



# Printable Diary for Lucent

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## August 1, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lunch								
Oreo 6 Cookies - Snack Pack, 0.83 package	267	41g	11g	2g	0mg	225mg	22g	1g
Dinner								
Beechers - Smoked Cheddar, 0.5 ounce	60	1g	5g	4g	10mg	115mg	0g	0g
Quest - 4-cheese Thin Crust Pizzas, 0.5 pizza	330	24g	21g	27g	45mg	1,020mg	3g	18g
Snacks								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Supper								
Ameriserve - Deep Fried Ravioli, 3 Raviolis	264	20g	16g	10g	38mg	304mg	5g	0g
Amstel - Lager, 16 fluid ounce	176	11g	--g	--g	--mg	--mg	--g	--g
TOTAL:	1,567	140g	75g	73g	115mg	2,154mg	46g	49g

## August 2, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice	1,240	116g	60g	44g	120mg	2,080mg	--g	4g
Lunch								
Hampton Creek - Just Cookie Dough Chocolate Chip, 4.5 tbsp	450	68g	23g	5g	0mg	315mg	36g	5g
Maple Grove Farms of Vermont - Maple Sugar Candy, 10 pieces	320	84g	0g	0g	0mg	0mg	74g	--g
Dinner								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
Snacks								
TOTAL:	2,545	322g	103g	98g	147mg	3,098mg	119g	33g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Hail Merry - Dark Chocolate Cups, 0.5 package	105	8g	7g	3g	0mg	63mg	6g	2g
Supper								
Premier Protein - Bananas & Cream Shake, 11 fl oz	160	5g	3g	30g	25mg	270mg	1g	2g
TOTAL:	2,545	322g	103g	98g	147mg	3,098mg	119g	33g

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

### August 3, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Morningstar Farms - Buffalo Wings, 1 container (17.5 wings (85g) ea.)	700	67g	32g	42g	0mg	1,925mg	7g	11g
Lunch								
Hampton Creek - just cookie dough, 198 gram	900	120g	42g	6g	0mg	630mg	66g	6g
Dinner								
Hail Merry - Dark Chocolate Cups, 0.5 package	105	8g	7g	3g	0mg	63mg	6g	2g
Snacks								
Hail Merry - Sweet Potato Mini Miracle Tarts, 23 grams	100	6g	8g	1g	0mg	55mg	3g	2g
Supper								
Michelob - Ultra Lime Cactus, 12 fl oz	95	6g	0g	1g	--mg	--mg	--g	--g
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)	360	48g	10g	20g	20mg	400mg	24g	16g
TOTAL:	2,330	269g	105g	75g	22mg	3,143mg	106g	49g

### August 4, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Hampton Creek - just cookie dough, 198 gram	900	120g	42g	6g	0mg	630mg	66g	6g
Lunch								
Mascot - Dark Chocolate Sea Salt Caramels, 30 gram	130	19g	5g	2g	5mg	170mg	14g	1g
Enlightened - Mesquite Bbq Roasted Broad Beans, 3 oz	300	45g	9g	21g	0mg	450mg	3g	15g
Dinner								
TOTAL:	3,180	346g	144g	75g	29mg	5,270mg	93g	28g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Rosati's - Bread Sticks, 1.5 oz	711	29g	63g	8g	9mg	1,023mg	--g	2g
Dundee - Stout, 16 oz	232	--g	--g	--g	--mg	--mg	--g	--g
<b>Snacks</b>								
81k Kraft String Cheese Twists - Natural Low-Moisture Part Skim Mozzarella & Cheddar Cheeses, 1 Stick	60	0g	4g	6g	15mg	140mg	0g	0g
<b>Supper</b>								
Beer cheese - Cheese, 2 oz	220	0g	18g	14g	0mg	0mg	0g	0g
Sodexo Campus - Soft Pretzel, 2 Pretzel/2.5 oz	340	76g	2g	12g	0mg	2,060mg	2g	2g
Homemade - Beer Muffin, 2 muffin (75 grams)	287	57g	1g	6g	0mg	797mg	8g	2g
<b>TOTAL:</b>	<b>3,180</b>	<b>346g</b>	<b>144g</b>	<b>75g</b>	<b>29mg</b>	<b>5,270mg</b>	<b>93g</b>	<b>28g</b>

### August 5, 2019

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
<b>Lunch</b>								
Frozen Peanut Butter Bites, 2 serving(s)	244	24g	17g	13g	3mg	59mg	1g	12g
Lemon Cookies v2, 1 serving(s)	51	5g	3g	2g	5mg	0mg	0g	1g
<b>Dinner</b>								
Beechers - Smoked Cheddar, 1.5 ounce	180	2g	14g	11g	30mg	345mg	0g	0g
Trader Joe's - Soft Pretzel Stick, 1 pretzel (64g / 2.2 oz)	320	68g	1g	10g	0mg	680mg	10g	2g
<b>Snacks</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Premier Protein - Vanilla Shake 14 oz Bottle, 14 oz	160	5g	3g	30g	25mg	410mg	2g	2g
<b>Supper</b>								
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>TOTAL:</b>	<b>2,085</b>	<b>178g</b>	<b>118g</b>	<b>110g</b>	<b>165mg</b>	<b>3,024mg</b>	<b>41g</b>	<b>53g</b>

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

### August 6, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>2,135</b>	<b>271g</b>	<b>76g</b>	<b>86g</b>	<b>22mg</b>	<b>1,924mg</b>	<b>123g</b>	<b>46g</b>

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
<b>Lunch</b>								
Maple Grove Farms of Vermont - Maple Sugar Candy, 1 container (12.5 pieces ea.)	400	105g	0g	0g	0mg	0mg	93g	--g
Falafel - Falafel, 5 ball	285	27g	15g	11g	0mg	250mg	0g	0g
<b>Dinner</b>								
Meyer Lemon Cups - Hail Merry, 2 cups (43g)	210	17g	16g	3g	0mg	95mg	10g	4g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1.5 oz	150	23g	5g	11g	0mg	225mg	2g	8g
<b>Snacks</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
<b>Supper</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 8 tenders (100g)	380	36g	16g	28g	0mg	740mg	2g	2g
Lagunitas - Ipa, 16 oz.	240	17g	--g	3g	0mg	124mg	--g	--g
<b>TOTAL:</b>	<b>2,135</b>	<b>271g</b>	<b>76g</b>	<b>86g</b>	<b>22mg</b>	<b>1,924mg</b>	<b>123g</b>	<b>46g</b>

### August 7, 2019

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
<b>Lunch</b>								
Lemon Cookies v2, 2 serving(s)	102	10g	5g	3g	10mg	1mg	1g	2g
Frozen Peanut Butter Bites, 2 serving(s)	244	24g	17g	13g	3mg	59mg	1g	12g
<b>Dinner</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>Snacks</b>								
Premier Protein - Cookies & Cream, 11 oz	160	5g	3g	30g	15mg	240mg	1g	1g
<b>Supper</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
<b>TOTAL:</b>	<b>1,551</b>	<b>145g</b>	<b>72g</b>	<b>118g</b>	<b>50mg</b>	<b>1,865mg</b>	<b>23g</b>	<b>55g</b>

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

August 8, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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
Choczero - Sugar-free Honest Syrup Maple Pecan, 3 tablespoon(20g)	90	39g	0g	0g	0mg	15mg	0g	33g
Lunch								
Lemon Cookies v2, 2 serving(s)	102	10g	5g	3g	10mg	1mg	1g	2g
Frozen Peanut Butter Bites, 2 serving(s)	244	24g	17g	13g	3mg	59mg	1g	12g
Dinner								
Snickers - Maple Almond Butter Squares, 1 bar	110	12g	6g	2g	--mg	75mg	--g	--g
Butterfinger - Full Size - Improved Recipe, 1 bar	250	36g	10g	5g	--mg	140mg	21g	2g
Snacks								
Enlightened - Mesquite Bbq Roasted Broad Beans, 2.5 oz	250	38g	8g	18g	0mg	375mg	3g	13g
Angies - Kettle Corn Popcorn - Sweet & Salty, 28 g	140	18g	8g	1g	0mg	110mg	8g	2g
Supper								
Blue Moon - Beer (Pint), 16 oz	220	19g	0g	3g	0mg	20mg	0g	0g
Jeff's - Kolsch, 12 oz	160	17g	--g	1g	--mg	11mg	--g	--g
Cici's Pizza - Veggie 12", 3 Slice	480	69g	18g	18g	15mg	720mg	6g	3g
TOTAL:	2,496	322g	92g	99g	28mg	2,676mg	40g	72g

August 9, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 2 tbsp (33g)	182	9g	11g	11g	1mg	138mg	2g	2g
Taco Bell - 7 Layer Blend Shredded Cheese, 0.38 cup	165	2g	12g	9g	38mg	270mg	0g	0g
Rebellion - Bbq Protein Crisps, 1.5 oz.	135	15g	4g	15g	0mg	345mg	3g	6g
Lunch								
Sodexo Healthcare - Onion Rings, 4 oz	380	37g	24g	4g	0mg	630mg	4g	2g
Jack In The Box - Grilled Cheese, 1 serving	330	31g	18g	11g	25mg	730mg	3g	2g
Dinner								

TOTAL:	3,265	294g	168g	134g	234mg	4,949mg	43g	41g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lemon Cookies v2, 3 serving(s)	153	15g	8g	5g	15mg	1mg	1g	3g
<b>Supper</b>								
Domino's - Stuffed Cheesy Bread, 1 Piece	140	16g	6g	6g	15mg	240mg	1g	1g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice	1,240	116g	60g	44g	120mg	2,080mg	--g	4g
Oreo - Double Stuff, 2 cookie(29g)	140	21g	7g	1g	0mg	95mg	13g	1g
<b>TOTAL:</b>	<b>3,265</b>	<b>294g</b>	<b>168g</b>	<b>134g</b>	<b>234mg</b>	<b>4,949mg</b>	<b>43g</b>	<b>41g</b>

### August 10, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Oreo - Double Stuff, 4 cookie(29g)	280	42g	14g	2g	0mg	190mg	26g	2g
<b>Lunch</b>								
Domino's - Stuffed Cheesy Bread, 4 Piece	560	64g	24g	24g	60mg	960mg	4g	4g
<b>Dinner</b>								
Rim's snack foods - Cheese popcorn, 3 cups	160	13g	11g	2g	0mg	330mg	1g	2g
Oreo - Double Stuff, 2 cookie(29g)	140	21g	7g	1g	0mg	95mg	13g	1g
Nestlé Corrected 5/31/17 - Butterfinger Bar - Fun Size, 1 bars (37 g)	85	14g	4g	1g	0mg	35mg	7g	0g
<b>Supper</b>								
Cadbury - Caramello - King Size Candy Bar, 1 bar (2.7 oz)	350	49g	16g	5g	20mg	75mg	43g	0g
Dairy Queen - Reese's Blizzard Mini, 1 Cup	360	50g	14g	9g	30mg	180mg	43g	1g
Generic - Eggplant Parm Sub, 1 sandwich	690	--g	--g	--g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>2,625</b>	<b>253g</b>	<b>90g</b>	<b>44g</b>	<b>110mg</b>	<b>1,865mg</b>	<b>137g</b>	<b>10g</b>

### August 11, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Nestlé Corrected 5/31/17 - Butterfinger Bar - Fun Size, 1 bars (37 g)	85	14g	4g	1g	0mg	35mg	7g	0g
Oreo - Double Stuff, 7 cookie(29g)	490	74g	25g	4g	0mg	333mg	46g	4g
<b>Lunch</b>								
Rebellion - Bbq Protein Crisps, 2 oz.	180	20g	5g	20g	0mg	460mg	4g	8g
<b>Dinner</b>								
Cadbury - Caramello - King Size Candy Bar, 1 bar (2.7 oz)	350	49g	16g	5g	20mg	75mg	43g	0g

<b>TOTAL:</b>	<b>2,825</b>	<b>396g</b>	<b>122g</b>	<b>76g</b>	<b>35mg</b>	<b>2,273mg</b>	<b>237g</b>	<b>24g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Nabisco - Mint Creme Oreo, 4 cookies (29 g)	280	42g	14g	2g	0mg	170mg	26g	0g
Dairy Queen - Reeses Peanut Butter Cup Blizzard- Small With Extra Reeses, 1 small	670	90g	29g	16g	--mg	--mg	76g	--g
<b>Snacks</b>								
Mascot - Dark Chocolate Sea Salt Caramels, 30 gram	130	19g	5g	2g	5mg	170mg	14g	1g
<b>Supper</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
Velvetta - Shells and Cheese Orginal, 1 cup	220	30g	8g	8g	10mg	600mg	3g	1g
Trader Joe's - Pb Cartwheel Cookies, 2 cookies	220	28g	10g	4g	0mg	130mg	16g	0g
<b>TOTAL:</b>	<b>2,825</b>	<b>396g</b>	<b>122g</b>	<b>76g</b>	<b>35mg</b>	<b>2,273mg</b>	<b>237g</b>	<b>24g</b>

### August 12, 2019

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
<b>Lunch</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
<b>Dinner</b>								
Lemon Cookies v2, 3 serving(s)	153	15g	8g	5g	15mg	1mg	1g	3g
<b>Snacks</b>								
Angie's Boomchickapop - White Cheddar Popcorn, 2.5 cups	150	15g	9g	3g	5mg	250mg	2g	3g
Premier Protein - Cookies & Cream, 11 oz	160	5g	3g	30g	15mg	240mg	1g	1g
<b>Supper</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>TOTAL:</b>	<b>1,608</b>	<b>153g</b>	<b>68g</b>	<b>117g</b>	<b>57mg</b>	<b>2,206mg</b>	<b>25g</b>	<b>50g</b>

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

### August 13, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>2,199</b>	<b>230g</b>	<b>123g</b>	<b>90g</b>	<b>54mg</b>	<b>2,738mg</b>	<b>66g</b>	<b>56g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Quest - Snickerdoodle cookie (minus erythritol), 58 g	250	15g	16g	15g	35mg	220mg	1g	11g
<b>Lunch</b>								
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
Fresh Location - Reese's Peanut Butter Edible Cookie Dough, 84.8 grams	456	58g	24g	6g	0mg	224mg	34g	1g
<b>Dinner</b>								
Angie's Boomchickapop - White Cheddar Popcorn, 2.5 cups	150	15g	9g	3g	5mg	250mg	2g	3g
Frozen Peanut Butter Bites, 1 serving(s)	122	12g	8g	7g	2mg	29mg	1g	6g
Lemon Cookies v2, 1 serving(s)	51	5g	3g	2g	5mg	0mg	0g	1g
<b>Snacks</b>								
Choczero - Milk Chocolate Keto Bark Peanut, 1 Bar	140	10g	13g	1g	--mg	25mg	1g	7g
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
<b>Supper</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Gardein - Nashville Hot Chick'n Tenders, 3 tenders	550	47g	26g	35g	0mg	1,470mg	3g	3g
<b>TOTAL:</b>	<b>2,199</b>	<b>230g</b>	<b>123g</b>	<b>90g</b>	<b>54mg</b>	<b>2,738mg</b>	<b>66g</b>	<b>56g</b>

### August 14, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>Lunch</b>								
Sam's Club - Chocolate Cake, 1 pc	320	46g	15g	3g	20mg	310mg	33g	0g
<b>Dinner</b>								
Enlightened - Fudge Brownie (Minus Erythritol), 1 container (2 cup (71g) ea.)	400	56g	14g	28g	40mg	180mg	24g	20g
<b>Snacks</b>								
Angie's Boomchickapop - White Cheddar Popcorn, 2.5 cups	150	15g	9g	3g	5mg	250mg	2g	3g
<b>Supper</b>								
Premier Protein - Cookies & Cream, 11 oz	160	5g	3g	30g	15mg	240mg	1g	1g
<b>TOTAL:</b>	<b>1,760</b>	<b>161g</b>	<b>101g</b>	<b>80g</b>	<b>162mg</b>	<b>2,090mg</b>	<b>72g</b>	<b>38g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>TOTALS:</b>	<b>165</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>0</b>



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

August 15, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Trader Joe's - Palak Paneer (Corrected), 1 package (150g)	440	16g	34g	18g	40mg	960mg	6g	8g
Lunch								
New Belgium - Citradelic Ipa, 16 oz	227	19g	--g	--g	--mg	--mg	--g	--g
New Belgium - Citradelic Ipa, 16 oz	227	19g	--g	--g	--mg	--mg	--g	--g
Angie's - Boom Chicka Pop., 2 Cups	140	18g	8g	1g	0mg	110mg	8g	2g
Dinner								
Trader Joe's - Peanut Butter Cartwheel Cookies, 3 cookie (25 g)	330	42g	15g	6g	0mg	195mg	24g	0g
Supper								
Domino's - Stuffed Cheesy Bread, 3 Piece	420	48g	18g	18g	45mg	720mg	3g	3g
TOTAL:	1,854	173g	79g	45g	87mg	2,055mg	41g	23g

August 16, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Black Cherry Chocolate Chip (Minus Sugar Alcohols), 1 container (2 cup (72g) ea.)	360	48g	12g	28g	20mg	120mg	24g	20g
Lunch								
Frozen Peanut Butter Bites, 2 serving(s)	244	24g	17g	13g	3mg	59mg	1g	12g
Lemon Cookies v2, 2 serving(s)	102	10g	5g	3g	10mg	1mg	1g	2g
Dinner								
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
Angie's Boomchickapop - White Cheddar Popcorn, 2.5 cups	150	15g	9g	3g	5mg	250mg	2g	3g
Snacks								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Meyer Lemon Cups - Hail Merry, 2 cups (43g)	210	17g	16g	3g	0mg	95mg	10g	4g

TOTAL:	2,161	223g	89g	124g	65mg	2,180mg	40g	96g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Supper</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Samuel Adams Nitro Ipa - Beer, 1 beer	225	--g	--g	--g	--mg	--mg	--g	--g
Premier Protein - Vanilla Protein Shake, 11 oz	160	4g	3g	30g	25mg	270mg	1g	2g
<b>TOTAL:</b>	<b>2,161</b>	<b>223g</b>	<b>89g</b>	<b>124g</b>	<b>65mg</b>	<b>2,180mg</b>	<b>40g</b>	<b>96g</b>

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

### August 17, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>Lunch</b>								
Mascot - Dark Chocolate Sea Salt Caramels, 30 gram	130	19g	5g	2g	5mg	170mg	14g	1g
<b>Dinner</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Back to Nature - Double Classic Creme Cookies, 2 cookies	180	24g	9g	1g	0mg	120mg	14g	1g
<b>Supper</b>								
Velvetta - Shells and Cheese Orginal, 1 cup	220	30g	8g	8g	10mg	600mg	3g	1g
Ska Brewing - Mexican Lager, 16 oz.	168	19g	--g	--g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>1,743</b>	<b>195g</b>	<b>67g</b>	<b>83g</b>	<b>37mg</b>	<b>2,455mg</b>	<b>51g</b>	<b>41g</b>

### August 18, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
<b>Lunch</b>								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g

<b>TOTAL:</b>	<b>1,267</b>	<b>126g</b>	<b>65g</b>	<b>59g</b>	<b>58mg</b>	<b>1,645mg</b>	<b>21g</b>	<b>20g</b>
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lesser Evil - Popcorn, 28 grams	100	16g	5g	3g	0mg	140mg	--g	5g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Dinner</b>								
Back to Nature - Double Classic Creme Cookies, 1 cookies	90	12g	5g	1g	0mg	60mg	7g	1g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>Supper</b>								
Beck's - Premier light, 12 oz	64	4g	0g	1g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,267</b>	<b>126g</b>	<b>65g</b>	<b>59g</b>	<b>58mg</b>	<b>1,645mg</b>	<b>21g</b>	<b>20g</b>

### August 19, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Lemon Cookies v2, 2 serving(s)	102	10g	5g	3g	10mg	1mg	1g	2g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
<b>Lunch</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Dinner</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 9 tenders (100g)	428	41g	18g	32g	0mg	833mg	2g	2g
<b>Snacks</b>								
Premier Protein - Cookies & Cream, 11 oz	160	5g	3g	30g	15mg	240mg	1g	1g
<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>1,479</b>	<b>131g</b>	<b>67g</b>	<b>108g</b>	<b>76mg</b>	<b>1,899mg</b>	<b>26g</b>	<b>43g</b>

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

### August 20, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
<b>TOTAL:</b>	<b>2,148</b>	<b>229g</b>	<b>108g</b>	<b>56g</b>	<b>146mg</b>	<b>2,427mg</b>	<b>47g</b>	<b>27g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
No Bake Peanut Butter Cup Cheesecake v2, 2 serving(s)	438	34g	33g	13g	58mg	371mg	10g	7g
Cracker Barrel - Single Bowl Macaroni & Cheese (Sharp Cheddar), 1 container	370	51g	11g	13g	25mg	930mg	4g	2g
<b>Lunch</b>								
Oreo 6 Cookies - Snack Pack, 0.5 package	160	25g	7g	2g	0mg	135mg	14g	1g
Panera - Kettle Cooked Chips, 28 g	150	17g	8g	2g	0mg	170mg	0g	1g
<b>Dinner</b>								
Alternative Baking Company - Peanut Butter Persuasion Cookie, 0.25 cookie	115	19g	4g	3g	0mg	50mg	6g	1g
No Bake Peanut Butter Cup Cheesecake v2, 2 serving(s)	438	34g	33g	13g	58mg	371mg	10g	7g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Supper</b>								
Angie's Boomchickapop - White Cheddar Popcorn, 2.5 cups	150	15g	9g	3g	5mg	250mg	2g	3g
New Belgium - Citradelic Ipa, 16 oz	227	19g	--g	--g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>2,148</b>	<b>229g</b>	<b>108g</b>	<b>56g</b>	<b>146mg</b>	<b>2,427mg</b>	<b>47g</b>	<b>27g</b>

## August 21, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Frozen Peanut Butter Bites, 2 serving(s)	244	24g	17g	13g	3mg	59mg	1g	12g
Lemon Cookies v2, 2 serving(s)	102	10g	5g	3g	10mg	1mg	1g	2g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
<b>Lunch</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
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>Dinner</b>								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
<b>Snacks</b>								
Generic - Watermelon Gin Fizz, 1 cup	100	--g	--g	--g	--mg	4mg	--g	--g
New Belgium - Citradelic Ipa, 16 oz	227	19g	--g	--g	--mg	--mg	--g	--g
<b>Supper</b>								
Pita - Pita, 1 pita	100	22g	1g	4g	0mg	160mg	1g	0g
Ziyad - Baba Ghanouj, 8 tbsp (30g)	160	16g	8g	4g	0mg	840mg	4g	8g
Falafel - Falafel, 5 ball	285	27g	15g	11g	0mg	250mg	0g	0g
<b>TOTAL:</b>	<b>2,296</b>	<b>246g</b>	<b>101g</b>	<b>89g</b>	<b>71mg</b>	<b>2,999mg</b>	<b>18g</b>	<b>71g</b>

## August 22, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Lemon Cookies v2, 2 serving(s)	102	10g	5g	3g	10mg	1mg	1g	2g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
<b>Lunch</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<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>Snacks</b>								
Angie's Boomchickapop - White Cheddar Popcorn, 2.5 cups	150	15g	9g	3g	5mg	250mg	2g	3g
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
Shirley's - Pina Colada Smoothie, 12 oz.	293	26g	2g	21g	0mg	0mg	23g	1g
<b>Supper</b>								
Eurest - Garlic Bread, 4 ounce	389	60g	11g	13g	0mg	644mg	3g	3g
T.g.i Fridays - Mozzarella Sticks, 2 piece	200	20g	10g	6g	20mg	420mg	2g	2g
Baked Doughnut - Vegan, Maple Glaze, 2 Donut	334	73g	1g	6g	0mg	--mg	22g	7g
<b>TOTAL:</b>	<b>2,742</b>	<b>298g</b>	<b>92g</b>	<b>121g</b>	<b>84mg</b>	<b>2,845mg</b>	<b>77g</b>	<b>44g</b>

## August 23, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
<b>Lunch</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<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>Snacks</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Supper</b>								
81k Kraft String Cheese Twists - Natural Low-Moisture Part Skim Mozzarella & Cheddar Cheeses, 1 Stick	60	0g	4g	6g	15mg	140mg	0g	0g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
<b>TOTAL:</b>	<b>1,573</b>	<b>141g</b>	<b>80g</b>	<b>95g</b>	<b>93mg</b>	<b>2,155mg</b>	<b>31g</b>	<b>39g</b>

## August 24, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Lindt - Lindor Truffles Milk Chocolate Truffle Bar, 19 G (1.3 Oz)	120	9g	9g	1g	3mg	13mg	8g	0g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>Lunch</b>								
Choczero - Milk Chocolate Keto Bark Peanut, 1 Bar	140	10g	13g	1g	--mg	25mg	1g	7g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Dinner</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Supper</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>TOTAL:</b>	<b>1,595</b>	<b>122g</b>	<b>104g</b>	<b>65g</b>	<b>83mg</b>	<b>2,303mg</b>	<b>26g</b>	<b>24g</b>

### August 25, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>Lunch</b>								
No Bake Peanut Butter Cup Cheesecake v2, 2 serving(s)	438	34g	33g	13g	58mg	371mg	10g	7g
<b>Dinner</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>Supper</b>								
81k Kraft String Cheese Twists - Natural Low-Moisture Part Skim Mozzarella & Cheddar Cheeses, 1 Stick	60	0g	4g	6g	15mg	140mg	0g	0g
<b>TOTAL:</b>	<b>1,473</b>	<b>126g</b>	<b>78g</b>	<b>89g</b>	<b>93mg</b>	<b>2,006mg</b>	<b>30g</b>	<b>35g</b>

### August 26, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	219	17g	16g	6g	29mg	185mg	5g	3g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>Lunch</b>								
Panera - Kettle Cooked Chips, 28 g	150	17g	8g	2g	0mg	170mg	0g	1g
<b>TOTAL:</b>	<b>1,979</b>	<b>185g</b>	<b>99g</b>	<b>81g</b>	<b>169mg</b>	<b>2,815mg</b>	<b>23g</b>	<b>29g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Dinner</b>								
Domino's - Stuffed Cheesy Bread, 2 Piece	280	32g	12g	12g	30mg	480mg	2g	2g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 3 Slice	930	87g	45g	33g	90mg	1,560mg	--g	3g
<b>TOTAL:</b>	<b>1,979</b>	<b>185g</b>	<b>99g</b>	<b>81g</b>	<b>169mg</b>	<b>2,815mg</b>	<b>23g</b>	<b>29g</b>

### August 27, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Domino's - Stuffed Cheesy Bread, 3 Piece	420	48g	18g	18g	45mg	720mg	3g	3g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 2 Slice	620	58g	30g	22g	60mg	1,040mg	--g	2g
<b>Dinner</b>								
tandoori naan - Naan, 1.5 piece	375	72g	5g	8g	8mg	630mg	6g	3g
Rice, 1 cup cooked	200	47g	0g	4g	0mg	0mg	0g	0g
Trader Joe's - Palak Paneer (Corrected), 2 package (150g)	880	32g	68g	36g	80mg	1,920mg	12g	16g
<b>TOTAL:</b>	<b>2,495</b>	<b>257g</b>	<b>121g</b>	<b>88g</b>	<b>193mg</b>	<b>4,310mg</b>	<b>21g</b>	<b>24g</b>

### August 28, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Dairy Queen - Reeses Peanut Butter Cup Blizzard- Small With Extra Reeses, 1 small	670	90g	29g	16g	--mg	--mg	76g	--g
<b>Lunch</b>								
Dewey's - Wild Mushroom Pizza, 2 slice	496	55g	20g	22g	34mg	898mg	--g	--g
Lagunitas - Ipa, 16 oz.	240	17g	--g	3g	0mg	124mg	--g	--g
<b>Dinner</b>								
Spaten - Dunkel, 6 oz	99	--g	--g	--g	--mg	--mg	--g	--g
Stone Brewing - Coconut Ipa, 12 ounces	231	--g	--g	--g	--mg	--mg	--g	--g
New Belgium - Mural Agua Fresca Cerveza, 12 oz	110	9g	0g	1g	--mg	--mg	0g	--g
<b>Snacks</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
<b>Supper</b>								
Beer cheese - Cheese, 2 oz	220	0g	18g	14g	0mg	0mg	0g	0g
Pretzels, soft, 1 large	483	99g	4g	12g	0mg	779mg	0g	2g
<b>TOTAL:</b>	<b>2,719</b>	<b>299g</b>	<b>80g</b>	<b>77g</b>	<b>36mg</b>	<b>2,021mg</b>	<b>77g</b>	<b>19g</b>

## August 29, 2019

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
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Lunch</b>								
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
<b>Dinner</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>Supper</b>								
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)	360	48g	10g	20g	20mg	400mg	24g	16g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>TOTAL:</b>	<b>1,900</b>	<b>176g</b>	<b>108g</b>	<b>83g</b>	<b>127mg</b>	<b>2,380mg</b>	<b>76g</b>	<b>64g</b>

## August 30, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Lūvo - Great Karma Coconut Curry Planted Power Bowl, 1 Bowl	330	45g	15g	10g	0mg	390mg	5g	9g
<b>Lunch</b>								
hail merry - chocolate almond butter cup, 50 gram	250	14g	19g	7g	0mg	115mg	8g	5g
<b>Dinner</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>Snacks</b>								
Lagunitas - Ipa, 16 oz.	240	17g	--g	3g	0mg	124mg	--g	--g
<b>Supper</b>								
Hail Merry - Key Lime Cups, 1 cups	105	8g	8g	2g	0mg	55mg	6g	2g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>TOTAL:</b>	<b>1,570</b>	<b>158g</b>	<b>71g</b>	<b>66g</b>	<b>2mg</b>	<b>1,829mg</b>	<b>23g</b>	<b>36g</b>

## August 31, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>								
	<b>2,831</b>	<b>293g</b>	<b>110g</b>	<b>131g</b>	<b>91mg</b>	<b>4,275mg</b>	<b>39g</b>	<b>54g</b>



FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)		400	32g	18g	28g	20mg	420mg	16g	20g
Lunch									
Hail Merry - Dark Chocolate Cups, 1 package		210	16g	14g	5g	0mg	125mg	12g	4g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz		100	15g	3g	7g	0mg	150mg	1g	5g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz		100	15g	3g	7g	0mg	150mg	1g	5g
Dinner									
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)		70	14g	6g	2g	2mg	70mg	0g	12g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)		475	45g	20g	35g	0mg	925mg	3g	3g
Snacks									
Michelob Ultra Amber - Beer, 15 oz		119	4g	0g	1g	0mg	13mg	0g	0g
Bell's Oberon - Beer, 16 oz		227	19g	--g	--g	--mg	--mg	--g	--g
Supper									
Bread - Italian, 4 oz		307	57g	4g	10g	0mg	661mg	1g	3g
Ameriserve - Eggplant & Goat Cheese Calzone, 1 Calzone		823	76g	42g	36g	69mg	1,761mg	5g	2g
TOTAL:		2,831	293g	110g	131g	91mg	4,275mg	39g	54g