



# Printable Diary for Lucent

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September 1, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Just - Eggs, 3 TBLS	70	1g	5g	5g	0mg	17mg	0g	0g
<b>Lunch</b>								
Choczero - Sugar-free Honest Syrup Maple Pecan, 3 tablespoon(20g)	90	39g	0g	0g	0mg	15mg	0g	33g
Gardein - Seven Grain Crispy Tenders-meat Free - Corrected 09/18, 1 container (10 pieces (51g) ea.)	450	40g	20g	35g	0mg	1,150mg	0g	5g
<b>Snacks</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Supper</b>								
Beyond Meat - Beyond Beef, 8 oz	500	6g	36g	40g	0mg	780mg	0g	4g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
<b>TOTAL:</b>	<b>1,882</b>	<b>165g</b>	<b>110g</b>	<b>102g</b>	<b>27mg</b>	<b>2,732mg</b>	<b>2g</b>	<b>67g</b>

September 2, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Beyond Meat - Beyond Beef, 0.33 container (16 oz ea.)	330	4g	24g	26g	0mg	515mg	0g	3g
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
<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>								
<b>TOTAL:</b>	<b>2,310</b>	<b>277g</b>	<b>128g</b>	<b>101g</b>	<b>40mg</b>	<b>2,637mg</b>	<b>22g</b>	<b>32g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Carrabba's - Mozzarella Marinara, 1 pieces	165	7g	11g	9g	35mg	392mg	3g	1g
Dewey's Bakery - Dark Chocolate Mint Cookie, 0.5 cookie	45	8g	2g	1g	3mg	48mg	4g	0g
Dewey's - Cookie, 0.5 cookie	45	8g	2g	1g	0mg	0mg	4g	0g
Blue Stove - Bread, Olive, Oil, 1 plate	296	101g	20g	5g	--mg	212mg	2g	1g
Sam Adams - Oktoberfest Beer, 12 oz	190	19g	0g	0g	--mg	--mg	--g	--g
Founders - Solid Gold, 16 fl oz	187	21g	15g	7g	0mg	180mg	5g	5g
<b>Supper</b>								
The Alpha Nugget - Chik'n nuggets, 12 pieces	540	51g	24g	39g	0mg	840mg	2g	--g
<b>TOTAL:</b>	<b>2,310</b>	<b>277g</b>	<b>128g</b>	<b>101g</b>	<b>40mg</b>	<b>2,637mg</b>	<b>22g</b>	<b>32g</b>

### September 3, 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>								
Sodexo Healthcare - Onion Rings, 4 oz	380	37g	24g	4g	0mg	630mg	4g	2g
<b>Dinner</b>								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.4 container (3 cup (50 g) ea.)	168	10g	5g	22g	0mg	528mg	2g	7g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
<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>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>TOTAL:</b>	<b>1,720</b>	<b>158g</b>	<b>96g</b>	<b>76g</b>	<b>47mg</b>	<b>2,348mg</b>	<b>24g</b>	<b>54g</b>

### September 4, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Lüvo - Great Karma Coconut Curry Planted Power Bowl, 1 Bowl	330	45g	15g	10g	0mg	390mg	5g	9g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
<b>Lunch</b>								
<b>TOTAL:</b>	<b>2,956</b>	<b>381g</b>	<b>114g</b>	<b>112g</b>	<b>141mg</b>	<b>4,229mg</b>	<b>43g</b>	<b>53g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 2 tbsp (33g)	182	9g	11g	11g	1mg	138mg	2g	2g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Dinner</b>								
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)	360	48g	10g	20g	20mg	400mg	24g	16g
<b>Supper</b>								
Michigan Dining - Cheese Bread, 1.5 Piece	311	37g	11g	15g	28mg	609mg	1g	2g
Trader Joe's - Soft Pretzel Stick, 1 pretzel (64g / 2.2 oz)	320	68g	1g	10g	0mg	680mg	10g	2g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 3 Slice	930	87g	45g	33g	90mg	1,560mg	--g	3g
Miller - Lite, 16 fl. oz. (355 mL)	128	32g	0g	1g	0mg	7mg	0g	0g
<b>TOTAL:</b>	<b>2,956</b>	<b>381g</b>	<b>114g</b>	<b>112g</b>	<b>141mg</b>	<b>4,229mg</b>	<b>43g</b>	<b>53g</b>

### September 5, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 3 Slice	930	87g	45g	33g	90mg	1,560mg	--g	3g
Michigan Dining - Cheese Bread, 1.5 Piece	311	37g	11g	15g	28mg	609mg	1g	2g
<b>Dinner</b>								
Stonewall Kitchen - Sesame Ginger Teriyaki Sauce, 2 Tbsp	50	11g	1g	1g	0mg	670mg	9g	0g
Morning star - BBQ chick'n nuggets, 1 container (12 nuggets)	600	69g	24g	36g	0mg	1,500mg	15g	9g
<b>Supper</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
<b>TOTAL:</b>	<b>1,961</b>	<b>215g</b>	<b>85g</b>	<b>87g</b>	<b>120mg</b>	<b>4,409mg</b>	<b>25g</b>	<b>24g</b>

### September 6, 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>								
Morning Star Farms - Buffalo Wings, 1 container (297.5 gs ea.)	700	74g	28g	46g	0mg	1,400mg	7g	11g
<b>TOTAL:</b>								
<b>TOTAL:</b>	<b>1,795</b>	<b>191g</b>	<b>71g</b>	<b>135g</b>	<b>42mg</b>	<b>4,245mg</b>	<b>46g</b>	<b>54g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Stonewall Kitchen - Sesame Ginger Teriyaki Sauce, 4 Tbsp	100	22g	2g	2g	0mg	1,340mg	18g	0g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
<b>Dinner</b>								
Gardein - Meatless Chicken Patty, 1 PATTY	170	20g	7g	13g	0mg	270mg	1g	2g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 2 tenders (100g)	95	9g	4g	7g	0mg	185mg	1g	1g
<b>Supper</b>								
Premier Protein - Chocolate High Protein Shake (14 Oz), 14 oz	160	5g	3g	30g	20mg	410mg	2g	3g
<b>TOTAL:</b>	<b>1,795</b>	<b>191g</b>	<b>71g</b>	<b>135g</b>	<b>42mg</b>	<b>4,245mg</b>	<b>46g</b>	<b>54g</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>

## September 7, 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 - Fudge Brownie (Minus Erythritol), 1 container (2 cup (71g) ea.)	400	56g	14g	28g	40mg	180mg	24g	20g
<b>Lunch</b>								
Oreo Thins - Thins, 2 Cookies	70	11g	3g	1g	0mg	48mg	6g	1g
Godiva - Godiva Raspberry Star, White Chocolate, 1 piece	53	7g	2g	1g	1mg	8mg	--g	0g
<b>Dinner</b>								
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
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
<b>Supper</b>								
Nuts 'n More Dark Chocolate PB Brownies, 1 serving(s)	134	10g	9g	5g	0mg	64mg	3g	7g
<b>TOTAL:</b>	<b>1,569</b>	<b>161g</b>	<b>77g</b>	<b>82g</b>	<b>66mg</b>	<b>1,660mg</b>	<b>38g</b>	<b>50g</b>

## September 8, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>1,700</b>	<b>197g</b>	<b>84g</b>	<b>61g</b>	<b>2mg</b>	<b>1,944mg</b>	<b>43g</b>	<b>39g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Lunch</b>								
Nuts 'n More Dark Chocolate PB Brownies, 1 serving(s)	134	10g	9g	5g	0mg	64mg	3g	7g
<b>Dinner</b>								
Godiva - Godiva Truffle, 1 truffles	53	5g	3g	1g	--mg	8mg	5g	0g
Outshine Fruit Bar Lime - Frozen Fruit Bar Lime, 1 Bar	35	9g	0g	0g	0mg	0mg	9g	0g
Oreo Thins - Thins, 6 Cookies	210	32g	9g	2g	0mg	143mg	18g	2g
Planter's Cheez Balls - Cheese Flavored Snack, 103.6 balls	392	50g	17g	6g	0mg	420mg	3g	0g
<b>Snacks</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Supper</b>								
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, 5 tenders (100g)	238	23g	10g	18g	0mg	463mg	1g	1g
<b>TOTAL:</b>	<b>1,700</b>	<b>197g</b>	<b>84g</b>	<b>61g</b>	<b>2mg</b>	<b>1,944mg</b>	<b>43g</b>	<b>39g</b>

September 9, 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
Dark Chocolate Hummus, 3 serving(s)	188	35g	7g	6g	0mg	13mg	6g	20g
From the Ground - Cauliflower Pretzels, 20 twists	110	23g	2g	1g	0mg	330mg	1g	3g
<b>Lunch</b>								
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)	360	48g	10g	20g	20mg	400mg	24g	16g
<b>Dinner</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>Snacks</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Supper</b>								
<b>TOTAL:</b>	<b>1,563</b>	<b>199g</b>	<b>55g</b>	<b>108g</b>	<b>22mg</b>	<b>2,268mg</b>	<b>37g</b>	<b>65g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Quest - Protein Shake - Chocolate, 1 shake	160	4g	4g	30g	--mg	230mg	1g	1g
TOTAL:	1,563	199g	55g	108g	22mg	2,268mg	37g	65g

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

September 10, 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
Dinner								
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
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Snacks								
Oreo Thins - Thins, 4 Cookies	140	21g	6g	1g	0mg	95mg	12g	1g
Supper								
Boulevard - Unfiltered Wheat Beer, 16 oz	180	23g	0g	0g	0mg	0mg	0g	0g
Schokolade - Kinder Riegel, 1 Riegel	118	11g	7g	2g	0mg	0mg	11g	0g
TOTAL:	1,650	149g	77g	71g	45mg	1,725mg	43g	38g

September 11, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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
Lunch								
No Bake Peanut Butter Cup Cheesecake v2, 2 serving(s)	412	29g	30g	11g	59mg	326mg	17g	8g
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Dinner								
TOTAL:	1,554	139g	86g	89g	81mg	1,951mg	25g	57g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Choczero - Sugar-free Honest Syrup Maple Pecan, 1 tablespoon(20g)	30	13g	0g	0g	0mg	5mg	0g	11g
Gardein - Seven Grain Crispy Tenders-meat Free - Corrected 09/18, 4 Pieces (51g)	180	16g	8g	14g	0mg	460mg	0g	2g
<b>Snacks</b>								
Quest - Quest premade vanilla shake, 1 shake	160	3g	3g	30g	20mg	250mg	1g	0g
<b>Supper</b>								
Nuts 'n More Dark Chocolate PB Brownies, 1 serving(s)	134	10g	9g	5g	0mg	64mg	3g	7g
<b>TOTAL:</b>	<b>1,554</b>	<b>139g</b>	<b>86g</b>	<b>89g</b>	<b>81mg</b>	<b>1,951mg</b>	<b>25g</b>	<b>57g</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>

**September 12, 2019**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Oh Yeah! One Bar - Maple Glazed Donut Protein Bar, 1 bar (60g)	220	24g	8g	20g	5mg	140mg	1g	9g
<b>Lunch</b>								
Potato - Potato, 1 medium	110	26g	0g	3g	0mg	10mg	1g	2g
Beyond Meat - Hamburger, 1 patty	290	6g	22g	20g	--mg	450mg	--g	3g
<b>Dinner</b>								
Homemade - Eggplant Parmesan, 1 cup	275	18g	8g	22g	24mg	372mg	--g	5g
<b>Snacks</b>								
Michelob Ultra Amber - Beer, 20 oz	158	5g	0g	1g	0mg	18mg	0g	0g
<b>Supper</b>								
Nasoya - Organic Tofu Vegetable Dumplings, 0.5 container (15 dumplings ea.)	255	44g	5g	11g	0mg	900mg	2g	2g
Oil - Sesame, 0.5 tablespoon	60	0g	7g	0g	0mg	0mg	0g	0g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
<b>TOTAL:</b>	<b>1,574</b>	<b>138g</b>	<b>65g</b>	<b>83g</b>	<b>58mg</b>	<b>2,053mg</b>	<b>12g</b>	<b>25g</b>

**September 13, 2019**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>1,723</b>	<b>141g</b>	<b>90g</b>	<b>113g</b>	<b>81mg</b>	<b>2,638mg</b>	<b>16g</b>	<b>38g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>Lunch</b>								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
<b>Dinner</b>								
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
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
<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>								
Premier Protein - Bananas & Cream Shake, 11 fl oz	160	5g	3g	30g	25mg	270mg	1g	2g
<b>TOTAL:</b>	<b>1,723</b>	<b>141g</b>	<b>90g</b>	<b>113g</b>	<b>81mg</b>	<b>2,638mg</b>	<b>16g</b>	<b>38g</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>

September 14, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Lunch</b>								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
<b>Dinner</b>								
Stonewall Kitchen - Sesame Ginger Teriyaki Sauce, 4 Tbsp	100	22g	2g	2g	0mg	1,340mg	18g	0g
Morning star - BBQ chick'n nuggets, 1 container (12 nuggets)	600	69g	24g	36g	0mg	1,500mg	15g	9g
<b>Supper</b>								
Birthday Cake Cookies, 1 serving(s)	107	4g	8g	5g	0mg	21mg	3g	1g
<b>TOTAL:</b>	<b>1,481</b>	<b>149g</b>	<b>76g</b>	<b>69g</b>	<b>29mg</b>	<b>3,650mg</b>	<b>47g</b>	<b>26g</b>



## September 15, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
<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>								
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
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
<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>1,488</b>	<b>123g</b>	<b>85g</b>	<b>76g</b>	<b>76mg</b>	<b>1,863mg</b>	<b>28g</b>	<b>53g</b>

## September 16, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Lunch</b>								
Maple Grove Farms of Vermont - Maple Sugar Candy, 7.5 pieces	240	63g	0g	0g	0mg	0mg	56g	--g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
<b>Dinner</b>								
Focaccia bread, 0.5 serving(s)	446	75g	10g	12g	0mg	2mg	0g	2g
Domino's - Marinara Sauce, 1 Container	25	5g	0g	1g	0mg	270mg	4g	1g
Carr Valley Cheese - Bread Cheese, 5 oz	500	0g	35g	30g	200mg	750mg	0g	0g
<b>Snacks</b>								
Premier - Cookies and Cream Shake, 1 bottle	160	5g	3g	30g	15mg	240mg	1g	1g
<b>Supper</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>TOTAL:</b>	<b>2,145</b>	<b>217g</b>	<b>93g</b>	<b>106g</b>	<b>244mg</b>	<b>2,201mg</b>	<b>73g</b>	<b>25g</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

September 17, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Stonewall Kitchen - Sesame Ginger Teriyaki Sauce, 4 Tbsp	100	22g	2g	2g	0mg	1,340mg	18g	0g
Morning Star Farms - Buffalo Wings, 1 container (297.5 gs ea.)	700	74g	28g	46g	0mg	1,400mg	7g	11g
Lunch								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Dinner								
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
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Supper								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
TOTAL:	1,752	186g	88g	92g	29mg	4,090mg	29g	52g

September 18, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
Lunch								
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
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Dinner								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Premier - Cookies and Cream Shake, 1 bottle	160	5g	3g	30g	15mg	240mg	1g	1g
TOTAL:	2,094	190g	110g	103g	118mg	2,507mg	65g	57g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
<b>Supper</b>								
York - Peppermint Hot Chocolate Mix, 1 pouch	90	19g	2g	2g	--mg	240mg	17g	1g
Olive Oil, 1 tbsp	119	0g	14g	0g	0mg	0mg	0g	0g
Trader Joe's - Gnocchi Al Gorganzola, 0.5 container (3 cup (140 g) ea.)	375	54g	12g	9g	23mg	585mg	12g	5g
<b>TOTAL:</b>	<b>2,094</b>	<b>190g</b>	<b>110g</b>	<b>103g</b>	<b>118mg</b>	<b>2,507mg</b>	<b>65g</b>	<b>57g</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>

## September 19, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
<b>Lunch</b>								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
<b>Dinner</b>								
Hail Merry - Dark Chocolate Cups, 0.5 package	105	8g	7g	3g	0mg	63mg	6g	2g
Outshine Fruit Bar Lime - Frozen Fruit Bar Lime, 1 Bar	35	9g	0g	0g	0mg	0mg	9g	0g
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
<b>Supper</b>								
Hampton Creek - just cookie dough, 33 gram	150	20g	7g	1g	0mg	105mg	11g	1g
Quest Protein Chips - Loaded Taco, 32 gram	140	5g	5g	19g	10mg	340mg	--g	1g
Guinness - Draught - Pint, 12 oz	153	17g	0g	2g	0mg	0mg	--g	0g
<b>TOTAL:</b>	<b>1,470</b>	<b>134g</b>	<b>69g</b>	<b>72g</b>	<b>68mg</b>	<b>1,759mg</b>	<b>45g</b>	<b>15g</b>

## September 20, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
<b>Lunch</b>								
<b>TOTAL:</b>	<b>2,059</b>	<b>192g</b>	<b>115g</b>	<b>62g</b>	<b>113mg</b>	<b>2,654mg</b>	<b>32g</b>	<b>49g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Outshine Fruit Bar Lime - Frozen Fruit Bar Lime, 1 Bar	35	9g	0g	0g	0mg	0mg	9g	0g
Birthday Cake Cookies, 1 serving(s)	107	4g	8g	5g	0mg	21mg	3g	1g
<b>Dinner</b>								
Devi - Pani Puri, 5 pieces	270	33g	12g	6g	0mg	410mg	0g	4g
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>Snacks</b>								
Sam Adams - Summer Ale, 16 oz	221	24g	0g	1g	--mg	0mg	--g	--g
<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>2,059</b>	<b>192g</b>	<b>115g</b>	<b>62g</b>	<b>113mg</b>	<b>2,654mg</b>	<b>32g</b>	<b>49g</b>

## September 21, 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>								
Nanak - Dal Vada, 2 piece	200	24g	8g	10g	0mg	180mg	0g	0g
Hampton Creek - just cookie dough, 66 gram	300	40g	14g	2g	0mg	210mg	22g	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
<b>Supper</b>								
Elisha - Lychee Flavour Aerated Water, 12.3 fl oz	80	21g	0g	0g	0mg	0mg	20g	0g
Shipyard - Brown Ale, 16 oz	187	--g	--g	--g	--mg	--mg	--g	--g
Hershey Milk Chocolate - Milk Chocolate Bar, 1 bar	210	26g	13g	3g	10mg	35mg	24g	1g
<b>TOTAL:</b>	<b>2,107</b>	<b>182g</b>	<b>113g</b>	<b>59g</b>	<b>112mg</b>	<b>1,955mg</b>	<b>94g</b>	<b>37g</b>

## September 22, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
No Bake Peanut Butter Cup Cheesecake v2, 2 serving(s)	412	29g	30g	11g	59mg	326mg	17g	8g
<b>TOTAL:</b>								
<b>TOTAL:</b>	<b>1,757</b>	<b>180g</b>	<b>89g</b>	<b>71g</b>	<b>84mg</b>	<b>1,859mg</b>	<b>65g</b>	<b>33g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
hail merry - chocolate almond butter cup, 25 gram	125	7g	10g	4g	0mg	58mg	4g	3g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 8 tenders (100g)	380	36g	16g	28g	0mg	740mg	2g	2g
Dinner								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Hampton Creek - just cookie dough, 99 gram	450	60g	21g	3g	0mg	315mg	33g	3g
Supper								
Market Pantry, Target - Brussels Sprouts, whole, 12oz, 1 container (24.00 sprouts (85g))	180	32g	0g	12g	0mg	60mg	8g	12g
havarti - Havarti Cheese, 1 oz	110	1g	9g	6g	25mg	210mg	0g	0g
TOTAL:	1,757	180g	89g	71g	84mg	1,859mg	65g	33g

### September 23, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Trader Joe's - Smoked Gouda, 1 slice	100	1g	8g	6g	15mg	380mg	0g	0g
GreenGiant - Tuscan seasoned broccoli (1¼ cup = 85g), 1 container (297.50 gram)	210	21g	14g	11g	0mg	1,120mg	4g	7g
Lunch								
No Bake Peanut Butter Cup Cheesecake v2, 1 serving(s)	206	15g	15g	6g	29mg	163mg	8g	4g
Starbucks - Nitro Cold Brew With Sweet Cream - Grande, 12 oz	70	4g	5g	1g	15mg	20mg	4g	--g
Choczero - Milk Chocolate Keto Bark Peanut, 1 Bar	140	10g	13g	1g	--mg	25mg	1g	7g
Dinner								
Morning Star Farms - Grillers Crumbles (Hbl), 0.5 container (3 cup (58g) ea.)	180	12g	6g	27g	0mg	990mg	3g	12g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Snacks								
Food Club - String Cheese, 1 piece (28g)	80	0g	6g	6g	15mg	200mg	0g	0g
Supper								
Premier - Cookies and Cream Shake, 1 bottle	160	5g	3g	30g	15mg	240mg	1g	1g
TOTAL:	1,748	118g	110g	101g	114mg	3,688mg	22g	39g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
TOTALS:	165	13	0	0	0

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

### September 24, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Morning Star Farms - Grillers Crumbles (Hbl), 0.3 container (3 cup (58g) ea.)	108	7g	4g	16g	0mg	594mg	2g	7g
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
Lunch								
Sodexo Healthcare - Onion Rings, 4 oz	380	37g	24g	4g	0mg	630mg	4g	2g
Choczero - Milk Chocolate Keto Bark Peanut, 1 Bar	140	10g	13g	1g	--mg	25mg	1g	7g
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 Chips - Loaded Taco, 16 gram	70	3g	3g	10g	5mg	170mg	--g	1g
Hail Merry - Key Lime Cups, 2 cups	210	16g	16g	3g	0mg	110mg	11g	3g
Thomas Creek - Vanilla Cream Ale, 16 oz	180	--g	--g	--g	--mg	--mg	--g	--g
Beer - Milk Stout, 6 oz.	96	--g	--g	--g	--mg	--mg	--g	--g
Michelob Ultra Amber - Beer, 16 oz	127	4g	0g	1g	0mg	14mg	0g	0g
TOTAL:	2,053	141g	101g	67g	25mg	2,193mg	35g	47g

### September 25, 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								
Trader Joes - Reduced Carb Whole Wheat Flour Tortilla, 28 g	45	10g	2g	4g	0mg	130mg	0g	7g
Nuts N More - White Chocolate Peanut Butter, 33 g (2 tbsp)	192	9g	12g	12g	28mg	18mg	4g	2g
Dinner								
Lily's - Extremely Dark 85% Chocolate (Minus Erythritol), 0.33 container (80 grams ea.)	125	7g	13g	3g	0mg	0mg	--g	5g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
Snacks								
TOTAL:	1,644	123g	84g	124g	92mg	1,985mg	36g	42g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Roseli - String Cheese Stick, 1 stick	80	0g	6g	6g	15mg	200mg	0g	0g
<b>Supper</b>								
Premier Protein - Banana Protein Shake, 11 oz.	160	5g	3g	30g	25mg	270mg	1g	2g
Nuts'n More - Hazelnut Spread, 1 tbsp (35g)	90	6g	6g	5g	2mg	20mg	4g	2g
Godiva - Dark Chocolate Blood Orange - Corrected, 2 blocks	77	9g	4g	1g	2mg	2mg	8g	1g
<b>TOTAL:</b>	<b>1,644</b>	<b>123g</b>	<b>84g</b>	<b>124g</b>	<b>92mg</b>	<b>1,985mg</b>	<b>36g</b>	<b>42g</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>

## September 26, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)	360	48g	10g	20g	20mg	400mg	24g	16g
<b>Lunch</b>								
Banana, 1 medium	105	27g	0g	1g	0mg	1mg	14g	3g
Godiva - Dark Chocolate Blood Orange - Corrected, 2 blocks	77	9g	4g	1g	2mg	2mg	8g	1g
<b>Dinner</b>								
Morning Star Farms - Grillers Crumbles (Hbl), 0.5 container (3 cup (58g) ea.)	180	12g	6g	27g	0mg	990mg	3g	12g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
<b>Supper</b>								
Roseli - String Cheese Stick, 1 stick	80	0g	6g	6g	15mg	200mg	0g	0g
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
<b>TOTAL:</b>	<b>1,474</b>	<b>150g</b>	<b>71g</b>	<b>69g</b>	<b>77mg</b>	<b>2,163mg</b>	<b>54g</b>	<b>40g</b>

## September 27, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Choczero - Milk Chocolate Hazelnut Ketobark, 1 bar	150	11g	14g	3g	10mg	10mg	1g	8g
Morning Star Farms - Grillers Crumbles (Hbl), 0.3 container (3 cup (58g) ea.)	108	7g	4g	16g	0mg	594mg	2g	7g
<b>TOTAL:</b>	<b>1,675</b>	<b>140g</b>	<b>78g</b>	<b>105g</b>	<b>47mg</b>	<b>2,051mg</b>	<b>31g</b>	<b>46g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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
<b>Lunch</b>								
Godiva - Dark Chocolate Blood Orange - Corrected, 2 blocks	77	9g	4g	1g	2mg	2mg	8g	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>								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 6 tenders (100g)	285	27g	12g	21g	0mg	555mg	2g	2g
<b>Snacks</b>								
Premier - Cookies and Cream Shake, 1 bottle	160	5g	3g	30g	15mg	240mg	1g	1g
<b>Supper</b>								
Guinness - Draught - Pint, 12 oz	153	17g	0g	2g	0mg	0mg	--g	0g
<b>TOTAL:</b>	<b>1,675</b>	<b>140g</b>	<b>78g</b>	<b>105g</b>	<b>47mg</b>	<b>2,051mg</b>	<b>31g</b>	<b>46g</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>

## September 28, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - White Chocolate Raspberry (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)	360	56g	10g	20g	20mg	240mg	28g	20g
<b>Lunch</b>								
Enlightened - Mesquite Bbq Roasted Broad Beans, 2 oz	200	30g	6g	14g	0mg	300mg	2g	10g
Quest Protein Chips - Loaded Taco, 32 gram	140	5g	5g	19g	10mg	340mg	--g	1g
<b>Dinner</b>								
Morning Star Farms - Grillers Crumbles (Hbl), 0.5 container (3 cup (58g) ea.)	180	12g	6g	27g	0mg	990mg	3g	12g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
<b>Supper</b>								
Roseli - String Cheese Stick, 1 stick	80	0g	6g	6g	15mg	200mg	0g	0g
<b>TOTAL:</b>	<b>1,562</b>	<b>153g</b>	<b>73g</b>	<b>99g</b>	<b>70mg</b>	<b>2,620mg</b>	<b>34g</b>	<b>51g</b>

## September 29, 2019



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 - Grillers Crumbles (Hbl), 0.3 container (3 cup (58g) ea.)	108	7g	4g	16g	0mg	594mg	2g	7g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Lunch								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Dinner								
fritos - jalepeno cheddar cheese dip, 1 container (16.00 tablespoon)	320	24g	20g	8g	0mg	0mg	0g	0g
Our Little Rebellion - Hot Buffalo Protein Crisp, 3 oz	270	30g	8g	30g	0mg	690mg	0g	12g
Supper								
ChocZero - Dark Chocolate Keto Bark, 1 bar	120	2g	11g	1g	--mg	--mg	--g	1g
TOTAL:	1,560	127g	84g	87g	20mg	1,934mg	19g	47g

September 30, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
Lunch								
Choczero - Milk Chocolate Keto Bark Peanut, 1 Bar	140	10g	13g	1g	--mg	25mg	1g	7g
Dinner								
Morning Star Farms - Grillers Crumbles (Hbl), 0.5 container (3 cup (58g) ea.)	180	12g	6g	27g	0mg	990mg	3g	12g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Snacks								
Sinbad - Baklava..., 4 oz (45g)	514	63g	29g	6g	43mg	186mg	29g	3g
TOTAL:	1,911	180g	108g	82g	68mg	2,676mg	37g	33g