>December 14, 2020</b>								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Peanut Butter Banana Cookies, 4 serving(s)	400	39g	24g	12g	33mg	14mg	11g	4g
La Colombe - Peppermint Mocha Draft Latte, 1 can	110	15g	4g	6g	10mg	20mg	13g	1g
<b>Lunch</b>								
Chocolate Orange Cookies, 1 serving(s)	53	5g	3g	1g	6mg	4mg	2g	1g
Mint Oreo Truffles, 2 serving(s)	315	35g	19g	2g	23mg	180mg	25g	1g
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>								
Smoked Cheddar, Asiago, Chipotle Gouda Pizza, 4 serving(s)	1,188	104g	59g	56g	60mg	1,027mg	2g	2g
<b>Supper</b>								
Matcha Coconut Cookies, 1 serving(s)	61	6g	4g	1g	8mg	3mg	1g	1g
Oreo Truffles with Mint, 1 serving(s)	103	11g	6g	1g	11mg	76mg	7g	0g
<b>TOTAL:</b>	<b>2,630</b>	<b>247g</b>	<b>137g</b>	<b>107g</b>	<b>171mg</b>	<b>1,744mg</b>	<b>77g</b>	<b>30g</b>

<b>December 15, 2020</b>								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Smoked Cheddar, Asiago, Chipotle Gouda Pizza, 2 serving(s)	594	52g	29g	28g	30mg	513mg	1g	1g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>2,168</b>	<b>200g</b>	<b>116g</b>	<b>77g</b>	<b>119mg</b>	<b>2,075mg</b>	<b>49g</b>	<b>25g</b>



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lotus Biscoff Cookies - Biscoff Single Pack (6.25g), 4 cookies	120	18g	5g	2g	0mg	96mg	10g	0g
<b>Lunch</b>								
Matcha Coconut Cookies, 2 serving(s)	122	11g	7g	2g	16mg	7mg	2g	2g
Oreo Truffles with Mint, 1 serving(s)	103	11g	6g	1g	11mg	76mg	7g	0g
Mint Oreo Truffles, 1 serving(s)	157	18g	9g	1g	11mg	90mg	13g	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
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
<b>Supper</b>								
Rum Chata - Rum Chata, 1 oz	93	11g	3g	1g	7mg	17mg	7g	--g
ChocZero - Peppermint White Chocolate, 1 Piece (10g)	55	5g	4g	1g	2mg	8mg	1g	4g
Chocolate Orange Cookies, 2 serving(s)	107	11g	7g	2g	12mg	8mg	4g	1g
<b>TOTAL:</b>	<b>2,168</b>	<b>200g</b>	<b>116g</b>	<b>77g</b>	<b>119mg</b>	<b>2,075mg</b>	<b>49g</b>	<b>25g</b>

### December 16, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
<b>Lunch</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>Dinner</b>								
Maille - Dijon Originale (Ac), 12 tsp	120	0g	6g	5g	--mg	1,560mg	--g	--g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
<b>Snacks</b>								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
ChocZero - Milk Chocolate peanut butter cups, 2 piece	160	8g	12g	4g	--mg	20mg	2g	6g
ChocZero - Peppermint White Chocolate, 2 Piece (10g)	110	10g	7g	2g	4mg	16mg	2g	8g
<b>TOTAL:</b>	<b>1,868</b>	<b>164g</b>	<b>105g</b>	<b>64g</b>	<b>9mg</b>	<b>3,907mg</b>	<b>43g</b>	<b>28g</b>

### December 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>2,182</b>	<b>140g</b>	<b>148g</b>	<b>79g</b>	<b>221mg</b>	<b>2,413mg</b>	<b>62g</b>	<b>42g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Peanut Butter Banana Cookies, 2 serving(s)	200	19g	12g	6g	16mg	7mg	5g	2g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Lotus Biscoff Cookies - Biscoff Single Pack (6.25g), 5 cookies	150	23g	6g	2g	0mg	120mg	12g	0g
ChocZero - Milk Chocolate peanut butter cups, 2 piece	160	8g	12g	4g	--mg	20mg	2g	6g
Moon Cheese - Cheddar Believe It, 47.6 g	340	2g	28g	22g	90mg	700mg	0g	2g
<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
ChocZero - Peppermint White Chocolate, 2 Piece (10g)	110	10g	7g	2g	4mg	16mg	2g	8g
<b>Snacks</b>								
Mint Oreo Truffles, 1 serving(s)	157	18g	9g	1g	11mg	90mg	13g	0g
<b>Supper</b>								
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>TOTAL:</b>	<b>2,182</b>	<b>140g</b>	<b>148g</b>	<b>79g</b>	<b>221mg</b>	<b>2,413mg</b>	<b>62g</b>	<b>42g</b>

## December 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Mint Oreo Truffles, 1 serving(s)	157	18g	9g	1g	11mg	90mg	13g	0g
Matcha Coconut Cookies, 2 serving(s)	122	11g	7g	2g	16mg	7mg	2g	2g
Chocolate Orange Cookies, 2 serving(s)	107	11g	7g	2g	12mg	8mg	4g	1g
Chocolate Cherry Cookies, 1 serving(s)	79	13g	4g	1g	7mg	5mg	7g	1g
<b>Lunch</b>								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
Kraft - Catalina, 2 Tbsp	90	9g	6g	0g	0mg	390mg	8g	0g
Morningstar - Popcorn Chik'n, 1 container (30 pieces ea.)	500	58g	20g	28g	0mg	950mg	8g	8g
<b>Dinner</b>								
Rutherford Hill Merlot - Merlot, 5 oz	122	30g	--g	--g	--mg	--mg	--g	--g
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
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
<b>Supper</b>								
Oreo Truffles with Mint, 2 serving(s)	207	22g	13g	2g	21mg	152mg	15g	1g
<b>TOTAL:</b>	<b>2,600</b>	<b>264g</b>	<b>139g</b>	<b>85g</b>	<b>129mg</b>	<b>2,926mg</b>	<b>72g</b>	<b>36g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Matcha Coconut Cookies, 4 serving(s)	244	22g	15g	4g	32mg	14mg	4g	4g
<b>TOTAL:</b>	<b>2,600</b>	<b>264g</b>	<b>139g</b>	<b>85g</b>	<b>129mg</b>	<b>2,926mg</b>	<b>72g</b>	<b>36g</b>

### December 19, 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
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
<b>Lunch</b>								
Mocha Coffee Truffles, 2 serving(s)	142	10g	12g	5g	15mg	6mg	5g	2g
Chocolate Rum Truffles, 1 serving(s)	69	5g	5g	2g	5mg	2mg	2g	1g
Matcha Coconut Cookies, 1 serving(s)	61	6g	4g	1g	8mg	3mg	1g	1g
Chocolate Orange Cookies, 2 serving(s)	107	11g	7g	2g	12mg	8mg	4g	1g
Chocolate Cherry Cookies, 1 serving(s)	79	13g	4g	1g	7mg	5mg	7g	1g
<b>Dinner</b>								
Rutherford Hill Merlot - Merlot, 5 oz	122	30g	--g	--g	--mg	--mg	--g	--g
Smoked Cheddar, Asiago, Chipotle Gouda Pizza, 4 serving(s)	1,204	104g	60g	57g	70mg	1,103mg	2g	2g
<b>Snacks</b>								
ChocZero - Milk Chocolate peanut butter cups, 2 piece	160	8g	12g	4g	--mg	20mg	2g	6g
<b>TOTAL:</b>	<b>2,412</b>	<b>226g</b>	<b>131g</b>	<b>92g</b>	<b>117mg</b>	<b>1,773mg</b>	<b>26g</b>	<b>26g</b>

### December 20, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
La Colombe - Oatmilk Draft Latte, 1 can	110	18g	4g	2g	0mg	115mg	9g	3g
Smoked Cheddar, Asiago, Chipotle Gouda Pizza, 2 serving(s)	602	52g	30g	29g	35mg	551mg	1g	1g
<b>Lunch</b>								
Mocha Coffee Truffles, 1 serving(s)	71	5g	6g	2g	7mg	3mg	2g	1g
Chocolate Rum Truffles, 2 serving(s)	139	10g	11g	5g	10mg	5mg	5g	2g
Chocolate Orange Cookies, 2 serving(s)	107	11g	7g	2g	12mg	8mg	4g	1g
Chocolate Cherry Cookies, 1 serving(s)	79	13g	4g	1g	7mg	5mg	7g	1g
<b>Dinner</b>								
Rutherford Hill Merlot - Merlot, 5 oz	122	30g	--g	--g	--mg	--mg	--g	--g
Cauliflower Mac and Cheese, 1 serving(s)	295	15g	20g	17g	56mg	432mg	6g	2g

<b>TOTAL:</b>	<b>2,130</b>	<b>193g</b>	<b>119g</b>	<b>86g</b>	<b>151mg</b>	<b>2,295mg</b>	<b>42g</b>	<b>22g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
<b>Snacks</b>								
ChocZero - Peppermint White Chocolate, 2 Piece (10g)	110	10g	7g	2g	4mg	16mg	2g	8g
<b>Supper</b>								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>2,130</b>	<b>193g</b>	<b>119g</b>	<b>86g</b>	<b>151mg</b>	<b>2,295mg</b>	<b>42g</b>	<b>22g</b>

## December 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Royal dansk - Cookies, 4 cookies	160	20g	8g	2g	0mg	0mg	0g	0g
Lotus Biscoff Cookies - Biscoff Single Pack (6.25g), 6 cookies	180	28g	7g	2g	0mg	144mg	14g	0g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Chocolate Cherry Cookies, 2 serving(s)	158	25g	7g	2g	14mg	9mg	14g	2g
Chocolate Rum Truffles, 1 serving(s)	69	5g	5g	2g	5mg	2mg	2g	1g
Mocha Coffee Truffles, 1 serving(s)	71	5g	6g	2g	7mg	3mg	2g	1g
Cauliflower Mac and Cheese, 1 serving(s)	295	15g	20g	17g	56mg	432mg	6g	2g
<b>Dinner</b>								
ChocZero - Peppermint White Chocolate, 1 Piece (10g)	55	5g	4g	1g	2mg	8mg	1g	4g
Gardein Chick'n Mandarin Orange - Gardein, 1 container (302.00 (g))	540	74g	14g	28g	0mg	1,440mg	36g	4g
<b>Supper</b>								
Green Giant - Simply Steam - Baby Brussels Sprouts & Butter Sauce (container), 10 oz (283g)	130	22g	4g	8g	5mg	880mg	3g	8g
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
Left Hand Brewing Company - Nitro Milk Stout, 12 oz	185	18g	0g	1g	0mg	0mg	18g	0g
<b>TOTAL:</b>	<b>1,943</b>	<b>221g</b>	<b>75g</b>	<b>66g</b>	<b>89mg</b>	<b>2,918mg</b>	<b>96g</b>	<b>22g</b>

## December 22, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
La Colombe - Oatmilk Draft Latte Vanilla, 9 fl oz	120	19g	4g	2g	0mg	125mg	10g	3g
<b>Lunch</b>								
ChocZero - Peppermint White Chocolate, 2 Piece (10g)	110	10g	7g	2g	4mg	16mg	2g	8g
<b>TOTAL:</b>	<b>1,863</b>	<b>212g</b>	<b>87g</b>	<b>75g</b>	<b>106mg</b>	<b>2,017mg</b>	<b>108g</b>	<b>24g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Kirkland - Chocolate Almonds, 30 g	160	13g	12g	3g	5mg	15mg	10g	2g
Cauliflower Mac and Cheese, 1 serving(s)	295	15g	20g	17g	56mg	432mg	6g	2g
<b>Dinner</b>								
Matcha Coconut Cookies, 2 serving(s)	122	11g	7g	2g	16mg	7mg	2g	2g
Mint Smore, 1 serving(s)	126	25g	4g	2g	0mg	74mg	9g	3g
Gardein - Stuffed Turk'y, 1 cutlet	320	32g	13g	22g	0mg	740mg	4g	2g
Oreo - Mint Oreo, 2 cookies	140	20g	7g	1g	0mg	120mg	13g	1g
<b>Supper</b>								
Lotus Biscoff Cookies - Biscoff Single Pack (6.25g), 2 cookies	60	9g	2g	1g	0mg	48mg	5g	0g
Quest - Spicy sweet chili protein chips, 32 g (1bag)	140	5g	5g	19g	10mg	300mg	1g	1g
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Maple Grove Farms of Vermont - Maple Sugar Candy, 6.25 pieces	200	53g	0g	0g	0mg	0mg	46g	--g
<b>TOTAL:</b>	<b>1,863</b>	<b>212g</b>	<b>87g</b>	<b>75g</b>	<b>106mg</b>	<b>2,017mg</b>	<b>108g</b>	<b>24g</b>

## December 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Cauliflower Mac and Cheese, 1 serving(s)	295	15g	20g	17g	56mg	432mg	6g	2g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
Domino's - Sweet Icing Dipping Cup, 0.5 cup	115	26g	2g	0g	0mg	55mg	26g	0g
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 4 slice	1,400	116g	76g	60g	140mg	2,480mg	8g	4g
<b>Dinner</b>								
ChocZero - Peppermint White Chocolate, 2 Piece (10g)	110	10g	7g	2g	4mg	16mg	2g	8g
Mint Oreo Truffles, 3 serving(s)	332	33g	21g	4g	29mg	210mg	26g	1g
Domino's - Artisan - Spinach & Feta, 1 Slice (62g)	150	17g	7g	6g	10mg	250mg	1g	1g
<b>Supper</b>								
Goat Cheese- Kirkland - Goat Cheese, 1 oz (28 g)	80	2g	6g	4g	25mg	150mg	0g	0g
Wasa - Multigrain Crisp Bread, 1.25 slice	44	10g	0g	3g	0mg	81mg	0g	4g
Nabisco - Rosemary & Olive Oil Triscuits, 5 crackers	100	17g	3g	3g	0mg	108mg	0g	3g
Crunchmaster - Multi-grain Crackers (Sea Salt), 6 Crackers (30g)	48	10g	1g	1g	0mg	56mg	0g	1g
Jasper Hill Farm - Moses Sleeper, 1 oz	90	0g	8g	6g	20mg	220mg	0g	0g
Jasper Hill - Cave Aged Cheddar, 1 inch cube (1oz/28g)	110	1g	9g	7g	25mg	210mg	0g	0g
Jasper Hill - Landaff cheddar, 28 g	120	1g	9g	7g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>3,499</b>	<b>320g</b>	<b>193g</b>	<b>130g</b>	<b>309mg</b>	<b>4,608mg</b>	<b>79g</b>	<b>26g</b>

December 24, 2020									
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
Breakfast									
Domino's - Artisan - Spinach & Feta, 3 Slice (62g)	450	51g	21g	18g	30mg	750mg	3g	3g	
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 2 slice	700	58g	38g	30g	70mg	1,240mg	4g	2g	
Lunch									
Matcha Coconut Cookies, 3 serving(s)	183	17g	11g	3g	24mg	10mg	3g	3g	
Mocha Coffee Truffles, 1 serving(s)	71	5g	6g	2g	7mg	3mg	2g	1g	
Mint Smore, 1 serving(s)	126	25g	4g	2g	0mg	74mg	9g	3g	
Maple Grove Farms of Vermont - Maple Sugar Candy, 6.25 pieces	200	53g	0g	0g	0mg	0mg	46g	--g	
Dinner									
Kono - Wine, Sauvignon Blanc, 4 oz	96	5g	--g	0g	--mg	--mg	--g	--g	
Goat Cheese- Kirkland - Goat Cheese, 4 oz (28 g)	320	8g	24g	16g	100mg	600mg	0g	0g	
Wasa - Multigrain Crisp Bread, 3.5 slice	123	28g	0g	7g	0mg	228mg	0g	11g	
Snacks									
Matcha Coconut Cookies, 2 serving(s)	122	11g	7g	2g	16mg	7mg	2g	2g	
Peppermint Martini, 1 serving(s)	576	47g	5g	2g	0mg	0mg	21g	0g	
Supper									
Kirkland Signature Popcorn - Kirkland Signature Popcorn (Popped), 6 cup	210	18g	15g	2g	0mg	390mg	0g	2g	
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g	
TOTAL:	3,417	349g	146g	87g	247mg	3,707mg	92g	29g	
December 25, 2020									
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
Breakfast									
Creamed Kale and Gruyere Gratin, 2 serving(s)	321	21g	21g	16g	58mg	290mg	4g	4g	
Caramelized Butternut Squash, 2 serving(s)	351	51g	17g	5g	45mg	19mg	10g	10g	
Gardein - Holiday Roast, 0.25 container (1 th of roast with 3.5 tbsp gravy ea.)	400	28g	20g	26g	0mg	1,060mg	6g	--g	
Lunch									
Peanut Butter M&Ms - M&Ms, 32 pieces	300	32g	16g	6g	--mg	120mg	28g	--g	
Dinner									
Goat Cheese- Kirkland - Goat Cheese, 2 oz (28 g)	160	4g	12g	8g	50mg	300mg	0g	0g	
Wasa - Multigrain Crisp Bread, 1.75 slice	61	14g	0g	4g	0mg	114mg	0g	5g	
Peanut Butter M&Ms - M&Ms, 32 pieces	300	32g	16g	6g	--mg	120mg	28g	--g	
TOTAL:	2,354	236g	126g	77g	172mg	2,373mg	118g	21g	

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Snacks</b>								
Swiss Miss - Caramel Delight Cocoa, 1 I Envelope	90	16g	2g	1g	0mg	150mg	11g	1g
<b>Supper</b>								
Peanut Butter M&Ms - M&Ms, 16 pieces	150	16g	8g	3g	--mg	60mg	14g	--g
Mint Oreo Truffles, 2 serving(s)	221	22g	14g	2g	19mg	140mg	17g	1g
<b>TOTAL:</b>	<b>2,354</b>	<b>236g</b>	<b>126g</b>	<b>77g</b>	<b>172mg</b>	<b>2,373mg</b>	<b>118g</b>	<b>21g</b>

### December 26, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Caramelized Butternut Squash, 1 serving(s)	176	26g	8g	2g	23mg	10mg	5g	5g
Mint Oreo Truffles, 1 serving(s)	111	11g	7g	1g	10mg	70mg	9g	0g
Gardein - Holiday Roast, 0.25 container (1 th of roast with 3.5 tbsp gravy ea.)	400	28g	20g	26g	0mg	1,060mg	6g	--g
<b>Lunch</b>								
Private Selection - -grated Parmesan (Corrected Kh), 2 tablespoon	40	0g	3g	4g	10mg	110mg	0g	0g
Boar's Head - Gruyere Cheese, 1 oz	110	0g	9g	7g	20mg	150mg	--g	--g
Creamed Kale and Gruyere Gratin, 1 serving(s)	160	11g	11g	8g	29mg	145mg	2g	2g
Mint Oreo Truffles, 1 serving(s)	111	11g	7g	1g	10mg	70mg	9g	0g
ChocZero - Peppermint White Chocolate, 1 Piece (10g)	55	5g	4g	1g	2mg	8mg	1g	4g
<b>Snacks</b>								
Mint Oreo Truffles, 1 serving(s)	111	11g	7g	1g	10mg	70mg	9g	0g
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 30 ml	69	--g	--g	--g	--mg	--mg	--g	--g
<b>Supper</b>								
Insomnia Cookies - Vegan Gluten-free Chocolate Chip Cookie, 3 cookie	720	105g	36g	6g	--mg	420mg	63g	6g
<b>TOTAL:</b>	<b>2,063</b>	<b>208g</b>	<b>112g</b>	<b>57g</b>	<b>114mg</b>	<b>2,113mg</b>	<b>104g</b>	<b>17g</b>

### December 27, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
<b>Lunch</b>								
Matcha Coconut Cookies, 3 serving(s)	183	17g	11g	3g	24mg	10mg	3g	3g

<b>TOTAL:</b>	<b>2,738</b>	<b>279g</b>	<b>154g</b>	<b>83g</b>	<b>211mg</b>	<b>2,692mg</b>	<b>130g</b>	<b>43g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocolate Orange Cookies, 3 serving(s)	160	16g	10g	2g	18mg	11mg	6g	2g
Mint Oreo Truffles, 1 serving(s)	111	11g	7g	1g	10mg	70mg	9g	0g
Private Selection - -grated Parmesan (Corrected Kh), 4 tablespoon	80	0g	6g	8g	20mg	220mg	0g	0g
Boar's Head - Gruyere Cheese, 1 oz	110	0g	9g	7g	20mg	150mg	--g	--g
Creamed Kale and Gruyere Gratin, 1 serving(s)	160	11g	11g	8g	29mg	145mg	2g	2g
<b>Dinner</b>								
Mint Oreo Truffles, 1 serving(s)	111	11g	7g	1g	10mg	70mg	9g	0g
Insomnia Cookies - Vegan Gluten-free Chocolate Chip Cookie, 3 cookie	720	105g	36g	6g	--mg	420mg	63g	6g
<b>Snacks</b>								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Supper</b>								
Mulled Pomegranate Wine, 4 serving(s)	82	17g	0g	0g	0mg	3mg	14g	0g
Jasper Hill - Landaff cheddar, 28 g	120	1g	9g	7g	--mg	--mg	--g	--g
Jasper Hill - Cave Aged Cheddar, 1 inch cube (1oz/28g)	110	1g	9g	7g	25mg	210mg	0g	0g
Wasa - Multigrain Crisp Bread, 2 slice	70	16g	0g	4g	0mg	130mg	0g	6g
<b>TOTAL:</b>	<b>2,738</b>	<b>279g</b>	<b>154g</b>	<b>83g</b>	<b>211mg</b>	<b>2,692mg</b>	<b>130g</b>	<b>43g</b>

December 28, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Chocolate Cherry Cookies, 1 serving(s)	79	13g	4g	1g	7mg	5mg	7g	1g
Chocolate Orange Cookies, 2 serving(s)	107	11g	7g	2g	12mg	8mg	4g	1g
Mint Oreo Truffles, 2 serving(s)	221	22g	14g	2g	19mg	140mg	17g	1g
Gardein - Stuffed Turk'y, 1 cutlet	320	32g	13g	22g	0mg	740mg	4g	2g
<b>Dinner</b>								
Jasper Hill - Landaff cheddar, 28 g	120	1g	9g	7g	--mg	--mg	--g	--g
Jasper Hill - Cave Aged Cheddar, 1 inch cube (1oz/28g)	110	1g	9g	7g	25mg	210mg	0g	0g
Wasa - Multigrain Crisp Bread, 1.5 slice	53	12g	0g	3g	0mg	98mg	0g	5g
<b>Snacks</b>								
<b>TOTAL:</b>	<b>2,121</b>	<b>210g</b>	<b>112g</b>	<b>83g</b>	<b>188mg</b>	<b>2,731mg</b>	<b>73g</b>	<b>36g</b>



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
M&M Fudge Brownie - M&Ms, 1 oz	140	20g	6g	0g	--mg	--mg	18g	--g
<b>Supper</b>								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Choczero - Milk Chocolate Peanut Butter Cup, 1 cup	80	4g	6g	2g	0mg	10mg	1g	3g
Butternut Squash Pizza, 3 serving(s)	655	50g	35g	34g	90mg	1,427mg	4g	2g
<b>TOTAL:</b>	<b>2,121</b>	<b>210g</b>	<b>112g</b>	<b>83g</b>	<b>188mg</b>	<b>2,731mg</b>	<b>73g</b>	<b>36g</b>

## December 29, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Butternut Squash Pizza, 1 serving(s)	218	17g	12g	11g	30mg	476mg	1g	1g
<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>								
Nabisco - Double Stuf Oreo, 4 cookies (29g)	280	42g	14g	2g	0mg	190mg	26g	2g
Gardein - Chick'n Sliders, 2 slider	380	54g	12g	22g	0mg	680mg	6g	6g
<b>TOTAL:</b>	<b>1,278</b>	<b>145g</b>	<b>56g</b>	<b>63g</b>	<b>50mg</b>	<b>1,766mg</b>	<b>49g</b>	<b>29g</b>

## December 30, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	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>								
Starbucks - Tall Chestnut Praline Latte (No Whip), 12 oz	210	29g	5g	9g	20mg	120mg	28g	--g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>Snacks</b>								
Nabisco - Double Stuf Oreo, 4 cookies (29g)	280	42g	14g	2g	0mg	190mg	26g	2g
Jameson - Cold Brew, 1.5 fluid ounces	70	0g	0g	0g	--mg	--mg	--g	--g
<b>Supper</b>								
Yellow Squash Parmesan Rounds, 1 serving(s)	146	7g	12g	8g	9mg	102mg	4g	2g
Rutherford Hill Merlot - Merlot, 5 oz	122	30g	--g	--g	--mg	--mg	--g	--g
Caramelized Butternut Squash, 1 serving(s)	234	34g	11g	3g	30mg	13mg	6g	6g
<b>TOTAL:</b>	<b>2,127</b>	<b>202g</b>	<b>116g</b>	<b>64g</b>	<b>159mg</b>	<b>1,885mg</b>	<b>92g</b>	<b>34g</b>

# December 31, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
La colombe - Caramel draft latte, 1 can	140	19g	5g	7g	15mg	55mg	17g	0g
<b>Lunch</b>								
Jasper Hill - Landaff cheddar, 28 g	120	1g	9g	7g	--mg	--mg	--g	--g
Jasper Hill - Cave Aged Cheddar, 1 inch cube (1oz/28g)	110	1g	9g	7g	25mg	210mg	0g	0g
Wasa - Multigrain Crisp Bread, 1.5 slice	53	12g	0g	3g	0mg	98mg	0g	5g
<b>Dinner</b>								
Mint Oreo Truffles, 1 serving(s)	111	11g	7g	1g	10mg	70mg	9g	0g
M&M Fudge Brownie - M&Ms, 0.5 oz	70	10g	3g	0g	--mg	--mg	9g	--g
Beyond Meat - Beyond Sausage (Italian), 0.5 Sausage	95	3g	6g	8g	--mg	250mg	0g	2g
Morning Star Farms - Veggie Pepperoni pizza bites, 6 Bites (85g)	180	23g	7g	9g	0mg	450mg	3g	3g
<b>Snacks</b>								
Lamarca - Lamarca Prosecco, 8 oz	160	3g	--g	--g	--mg	--mg	--g	--g
<b>Supper</b>								
Cheesecake Strawberries, 3 serving(s)	140	9g	12g	3g	35mg	111mg	4g	2g
Marsala Stuffed Mushrooms, 4 serving(s)	228	12g	13g	17g	21mg	554mg	2g	3g
Shrimp Scampi, 2 serving(s)	357	29g	29g	0g	40mg	504mg	3g	7g
Cocktail Meatballs, 2 serving(s)	155	17g	6g	8g	0mg	482mg	10g	1g
Raspberry Brie Bites, 1 serving(s)	168	16g	9g	4g	20mg	267mg	10g	0g
<b>TOTAL:</b>	<b>2,087</b>	<b>166g</b>	<b>115g</b>	<b>74g</b>	<b>166mg</b>	<b>3,051mg</b>	<b>67g</b>	<b>23g</b>