



# Printable Diary for Lucent

From:



To:



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## November 1, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Snap Kitchen - Lesser Evil Paleo Puffs Himalayan Pink Salt, 1 serving	130	18g	6g	0g	0mg	190mg	0g	2g
Undercover Quinoa - Dark Chocolate + Sea Salt, 1 oz	120	17g	6g	3g	0mg	110mg	6g	2g
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 2 tbsp (33g)	182	9g	11g	11g	1mg	138mg	2g	2g
Dinner								
Domino's - Stuffed Cheesy Bread, 2 Piece	280	32g	12g	12g	30mg	480mg	2g	2g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice	1,240	116g	60g	44g	120mg	2,080mg	--g	4g
Supper								
Bulleit - Bourbon, 1.5 oz.	109	0g	0g	0g	0mg	0mg	0g	0g
Sweetwater - Sweetwater Blue Beer, 1 Bottle	150	15g	--g	--g	--mg	--mg	13g	--g
TOTAL:	2,211	207g	95g	70g	151mg	2,998mg	23g	12g

## November 2, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Dutch Bros - Nitro Brew Coffee, 1 Can	20	3g	0g	1g	0mg	160mg	0g	0g
Lunch								
Ocean's Halo - No Chicken Broth, 1 cup	10	2g	0g	0g	--mg	530mg	1g	--g
Dinner								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Snacks								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Supper								
Ocean's Halo - Ramen Broth, 245 grams	35	1g	2g	3g	0mg	820mg	0g	1g
TOTAL:	95	10g	2g	4g	0mg	2,110mg	3g	1g

## November 3, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Lunch								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Dinner								
Ocean's Halo - Miso Broth (Correct), 1 cup	40	6g	1g	3g	0mg	650mg	0g	2g
Supper								
Ocean's Halo - Thai Coconut Broth (Correct), 0.5 Cup(245g)	35	2g	3g	1g	0mg	210mg	1g	1g
TOTAL:	105	12g	4g	4g	0mg	1,460mg	3g	3g

### November 4, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Green Giant - (In grams) Baby Brussels Sprout & Butter Sauce (lightly sauced), 1 container (260.00 g (2/3 c frozen, 1/2 c prepared))	150	23g	4g	8g	10mg	825mg	8g	8g
Beechers - Smoked Cheddar, 0.5 ounce	60	1g	5g	4g	10mg	115mg	0g	0g
Lunch								
Better Bites Bakery - Mostess Cupcake - Mini, 1 mini cake	100	16g	4g	1g	0mg	100mg	10g	0g
Whole Foods - Almond Cookie, 1 cookie	270	34g	12g	6g	0mg	20mg	18g	1g
Optimum Nutrition - Protein Almonds Chocolate Espresso Flavor, 1 packet 43 grams	220	15g	16g	10g	--mg	65mg	1g	2g
Dinner								
Morning Star Farms - Popcorn Chik'n, 1 container (30 pieces (48g))	500	58g	20g	28g	--mg	950mg	8g	8g
Lily's - Milk Chocolate Peanut Butter Cups, 1 cups	65	8g	6g	2g	--mg	25mg	0g	7g
Snacks								
Vega Protein Nutrition Shake - Plant based protein , 1 bottle	170	14g	5g	20g	0mg	230mg	7g	4g
Supper								
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
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Morning Star Farms - Grillers Crumbles (Hbl), 0.5 container (3 cup (58g) ea.)	180	12g	6g	27g	0mg	990mg	3g	12g
TOTAL:	2,317	231g	118g	119g	45mg	3,870mg	56g	50g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
TOTALS:	169	13	0	0	0

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Circuit training, general	169	13			
TOTALS:	169	13	0	0	0

### November 5, 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								
Reese's - Snack Size, 1 piece (15g)	80	9g	5g	2g	0mg	55mg	8g	1g
ion - dark chocolate protein almonds, 44 g	230	15g	16g	10g	--mg	85mg	1g	2g
Better Bites Bakery - Mostess Cupcake - Mini, 1 mini cake	100	16g	4g	1g	0mg	100mg	10g	0g
Lily's - Peanut Butter Cups (Net Carb), 1 pieces	65	8g	6g	2g	3mg	25mg	0g	7g
Dinner								
Better Bites Bakery - Mostess Cupcake - Mini, 1 mini cake	100	16g	4g	1g	0mg	100mg	10g	0g
fritos - jalepeno cheddar cheese dip, 1 container (16.00 tablespoon)	320	24g	20g	8g	0mg	0mg	0g	0g
Rebellion - Bbq Protein Crisps, 3 oz.	270	30g	8g	30g	0mg	690mg	6g	12g
Supper								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Guinness - Draught - Pint, 16 oz	204	23g	0g	2g	0mg	0mg	--g	0g
Velveeta - Shells and Cheese Cup, 1 container	220	30g	8g	8g	10mg	600mg	3g	1g
Hail Merry - Chocolate Mint Tart, 1 tarts	95	11g	7g	4g	0mg	70mg	7g	3g
TOTAL:	2,204	235g	111g	90g	15mg	2,619mg	48g	52g

### November 6, 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
Gardein - Savory Stuffed Turk'y (Fall 2018), 1 container (2 piece of turk'y and gravy packs ea.)	640	64g	26g	44g	0mg	1,480mg	8g	4g
Lunch								
Abbott - Glucerna Nutrition Bars Mini Snack Chocolate Caramel, 1 bar (20 g)	80	12g	3g	3g	0mg	70mg	2g	1g
TOTAL:	2,693	257g	140g	103g	82mg	4,163mg	36g	52g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Better Bites Bakery - Mostess Cupcake - Mini, 1 mini cake	100	16g	4g	1g	0mg	100mg	10g	0g
Lily's - Milk Chocolate Peanut Butter Cups, 1 cups	65	8g	6g	2g	--mg	25mg	0g	7g
<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>Supper</b>								
Lily's - Milk Chocolate Peanut Butter Cups, 1 cups	65	8g	6g	2g	--mg	25mg	0g	7g
O'fallon - Pumpkin Beer, 16 oz	213	16g	--g	--g	--mg	--mg	--g	--g
Snap Kitchen - Hail Merry Chocolate Peanut Butter Cups, 0.5 serving	110	7g	9g	3g	0mg	63mg	4g	1g
<b>TOTAL:</b>	<b>2,693</b>	<b>257g</b>	<b>140g</b>	<b>103g</b>	<b>82mg</b>	<b>4,163mg</b>	<b>36g</b>	<b>52g</b>

### November 7, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Gardein - Holiday Roast, 0.5 container (1 th of roast with 3.5 tbsp gravy ea.)	800	56g	40g	52g	0mg	2,120mg	12g	--g
<b>Lunch</b>								
Simply Protein - Lemon Crispy Bar, 41 g	150	15g	5g	15g	0mg	240mg	3g	7g
Better Bites Bakery - Mostess Cupcake - Mini, 1 mini cake	100	16g	4g	1g	0mg	100mg	10g	0g
Choczero - Milk Chocolate Keto Bark Peanut, 1 Bar	140	10g	13g	1g	--mg	25mg	1g	7g
<b>Dinner</b>								
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
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Morning Star Farms - Grillers Crumbles (Hbl), 0.5 container (3 cup (58g) ea.)	180	12g	6g	27g	0mg	990mg	3g	12g
<b>Snacks</b>								
Snap Kitchen - Hail Merry Meyer Lemon Cups, 0.5 serving	105	9g	8g	2g	0mg	48mg	5g	2g
<b>Supper</b>								
Hail Merry - Sweet Potato Mini Miracle Tarts, 23 grams	100	6g	8g	1g	0mg	55mg	3g	2g
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 0.25 container (2 cup (69g) ea.)	90	12g	3g	5g	5mg	100mg	6g	4g
Vegan Chocolate Guinness Cake, 0.6 serving(s)	163	16g	11g	2g	0mg	69mg	4g	5g
<b>TOTAL:</b>	<b>2,430</b>	<b>202g</b>	<b>138g</b>	<b>119g</b>	<b>30mg</b>	<b>4,297mg</b>	<b>48g</b>	<b>47g</b>

### November 8, 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								
Evolved - Caramel Sea Salt Coconut Butter Cups Dark Chocolate, 2 butter cup	260	14g	22g	2g	--mg	200mg	8g	6g
Teas' Tea - Matcha Green Tea Latte, 12 fl oz (240 mL)	135	32g	0g	3g	0mg	68mg	26g	0g
Dinner								
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
Supper								
Rahr & Sons - Oktoberfest, 14 oz	192	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	2,387	197g	129g	71g	80mg	3,422mg	49g	40g

### November 9, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Ocean's Halo - Pozole Broth, 1 cup	20	4g	0g	0g	0mg	850mg	1g	1g
Lunch								
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
Dinner								
Ocean's Halo - Pho Broth , 1 cup	10	2g	0g	0g	0mg	760mg	1g	1g
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Supper								
Ocean's Halo - Ramen Broth, 245 grams	35	1g	2g	3g	0mg	820mg	0g	1g
TOTAL:	150	13g	7g	4g	15mg	2,750mg	7g	3g

### November 10, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Lunch								
Ocean's Halo - Miso Broth (Correct), 1 cup	40	6g	1g	3g	0mg	650mg	0g	2g
Dinner								
TOTAL:	125	12g	6g	4g	15mg	970mg	5g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Starbucks - Nitro Cold Brew With Sweet Cream - Grande, 12 oz	70	4g	5g	1g	15mg	20mg	4g	--g
<b>TOTAL:</b>	<b>125</b>	<b>12g</b>	<b>6g</b>	<b>4g</b>	<b>15mg</b>	<b>970mg</b>	<b>5g</b>	<b>2g</b>

### November 11, 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>								
Nabisco - Peppermint Oreos, 3 cookies (29g)	210	32g	11g	2g	--mg	135mg	20g	2g
Jelly Belly - Giant Candy Corn, 13 pieces	100	27g	0g	0g	0mg	25mg	20g	0g
Gardein - Holiday Roast, 0.5 container (1 th of roast with 3.5 tbsp gravy ea.)	800	56g	40g	52g	0mg	2,120mg	12g	--g
<b>Dinner</b>								
Morning Star Farms - Chorizo Crumbles, 0.5 container (2 3/10 cup (59g) ea.)	248	14g	18g	20g	0mg	945mg	2g	11g
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
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Supper</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Zen Evo - Dark Chocolate & Crunchy Peanut Butter Protein cup, 1 piece	130	9g	9g	7g	2mg	28mg	5g	2g
<b>TOTAL:</b>	<b>2,560</b>	<b>231g</b>	<b>140g</b>	<b>124g</b>	<b>49mg</b>	<b>4,293mg</b>	<b>76g</b>	<b>53g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Circuit training, general		169	13		
<b>TOTALS:</b>	<b>169</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>0</b>

### November 12, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Morning Star Farms - Chorizo Crumbles, 0.3 container (2 3/10 cup (59g) ea.)	149	8g	11g	12g	0mg	567mg	1g	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
<b>TOTAL:</b>	<b>2,846</b>	<b>329g</b>	<b>141g</b>	<b>56g</b>	<b>97mg</b>	<b>2,785mg</b>	<b>106g</b>	<b>34g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Nabisco - Peppermint Oreos, 1 cookies (29g)	70	11g	4g	1g	--mg	45mg	7g	1g
Publix Premium - Peppermint Stick Ice Cream, 204 gram	420	46g	24g	6g	90mg	100mg	38g	0g
<b>Dinner</b>								
Jelly Belly - Candy Corn, 21 pieces	98	24g	0g	0g	--mg	45mg	19g	--g
Zen Evo - Pretzel & sea salt, 1 piece	129	9g	8g	7g	2mg	103mg	5g	2g
<b>Snacks</b>								
Jelly Belly - Candy Corn, 21 pieces	98	24g	0g	0g	--mg	45mg	19g	--g
Angie's Boomchickapop - White Cheddar Popcorn, 2.5 cups	150	15g	9g	3g	5mg	250mg	2g	3g
Corona - Premier Beer, 12 oz.	90	3g	0g	1g	0mg	0mg	0g	0g
<b>Supper</b>								
fritos - jalepeno cheddar cheese dip, 1 container (16.00 tablespoon)	320	24g	20g	8g	0mg	0mg	0g	0g
Sun Chips - 100% Whole Grain Harvest Cheddar Chips, 1 container (196.00 gram)	980	133g	42g	14g	0mg	1,400mg	14g	14g
<b>TOTAL:</b>	<b>2,846</b>	<b>329g</b>	<b>141g</b>	<b>56g</b>	<b>97mg</b>	<b>2,785mg</b>	<b>106g</b>	<b>34g</b>

## November 13, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Lily's - Milk Chocolate Peanut Butter Cups, 1 cups	65	8g	6g	2g	--mg	25mg	0g	7g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 6 tenders (100g)	285	27g	12g	21g	0mg	555mg	2g	2g
<b>Lunch</b>								
Zen Evo - Pretzel & sea salt, 1 piece	129	9g	8g	7g	2mg	103mg	5g	2g
Publix Premium - Peppermint Stick Ice Cream, 204 gram	420	46g	24g	6g	90mg	100mg	38g	0g
<b>Dinner</b>								
Pf Chang - Korean, 2 tbsp	50	9g	1g	1g	0mg	540mg	6g	0g
Choczero - Sugar-free Honest Syrup Maple Pecan, 1 tablespoon(20g)	30	13g	0g	0g	0mg	5mg	0g	11g
Gardein - Crispy golden chick'n nuggets, 1 container (15 nuggets)	570	48g	24g	42g	0mg	1,020mg	3g	0g
<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>								
Boom Chicka Pop White Chocolate and Peppermint - Popcorn , 1.25 cup	140	18g	8g	1g	0mg	75mg	11g	1g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
<b>TOTAL:</b>	<b>2,239</b>	<b>250g</b>	<b>113g</b>	<b>88g</b>	<b>94mg</b>	<b>3,273mg</b>	<b>71g</b>	<b>37g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Circuit training, general	168	13			
<b>TOTALS:</b>	<b>168</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>0</b>

November 14, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
<b>Lunch</b>								
Publix Premium - Peppermint Stick Ice Cream, 204 gram	420	46g	24g	6g	90mg	100mg	38g	0g
Boom Chicka Pop White Chocolate and Peppermint - Popcorn , 1.25 cup	140	18g	8g	1g	0mg	75mg	11g	1g
<b>Dinner</b>								
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
Roll'd - Pho (Mushroom and Tofu), 1 bowl	495	--g	--g	--g	--mg	--mg	--g	--g
<b>Snacks</b>								
OHi Foods - Almond Crunch Superfood Bar, 25.5 g	135	9g	10g	4g	0mg	33mg	4g	1g
<b>Supper</b>								
Quest - Protein Chips Bbq Flavor, 1 bag (32g)	130	4g	4g	21g	10mg	340mg	0g	1g
philadelphia - Buffalo style Dip, 4 tablespoon	100	2g	8g	2g	30mg	400mg	2g	--g
<b>TOTAL:</b>	<b>2,260</b>	<b>137g</b>	<b>78g</b>	<b>40g</b>	<b>130mg</b>	<b>1,728mg</b>	<b>61g</b>	<b>5g</b>

November 15, 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>								
Boom Chicka Pop White Chocolate and Peppermint - Popcorn , 1.25 cup	140	18g	8g	1g	0mg	75mg	11g	1g
<b>Dinner</b>								
Dominos - Feta Spinach Bread, 2 Piece	320	34g	14g	14g	30mg	540mg	--g	0g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 5 Slice	1,550	145g	75g	55g	150mg	2,600mg	--g	5g
<b>TOTAL:</b>	<b>2,410</b>	<b>229g</b>	<b>115g</b>	<b>98g</b>	<b>200mg</b>	<b>3,635mg</b>	<b>27g</b>	<b>26g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
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EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general	168	13			
TOTALS:	168	13	0	0	0

November 16, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
Lunch								
Reese's - Reese's Peanut Butter Cup Dairy Whipped Topping, 2 tablespoon	15	1g	1g	0g	5mg	0mg	0g	0g
Lucky Jack - Old School, 10.5 oz	7	2g	--g	--g	--mg	--mg	--g	2g
Dinner								
Ocean's Halo - Miso Broth (Correct), 1 cup	40	6g	1g	3g	0mg	650mg	0g	2g
TOTAL:	77	11g	2g	3g	5mg	950mg	1g	4g

November 17, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Ocean's Halo - Pozole Broth, 1 cup	20	4g	0g	0g	0mg	850mg	1g	1g
Dinner								
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
Snacks								
Market Pantry - Vegetable Broth, 1 cup	15	3g	0g	0g	0mg	570mg	2g	0g
Supper								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
TOTAL:	120	13g	5g	1g	15mg	1,740mg	8g	1g

November 18, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Beechers - Smoked Cheddar, 0.5 ounce	60	1g	5g	4g	10mg	115mg	0g	0g
Green Giant Simply Steam - Seasoned Brussels Sprouts , 1 container (3.00 half cup)	180	21g	9g	9g	0mg	750mg	6g	9g
Lunch								
Enlightened - Mesquite Bbq Roasted Broad Beans, 1 oz	100	15g	3g	7g	0mg	150mg	1g	5g
Keebler by Kellogg Co. - Danish Wedding Cookies, 25 Cookies	800	110g	40g	5g	0mg	425mg	60g	5g
TOTAL:	2,512	264g	143g	83g	37mg	3,890mg	99g	57g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Dinner</b>								
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
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Morning Star Farms - Grillers Crumbles (Hbl), 0.5 container (3 cup (58g) ea.)	180	12g	6g	27g	0mg	990mg	3g	12g
<b>Snacks</b>								
Sweet Heat Virginia Peanuts - Peanuts, 4 oz	520	44g	36g	16g	0mg	840mg	28g	8g
<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>2,512</b>	<b>264g</b>	<b>143g</b>	<b>83g</b>	<b>37mg</b>	<b>3,890mg</b>	<b>99g</b>	<b>57g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Circuit training, general		168	13		
<b>TOTALS:</b>	<b>168</b>	<b>13</b>	<b>0</b>	<b>0</b>	<b>0</b>

## November 19, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Sweet Heat Virginia Peanuts - Peanuts, 2 oz	260	22g	18g	8g	0mg	420mg	14g	4g
Keebler by Kellogg Co. - Danish Wedding Cookies, 20 Cookies	640	88g	32g	4g	0mg	340mg	48g	4g
<b>Lunch</b>								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - 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
<b>Dinner</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Harissa Marinated Halloumi, 1 serving(s)	580	39g	41g	20g	10mg	209mg	18g	11g
<b>Supper</b>								
Nuts N More - White Chocolate Peanut Butter, 33 g (2 tbsp)	192	9g	12g	12g	28mg	18mg	4g	2g
Beer - Milk Stout, 16 oz.	256	--g	--g	--g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>2,448</b>	<b>211g</b>	<b>136g</b>	<b>66g</b>	<b>40mg</b>	<b>1,881mg</b>	<b>87g</b>	<b>47g</b>

## November 20, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sweet Heat Virginia Peanuts - Peanuts, 2 oz	260	22g	18g	8g	0mg	420mg	14g	4g
Keebler by Kellogg Co. - Danish Wedding Cookies, 5 Cookies	160	22g	8g	1g	0mg	85mg	12g	1g
Lunch								
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Enlightened - Mesquite Bbq Roasted Broad Beans, 3.5 oz	350	53g	11g	25g	0mg	525mg	4g	18g
Dinner								
Hershey's - Candy Cane Bar (With Candy Bits), 4 blocks	127	15g	7g	1g	3mg	23mg	13g	0g
Snacks								
Quest Protein Chips - Loaded Taco, 32 gram	140	5g	5g	19g	10mg	340mg	--g	1g
Beechers - Smoked Cheddar, 0.5 ounce	60	1g	5g	4g	10mg	115mg	0g	0g
Supper								
fritos - jalepeno cheddar cheese dip, 1 container (16.00 tablespoon)	320	24g	20g	8g	0mg	0mg	0g	0g
Rebellion - Bbq Protein Crisps, 3 oz.	270	30g	8g	30g	0mg	690mg	6g	12g
Hershey's - Candy Cane Bar (With Candy Bits), 4 blocks	127	15g	7g	1g	3mg	23mg	13g	0g
TOTAL:	2,294	245g	113g	103g	26mg	3,001mg	68g	38g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general		168	13		
TOTALS:	168	13	0	0	0

### November 21, 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								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Dinner								
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)	540	62g	22g	30g	--mg	1,026mg	8g	8g
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Pf Chang - Korean, 2 tbsp	50	9g	1g	1g	0mg	540mg	6g	0g

TOTAL:	2,265	276g	107g	86g	39mg	3,334mg	104g	58g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Snacks</b>								
Sweet Heat Virginia Peanuts - Peanuts, 1.5 oz	195	17g	14g	6g	0mg	315mg	11g	3g
Boom Chicka Pop White Chocolate and Peppermint - Popcorn , 1.88 cup	210	27g	12g	2g	0mg	113mg	17g	2g
<b>Supper</b>								
Starbucks - Tall Peppermint Mocha no Whip, 12 oz	250	46g	6g	9g	15mg	0mg	40g	1g
<b>TOTAL:</b>	<b>2,265</b>	<b>276g</b>	<b>107g</b>	<b>86g</b>	<b>39mg</b>	<b>3,334mg</b>	<b>104g</b>	<b>58g</b>

## November 22, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>Lunch</b>								
Boom Chicka Pop White Chocolate and Peppermint - Popcorn , 1.25 cup	140	18g	8g	1g	0mg	75mg	11g	1g
Publix Premium - Peppermint Stick Ice Cream, 102 gram	210	23g	12g	3g	45mg	50mg	19g	0g
Maple Grove Farms of Vermont - Maple Sugar Candy, 7.5 pieces	240	63g	0g	0g	0mg	0mg	56g	--g
<b>Dinner</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Our Little Rebellion - Hot Buffalo Protein Crisp, 3 oz	270	30g	8g	30g	0mg	690mg	0g	12g
fritos - jalepeno cheddar cheese dip, 1 container (16.00 tablespoon)	320	24g	20g	8g	0mg	0mg	0g	0g
<b>Supper</b>								
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
Boom Chicka Pop White Chocolate and Peppermint - Popcorn , 1.25 cup	140	18g	8g	1g	0mg	75mg	11g	1g
<b>TOTAL:</b>	<b>2,230</b>	<b>218g</b>	<b>118g</b>	<b>59g</b>	<b>127mg</b>	<b>2,000mg</b>	<b>109g</b>	<b>30g</b>

## November 23, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Lucky Jack - Triple Black Nitro Cold Brew Coffee, 10.5 oz	5	2g	0g	0g	0mg	0mg	0g	2g
<b>Dinner</b>								
Nuun - Sport Tri-berry, 1 tablet	15	2g	0g	0g	0mg	300mg	1g	0g
<b>Supper</b>								
Ocean's Halo - No Chicken Broth, 2 cup	20	4g	0g	0g	--mg	1,060mg	2g	--g
<b>TOTAL:</b>	<b>40</b>	<b>8g</b>	<b>0g</b>	<b>0g</b>	<b>0mg</b>	<b>1,360mg</b>	<b>3g</b>	<b>2g</b>

November 24, 2019									
FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch									
Ocean's Halo - Pho Broth , 1 cup		10	2g	0g	0g	0mg	760mg	1g	1g
Dinner									
Starbucks - Nitro Cold Brew - Grande, 16 oz		5	0g	0g	2g	0mg	10mg	7g	0g
Snacks									
Imagine - Miso Broth, 1 cup		35	4g	1g	2g	0mg	850mg	2g	0g
Supper									
Imagine - Ramen Broth, 1 cup		25	3g	1g	1g	0mg	530mg	0g	0g
TOTAL:		75	9g	2g	5g	0mg	2,150mg	10g	1g

November 25, 2019									
FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Beechers - Smoked Cheddar, 1.5 ounce		180	2g	14g	11g	30mg	345mg	0g	0g
Lunch									
Publix Premium - Peppermint Stick Ice Cream, 102 gram		210	23g	12g	3g	45mg	50mg	19g	0g
Nestlé - Winter Dark Chocolate & Mint Morsels, 2 Tbsp		160	18g	9g	0g	0mg	0mg	16g	0g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)		70	14g	6g	2g	2mg	70mg	0g	12g
Planter's Cheez Balls - Cheese Flavored Snack, 103.6 balls		392	50g	17g	6g	0mg	420mg	3g	0g
Dinner									
Trader Joe's - Island Soyaki, 2 tbsp		50	10g	1g	0g	0mg	640mg	8g	0g
Sunsweet - Pitted Dates, 1/2 serving		60	15g	0g	1g	0mg	0mg	13g	2g
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)		540	62g	22g	30g	--mg	1,026mg	8g	8g
Supper									
Whole Foods - Almond Cookie, 0.6 cookie		162	20g	7g	4g	0mg	12mg	11g	1g
Falafel - Falafel, 4 ball		228	22g	12g	9g	0mg	200mg	0g	0g
Surly - Hell, 1 pint		162	18g	0g	--g	--mg	0mg	--g	--g
TOTAL:		2,214	254g	100g	66g	77mg	2,763mg	78g	23g

November 26, 2019									
FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Trader Joe's - Island Soyaki, 2 tbsp		50	10g	1g	0g	0mg	640mg	8g	0g
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)		540	62g	22g	30g	--mg	1,026mg	8g	8g
TOTAL:		2,632	278g	122g	58g	50mg	2,775mg	84g	36g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Evolved - Caramel Sea Salt Coconut Butter Cups Dark Chocolate, 2 butter cup	260	14g	22g	2g	--mg	200mg	8g	6g
Nestlé - Winter Dark Chocolate & Mint Morsels, 1 Tbsp	80	9g	5g	0g	0mg	0mg	8g	0g
Publix Premium - Peppermint Stick Ice Cream, 102 gram	210	23g	12g	3g	45mg	50mg	19g	0g
<b>Dinner</b>								
Allrecipes.Com - Avocado Tacos, 1 taco	279	33g	16g	5g	0mg	111mg	2g	10g
Sharky's - Tofu & Veggie Taco, 1 taco	240	33g	8g	10g	0mg	348mg	3g	7g
Sweetwater - Ipa, 14 oz	233	17g	--g	--g	--mg	--mg	17g	--g
<b>Snacks</b>								
Krispy Kreme - Glazed Doughnut, 1 doughnut	190	21g	11g	2g	5mg	90mg	10g	1g
<b>Supper</b>								
Kettle - Chips, 1 oz	150	16g	9g	2g	0mg	170mg	1g	1g
Chickfila - Small Waffle Fries, 1 serving	310	37g	16g	3g	0mg	140mg	0g	3g
Corona - Premier Beer, 12 oz.	90	3g	0g	1g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>2,632</b>	<b>278g</b>	<b>122g</b>	<b>58g</b>	<b>50mg</b>	<b>2,775mg</b>	<b>84g</b>	<b>36g</b>

## November 27, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Publix Premium - Peppermint Stick Ice Cream, 153 gram	315	35g	18g	5g	68mg	75mg	29g	0g
<b>Dinner</b>								
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice	1,240	116g	60g	44g	120mg	2,080mg	--g	4g
Domino's Pizza - Cinnastix Icing Only, 0.5 container	125	29g	1g	0g	0mg	0mg	28g	0g
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
<b>Supper</b>								
Domino's - Stuffed Cheesy Bread, 2 Piece	280	32g	12g	12g	30mg	480mg	2g	2g
<b>TOTAL:</b>	<b>2,460</b>	<b>274g</b>	<b>115g</b>	<b>71g</b>	<b>218mg</b>	<b>2,975mg</b>	<b>69g</b>	<b>8g</b>

## November 28, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Domino's - Stuffed Cheesy Bread, 4 Piece	560	64g	24g	24g	60mg	960mg	4g	4g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 2 Slice	620	58g	30g	22g	60mg	1,040mg	--g	2g
<b>Lunch</b>								
<b>TOTAL:</b>	<b>3,218</b>	<b>319g</b>	<b>178g</b>	<b>80g</b>	<b>200mg</b>	<b>3,427mg</b>	<b>70g</b>	<b>59g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Gardein - Holiday Roast, 1/8 th of roast with 3.5 Tbsp gravy	200	14g	10g	13g	0mg	530mg	3g	--g
Sweet Potato Casserole with Maple Pecan Topping, 2 serving(s)	949	124g	42g	10g	0mg	415mg	60g	34g
Pecan Pie - No Eggs, 2 serving(s)	757	47g	63g	7g	80mg	314mg	1g	13g
Maple Mustard Roasted Brussels Sprouts, 0.5 serving(s)	132	12g	9g	4g	0mg	168mg	2g	6g
<b>TOTAL:</b>	<b>3,218</b>	<b>319g</b>	<b>178g</b>	<b>80g</b>	<b>200mg</b>	<b>3,427mg</b>	<b>70g</b>	<b>59g</b>

### November 29, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
365 Organic Almond Milk - Unsweetened, 1 cup	40	2g	3g	1g	0mg	150mg	0g	1g
Pecan Pie - No Eggs, 1 serving(s)	379	24g	32g	3g	40mg	157mg	1g	6g
Land O Lakes - Mint and Chocolate Hot Cocoa Mix, 35 g (1 envelope)	140	26g	3g	3g	0mg	250mg	24g	1g
<b>Lunch</b>								
Maple Mustard Roasted Brussels Sprouts, 1 serving(s)	264	25g	17g	8g	0mg	337mg	4g	12g
Enlightened - Mint Chocolate Chip Ice Cream (Minus Erythritol), 1 container (2 cup (70 grams) ea.)	320	40g	10g	24g	40mg	180mg	20g	20g
<b>Dinner</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Gardein - Holiday Roast, 1/8 th of roast with 3.5 Tbsp gravy	200	14g	10g	13g	0mg	530mg	3g	--g
Gardein - Holiday Roast, 0.25 container (1 th of roast with 3.5 tbsp gravy ea.)	400	28g	20g	26g	0mg	1,060mg	6g	--g
<b>Supper</b>								
Choczero - Milk Chocolate Hazelnut Ketobark, 0.5 bar	75	6g	7g	2g	5mg	5mg	1g	4g
York - Peppermint Hot Chocolate Mix, 1 pouch	90	19g	2g	2g	--mg	240mg	17g	1g
Pecan Pie - No Eggs, 1 serving(s)	379	24g	32g	3g	40mg	157mg	1g	6g
<b>TOTAL:</b>	<b>2,357</b>	<b>219g</b>	<b>140g</b>	<b>87g</b>	<b>127mg</b>	<b>3,136mg</b>	<b>77g</b>	<b>61g</b>

### November 30, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Maple Mustard Roasted Brussels Sprouts, 1 serving(s)	264	25g	17g	8g	0mg	337mg	4g	12g
Sweet Potato Casserole with Maple Pecan Topping, 1 serving(s)	474	62g	21g	5g	0mg	207mg	30g	17g
<b>Lunch</b>								
Pecan Pie - No Eggs, 1 serving(s)	379	24g	32g	3g	40mg	157mg	1g	6g
<b>Dinner</b>								
<b>TOTAL:</b>	<b>2,467</b>	<b>259g</b>	<b>135g</b>	<b>90g</b>	<b>63mg</b>	<b>2,079mg</b>	<b>76g</b>	<b>95g</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
Nuts' N More - Toffee Crunch, 33 gram		180	9g	11g	12g	1mg	43mg	0g	3g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)		400	32g	18g	28g	20mg	420mg	16g	20g
Snacks									
Enlightened - Mesquite Bbq Roasted Broad Beans, 4 oz		400	60g	12g	28g	0mg	600mg	4g	20g
Supper									
Swiss Miss - Caramel Delight Cocoa, 1 I Envelope		90	16g	2g	1g	0mg	150mg	11g	1g
Snap Kitchen - Hail Merry Meyer Lemon Cups, 1 serving		210	17g	16g	3g	0mg	95mg	10g	4g
TOTAL:		2,467	259g	135g	90g	63mg	2,079mg	76g	95g