



Printable Diary for Lucent

From:



To:



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☒ Food Diary

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May 1, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Sargento - 4 Cheese Mexican Cheese, 14 grams (1/4 Cup)	55	1g	5g	3g	13mg	85mg	0g	0g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Snacks								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Supper								
Jelly Belly - Licorice, 17.5 pieces	70	19g	0g	0g	0mg	8mg	14g	0g
Norton Chardonnay - Chardonnay Wine, 5 oz	95	1g	0g	0g	--mg	7mg	--g	--g
TOTAL:	1,712	178g	79g	70g	43mg	2,959mg	36g	47g

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

May 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
TOTAL:	2,778	276g	142g	103g	35mg	5,216mg	134g	59g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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
Lunch								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 99 g	450	60g	21g	3g	0mg	315mg	33g	3g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Supper								
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 148.5 g	675	90g	32g	5g	0mg	473mg	50g	5g
Maple Soy Tofu, 12 serving(s)	732	45g	42g	43g	0mg	3,177mg	33g	10g
TOTAL:	2,778	276g	142g	103g	35mg	5,216mg	134g	59g

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

May 3, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
La Colombe Coffee - Draft Latte, 1 can	90	14g	3g	5g	0mg	0mg	10g	2g
Lunch								
Enlightened - Mesquite Bbq Roasted Broad Beans, 0.5 container (3.5 oz ea.)	175	26g	5g	12g	0mg	263mg	2g	9g
Quest - Taco Tortilla Protein Chips, 1 bag	140	5g	5g	19g	10mg	340mg	0g	1g
Orange Sweet Buns, 2 serving(s)	558	73g	24g	12g	11mg	281mg	3g	0g
Dinner								
Wild Friends - Chocolate Peanut Butter, 32 g	170	7g	13g	12g	0mg	55mg	3g	2g
Maple Soy Tofu 2, 10 serving(s)	784	52g	42g	49g	0mg	3,268mg	38g	12g
Supper								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	2,317	209g	110g	137g	41mg	4,627mg	72g	46g

May 4, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 0.5 oz.	80	8g	5g	1g	0mg	135mg	1g	1g
Sargento - 4 Cheese Mexican Cheese, 14 grams (1/4 Cup)	55	1g	5g	3g	13mg	85mg	0g	0g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Lunch								
Orange Sweet Buns, 1 serving(s)	279	36g	12g	6g	6mg	141mg	1g	0g
Dinner								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Snacks								
Wild Turkey - Longbranch Whiskey, 1.5 oz	105	0g	0g	0g	0mg	0mg	0g	0g
Supper								
Choczero - Sugar-free Honest Syrup Maple Pecan, 3.5 tablespoon(20g)	105	46g	0g	0g	0mg	18mg	0g	39g
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
TOTAL:	1,661	217g	71g	69g	19mg	2,878mg	9g	98g

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

May 5, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
Orange Sweet Buns, 1 serving(s)	279	36g	12g	6g	6mg	141mg	1g	0g
Lunch								
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Sargento - 4 Cheese Mexican Cheese, 14 grams (1/4 Cup)	55	1g	5g	3g	13mg	85mg	0g	0g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Dinner								
TOTAL:	1,754	217g	79g	44g	21mg	2,912mg	24g	45g

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
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
Snacks								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Supper								
Norton Chardonnay - Chardonnay Wine, 5 oz	95	1g	0g	0g	--mg	7mg	--g	--g
TOTAL:	1,754	217g	79g	44g	21mg	2,912mg	24g	45g

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

May 6, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Orange Sweet Buns, 1 serving(s)	279	36g	12g	6g	6mg	141mg	1g	0g
Lunch								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Dinner								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
TOTAL:	1,559	171g	76g	59g	26mg	2,221mg	35g	34g

May 7, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Orange Sweet Buns, 1 serving(s)	279	36g	12g	6g	6mg	141mg	1g	0g
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Archer Farms - Roasted Jumbo Cashews With Sea Salt, 1 oz	160	8g	13g	5g	0mg	95mg	2g	1g
Dinner								
TOTAL:	1,779	175g	96g	83g	91mg	3,516mg	24g	52g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Kroger - Nacho & Taco Blend, 0.17 Cup	55	1g	5g	4g	13mg	85mg	0g	0g
Alexia - Mashed Cauliflower - Sea Salt, 1 container (1 1/2 cup (113g) ea.)	210	21g	11g	3g	30mg	1,380mg	6g	6g
Snacks								
Quest Nutrition - Cheddar and Sour Cream Chips, 1 bag	140	5g	5g	19g	10mg	350mg	0g	1g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Supper								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
TOTAL:	1,779	175g	96g	83g	91mg	3,516mg	24g	52g

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

May 8, 2020

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
Lunch								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 99 g	450	60g	21g	3g	0mg	315mg	33g	3g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Archer Farms - Roasted Jumbo Cashews With Sea Salt, 1 oz	160	8g	13g	5g	0mg	95mg	2g	1g
Supper								
Enlightened Roasted Broad Bean Crisps (Net Carbs) - Sriracha, 1 container (3 oz. ea.)	300	45g	9g	21g	0mg	390mg	3g	15g
TOTAL:	1,731	192g	83g	78g	22mg	1,911mg	56g	58g

May 9, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Orange Sweet Buns, 1 serving(s)	279	36g	12g	6g	6mg	141mg	1g	0g
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Archer Farms - Roasted Jumbo Cashews With Sea Salt, 1 oz	160	8g	13g	5g	0mg	95mg	2g	1g
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 99 g	450	60g	21g	3g	0mg	315mg	33g	3g
Dinner								
Primal Kitchen - Ranch, 2 tablespoon	120	2g	13g	0g	0mg	210mg	0g	0g
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Field Roast - Fruffalo Wings, 1 container (14 wings with spicy buffalo sauces ea.)	720	46g	30g	22g	0mg	860mg	12g	2g
Supper								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 66 g	300	40g	14g	2g	0mg	210mg	22g	2g
TOTAL:	2,274	244g	117g	42g	8mg	2,101mg	80g	47g

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

May 10, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Orange Sweet Buns, 1 serving(s)	279	36g	12g	6g	6mg	141mg	1g	0g
Lunch								
Ruffles Simply Natural - Sea Salted, 30 chips 1oz (28g)	280	36g	14g	4g	0mg	320mg	1g	4g
Archer Farms - Roasted Jumbo Cashews With Sea Salt, 1 oz	160	8g	13g	5g	0mg	95mg	2g	1g
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 132 g	600	80g	28g	4g	0mg	420mg	44g	4g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Supper								
TOTAL:	2,504	266g	133g	101g	33mg	2,736mg	76g	74g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Beyond Meat - Beyond Burger Canada, 1 container (226 grams ea.)	520	10g	36g	40g	0mg	700mg	0g	4g
La Banderita Carb Counter - Carb Counter Wraps, 1 Tortilla	45	15g	1g	5g	0mg	220mg	0g	11g
Ole Extreme Wellness High Fiber - Tortilla Wraps, 1 wrap	50	15g	2g	5g	0mg	280mg	0g	11g
TOTAL:	2,504	266g	133g	101g	33mg	2,736mg	76g	74g

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

May 11, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Orange Sweet Buns, 1 serving(s)	279	36g	12g	6g	6mg	141mg	1g	0g
Lunch								
Girl Scouts - Fruit Slices, 6 pieces	260	66g	0g	0g	0mg	30mg	50g	0g
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
Dinner								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
Ruffles Simply Natural - Sea Salted, 30 chips 1oz (28g)	280	36g	14g	4g	0mg	320mg	1g	4g
Supper								
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 2.5 oz.	400	38g	25g	5g	0mg	675mg	3g	3g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Generic Cabernet - Cabernet Sauvignon, 0.4 container (20 oz ea.)	184	6g	0g	1g	0mg	0mg	2g	0g
TOTAL:	2,763	352g	113g	66g	11mg	4,105mg	102g	37g

May 12, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Orange Sweet Buns, 2 serving(s)	558	73g	24g	12g	11mg	281mg	3g	0g
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
Lunch								

TOTAL:	3,013	370g	122g	122g	33mg	1,678mg	157g	39g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Ruffles Simply Natural - Sea Salted, 30 chips 1oz (28g)	280	36g	14g	4g	0mg	320mg	1g	4g
Dinner								
Hon's - Fried Seitan, 170 g	530	15g	28g	56g	0mg	59mg	0g	0g
Ben & Jerry's - Vegan Chocolate Chip Cookie Dough Chunks, 56 gram	240	40g	8g	2g	0mg	60mg	24g	0g
Supper								
Jelly Beans - Assorted Flavors, 105 pieces	420	111g	0g	0g	--mg	45mg	84g	--g
Enlightened - Mesquite Bbq Roasted Broad Beans, 0.5 container (3.5 oz ea.)	175	26g	5g	12g	0mg	263mg	2g	9g
Gourmet paleo - Cookie, 1 l cookie	365	27g	25g	7g	2mg	200mg	19g	6g
TOTAL:	3,013	370g	122g	122g	33mg	1,678mg	157g	39g

May 13, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 198 g	900	120g	42g	6g	0mg	630mg	66g	6g
Lunch								
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 5 Slice	1,550	145g	75g	55g	150mg	2,600mg	--g	5g
Dinner								
Domino's - Spinach and Feta Cheesebread, 1 piece	140	16g	6g	6g	15mg	260mg	1g	1g
Supper								
Jelly Beans - Assorted Flavors, 35 pieces	140	37g	0g	0g	--mg	15mg	28g	--g
Vegan Doughnuts, 5 serving(s)	881	124g	36g	16g	16mg	192mg	34g	0g
TOTAL:	3,611	442g	159g	83g	181mg	3,697mg	129g	12g

May 14, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Domino's - Spinach and Feta Cheesebread, 6 piece	840	96g	36g	36g	90mg	1,560mg	6g	6g
Lunch								
Vegan Doughnuts, 4 serving(s)	705	99g	29g	12g	12mg	153mg	27g	0g
Dinner								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 165 g	750	100g	35g	5g	0mg	525mg	55g	5g
Supper								

TOTAL:	2,917	368g	134g	72g	148mg	2,850mg	103g	31g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Moon Cheese - Cheddar Bacon Me Crazy, 28.3 gram	170	2g	13g	11g	40mg	390mg	0g	0g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Vegan Doughnuts, 2 serving(s)	352	50g	14g	6g	6mg	77mg	14g	0g
TOTAL:	2,917	368g	134g	72g	148mg	2,850mg	103g	31g

May 15, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Vegan Doughnuts, 1 serving(s)	176	25g	7g	3g	3mg	38mg	7g	0g
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Dinner								
Cw - Quest - Protein Chips Bbq - Fixed, 0.6 bag	84	3g	3g	11g	6mg	198mg	1g	1g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Snacks								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Supper								
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
TOTAL:	2,270	209g	132g	84g	116mg	3,426mg	66g	44g

May 16, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Morningstar Farms - Chick'n Nuggets, 1 container (14 nuggets(86g) ea.)	700	70g	32g	42g	0mg	1,295mg	7g	11g
Lunch								
Eatingevolved - Keto Cups / Original (New Recipe), 1 keto cup	130	5g	12g	2g	--mg	5mg	1g	3g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 45 ml	104	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	2,134	222g	106g	83g	22mg	2,935mg	34g	76g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Supper								
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
TOTAL:	2,134	222g	106g	83g	22mg	2,935mg	34g	76g

May 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
Domino's Pizza - Cinnastix Icing Only, 0.5 container	125	29g	1g	0g	0mg	0mg	28g	0g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 5 Slice	1,550	145g	75g	55g	150mg	2,600mg	--g	5g
Dinner								
Domino's - Cinnamon Bread Twist, 4 Twists	500	62g	24g	10g	0mg	340mg	10g	2g
Domino's Pizza - Cinnastix Icing Only, 0.5 container	125	29g	1g	0g	0mg	0mg	28g	0g
Supper								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	2,970	361g	134g	80g	155mg	3,470mg	88g	29g

May 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 3 Slice	930	87g	45g	33g	90mg	1,560mg	--g	3g
Lunch								
Kettle - Chips, 2 oz	300	32g	18g	4g	0mg	340mg	2g	2g
Girl Scouts - Fruit Slices, 4 pieces	173	44g	0g	0g	0mg	20mg	33g	0g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Snacks								
Enlightened - Mesquite Bbq Roasted Broad Beans, 4 oz	400	60g	12g	28g	0mg	600mg	4g	20g
Supper								
TOTAL:	2,498	297g	107g	97g	110mg	3,155mg	56g	79g

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
Michelob - Ultra Lime Cactus, 12 fl oz	95	5g	0g	1g	--mg	--mg	--g	--g
TOTAL:	2,498	297g	107g	97g	110mg	3,155mg	56g	79g

May 19, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Lunch								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Dinner								
Domino's - Garlic Butter, 0.5 cup	125	--g	14g	--g	--mg	80mg	--g	--g
Quest - Protein Chips (Sour Cream and Onion), 1 bag (32 g)	140	5g	5g	19g	10mg	350mg	1g	1g
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 198 g	900	120g	42g	6g	0mg	630mg	66g	6g
Supper								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 198 g	900	120g	42g	6g	0mg	630mg	66g	6g
TOTAL:	3,225	326g	184g	74g	112mg	3,245mg	162g	56g

May 20, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
CALIFIA - Nitro latte XX Espresso, 7 ounces	70	13g	3g	0g	0mg	160mg	9g	0g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Lunch								
Earth fare - Honey nut o's, 1.5 cup	220	48g	2g	4g	0mg	224mg	18g	2g
Dinner								
A Taste of Thai - Peanut Noodles 5.25 oz (148g), 1 package	630	102g	20g	12g	0mg	610mg	21g	3g
Snacks								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Trader Joe's While Cashews - Cashews, 1 bag (34 f)	210	10g	18g	6g	0mg	75mg	3g	1g
Fisher - Praline Pecans, 0.5 cup	360	16g	32g	4g	0mg	220mg	10g	4g
Supper								

TOTAL:	2,590	315g	130g	64g	20mg	2,829mg	86g	53g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
TOTAL:	2,590	315g	130g	64g	20mg	2,829mg	86g	53g

May 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Choczero - Sugar-free Honest Syrup Maple Pecan, 3 tablespoon(20g)	90	39g	0g	0g	0mg	15mg	0g	33g
Gardein - Seven Grain Crispy Tenders-meat Free - Corrected 09/18, 1 container (10 pieces (51g) ea.)	450	40g	20g	35g	0mg	1,150mg	0g	5g
Lunch								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Dinner								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Kroger - Nacho & Taco Blend, 1.0 Cup	330	3g	27g	21g	75mg	510mg	0g	0g
PopCorners Flex - Protein Crisps, 56 gram	200	24g	6g	20g	0mg	440mg	2g	8g
flex chips - bbq, 84 gram	270	36g	8g	30g	--mg	870mg	6g	12g
Snacks								
Wild Turkey - Longbranch Whiskey, 1.5 oz	105	0g	0g	0g	0mg	0mg	0g	0g
Supper								
Chocorite - Milk Chocolate Pecan Clusters - Net Carbs, 2 Pieces	100	21g	7g	1g	2mg	95mg	1g	19g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
TOTAL:	2,515	287g	119g	133g	77mg	4,890mg	28g	110g

May 22, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Red Baron - 5 Cheese & Garlic Pizza, 1 pizza	380	41g	18g	14g	30mg	580mg	2g	1g
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
Lunch								
Kirkland - Cashews, 28 g	160	8g	13g	5g	0mg	120mg	1g	1g
Fisher - Praline Pecans, 0.75 cup	540	24g	48g	6g	0mg	330mg	15g	6g
Dinner								
PopCorners Flex - Protein Crisps, 84 gram	300	36g	9g	30g	0mg	660mg	3g	12g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.63 cup	400	18g	30g	15g	0mg	125mg	18g	5g

TOTAL:	2,415	211g	148g	102g	50mg	2,560mg	65g	84g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Snacks								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Supper								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	2,415	211g	148g	102g	50mg	2,560mg	65g	84g

May 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Vegan Mint Chocolate Chip Cookie Dough, 1 serving(s)	409	38g	26g	5g	61mg	0mg	14g	5g
Lunch								
Kraft - Macaroni & Cheese Deluxe, 0.5 container (4 cup)	620	90g	20g	24g	30mg	1,780mg	6g	2g
Dinner								
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Snacks								
Magnotta White Wine - White Wine, 5 fl oz	118	5g	--g	0g	--mg	7mg	1g	--g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
TOTAL:	2,029	209g	98g	71g	118mg	3,067mg	25g	36g

May 24, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Lunch								
Eggless Cinnamon Rolls, 2 serving(s)	516	67g	23g	11g	63mg	110mg	5g	0g
Dinner								
TOTAL:	2,154	216g	121g	69g	203mg	2,211mg	34g	40g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Golden Simple - Cheese Curds, 6 oz	500	44g	26g	24g	80mg	1,280mg	4g	2g
Vegan Mint Chocolate Chip Cookie Dough, 0.5 serving(s)	205	19g	13g	3g	30mg	0mg	7g	2g
Snacks								
Vegan Mint Chocolate Chip Cookie Dough, 0.5 serving(s)	205	19g	13g	3g	30mg	0mg	7g	2g
Supper								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.25 cup	160	7g	12g	6g	0mg	50mg	7g	2g
TOTAL:	2,154	216g	121g	69g	203mg	2,211mg	34g	40g

May 25, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Eggless Cinnamon Rolls, 1 serving(s)	258	33g	11g	6g	31mg	55mg	3g	0g
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
Lunch								
Sargento - 4 Cheese Mexican Cheese, 28 grams (1/4 Cup)	110	2g	9g	6g	25mg	170mg	0g	0g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Dinner								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.5 cup	320	14g	24g	12g	0mg	100mg	14g	4g
Supper								
Follow Your Heart - High Omega Vegan Ranch, 3 tbsp	210	2g	23g	2g	0mg	180mg	0g	0g
Field Roast - Fruffalo Wings, 1 container (14 wings with spicy buffalo sauces ea.)	720	46g	30g	22g	0mg	860mg	12g	2g
TOTAL:	2,273	189g	123g	73g	56mg	2,999mg	44g	36g

May 26, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Eggless Cinnamon Rolls, 1 serving(s)	258	33g	11g	6g	31mg	55mg	3g	0g
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.63 cup	400	18g	30g	15g	0mg	125mg	18g	5g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
TOTAL:	2,148	212g	117g	77g	38mg	2,910mg	67g	39g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Dinner								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Supper								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Meatless BBQ Meatloaf, 4 serving(s)	770	60g	37g	44g	0mg	1,765mg	29g	6g
TOTAL:	2,148	212g	117g	77g	38mg	2,910mg	67g	39g

May 27, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Eggless Cinnamon Rolls, 2 serving(s)	516	67g	23g	11g	63mg	110mg	5g	0g
Lunch								
Meatless BBQ Meatloaf, 2 serving(s)	385	30g	19g	22g	0mg	882mg	15g	3g
Vegan Mint Chocolate Chip Cookie Dough, 0.5 serving(s)	205	19g	13g	3g	30mg	0mg	7g	2g
Dinner								
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.63 cup	400	18g	30g	15g	0mg	125mg	18g	5g
Supper								
Crispy Cheese Pan Pizza, 2 serving(s)	1,004	44g	63g	81g	170mg	2,111mg	2g	11g
TOTAL:	2,510	178g	148g	132g	263mg	3,228mg	47g	21g

May 28, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Crispy Cheese Pan Pizza, 1 serving(s)	502	22g	32g	40g	85mg	1,055mg	1g	6g
Lunch								
Califa - Nitro Latte With Oatmilk, 1 Can	50	4g	4g	0g	0mg	120mg	0g	0g
Dinner								
Edible Lemon White Chocolate Chip Cookie Dough, 1 serving(s)	429	37g	26g	4g	63mg	9mg	1g	0g
Snacks								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Edible Snickerdoodle Cookie Dough, 5 serving(s)	204	23g	11g	2g	27mg	12mg	10g	0g
Supper								
Tofu Masaman Curry, 1 serving(s)	948	76g	58g	33g	0mg	1,879mg	19g	14g
TOTAL:	2,223	183g	136g	80g	175mg	3,225mg	32g	39g

May 29, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Crispy Cheese Pan Pizza, 1 serving(s)	502	22g	32g	40g	85mg	1,055mg	1g	6g
Lunch								
Edible Lemon White Chocolate Chip Cookie Dough, 5 serving(s)	191	16g	12g	2g	28mg	4mg	0g	0g
Edible Snickerdoodle Cookie Dough, 5 serving(s)	204	23g	11g	2g	27mg	12mg	10g	0g
Dinner								
Fisher - Praline Pecans, 0.5 cup	360	16g	32g	4g	0mg	220mg	10g	4g
Snacks								
Sesame Sticks - Sesame Sticks, 0.33 cup	170	14g	11g	3g	0mg	0mg	0g	1g
Supper								
Edible Snickerdoodle Cookie Dough, 5 serving(s)	204	23g	11g	2g	27mg	12mg	10g	0g
Eggless Feta Rolls, 3 serving(s)	767	93g	35g	21g	115mg	249mg	3g	0g
Generic - Blue Hawaiian, 1 glass	155	4g	1g	0g	0mg	4mg	3g	0g
TOTAL:	2,553	211g	145g	74g	282mg	1,556mg	37g	11g

May 30, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Tofu Masaman Curry, 1 serving(s)	948	76g	58g	33g	0mg	1,879mg	19g	14g
Lunch								
Shirley's - Pina Colada Smoothie, 6 oz.	146	13g	1g	11g	0mg	0mg	11g	0g
Eggless Feta Rolls, 1 serving(s)	256	31g	12g	7g	38mg	83mg	1g	0g
Dinner								
Eggless Apricot Kolaches, 1 serving(s)	203	34g	6g	3g	18mg	252mg	14g	1g
Edible Snickerdoodle Cookie Dough, 5 serving(s)	204	23g	11g	2g	27mg	12mg	10g	0g
Shirley's - Pina Colada Smoothie, 6 oz.	146	13g	1g	11g	0mg	0mg	11g	0g
Snacks								
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
Supper								
Crispy Cheese Pan Pizza, 1 serving(s)	502	22g	32g	40g	85mg	1,055mg	1g	6g
Darn Rum Punch - Jamaican Rum Punch , 256 grams	207	23g	0g	0g	0mg	6mg	8g	0g
TOTAL:	2,682	239g	126g	108g	183mg	3,307mg	79g	21g

May 31, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
TOTAL:	2,561	240g	125g	95g	203mg	3,093mg	31g	25g

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 5 Slice		1,550	145g	75g	55g	150mg	2,600mg	--g	5g
Lunch									
Shirley's - Pina Colada Smoothie, 8 oz.		195	18g	1g	14g	0mg	0mg	15g	1g
Domino's - Stuffed Cheesy Bread, 1 Piece		140	16g	6g	6g	15mg	240mg	1g	1g
Dinner									
Eggless Feta Rolls, 1 serving(s)		256	31g	12g	7g	38mg	83mg	1g	0g
Supper									
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)		100	16g	7g	1g	0mg	70mg	0g	14g
Kirkland - Super Extra-large Honey Roasted Peanuts, 0.5 cup		320	14g	24g	12g	0mg	100mg	14g	4g
TOTAL:		2,561	240g	125g	95g	203mg	3,093mg	31g	25g