



Printable Diary for Lucent

From:



To:



Show:

☒ Food Diary

☒ Food Notes

☒ Exercise Diary

☒ Exercise notes

April 1, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
Lunch								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Boar's Head - Muenster Cheese, 0.5 oz (28g)	50	0g	4g	3g	13mg	95mg	0g	0g
Sonoma Flatbreads - Gluten-Free Four Cheese, 1/2 pizza	390	44g	18g	16g	40mg	900mg	4g	3g
Dinner								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Snacks								
Peanuts, 1 oz	161	5g	14g	7g	0mg	5mg	1g	2g
TOTAL:	1,506	123g	106g	43g	133mg	2,255mg	27g	41g

April 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
Dinner								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Gardein - Sizzling Szechuan Beefless Strips, 1 package (72g without sauce)	541	51g	21g	33g	0mg	751mg	0g	3g
Supper								
Norton Chardonnay - Chardonnay Wine, 5 oz	95	1g	0g	0g	--mg	7mg	--g	--g
TOTAL:	1,626	170g	76g	59g	0mg	2,453mg	19g	30g

April 3, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 9 tenders (100g)	428	41g	18g	32g	0mg	833mg	2g	2g
Dinner								
Choczero - Milk Chocolate Hazelnut Ketobark, 1 bar	150	11g	14g	3g	10mg	10mg	1g	8g
Supper								
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 45 ml	104	--g	--g	--g	--mg	--mg	--g	--g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
TOTAL:	1,522	108g	99g	53g	95mg	1,963mg	27g	27g

April 4, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Dinner								
Corona - Corona Light Beer, 1 bottle/12 o	99	5g	0g	1g	--mg	--mg	--g	--g
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
Snacks								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Supper								
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
flex chips - bbq, 28 gram	90	12g	3g	10g	--mg	290mg	2g	4g
TOTAL:	1,456	154g	65g	83g	60mg	2,160mg	21g	77g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace		150	70		
TOTALS:		150	70	0	0

April 5, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
Lunch								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Field Roast - Fruffalo Wings, 1 container (14 wings with spicy buffalo sauces ea.)	720	46g	30g	22g	0mg	860mg	12g	2g
Dinner								
Gardein - Mandarin orange crispy chick'n, 18.2 pieces	546	78g	16g	29g	0mg	1,456mg	39g	3g
Supper								
Wild Turkey - Longbranch Whiskey, 2 oz	140	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,701	150g	70g	54g	0mg	2,501mg	60g	18g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace		150	70		
TOTALS:	150	70	0	0	0

April 6, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Pf Chang - Korean, 4 tbsp	100	18g	2g	2g	0mg	1,080mg	12g	0g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)	540	62g	22g	30g	--mg	1,026mg	8g	8g
Dinner								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g
Enlightened - Fudge Brownie (Minus Erythritol), 1 container (2 cup (71g) ea.)	400	56g	14g	28g	40mg	180mg	24g	20g
Snacks								
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 45 ml	104	--g	--g	--g	--mg	--mg	--g	--g
Supper								
Moon Cheese Snacks - Moon Cheese - Cheddar, 1 container (28 pieces ea.)	340	2g	28g	22g	90mg	700mg	0g	2g
TOTAL:	1,711	162g	83g	84g	145mg	3,066mg	48g	44g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
-----------	----------	---------	------	------	--------

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

April 7, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Snacks								
Michelob - Ultra Lime Cactus, 12 fl oz	95	5g	0g	1g	--mg	--mg	--g	--g
TOTAL:	1,747	123g	113g	59g	110mg	2,330mg	28g	34g

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

April 8, 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
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Dinner								
Jenna's Brownies, 1 serving(s)	117	9g	8g	1g	15mg	45mg	3g	1g

TOTAL:	1,419	111g	77g	61g	35mg	1,180mg	24g	48g
--------	-------	------	-----	-----	------	---------	-----	-----

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
Peanuts, 1 oz	161	5g	14g	7g	0mg	5mg	1g	2g
Supper								
Chocorite - Milk Chocolate Peanut Butter Bar, 28 grams	120	14g	10g	3g	0mg	70mg	1g	13g
Stella Artois - Lager, 1 bottle	153	12g	--g	2g	--mg	14mg	--g	--g
TOTAL:	1,419	111g	77g	61g	35mg	1,180mg	24g	48g

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

April 9, 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
Pf Chang - Korean, 4 tbsp	100	18g	2g	2g	0mg	1,080mg	12g	0g
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)	540	62g	22g	30g	--mg	1,026mg	8g	8g
La Colombe Coffee - Draft Latte, 1 can	90	14g	3g	5g	0mg	0mg	10g	2g
Dinner								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Domino's - Marinara Sauce, 1 Container	25	5g	0g	1g	0mg	270mg	4g	1g
Carr Valley Cheese - Bread Cheese, 7 oz	700	0g	49g	42g	280mg	1,050mg	0g	0g
TOTAL:	1,655	141g	90g	84g	280mg	3,716mg	36g	51g

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

April 10, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Carr Valley Cheese - Bread Cheese, 2.3 oz	230	0g	16g	14g	92mg	345mg	0g	0g
TOTAL:	1,532	150g	83g	59g	112mg	1,702mg	31g	60g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Lunch								
ChocZero - Chocolate Syrup, 1 tablespoon	37	15g	0g	0g	0mg	5mg	0g	14g
Chocolate Guinness Cupcakes, 1 serving(s)	124	19g	4g	2g	0mg	2mg	7g	2g
Dinner								
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Peanuts, 1 oz	161	5g	14g	7g	0mg	5mg	1g	2g
Supper								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	1,532	150g	83g	59g	112mg	1,702mg	31g	60g

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

April 11, 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
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Lunch								
Norton Chardonnay - Chardonnay Wine, 5 oz	95	1g	0g	0g	--mg	7mg	--g	--g
Corona - Corona Light Beer, 1 bottle/12 o	99	5g	0g	1g	--mg	--mg	--g	--g
Dinner								
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Field Roast - Fruffalo Wings, 1 container (14 wings with spicy buffalo sauces ea.)	720	46g	30g	22g	0mg	860mg	12g	2g
Snacks								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Supper								
Chocorite - Milk Chocolate Peanut Butter Bar, 28 grams	120	14g	10g	3g	0mg	70mg	1g	13g
TOTAL:	2,034	137g	125g	45g	80mg	2,387mg	27g	59g

April 12, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chili Hot + Black Soy, 1 serving(s)	278	45g	3g	20g	0mg	1,475mg	6g	16g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chili Hot + Black Soy, 0.2 serving(s)	333	54g	4g	24g	0mg	1,770mg	7g	19g
Lunch								
la colombe mocha draft latte - coffee, 1 can	110	16g	4g	5g	10mg	115mg	13g	1g
Dinner								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
Snacks								
Nestle - Damak, 15 gr	83	7g	5g	1g	--mg	45mg	7g	1g
Supper								
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
Chocorite - Milk Chocolate Peanut Butter Bar, 28 grams	120	14g	10g	3g	0mg	70mg	1g	13g
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
TOTAL:	2,179	304g	102g	71g	14mg	5,235mg	48g	121g

April 13, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chili Hot + Black Soy, 1 serving(s)	278	45g	3g	20g	0mg	1,475mg	6g	16g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chili Hot + Black Soy, 0.2 serving(s)	333	54g	4g	24g	0mg	1,770mg	7g	19g
Lunch								
Lindt - Easter Bunny, 100 g	544	57g	33g	6g	0mg	0mg	0g	0g
Dinner								
Gardien - Spicy gochujang style chick'n wings, 1 package (240g)	390	26g	17g	37g	0mg	1,210mg	10g	1g
Snacks								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Supper								
Michelob - Ultra Lime Cactus, 12 fl oz	95	5g	0g	1g	--mg	--mg	--g	--g
TOTAL:	2,050	244g	81g	96g	5mg	5,050mg	37g	58g

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

April 14, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chili Hot + Black Soy, 1 serving(s)	278	45g	3g	20g	0mg	1,475mg	6g	16g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Lunch								
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Supper								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	1,645	186g	88g	69g	29mg	3,400mg	16g	87g

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

April 15, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
TOTAL:	1,676	212g	59g	77g	0mg	2,683mg	69g	61g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Rise Brewing Co - Oat Milk Latte, 7 fl oz	110	18g	4g	1g	0mg	170mg	12g	0g
Chocorite - Milk Chocolate Peanut Butter Bar, 28 grams	120	14g	10g	3g	0mg	70mg	1g	13g
Dinner								
Gardein - Gardein Sweet and Sour Porkless Bites, 1 container (300 gs ea.)	480	66g	11g	36g	0mg	1,650mg	42g	6g
Green Giant - Riced Veggies Cauliflower & Sweet Potato, 0.5 container (340 grams ea.)	100	22g	0g	4g	0mg	30mg	2g	4g
Kroger - Brussel Sprouts, 1 container (20 sprout (85g) ea.)	180	32g	0g	12g	0mg	60mg	8g	12g
Supper								
Magnotta White Wine - White Wine, 5 fl oz	118	5g	--g	0g	--mg	7mg	1g	--g
TOTAL:	1,676	212g	59g	77g	0mg	2,683mg	69g	61g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace		100	45		
TOTALS:	100	45	0	0	0

April 16, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lenny & Larry's - The Complete Cookie (Salted Caramel), 0.5 cookie	210	28g	7g	8g	0mg	265mg	13g	5g
Dinner								
Planter's Cheez Balls - Cheese Flavored Snack, 103.6 balls	392	50g	17g	6g	0mg	420mg	3g	0g
Snacks								
M&M's - Crunchy Mint Candies, 14 grams	70	11g	3g	1g	0mg	13mg	8g	1g
Supper								
Magnotta White Wine - White Wine, 5 fl oz	118	5g	--g	0g	--mg	7mg	1g	--g
Sargento - 4 Cheese Mexican Cheese, 14 grams (1/4 Cup)	55	1g	5g	3g	13mg	85mg	0g	0g
California Pizza Kitchen - White Recipe (Crispy Thin Crust Pizza), 0.5 container (381.00 grams)	420	47g	17g	20g	45mg	900mg	6g	3g
TOTAL:	1,665	174g	67g	66g	78mg	2,110mg	47g	29g

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

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

April 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Pure Maple Syrup - Maple Syrup, 0.19 cup	165	41g	0g	0g	0mg	8mg	36g	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								
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
M&M's - Crunchy Mint Candies, 14 grams	70	11g	3g	1g	0mg	13mg	8g	1g
Dinner								
Chili Hot + Black Soy, 1 serving(s)	278	45g	3g	20g	0mg	1,475mg	6g	16g
Chocorite - Milk Chocolate Peanut Butter Bar, 28 grams	120	14g	10g	3g	0mg	70mg	1g	13g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Supper								
Wild Turkey - Longbranch Whiskey, 1.5 oz	105	0g	0g	0g	0mg	0mg	0g	0g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	1,683	206g	67g	72g	25mg	3,466mg	62g	57g

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

April 18, 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
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Lunch								
TOTAL:	2,053	227g	125g	77g	109mg	4,070mg	29g	112g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 container (3.5 oz ea.)	350	53g	11g	25g	0mg	525mg	4g	18g
Dinner								
Chili Hot + Black Soy, 1 serving(s)	278	45g	3g	20g	0mg	1,475mg	6g	16g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Snacks								
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
Supper								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	2,053	227g	125g	77g	109mg	4,070mg	29g	112g

April 19, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
La Colombe Coffee - Draft Latte, 1 can	90	14g	3g	5g	0mg	0mg	10g	2g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Private Selection - Swiss Cheese, 1 slice	80	0g	6g	6g	20mg	50mg	0g	0g
Alexia - Mashed Cauliflower - Sea Salt, 1 container (1 1/2 cup (113g) ea.)	210	21g	11g	3g	30mg	1,380mg	6g	6g
Dinner								
Capatriti - 100% Pure Olive Oil, 2 Tbsp (15ml)	240	0g	28g	0g	0mg	0mg	0g	0g
Mrs. T's - Pierogies 4 Cheese Medley (corrected), 1 container (12.00 Pierogies)	840	129g	27g	21g	30mg	1,980mg	6g	3g
Supper								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
TOTAL:	2,075	231g	110g	67g	104mg	3,995mg	41g	63g

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

April 20, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Choczero - Sugar-free Honest Syrup Maple Pecan, 3 tablespoon(20g)	90	39g	0g	0g	0mg	15mg	0g	33g
Gardein - Seven Grain Crispy Tenders-meat Free - Corrected 09/18, 1 container (10 pieces (51g) ea.)	450	40g	20g	35g	0mg	1,150mg	0g	5g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Snacks								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Supper								
M&M's - Crunchy Mint Candies, 14 grams	70	11g	3g	1g	0mg	13mg	8g	1g
Magnotta White Wine - White Wine, 5 fl oz	118	5g	--g	0g	--mg	7mg	1g	--g
TOTAL:	1,740	194g	83g	79g	25mg	2,610mg	14g	90g

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

April 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Lunch								
ChocZero Almond Cherry Cookies, 1 serving(s)	131	6g	11g	2g	1mg	61mg	1g	4g
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
TOTAL:	1,660	176g	82g	68g	26mg	4,318mg	30g	69g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
Dinner								
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chili Hot + Black Soy, 0.2 serving(s)	333	54g	4g	24g	0mg	1,770mg	7g	19g
Supper								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 1 pieces (36g)	45	11g	3g	1g	0mg	75mg	1g	10g
Cauliflower Risotto with Mushrooms, 1 serving(s)	315	17g	19g	10g	0mg	1,036mg	8g	8g
TOTAL:	1,660	176g	82g	68g	26mg	4,318mg	30g	69g

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

April 22, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Dinner								
Private Selection - Swiss Cheese, 1 slice	80	0g	6g	6g	20mg	50mg	0g	0g
Miller - High Life, 12 fl oz	141	12g	0g	--g	0mg	10mg	0g	0g
Charles Shaw - Sauvignon Blanc, 0.5 container (20 oz ea.)	238	8g	0g	0g	0mg	0mg	--g	--g
Supper								
Quest - Protein Shake-salted Caramel, 162.5 ml	80	2g	2g	15g	10mg	195mg	1g	0g
Michelina's - Macaroni & Cheese, 1 package (227g)	300	40g	10g	10g	20mg	620mg	2g	2g
TOTAL:	1,819	173g	67g	67g	70mg	2,220mg	26g	44g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace		150	60		
TOTALS:	225	90	0	0	0

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Walking, 3.0 mph, mod. pace	75	30			
TOTALS:	225	90	0	0	0

April 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
la colombe mocha draft latte - coffee, 1 can	110	16g	4g	5g	10mg	115mg	13g	1g
Lunch								
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
Dinner								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Planters - Pumpkin Spice Almonds, 1 oz (25 pieces)	160	9g	12g	5g	0mg	25mg	5g	3g
Quest - Protein Shake-salted Caramel, 162.5 ml	80	2g	2g	15g	10mg	195mg	1g	0g
Supper								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
TOTAL:	1,740	171g	106g	76g	100mg	2,760mg	32g	79g

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

April 24, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lunch								
Quest Nutrition - Cheddar and Sour Cream Chips, 1 bag	140	5g	5g	19g	10mg	350mg	0g	1g
Dinner								
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
Snacks								
TOTAL:	1,590	203g	62g	88g	30mg	3,197mg	33g	76g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Supper								
Vegetarian Lentil Chili, 1 serving(s)	350	72g	2g	31g	0mg	1,307mg	8g	32g
TOTAL:	1,590	203g	62g	88g	30mg	3,197mg	33g	76g

April 25, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Alexia - Mashed Cauliflower - Sea Salt, 1 container (1 1/2 cup (113g) ea.)	210	21g	11g	3g	30mg	1,380mg	6g	6g
Lunch								
Jelly Belly - Licorice, 96.25 pieces	385	102g	0g	0g	0mg	41mg	77g	0g
Dinner								
Domino's - Parmesan Bites, 2 Pieces	75	12g	2g	3g	0mg	95mg	1g	1g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 5 Slice	1,550	145g	75g	55g	150mg	2,600mg	--g	5g
Snacks								
Chocolove - Raspberries In Dark Chocolate (34g), 17 g	85	10g	6g	1g	0mg	0mg	8g	2g
Supper								
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 1 Slice	310	29g	15g	11g	30mg	520mg	--g	1g
TOTAL:	2,615	319g	109g	73g	210mg	4,636mg	92g	15g

April 26, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 0.5 container (396 gs ea.)	900	120g	42g	6g	0mg	630mg	66g	6g
Lunch								
Quest - Taco Tortilla Protein Chips, 1 bag	140	5g	5g	19g	10mg	340mg	0g	1g
Boom chicka pop - White Cheddar Popcorn, 1/2 container (11.25 cups)	338	34g	20g	7g	11mg	585mg	5g	7g
Hershey - Pumpkin Spice Kiss, 20.5 g	110	13g	6g	1g	3mg	28mg	12g	--g
Dinner								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 0.5 container (396 gs ea.)	900	120g	42g	6g	0mg	630mg	66g	6g
Supper								

TOTAL:	2,838	341g	140g	68g	24mg	2,938mg	155g	49g
---------------	--------------	-------------	-------------	------------	-------------	----------------	-------------	------------

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Nature's Harvest Pine Nuts - Raw Pine Nuts, 0.25 cup	170	4g	13g	7g	0mg	0mg	1g	1g
flex chips - bbq, 56 gram	180	24g	5g	20g	--mg	580mg	4g	8g
TOTAL:	2,838	341g	140g	68g	24mg	2,938mg	155g	49g

April 27, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sargento - 4 Cheese Mexican Cheese, 14 grams (1/4 Cup)	55	1g	5g	3g	13mg	85mg	0g	0g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
la colombe mocha draft latte - coffee, 1 can	110	16g	4g	5g	10mg	115mg	13g	1g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
Supper								
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 45 ml	104	--g	--g	--g	--mg	--mg	--g	--g
Deep Indian Gourmet - Paneer Makhani, 1 container (10 oz (142 g) ea.)	400	12g	34g	10g	90mg	1,080mg	4g	0g
TOTAL:	1,794	162g	97g	73g	137mg	3,399mg	43g	69g

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

April 28, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sargento - 4 Cheese Mexican Cheese, 14 grams (1/4 Cup)	55	1g	5g	3g	13mg	85mg	0g	0g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
TOTAL:	1,720	221g	84g	75g	15mg	4,130mg	17g	115g

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
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Dinner								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
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
Supper								
Cauliflower Risotto with Mushrooms, 1 serving(s)	315	17g	19g	10g	0mg	1,036mg	8g	8g
TOTAL:	1,720	221g	84g	75g	15mg	4,130mg	17g	115g

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

April 29, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Rise - Mocha latte, 1 can	150	25g	5g	1g	0mg	190mg	15g	1g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Dinner								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Supper								
Norton Chardonnay - Chardonnay Wine, 5 oz	95	1g	0g	0g	--mg	7mg	--g	--g
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
TOTAL:	1,595	144g	98g	47g	100mg	2,022mg	45g	78g

April 30, 2020

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
	Domino's - Garlic Butter, 0.5 cup	125	--g	14g	--g	--mg	80mg	--g	--g
	Quest Nutrition - Cheddar and Sour Cream Chips, 1 bag	140	5g	5g	19g	10mg	350mg	0g	1g
Lunch									
	Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 148.5 g	675	90g	32g	5g	0mg	473mg	50g	5g
Dinner									
	Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Supper									
	Quest - Protein Shake-salted Caramel, 325 ml	160	3g	3g	30g	20mg	390mg	1g	0g
	Tres Latin Foods - Spinach & Cheese Papusa, 142 g (1 Papusa)	320	30g	16g	14g	20mg	460mg	2g	4g
	TOTAL:	1,820	160g	88g	96g	70mg	2,173mg	69g	30g