



Printable Diary for Lucent

From:



To:



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November 1, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Lunch								
Coffin Meatloaf, 1 serving(s)	219	11g	12g	15g	0mg	1,279mg	2g	2g
Oreo - Mint Oreo, 1 cookies	70	10g	4g	1g	0mg	60mg	7g	1g
Mini Apple Pies, 1 serving(s)	286	38g	15g	3g	40mg	0mg	12g	2g
Dinner								
Morning Star Farms - Veggie Pepperoni pizza bites, 9 Bites (85g)	270	35g	11g	14g	0mg	675mg	5g	5g
Supper								
Maille - Dijon Originale (Ac), 12 tsp	120	0g	6g	5g	--mg	1,560mg	--g	--g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
TOTAL:	1,976	225g	96g	65g	75mg	5,257mg	62g	31g

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

November 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	2,028	210g	109g	84g	112mg	2,474mg	46g	73g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Dinner								
Vegan - Apple Cinammon Muffin, 1 muffin	173	30g	5g	4g	--mg	211mg	12g	3g
Wheatsville - Popcorn Tofu (Estimate), 1 serving	234	17g	11g	15g	57mg	303mg	1g	3g
Snacks								
Oreo - Mint Oreo, 1 cookies	70	10g	4g	1g	0mg	60mg	7g	1g
Choc Zero - Milk Chocolate Maple Pecan Truffles, 2 piece	160	16g	14g	0g	--mg	--mg	--g	14g
Choc Zero - Milk Chocolate Maple Pecan Truffles, 2 piece	160	16g	14g	0g	--mg	--mg	--g	14g
Supper								
Xtreme Wellness - Spinach & Herb, 45 gram	50	15g	2g	5g	0mg	310mg	0g	11g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
TOTAL:	2,028	210g	109g	84g	112mg	2,474mg	46g	73g

November 3, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
ブルボン - Mini Bit Assort Chocolate, 25.5 g	150	13g	10g	2g	--mg	--mg	--g	--g
Choc Zero - Milk Chocolate Maple Pecan Truffles, 1 piece	80	8g	7g	0g	--mg	--mg	--g	7g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Dinner								
Chocolate Coffee Ice Cream, 2 serving(s)	193	17g	12g	2g	46mg	32mg	15g	1g
Guinness Caramel Sauce, 1 serving(s)	88	10g	6g	0g	22mg	4mg	5g	0g
Snacks								
Royal dansk - Cookies, 8 cookies	320	40g	16g	4g	0mg	0mg	0g	0g
Nabisco - Double Stuf Oreo, 6 cookies (29g)	420	63g	21g	3g	0mg	285mg	39g	3g
Wine - Glass - Dry Red Wine, 0.42 cup	125	3g	0g	0g	0mg	10mg	--g	--g
Magnotta White Wine - White Wine, 5 fl oz	123	30g	--g	0g	--mg	7mg	1g	--g
Supper								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
TOTAL:	2,940	286g	169g	56g	183mg	2,548mg	82g	22g

November 4, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
ChocZero - Chocolate Syrup, 1 tablespoon	37	15g	0g	0g	0mg	5mg	0g	14g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
Dinner								
Oreo - Mint Oreo, 1 cookies	70	10g	4g	1g	0mg	60mg	7g	1g
Field Roast - Plant-based nuggets, 0.5 container (252.5 gram)	275	24g	13g	18g	0mg	625mg	0g	4g
Snacks								
Choc Zero - Milk Chocolate Maple Pecan Truffles, 2 piece	160	16g	14g	0g	--mg	--mg	--g	14g
Supper								
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
Orange Tofu v2, 1 serving(s)	424	37g	21g	22g	0mg	1,305mg	23g	3g
TOTAL:	1,987	216g	101g	59g	105mg	2,420mg	72g	44g

November 5, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Dinner								
Domino's - Sweet Icing Dipping Cup, 0.5 cup	115	26g	2g	0g	0mg	55mg	26g	0g
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
Domino's - Artisan - Spinach & Feta, 1 Slice (62g)	150	17g	7g	6g	10mg	250mg	1g	1g
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 4 slice	1,400	116g	76g	60g	140mg	2,480mg	8g	4g
Supper								
Angie's - Boom Chicka Pop., 2 Cups	140	18g	8g	1g	0mg	110mg	8g	2g
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
TOTAL:	2,666	284g	134g	86g	180mg	3,385mg	57g	13g

November 6, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
Domino's - Sweet Icing Dipping Cup, 0.5 cup	115	26g	2g	0g	0mg	55mg	26g	0g
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 2 slice	700	58g	38g	30g	70mg	1,240mg	4g	2g
Domino's - Artisan - Spinach & Feta, 2 Slice (62g)	300	34g	14g	12g	20mg	500mg	2g	2g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Starbucks - Tall Mocha 2% no Whip, 12 oz	200	32g	6g	10g	20mg	115mg	26g	1g
ブルボン - Mini Bit Assort Chocolate, 17 g	100	9g	7g	1g	--mg	--mg	--g	--g
Dinner								
Choczero - Milk Chocolate Peanut Butter Cup, 3 cup	240	12g	18g	6g	0mg	30mg	3g	9g
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
Snacks								
Oreo - Mint Oreo, 1 cookies	70	10g	4g	1g	0mg	60mg	7g	1g
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Supper								
Stacy's Pita Chips - Stacy's Parmesan Garlic & Herb, 13.5 chips (28g)	195	27g	8g	6g	0mg	390mg	1g	1g
Spinach Artichoke Dip, 4 serving(s)	108	5g	5g	10g	17mg	303mg	1g	3g
TOTAL:	2,968	303g	155g	110g	177mg	3,552mg	91g	26g

November 7, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Lunch								
Wheatsville - Popcorn Tofu (Estimate), 2 serving	468	34g	22g	30g	114mg	606mg	2g	7g
Dinner								
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
Supper								
TOTAL:	2,364	216g	111g	79g	239mg	2,168mg	54g	50g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lamarca - Lamarca Prosecco, 14 oz	280	6g	--g	--g	--mg	--mg	--g	--g
Mint Chocolate Peanut Butter Cheesecake Bars, 0.5 serving(s)	147	11g	12g	3g	20mg	89mg	5g	2g
Mini Apple Pies, 1 serving(s)	286	38g	15g	3g	40mg	0mg	12g	2g
Oreo - Mint Oreo, 2 cookies	140	20g	7g	1g	0mg	120mg	13g	1g
TOTAL:	2,364	216g	111g	79g	239mg	2,168mg	54g	50g

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

November 8, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Lunch								
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
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								
Broccoli Cheese Soup, 6.1 serving(s)	304	12g	22g	14g	68mg	469mg	6g	2g
Snacks								
Choczero - Milk Chocolate Peanut Butter Cup, 5 cup	400	20g	30g	10g	0mg	50mg	5g	15g
Supper								
Orange Tofu v2, 1 serving(s)	426	38g	21g	22g	0mg	1,305mg	23g	3g
TOTAL:	2,124	176g	132g	75g	143mg	2,722mg	65g	57g

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

November 9, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Choczero - Milk Chocolate Peanut Butter Cup, 3 cup	240	12g	18g	6g	0mg	30mg	3g	9g
Nutella Cinnamon Rolls, 1 serving(s)	286	45g	11g	5g	15mg	10mg	4g	4g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Orange Tofu v2, 1 serving(s)	426	38g	21g	22g	0mg	1,305mg	23g	3g
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
Dinner								
Choczero - Milk Chocolate Peanut Butter Cup, 1 cup	80	4g	6g	2g	0mg	10mg	1g	3g
Starbucks - Tall Peppermint Latte 2% Milk, 12 oz	190	27g	5g	9g	20mg	110mg	26g	--g
Snacks								
Choc Zero - Milk Chocolate Maple Pecan Truffles, 1 piece	80	8g	7g	0g	--mg	--mg	--g	7g
Supper								
Broccoli Cheese Soup, 6.1 serving(s)	304	12g	22g	14g	68mg	469mg	6g	2g
Spinach Artichoke Dip, 3.5 serving(s)	95	5g	4g	9g	15mg	265mg	1g	2g
Stacy's Pita Chips - Stacy's Parmesan Garlic & Herb, 9 chips (28g)	130	18g	5g	4g	0mg	260mg	1g	1g
TOTAL:	2,131	192g	122g	77g	158mg	2,638mg	75g	35g

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

November 10, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Choczero - Milk Chocolate Peanut Butter Cup, 3 cup	240	12g	18g	6g	0mg	30mg	3g	9g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Quest - Peanut Butter Cookie, 1 cookie (58g)	220	22g	13g	15g	15mg	220mg	1g	12g
Lunch								
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Gardein - Nashville Hot Chick'n Tenders, 1 container (7.5 tenders ea.)	500	43g	23g	33g	0mg	1,350mg	3g	3g
Dinner								
Quest - Spicy sweet chili protein chips, 32 g (1bag)	140	5g	5g	19g	10mg	300mg	1g	1g
TOTAL:	2,137	154g	134g	108g	75mg	3,494mg	21g	52g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Farmrich - Mozzarella Bites (From Label), 1 pieces (46g)	75	7g	4g	4g	10mg	155mg	2g	1g
Snacks								
Choc Zero - Milk Chocolate Maple Pecan Truffles, 1 piece	80	8g	7g	0g	--mg	--mg	--g	7g
Supper								
Mint Chocolate Peanut Butter Cheesecake Bars, 0.5 serving(s)	147	11g	12g	3g	20mg	89mg	5g	2g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
TOTAL:	2,137	154g	134g	108g	75mg	3,494mg	21g	52g

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

November 11, 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								
Orange Tofu v2, 1 serving(s)	426	38g	21g	22g	0mg	1,305mg	23g	3g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
Snacks								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Supper								
Mint Chocolate Peanut Butter Cheesecake Bars, 0.5 serving(s)	147	11g	12g	3g	20mg	89mg	5g	2g
Starbucks - Tall Toasted White Chocolate Mocha, 12 oz	220	42g	2g	10g	5mg	270mg	38g	--g
TOTAL:	1,998	195g	97g	102g	75mg	3,374mg	86g	50g

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

November 12, 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								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
Dinner								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
Snacks								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Supper								
Broccoli Cheese Soup, 6.1 serving(s)	304	12g	22g	14g	68mg	469mg	6g	2g
Starbuck's - Chestnut Praline Latte, Grande (No Whip, 2%), 16 fl oz	260	39g	6g	11g	25mg	150mg	36g	0g
ChocZero - Milk Chocolate peanut butter cups, 3 piece	240	12g	18g	6g	--mg	30mg	3g	9g
TOTAL:	2,176	192g	124g	85g	188mg	2,702mg	81g	46g

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

November 13, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
TOTAL:	2,231	168g	134g	100g	85mg	2,712mg	40g	59g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Lunch								
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
Choc zero - White choc Pb cups, 3 cup	240	15g	18g	9g	0mg	30mg	3g	12g
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Dinner								
Choc zero - White choc Pb cups, 1 cup	80	5g	6g	3g	0mg	10mg	1g	4g
Healthy Life - Bun, 1 bun	80	16g	1g	4g	0mg	200mg	3g	4g
Beyond meat - Beyond meat burger, 1 patty	270	--g	20g	20g	--mg	380mg	--g	--g
Snacks								
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
Choc Zero - Milk Chocolate Maple Pecan Truffles, 1 piece	80	8g	7g	0g	--mg	--mg	--g	7g
Supper								
ChocZero - Milk Chocolate peanut butter cups, 1 piece	80	4g	6g	2g	--mg	10mg	1g	3g
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Gardein - Nashville Hot Chick'n Tenders, 1 container (7.5 tenders ea.)	500	43g	23g	33g	0mg	1,350mg	3g	3g
TOTAL:	2,231	168g	134g	100g	85mg	2,712mg	40g	59g

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

November 14, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Butter, 20 g	143	0g	16g	0g	43mg	2mg	0g	0g
Carbquick Cheddar Biscuits, 7 serving(s)	387	26g	32g	15g	89mg	491mg	2g	21g
Lunch								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Dinner								
Morning Star Farms - Veggie Pepperoni pizza bites, 7 Bites (85g)	210	27g	8g	11g	0mg	525mg	4g	4g
TOTAL:	2,028	182g	134g	46g	310mg	1,364mg	66g	67g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocolate Coffee Ice Cream, 3 serving(s)	290	25g	18g	4g	70mg	48mg	23g	2g
Guinness Caramel Sauce, 1.5 serving(s)	132	15g	9g	0g	33mg	6mg	7g	0g
Snacks								
Choc zero - White choc Pb cups, 2 cup	160	10g	12g	6g	0mg	20mg	2g	8g
Supper								
Choc Zero - Milk Chocolate Maple Pecan Truffles, 1 piece	80	8g	7g	0g	--mg	--mg	--g	7g
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
TOTAL:	2,028	182g	134g	46g	310mg	1,364mg	66g	67g

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

November 15, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Domino's - Handmade Pan Pizza 12" W/ Extra Cheese, Feta, Cheddar, Parmesan, 5 slice	1,750	145g	95g	75g	175mg	3,100mg	10g	5g
Lunch								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Dinner								
Vega Bars - Chocolate Caramel, 45 g	180	21g	8g	10g	0mg	80mg	11g	4g
Domino's - Stuffed Cheesy Bread, 1 Piece	140	16g	6g	6g	15mg	240mg	1g	1g
Supper								
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 45 ml	104	--g	--g	--g	--mg	--mg	--g	--g
Insomnia Cookies - Vegan Gluten-free Chocolate Chip Cookie, 3 cookie	720	105g	36g	6g	--mg	420mg	63g	6g
TOTAL:	2,899	287g	145g	97g	190mg	3,840mg	85g	16g

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

November 16, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Insomnia Cookies - Vegan Gluten-free Chocolate Chip Cookie, 3 cookie	720	105g	36g	6g	--mg	420mg	63g	6g
Lunch								
ChocZero - Milk Chocolate peanut butter cups, 1 piece	80	4g	6g	2g	--mg	10mg	1g	3g
Coffin Meatloaf, 1 serving(s)	219	11g	12g	15g	0mg	1,279mg	2g	2g
Dinner								
ChocZero - Milk Chocolate peanut butter cups, 1 piece	80	4g	6g	2g	--mg	10mg	1g	3g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Wild Turkey - Longbranch Whiskey, 1.5 oz	105	0g	0g	0g	0mg	0mg	0g	0g
Supper								
Beyond meat - Beyond meat burger, 1 patty	270	--g	20g	20g	--mg	380mg	--g	--g
Healthy Life - Bun, 1 bun	80	16g	1g	4g	0mg	200mg	3g	4g
TOTAL:	1,959	172g	99g	77g	20mg	2,719mg	86g	38g

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

November 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Butter, 12 g	86	0g	10g	0g	26mg	1mg	0g	0g
Carbquick Cheddar Biscuits, 4 serving(s)	221	15g	19g	9g	51mg	280mg	1g	12g
La Colombe - La Colombe Vanilla Draft Latte, 1 can	140	19g	5g	7g	15mg	45mg	15g	2g
Lunch								
Nabisco - Double Stuf Oreo, 2 cookies (29g)	140	21g	7g	1g	0mg	95mg	13g	1g
Dinner								
Guinness Caramel Sauce, 1 serving(s)	88	10g	6g	0g	22mg	4mg	5g	0g
Chocolate Coffee Ice Cream, 2 serving(s)	193	17g	12g	2g	46mg	32mg	15g	1g
Field Roast - Celebration Roast with Gravy, 520 grams	550	38g	23g	46g	0mg	1,980mg	4g	6g
Snacks								
Royal dansk - Cookies, 4 cookies	160	20g	8g	2g	0mg	0mg	0g	0g
TOTAL:	2,076	180g	95g	87g	170mg	2,737mg	72g	23g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Supper								
Left Hand Brewing Company - Nitro Milk Stout, 12 oz	185	18g	0g	1g	0mg	0mg	18g	0g
Quest - Spicy sweet chili protein chips, 32 g (1bag)	140	5g	5g	19g	10mg	300mg	1g	1g
Highland - Gaelic Ale Beer, 12 ounces	173	17g	0g	0g	0mg	0mg	0g	0g
TOTAL:	2,076	180g	95g	87g	170mg	2,737mg	72g	23g

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

November 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Mint Chocolate Peanut Butter Cheesecake Bars, 1.5 serving(s)	442	34g	35g	9g	60mg	268mg	15g	6g
Lunch								
Choc Zero - Milk Chocolate Maple Pecan Truffles, 1 piece	80	8g	7g	0g	--mg	--mg	--g	7g
Gardein - Mandarin Orange Crispy Chik'n, 1 container (17.5 nuggets ea.)	525	75g	15g	28g	0mg	1,375mg	38g	0g
Dinner								
Alexia - Crispy Onion Rings, 0.5 container (360 gs ea.)	540	65g	27g	7g	0mg	878mg	7g	2g
Supper								
Quest - Spicy sweet chili protein chips, 32 g (1bag)	140	5g	5g	19g	10mg	300mg	1g	1g
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Morning Star Farms - Veggie Pepperoni pizza bites, 10 Bites (85g)	300	38g	12g	15g	0mg	750mg	5g	5g
TOTAL:	2,102	225g	107g	82g	85mg	3,711mg	66g	21g

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

November 19, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	2,123	208g	94g	129g	90mg	3,706mg	79g	53g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Mini Apple Pies, 1 serving(s)	269	30g	15g	3g	40mg	0mg	9g	2g
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Zone Perfect - Strawberry Yogurt Bar, 1 bar	210	25g	6g	14g	0mg	200mg	16g	1g
Dinner								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Field Roast - Celebration Roast with Gravy, 520 grams	550	38g	23g	46g	0mg	1,980mg	4g	6g
Snacks								
tall latte - Starbucks, 1 cup	150	14g	6g	10g	25mg	115mg	13g	0g
Supper								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Vegan Sloppy Joe, 1 serving(s)	384	35g	19g	24g	0mg	796mg	9g	5g
TOTAL:	2,123	208g	94g	129g	90mg	3,706mg	79g	53g

November 20, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
Mini Apple Pies, 1 serving(s)	269	30g	15g	3g	40mg	0mg	9g	2g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chili Hot + Black Beans, 1 serving(s)	387	43g	15g	24g	0mg	1,093mg	4g	12g
Dinner								
Kroger - Extra Sharp Cheddar Chese, 1 oz	110	1g	9g	7g	30mg	180mg	0g	0g
Impossible Burger - Impossible Vegan Meat, 169.5 grams	360	14g	21g	29g	0mg	555mg	0g	5g
Healthy Life Wheat Buns - Sandwich Wheat Buns, 1 Bun	80	18g	1g	4g	0mg	210mg	3g	3g
Snacks								
Theo Chocolate - Gingerbread Spice 45% Milk Chocolate, 1/8 bar	60	6g	4g	1g	3mg	8mg	5g	1g
Supper								
Generic - Vegan Apple Pie Muffin, 1 muffin	105	19g	3g	2g	--mg	--mg	8g	2g
TOTAL:	2,021	192g	115g	80g	113mg	2,665mg	42g	44g

November 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Lunch								
Theo Chocolate - Gingerbread Spice 45% Milk Chocolate, 1/8 bar	60	6g	4g	1g	3mg	8mg	5g	1g
Mini Apple Pies, 1 serving(s)	269	30g	15g	3g	40mg	0mg	9g	2g
Dinner								
Theo Chocolate - Gingerbread Spice 45% Milk Chocolate, 1/8 bar	60	6g	4g	1g	3mg	8mg	5g	1g
Vegan Sloppy Joe, 1 serving(s)	384	35g	19g	24g	0mg	796mg	9g	5g
Snacks								
Nabisco - Double Stuf Oreo, 6 cookies (29g)	420	63g	21g	3g	0mg	285mg	39g	3g
Royal dansk - Cookies, 4 cookies	160	20g	8g	2g	0mg	0mg	0g	0g
Supper								
Theo - Cranberry Orange 55% Dark Chocolate, 1/8 bar	53	6g	4g	1g	0mg	0mg	5g	1g
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
Spinach Artichoke Dip, 5 serving(s)	135	7g	6g	13g	21mg	379mg	1g	3g
Stacy's Pita Chips - Stacy's Parmesan Garlic & Herb, 13.5 chips (28g)	195	27g	8g	6g	0mg	390mg	1g	1g
TOTAL:	2,062	248g	98g	58g	102mg	1,959mg	92g	38g

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

November 22, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nestle - Coffee Mate Creamer Caramel Latte, 2 tablespoon	70	10g	3g	0g	0mg	20mg	10g	--g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Simple truth - Chocolate truffle brownie batter, 1 container (8 tbs)	440	64g	24g	4g	0mg	20mg	44g	4g
Dinner								
Broccoli Alfredo, 2 serving(s)	646	60g	28g	36g	50mg	1,302mg	2g	6g
Snacks								
TOTAL:	2,055	196g	99g	67g	70mg	2,605mg	79g	21g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Beverage - Champagne, 8 oz	184	4g	0g	0g	0mg	8mg	4g	0g
Nabisco - Double Stuf Oreo, 2 cookies (29g)	140	21g	7g	1g	0mg	95mg	13g	1g
Choc Zero - Milk Chocolate Maple Pecan Truffles, 1 piece	80	8g	7g	0g	--mg	--mg	--g	7g
Supper								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Beyond Meat - Beyond Sausage (Italian), 1 Sausage	190	5g	12g	16g	--mg	500mg	0g	3g
TOTAL:	2,055	196g	99g	67g	70mg	2,605mg	79g	21g

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

November 23, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Broccoli Alfredo, 1 serving(s)	323	30g	14g	18g	25mg	651mg	1g	3g
La Colombe - Oat Draft Latte, 1 cup	130	17g	5g	3g	0mg	100mg	7g	2g
Lunch								
Mini Apple Pies, 1 serving(s)	269	30g	15g	3g	40mg	0mg	9g	2g
Mint Chocolate Peanut Butter Cheesecake Bars, 1 serving(s)	295	23g	23g	6g	40mg	179mg	10g	4g
Dinner								
Nabisco - Double Stuf Oreo, 3 cookies (29g)	210	32g	11g	2g	0mg	143mg	20g	2g
Royal dansk - Cookies, 4 cookies	160	20g	8g	2g	0mg	0mg	0g	0g
Cheetos - Cheese Cheetos, 1 bag	330	31g	20g	3g	0mg	500mg	2g	1g
Supper								
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Theo - Cranberry Orange 55% Dark Chocolate, 1/4 bar	105	13g	7g	1g	0mg	0mg	10g	2g
Vegan Sloppy Joe, 1 serving(s)	384	35g	19g	24g	0mg	796mg	9g	5g
TOTAL:	2,276	231g	128g	66g	120mg	2,509mg	68g	21g

November 24, 2020								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Choc Zero - Milk Chocolate Maple Pecan Truffles, 2 piece	160	16g	14g	0g	--mg	--mg	--g	14g
TOTAL:	1,980	217g	97g	92g	55mg	2,831mg	40g	59g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Broccoli Alfredo, 1 serving(s)	323	30g	14g	18g	25mg	651mg	1g	3g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Nabisco - Double Stuf Oreo, 2 cookies (29g)	140	21g	7g	1g	0mg	95mg	13g	1g
Enlightened - Bada Bean Bada Boom, 4.5 ounce	450	68g	14g	32g	0mg	585mg	5g	23g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Kroger - Nacho & Taco Cheese Blend, 0.25 cup (28g)	110	2g	9g	6g	30mg	220mg	0g	0g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Supper								
York - Peppermint Hot Chocolate Mix, 1 pouch	90	19g	2g	2g	--mg	240mg	17g	1g
TOTAL:	1,980	217g	97g	92g	55mg	2,831mg	40g	59g

November 25, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
La Colombe - Peppermint Mocha Draft Latte, 1 can	110	15g	4g	6g	10mg	20mg	13g	1g
Lunch								
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, 0.25 container (3 cup (50 g) ea.)	105	6g	3g	14g	0mg	330mg	2g	5g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Dinner								
Guinness - Extra Stout (Usa), 11.2 fl. oz.	158	13g	0g	2g	--mg	--mg	--g	--g
Moon Cheese Snacks - Moon Cheese - Cheddar, 1 container (28 pieces ea.)	340	2g	28g	22g	90mg	700mg	0g	2g
Royal dansk - Cookies, 8 cookies	320	40g	16g	4g	0mg	0mg	0g	0g
Snacks								
Starbucks - Tall Mocha Cookie Crumble Frappuccino, No Whip, 12 oz.	240	49g	5g	3g	--mg	--mg	--g	0g
Supper								
Choc Zero - Milk Chocolate Maple Pecan Truffles, 1 piece	80	8g	7g	0g	--mg	--mg	--g	7g
Healthy Life Wheat Buns - Sandwich Wheat Buns, 1 Bun	80	18g	1g	4g	0mg	210mg	3g	3g
Impossible Burger - Impossible Vegan Meat, 113 grams	240	9g	14g	19g	0mg	370mg	0g	3g
TOTAL:	2,015	192g	101g	78g	100mg	1,860mg	19g	28g

November 26, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Lunch								
Cupcake Winery - White Wine-chardonnay, 9 oz.	218	7g	--g	--g	--mg	9mg	3g	--g
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
Mini Pecan Pies, 1 serving(s)	305	20g	24g	3g	32mg	127mg	1g	3g
Honey Balsamic Brussels Sprouts, 6 serving(s)	203	26g	7g	5g	0mg	78mg	16g	5g
Sweet Potato Casserole with Maple Pecan Topping, 1 serving(s)	471	66g	22g	6g	10mg	116mg	25g	14g
Dinner								
Pumpkin Cheesecake Bars, 1 serving(s)	251	10g	22g	4g	69mg	211mg	3g	0g
Snacks								
Theo - Cranberry Orange 55% Dark Chocolate, 1/4 bar	105	13g	7g	1g	0mg	0mg	10g	2g
Supper								
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Wine - Glass - Dry Red Wine, 10 fluid ounce	372	10g	0g	1g	0mg	30mg	--g	--g
Mini Pecan Pies, 1 serving(s)	305	20g	24g	3g	32mg	127mg	1g	3g
TOTAL:	3,331	272g	161g	82g	193mg	3,051mg	89g	48g

November 27, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Lunch								
Theo Chocolate - Gingerbread Spice 45% Milk Chocolate, 1/8 bar	60	6g	4g	1g	3mg	8mg	5g	1g
Sweet Potato Casserole with Maple Pecan Topping, 1 serving(s)	471	66g	22g	6g	10mg	116mg	25g	14g
Dinner								
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
Snacks								
Theo Chocolate - Gingerbread Spice 45% Milk Chocolate, 1/8 bar	60	6g	4g	1g	3mg	8mg	5g	1g
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Royal dansk - Cookies, 4 cookies	160	20g	8g	2g	0mg	0mg	0g	0g
TOTAL:	2,522	254g	129g	87g	133mg	2,867mg	92g	41g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Supper								
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
Mini Pecan Pies, 1 serving(s)	305	20g	24g	3g	32mg	127mg	1g	3g
Starbucks - Tall Mocha 2% no Whip, 12 oz	200	32g	6g	10g	20mg	115mg	26g	1g
TOTAL:	2,522	254g	129g	87g	133mg	2,867mg	92g	41g

November 28, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Mini Apple Pies, 1 serving(s)	269	30g	15g	3g	40mg	0mg	9g	2g
Sweet Potato Casserole with Maple Pecan Topping, 1 serving(s)	471	66g	22g	6g	10mg	116mg	25g	14g
Lunch								
Angie's Boom Chicka Pop - Hot Cocoa Marshmallow, 1.25 cup	170	20g	10g	1g	0mg	100mg	12g	2g
Wheatsville - Popcorn Tofu (Estimate), 1.5 serving	351	26g	17g	22g	86mg	455mg	2g	5g
Dinner								
Gardein - Stuffed Turk'y, 1 cutlet	320	32g	13g	22g	0mg	740mg	4g	2g
Starbucks - Tall Mocha 2% no Whip, 12 oz	200	32g	6g	10g	20mg	115mg	26g	1g
Snacks								
land o lakes - chocolate supreme, 35 gram	140	26g	3g	3g	0mg	0mg	24g	0g
Supper								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Vegan Pepperoni, 1 serving(s)	119	4g	3g	17g	0mg	2mg	0g	1g
Orange, 1 medium	62	15g	0g	1g	0mg	0mg	12g	3g
TOTAL:	2,202	251g	97g	91g	176mg	1,768mg	114g	30g

November 29, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Lunch								
Farm Rich - Breaded Mozzarella Sticks Corrected, 4 sticks (86g)	360	31g	20g	16g	27mg	867mg	3g	1g
Sweet Potato Casserole with Maple Pecan Topping, 1 serving(s)	471	66g	22g	6g	10mg	116mg	25g	14g
Dinner								

TOTAL:	2,425	254g	121g	66g	124mg	2,347mg	69g	41g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Royal dansk - Cookies, 4 cookies	160	20g	8g	2g	0mg	0mg	0g	0g
Nabisco - Double Stuf Oreo, 2 cookies (29g)	140	21g	7g	1g	0mg	95mg	13g	1g
Mini Pecan Pies, 1 serving(s)	305	20g	24g	3g	32mg	127mg	1g	3g
Supper								
Wine - Glass - Dry Red Wine, 4 fluid ounce	149	4g	0g	0g	0mg	12mg	--g	--g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Vegan Pepperoni, 1 serving(s)	119	4g	3g	17g	0mg	2mg	0g	1g
Field Roast - Miniature Corn Dogs, 1/2 container (12 corn dogs)	390	44g	20g	12g	0mg	795mg	9g	0g
TOTAL:	2,425	254g	121g	66g	124mg	2,347mg	69g	41g

November 30, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
ChocZero - Chocolate Syrup, 1.5 tablespoon	56	23g	0g	0g	0mg	8mg	0g	21g
Coffee - Black Coffee, 1 cup	5	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Deluxe Artisan Vanilla Bean Ice Cream, 87 g	170	21g	9g	3g	35mg	85mg	18g	0g
Lunch								
Farm Rich - Breaded Mozzarella Sticks Corrected, 8 sticks (86g)	720	61g	40g	32g	53mg	1,733mg	5g	3g
Sweet Potato Casserole with Maple Pecan Topping, 1 serving(s)	471	66g	22g	6g	10mg	116mg	25g	14g
Dinner								
Starbuck's - Chestnut Praline Latte, Grande (No Whip, 2%), 16 fl oz	260	39g	6g	11g	25mg	150mg	36g	0g
Simple truth - Chocolate truffle brownie batter, 1/2 container (8 tbs)	220	32g	12g	2g	0mg	10mg	22g	2g
Supper								
Dogfish - Slightly Mighty Lo-Cal IPA, 12 fl oz	95	4g	0g	1g	--mg	--mg	--g	--g
Angie's Boom Chicka Pop - Hot Cocoa Marshmallow, 1.25 cup	170	20g	10g	1g	0mg	100mg	12g	2g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Vegan Pepperoni, 1 serving(s)	119	4g	3g	17g	0mg	2mg	0g	1g
TOTAL:	2,386	270g	110g	79g	143mg	2,444mg	118g	43g