



Printable Diary for Lucent

From:



To:



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December 1, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sweet Potato Casserole with Maple Pecan Topping, 1 serving(s)	474	62g	21g	5g	0mg	207mg	30g	17g
Pecan Pie - No Eggs, 1 serving(s)	379	24g	32g	3g	40mg	157mg	1g	6g
Lunch								
Nestlé - Winter Dark Chocolate & Mint Morsels, 2 Tbsp	160	18g	9g	0g	0mg	0mg	16g	0g
Enlightened - Cookies & Cream, New (Minus Sugar Alcohols), 0.75 container (2 cup (69g) ea.)	270	36g	8g	15g	15mg	300mg	18g	12g
Nuts' N More - Toffee Crunch, 33 gram	180	9g	11g	12g	1mg	43mg	0g	3g
Dinner								
Birds Eye - Veggie Made Broccoli Fries, 1 container (32 pieces (86g) ea.)	640	84g	36g	12g	0mg	1,160mg	4g	8g
Supper								
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Oreo (2 Pack) - 2 Oreo Cookies, 1 pack (22g)	100	16g	5g	0g	0mg	85mg	9g	0g
Planters - Honey Roasted Peanuts (1.75oz), 1 pack	280	12g	23g	12g	0mg	150mg	6g	4g
TOTAL:	2,963	319g	169g	65g	56mg	2,882mg	90g	52g

December 2, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nuts' N More - Toffee Crunch, 82.5 gram	450	23g	28g	30g	3mg	108mg	0g	8g
Lunch								
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
Dinner								
Boom Chicka Pop White Chocolate and Peppermint - Popcorn , 2.5 cup	280	36g	16g	2g	0mg	150mg	22g	2g
Snacks								
paleo - Kastanien Cookies, 100 g	485	15g	32g	11g	0mg	0mg	4g	2g

TOTAL:	2,679	232g	138g	83g	3mg	1,233mg	34g	15g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Supper								
Guinness - Draught - Pint, 16 oz	204	23g	0g	2g	0mg	0mg	--g	0g
Flatbread pizza - Pizza, 1 pizza	660	62g	32g	30g	0mg	0mg	0g	0g
TOTAL:	2,679	232g	138g	83g	3mg	1,233mg	34g	15g

December 3, 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								
Enlightened - Mesquite Bbq Roasted Broad Beans, 4 oz	400	60g	12g	28g	0mg	600mg	4g	20g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Dinner								
Rice, 1 cup cooked	200	47g	0g	4g	0mg	0mg	0g	0g
Devi - Pani Puri, 5 pieces	270	33g	12g	6g	0mg	410mg	0g	4g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Supper								
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	2,590	258g	122g	86g	100mg	3,250mg	38g	50g

December 4, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Maple Mustard Roasted Brussels Sprouts, 1 serving(s)	264	25g	17g	8g	0mg	337mg	4g	12g
Lunch								
hail merry - sweet potatoe cups, 1 package	240	13g	20g	3g	0mg	110mg	7g	3g
Boom Chicka Pop White Chocolate and Peppermint - Popcorn , 1.25 cup	140	18g	8g	1g	0mg	75mg	11g	1g
Maple Grove Farms of Vermont - Maple Sugar Candy, 0.5 container (12.5 pieces ea.)	200	53g	0g	0g	0mg	0mg	46g	--g
Dinner								
Maple Grove Farms of Vermont - Maple Sugar Candy, 0.5 container (12.5 pieces ea.)	200	53g	0g	0g	0mg	0mg	46g	--g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Snacks								
TOTAL:	2,119	292g	94g	46g	35mg	2,227mg	156g	33g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Ghirardelli - Peppermint Hot Chocolate Mix, 1.5 oz packet	170	31g	5g	3g	0mg	150mg	25g	2g
Supper								
Enjoy Life - Cocoa Loco Chewy Bar *correct*, 1 bar (33g)	140	23g	5g	2g	0mg	65mg	9g	2g
philadelphia - Buffalo style Dip, 3 tablespoon	75	2g	6g	2g	23mg	300mg	2g	--g
Quest Protein Chips - Loaded Taco, 32 gram	140	5g	5g	19g	10mg	340mg	--g	1g
TOTAL:	2,119	292g	94g	46g	35mg	2,227mg	156g	33g

December 5, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nuts n More - chocolate chip cookie dough , 2 tablespoon	190	9g	12g	11g	2mg	105mg	7g	2g
Lunch								
Trader Joe's - Island Soyaki, 3 tbsp	75	15g	2g	0g	0mg	960mg	12g	0g
Gardein - Nashville Hot Chick'n Tenders, 8 tenders	533	45g	24g	35g	0mg	1,440mg	3g	3g
Dinner								
Enlightened - Fudge Brownie (Minus Erythritol), 1 container (2 cup (71g) ea.)	400	56g	14g	28g	40mg	180mg	24g	20g
Snacks								
Lynn's Fried Apple Pie - Fried Apple Pie, 1 slice	250	--g	--g	--g	0mg	--mg	--g	--g
Supper								
Beechers - Smoked Cheddar, 1 ounce	120	1g	9g	7g	20mg	230mg	0g	0g
Dr. Praeger's - Southwest Hash Browns, 1 container (7.5 patties ea.)	400	43g	23g	5g	0mg	725mg	3g	15g
TOTAL:	1,968	169g	84g	86g	62mg	3,640mg	49g	40g

December 6, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Enlightened - Mesquite Bbq Roasted Broad Beans, 3 oz	300	45g	9g	21g	0mg	450mg	3g	15g
Lunch								
Sunsweet - Pitted Dates, 1/2 serving	60	15g	0g	1g	0mg	0mg	13g	2g
Nuts n More - chocolate chip cookie dough , 4 tablespoon	380	18g	24g	22g	4mg	210mg	14g	4g
Dinner								
Enlightened - Black Cherry Chocolate Chip (Minus Sugar Alcohols), 1 container (2 cup (72g) ea.)	360	48g	12g	28g	20mg	120mg	24g	20g
Snacks								
Starbucks - Tall Peppermint Latte 2% Milk, 12 oz	190	27g	5g	9g	20mg	110mg	26g	--g
TOTAL:	3,189	420g	111g	122g	50mg	3,914mg	154g	50g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 155.1 g	705	94g	33g	5g	0mg	494mg	52g	5g
Supper								
Bj's Brewhouse - Crispy Fried Artichokes, 1 order	390	52g	16g	9g	6mg	2,200mg	4g	4g
O'charley's - O Charleys Roll, 3 roll	390	75g	6g	12g	0mg	330mg	18g	0g
Generic - Fried Ravioli, 3 pieces	239	28g	6g	13g	--mg	--mg	--g	--g
Samuel Adams - Boston Lager, 12 fl Oz	175	18g	--g	2g	--mg	--mg	--g	--g
TOTAL:	3,189	420g	111g	122g	50mg	3,914mg	154g	50g

December 7, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nuts n More - chocolate chip cookie dough , 2 tablespoon	190	9g	12g	11g	2mg	105mg	7g	2g
Lunch								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 240.9 g	1,095	146g	51g	7g	0mg	767mg	80g	7g
Dinner								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Snacks								
Sunsweet - Pitted Dates, 1/2 serving	60	15g	0g	1g	0mg	0mg	13g	2g
Supper								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
York - Peppermint Hot Chocolate Mix, 1 pouch	90	19g	2g	2g	--mg	240mg	17g	1g
TOTAL:	2,317	262g	115g	63g	29mg	2,392mg	121g	39g

December 8, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nuts n More - chocolate chip cookie dough , 2 tablespoon	190	9g	12g	11g	2mg	105mg	7g	2g
Lunch								
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
TOTAL:	2,253	138g	130g	95g	11mg	2,149mg	47g	33g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Dinner								
Follow Your Heart - High Omega Vegan Ranch, 2 tbsp	140	1g	15g	1g	0mg	120mg	0g	0g
Field Roast - Fruffalo Wings, 1 container (14 wings with spicy buffalo sauces ea.)	720	46g	30g	22g	0mg	860mg	12g	2g
Snacks								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Supper								
Nuts n More - chocolate chip cookie dough , 7 tablespoon	665	32g	42g	39g	7mg	368mg	25g	7g
TOTAL:	2,253	138g	130g	95g	11mg	2,149mg	47g	33g

December 9, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
Lunch								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 99 g	450	60g	21g	3g	0mg	315mg	33g	3g
Dinner								
Peroni - Lager, 330 ml bottle (11.16 fl.oz.)	142	11g	--g	0g	--mg	5mg	--g	--g
Starbucks - Tall Peppermint Mocha no Whip, 12 oz	250	46g	6g	9g	15mg	0mg	40g	1g
Supper								
Beechers - Smoked Cheddar, 1 ounce	120	1g	9g	7g	20mg	230mg	0g	0g
Beechers - Smoked Cheddar, 1 ounce	120	1g	9g	7g	20mg	230mg	0g	0g
Green Giant - Mashed Cauliflower Broccoli and Cheese, 1 container (540 grams ea.)	405	36g	23g	14g	68mg	1,935mg	9g	9g
TOTAL:	1,962	200g	88g	75g	123mg	3,640mg	85g	16g

December 10, 2019

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								
Hershey Milk Chocolate - Milk Chocolate Bar, 1 bar	210	26g	13g	3g	10mg	35mg	24g	1g
Nutter butter - Nutter Butter, 4 cookies	250	37g	10g	4g	0mg	200mg	16g	2g
Dinner								
TOTAL:	2,677	326g	113g	33g	62mg	3,628mg	122g	29g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Kirin Ichiban - Beer, 16 fl. oz.	193	16g	0g	1g	--mg	--mg	--g	--g
Homemade - Parmesan Brussel Sprouts, 0.5 cup	203	6g	19g	4g	50mg	408mg	--g	2g
Generic - Avocado Maki Roll, 1 roll (6-8 pieces)	168	31g	3g	3g	0mg	414mg	5g	2g
Sapporo ichiban - Ramen, 2 cups	470	63g	20g	10g	0mg	1,870mg	0g	4g
Snacks								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Supper								
Cosmopolitan - Cocktail, 4 oz.	213	13g	0g	--g	0mg	1mg	11g	0g
TOTAL:	2,677	326g	113g	33g	62mg	3,628mg	122g	29g

December 11, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Beechers - Smoked Cheddar, 1 ounce	120	1g	9g	7g	20mg	230mg	0g	0g
Green Giant (per label) - simply steam seasoned Brussels sprouts, 258 g	180	21g	9g	9g	0mg	750mg	6g	9g
Lunch								
nuts 'n more - mint chocolate chip, 68 g	380	22g	22g	22g	--mg	--mg	12g	6g
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
Dinner								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Eatingevolved - Keto Cups / Original (New Recipe), 1 keto cup	130	5g	12g	2g	--mg	5mg	1g	3g
Supper								
Deep Indian Gourmet - Paneer Makhani, 1 container (10 oz (142 g) ea.)	400	12g	34g	10g	90mg	1,080mg	4g	0g
TOTAL:	1,920	139g	118g	96g	112mg	3,615mg	31g	34g

December 12, 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
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 10 tenders (100g)	475	45g	20g	35g	0mg	925mg	3g	3g
Lunch								
TOTAL:	1,657	166g	81g	98g	27mg	2,655mg	10g	47g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Enlightened - Mesquite Bbq Roasted Broad Beans, 3 oz	300	45g	9g	21g	0mg	450mg	3g	15g
Dinner								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.5 container (3 cup (50 g) ea.)	210	12g	6g	27g	0mg	660mg	3g	9g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
TOTAL:	1,657	166g	81g	98g	27mg	2,655mg	10g	47g

December 13, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Lunch								
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Boom Chicka Pop White Chocolate and Peppermint - Popcorn , 1.25 cup	140	18g	8g	1g	0mg	75mg	11g	1g
Choczero - Milk Chocolate Hazelnut Ketobark, 1 bar	150	11g	14g	3g	10mg	10mg	1g	8g
Dinner								
Morning Star - Grillers Recipe Crumbles, 0.2 container (3 cup(55.0g) ea.)	96	6g	3g	12g	0mg	276mg	1g	4g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Beechers - Smoked Cheddar, 1 ounce	120	1g	9g	7g	20mg	230mg	0g	0g
Kroger - Diced Tomatoes, 0.2 container (1.75 cup)	18	4g	0g	1g	0mg	126mg	2g	1g
Kroger - Canned Black Beans No Salt Added, 0.2 container (455 gs ea.)	84	15g	0g	5g	0mg	7mg	0g	4g
Kroger - Chili Hot Beans, 0.2 container (1.5 cup)	72	13g	1g	4g	0mg	306mg	1g	4g
Carroll Shelby's - Chili Kit, 0.2 container (15 tbsp. ea.)	72	14g	1g	2g	0mg	240mg	1g	4g
Snacks								
York - Peppermint Hot Chocolate Mix, 1 pouch	90	19g	2g	2g	--mg	240mg	17g	1g
Supper								
Lily's - Dark Chocolate Coconut (Corrected), 15 squares	170	21g	16g	2g	5mg	0mg	1g	12g
TOTAL:	1,790	184g	102g	66g	50mg	2,681mg	40g	53g

December 14, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Morning Star - Grillers Recipe Crumbles, 0.2 container (3 cup(55.0g) ea.)	96	6g	3g	12g	0mg	276mg	1g	4g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Beechers - Smoked Cheddar, 0.6 ounce	72	1g	5g	4g	12mg	138mg	0g	0g
Kroger - Diced Tomatoes, 0.2 container (1.75 cup)	18	4g	0g	1g	0mg	126mg	2g	1g
Kroger - Canned Black Beans No Salt Added, 0.2 container (455 gs ea.)	84	15g	0g	5g	0mg	7mg	0g	4g
Kroger - Chili Hot Beans, 0.2 container (1.5 cup)	72	13g	1g	4g	0mg	306mg	1g	4g
Carroll Shelby's - Chili Kit, 0.2 container (15 tbsp. ea.)	72	14g	1g	2g	0mg	240mg	1g	4g
Lunch								
Starbucks - Tall Peppermint Latte 2% Milk, 12 oz	190	27g	5g	9g	20mg	110mg	26g	--g
Lily's - Dark Chocolate Coconut (Corrected), 15 squares	170	21g	16g	2g	5mg	0mg	1g	12g
Dinner								
Cheesecake Factory - Roasted Mushroom Flatbread With Truffle Oil, 0.5 flatbread	680	50g	43g	26g	73mg	1,295mg	5g	3g
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
Supper								
Starbucks - Peppermint Hot Cocoa - Tall, 12 oz	370	53g	13g	10g	40mg	125mg	47g	3g
TOTAL:	2,244	227g	102g	78g	150mg	3,028mg	86g	37g

December 15, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Morning Star - Grillers Recipe Crumbles, 0.2 container (3 cup(55.0g) ea.)	96	6g	3g	12g	0mg	276mg	1g	4g
Beechers - Smoked Cheddar, 0.5 ounce	60	1g	5g	4g	10mg	115mg	0g	0g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Kroger - Diced Tomatoes, 0.2 container (1.75 cup)	18	4g	0g	1g	0mg	126mg	2g	1g
Kroger - Canned Black Beans No Salt Added, 0.2 container (455 gs ea.)	84	15g	0g	5g	0mg	7mg	0g	4g
Kroger - Chili Hot Beans, 0.2 container (1.5 cup)	72	13g	1g	4g	0mg	306mg	1g	4g
Carroll Shelby's - Chili Kit, 0.2 container (15 tbsp. ea.)	72	14g	1g	2g	0mg	240mg	1g	4g
Lunch								
Evolved - Caramel Sea Salt Coconut Butter Cups Dark Chocolate, 2 butter cup	260	14g	22g	2g	--mg	200mg	8g	6g
Greyson Bakery - Vegan Cinnamon Roll Blondie, 1.25 oz	160	19g	9g	1g	0mg	95mg	14g	--g
TOTAL:	1,867	256g	75g	64g	10mg	2,490mg	90g	55g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Jelly Belly - Dr Pepper Jelly Beans Bottle, 1 Package (1.5oz/ 42g) [42 Jelly Beans]	150	38g	0g	0g	0mg	0mg	26g	0g
Dinner								
Enlightened - Mesquite Bbq Roasted Broad Beans, 4 oz	400	60g	12g	28g	0mg	600mg	4g	20g
Supper								
Nabisco - Oreo - Dark Chocolate (Grams), 29 grams	140	20g	6g	1g	0mg	120mg	12g	0g
Asian Pear - Large, 1 large (3.38" high X 3" diameter)	115	29g	1g	1g	0mg	0mg	19g	10g
TOTAL:	1,867	256g	75g	64g	10mg	2,490mg	90g	55g

December 16, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Morning Star - Grillers Recipe Crumbles, 0.2 container (3 cup(55.0g) ea.)	96	6g	3g	12g	0mg	276mg	1g	4g
Beechers - Smoked Cheddar, 1 ounce	120	1g	9g	7g	20mg	230mg	0g	0g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Kroger - Diced Tomatoes, 0.2 container (1.75 cup)	18	4g	0g	1g	0mg	126mg	2g	1g
Kroger - Canned Black Beans No Salt Added, 0.2 container (455 gs ea.)	84	15g	0g	5g	0mg	7mg	0g	4g
Kroger - Chili Hot Beans, 0.2 container (1.5 cup)	72	13g	1g	4g	0mg	306mg	1g	4g
Carroll Shelby's - Chili Kit, 0.2 container (15 tbsp. ea.)	72	14g	1g	2g	0mg	240mg	1g	4g
Lunch								
Andes - Toffee Crunch Thins, 4 pieces	100	12g	6g	1g	0mg	23mg	11g	0g
Nabisco - Oreo - Dark Chocolate (Grams), 87 grams	420	60g	18g	3g	0mg	360mg	36g	0g
Dinner								
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
Supper								
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 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
TOTAL:	1,987	208g	93g	78g	60mg	3,198mg	61g	31g

December 17, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Asian Pear - Large, 1 large (3.38" high X 3" diameter)	115	29g	1g	1g	0mg	0mg	19g	10g
TOTAL:	2,130	200g	109g	49g	103mg	2,161mg	48g	26g

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								
Ferrero - Rocher, 3 pieces	220	17g	16g	3g	3mg	20mg	15g	1g
Dinner								
Rice, 1 cup cooked	200	47g	0g	4g	0mg	0mg	0g	0g
Devi - Pani Puri, 5 pieces	270	33g	12g	6g	0mg	410mg	0g	4g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Supper								
Eggnog Shortbread Cookies, 2 serving(s)	134	13g	8g	2g	20mg	70mg	0g	0g
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	2,130	200g	109g	49g	103mg	2,161mg	48g	26g

December 18, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Eggnog Shortbread Cookies, 4 serving(s)	267	27g	15g	4g	41mg	139mg	0g	1g
Lunch								
Nuti Light - Hazelnut Spread, 1 tbsp	85	8g	7g	1g	0mg	0mg	0g	5g
Eggnog Shortbread Cookies, 4 serving(s)	267	27g	15g	4g	41mg	139mg	0g	1g
Dinner								
Lucky Jack - Old School, 10.5 oz	7	2g	--g	--g	--mg	--mg	--g	2g
Win Luck - Fried tofu, 6 oz	540	27g	42g	57g	0mg	60mg	0g	21g
Snacks								
Nutter butter - Nutter Butter, 2 cookies	125	19g	5g	2g	0mg	100mg	8g	1g
Daim - Chocolate Coated Toffee Bar, 1 bar (28 g)	150	17g	9g	1g	--mg	90mg	17g	--g
Supper								
Guinness - Draught - Pint, 16 oz	204	23g	0g	2g	0mg	0mg	--g	0g
Banquet - Macaroni & Cheese, 8 oz	260	39g	6g	10g	15mg	760mg	4g	3g
Generic - Old Fashioned (Drink), 4 fl oz	180	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	2,085	189g	99g	81g	97mg	1,288mg	29g	34g

December 19, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
TOTAL:	2,252	228g	107g	112g	113mg	3,241mg	29g	43g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 3 tbsp (33g)	273	14g	17g	17g	2mg	207mg	3g	3g
Eggnog Shortbread Cookies, 4 serving(s)	267	27g	15g	4g	41mg	139mg	0g	1g
Lunch								
Enlightened - Mesquite Bbq Roasted Broad Beans, 4 oz	400	60g	12g	28g	0mg	600mg	4g	20g
Cracker Barrel - Macaroni & Cheese Dinner Cheddar Havarti, 1 bowl	350	51g	11g	13g	20mg	970mg	5g	2g
Dinner								
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
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 Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Supper								
tall latte - Starbucks, 1 cup	150	14g	6g	10g	25mg	115mg	13g	0g
TOTAL:	2,252	228g	107g	112g	113mg	3,241mg	29g	43g

December 20, 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 - 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								
Quest Protein Chips - Loaded Taco, 32 gram	140	5g	5g	19g	10mg	340mg	--g	1g
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 2 tbsp (33g)	182	9g	11g	11g	1mg	138mg	2g	2g
Eggnog Shortbread Cookies, 4 serving(s)	267	27g	15g	4g	41mg	139mg	0g	1g
Dinner								
No Name Egg Rolls - Egg Rolls, 540 g	475	109g	19g	69g	--mg	1,450mg	9g	7g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Supper								
York - Peppermint Hot Chocolate Mix, 1 pouch	90	19g	2g	2g	--mg	240mg	17g	1g
Woodford Reserve - Whiskey, 1.5 oz (1 shot)	110	0g	0g	0g	0mg	0mg	0g	0g
Sierra Nevada - Otra Vez, 24 oz	276	22g	0g	3g	0mg	0mg	0g	0g
TOTAL:	2,488	288g	103g	134g	52mg	3,713mg	37g	26g

December 21, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Lunch								
Nestlé - Winter Dark Chocolate & Mint Morsels, 1 Tbsp	80	9g	5g	0g	0mg	0mg	8g	0g
Nuts n More - chocolate chip cookie dough , 4 tablespoon	380	18g	24g	22g	4mg	210mg	14g	4g
Eggnog Shortbread Cookies, 1 serving(s)	67	7g	4g	1g	10mg	35mg	0g	0g
Dinner								
Choczero - Milk Chocolate Hazelnut Ketobark, 1 bar	150	11g	14g	3g	10mg	10mg	1g	8g
Eggnog Shortbread Cookies, 2 serving(s)	134	13g	8g	2g	20mg	70mg	0g	0g
Snacks								
Enlightened - Sweet Cinnamon Roasted Broad Beans, 28 g (1 ounce)	100	16g	3g	7g	0mg	0mg	1g	6g
Lilys - Semisweet Chocolate Chips (minus erythritol) , 20 g	71	7g	6g	1g	--mg	--mg	0g	7g
Moon Cheese - Cheddar, 54 g (6-7 pieces)	315	5g	23g	23g	90mg	630mg	0g	0g
Supper								
Spaten - Dunkel, 16 oz	265	--g	--g	--g	--mg	--mg	--g	--g
Cracker Barrel - Macaroni & Cheese Dinner Cheddar Havarti, 1 bowl	350	51g	11g	13g	20mg	970mg	5g	2g
TOTAL:	2,392	195g	122g	78g	154mg	2,705mg	35g	29g

December 22, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Capatriti - 100% Pure Olive Oil, 0.5 Tbsp (15ml)	60	0g	7g	0g	0mg	0mg	0g	0g
Good & Gather - Reduced fat provolone cheese, 1 slice	50	1g	4g	5g	10mg	130mg	--g	--g
Trader Joes - Gnocchi - Cauliflower, 0.5 container (350 grams (1 cup) ea.)	175	28g	4g	3g	0mg	575mg	0g	8g
Lunch								
Starbucks - Grande - Peppermint Mocha Latte, 2 cups	330	58g	8g	12g	--mg	--mg	--g	2g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Dinner								
Just Cookie Dough - Just Cookie Dough - Chocolate Chip, 198 g	900	120g	42g	6g	0mg	630mg	66g	6g
Snacks								
King Leo - Soft Peppermint Stick, 1 stick	40	10g	0g	0g	0mg	0mg	10g	0g
Supper								
Moon Cheese - Pepper Jack, 1 container (24 -7 pieces (12 g) ea.)	280	0g	20g	16g	80mg	600mg	0g	0g

TOTAL:	3,355	415g	161g	56g	90mg	3,315mg	182g	18g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Ben & Jerry's - Non-dairy Caramel Almond Brittle Grams 2018, 1 container (416 gs ea.)	1,040	140g	52g	8g	0mg	600mg	100g	--g
TOTAL:	3,355	415g	161g	56g	90mg	3,315mg	182g	18g
December 23, 2019								
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								
lotus - biscoff and go, 1 package	240	28g	13g	2g	0mg	170mg	12g	1g
Pop's - Zebra Kettle Corn, 2.5 cup	400	53g	20g	3g	0mg	175mg	33g	3g
Dinner								
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
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 Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Supper								
Moon Cheese - Pepper Jack, 1 container (24 -7 pieces (12 g) ea.)	280	0g	20g	16g	80mg	600mg	0g	0g
TOTAL:	2,632	263g	141g	67g	105mg	2,785mg	115g	27g
December 24, 2019								
FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Lunch								
Coca Cola Company - Coca Cola, 330ml, 330 ml	139	35g	0g	0g	0mg	0mg	35g	0g
Hershey Milk Chocolate - Milk Chocolate Bar, 1 bar	210	26g	13g	3g	10mg	35mg	24g	1g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice	1,240	116g	60g	44g	120mg	2,080mg	--g	4g
Dinner								
La Colombe - Draft Latte (Vanilla), 9 fl. oz. (266 mL)	100	14g	3g	5g	10mg	105mg	12g	2g
Supper								
King Leo - Soft Peppermint Stick, 1 stick	40	10g	0g	0g	0mg	0mg	10g	0g
TOTAL:	2,450	277g	114g	74g	154mg	2,906mg	110g	19g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocolate Chip Cookie Dough Truffles, 2 serving(s)	253	37g	11g	2g	14mg	60mg	26g	0g
TOTAL:	2,450	277g	114g	74g	154mg	2,906mg	110g	19g

December 25, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Morning star - BBQ chick'n nuggets, 1 container (12 nuggets)	600	69g	24g	36g	0mg	1,500mg	15g	9g
Lunch								
Chocolate Chip Cookie Dough Truffles, 2 serving(s)	253	37g	11g	2g	14mg	60mg	26g	0g
Dinner								
Albert Heijn - Stroopwafel, 2 wafel	290	40g	14g	2g	--mg	0mg	21g	1g
Biscoff - Two Pack Cookies, 4 cookies	240	36g	10g	2g	0mg	190mg	20g	0g
airline - Mini Pretzels, 1 bag	45	10g	1g	1g	0mg	170mg	0g	0g
Snacks								
Godiva - Godiva Truffle, 4 truffles	210	21g	13g	3g	--mg	30mg	19g	0g
Supper								
Corona - Beer Extra, 12 oz	147	13g	--g	1g	--mg	--mg	--g	--g
Anheuser-busch - Budweiser, 12 floz	145	11g	--g	1g	--mg	11mg	--g	--g
TOTAL:	1,930	237g	73g	48g	14mg	1,961mg	101g	10g

December 26, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Tall Peppermint Latte 2% Milk, 12 oz	190	27g	5g	9g	20mg	110mg	26g	--g
Bob Harper - Avocado Toast, 1 cup	221	20g	8g	20g	0mg	0mg	0g	6g
Lunch								
Arbys - Potato Cakes, 4 potato cakes	460	50g	28g	4g	0mg	920mg	0g	6g
Arby's - Mozzarella Sticks (4), 1.5 order	630	53g	32g	32g	75mg	2,535mg	6g	3g
Dinner								
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
Dairy Queen - Reese's Peanut Butter Blizzard - Small, 1.2 small Blizzard (287g)	684	95g	29g	18g	54mg	348mg	82g	1g
Supper								
Good & Plenty - Good & Plenty Licorice Candy, 66 pieces (40g)	280	70g	0g	2g	0mg	240mg	50g	0g
Kettle - Chips, 2 oz	300	32g	18g	4g	0mg	340mg	2g	2g
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g

TOTAL:	3,235	353g	120g	90g	149mg	4,493mg	166g	18g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Bud Light - Bud Light (Macro Math), 12 OUNCES	110	6g	0g	1g	--mg	--mg	--g	--g
TOTAL:	3,235	353g	120g	90g	149mg	4,493mg	166g	18g

December 27, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
VT Maple Syrup - Syrup, 4 tbsp	200	53g	0g	0g	0mg	7mg	53g	0g
Waffle House - Hash Browns, 147 grams	190	15g	27g	12g	--mg	--mg	--g	--g
Ihop - Strawberry Banana Pancakes, 1 order (4 pancakes)	760	137g	17g	19g	80mg	2,070mg	41g	10g
Lunch								
Godiva - Godiva Truffle, 4 truffles	210	21g	13g	3g	--mg	30mg	19g	0g
Peter paul - Mounds, 49 g	230	29g	13g	2g	0mg	55mg	21g	3g
Dinner								
Mushroom Ravioli - Portobello Mushroom Ravioli, 12 pieces	480	62g	18g	22g	100mg	440mg	10g	8g
Alexia - Sweet Potato Waffle Fries, 3 Cup	390	60g	15g	6g	0mg	990mg	12g	9g
Guinness - Draught - Pint, 16 oz	204	23g	0g	2g	0mg	0mg	--g	0g
Snacks								
Good & Plenty - Good & Plenty Licorice Candy, 33 pieces (40g)	140	35g	0g	1g	0mg	120mg	25g	0g
Supper								
Catawba Brewing Company - Ipa Beer, 16 Fluid Ounces	180	--g	--g	--g	--mg	--mg	--g	--g
Jack Daniels Bourbon - Bourbon, 3 oz	194	0g	--g	--g	--mg	--mg	--g	--g
TOTAL:	3,178	435g	103g	67g	180mg	3,712mg	181g	30g

December 28, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
VT Maple Syrup - Syrup, 4 tbsp	200	53g	0g	0g	0mg	7mg	53g	0g
Eurest - Breakfast Potatoes, 1 cup	243	38g	9g	4g	0mg	109mg	2g	4g
Ihop - Strawberry Banana Pancakes, 1 order (4 pancakes)	760	137g	17g	19g	80mg	2,070mg	41g	10g
Dinner								
Beer. Bud Light - Alcohol, 12 fl oz can/bottle	110	7g	0g	1g	0mg	11mg	0g	0g
Doritos Nacho - Snack, 21 chips	260	32g	13g	3g	0mg	370mg	1g	2g
Supper								
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 4 Slice	1,240	116g	60g	44g	120mg	2,080mg	--g	4g
TOTAL:	2,813	383g	99g	71g	200mg	4,647mg	97g	20g

December 29, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Eurest - Breakfast Potatoes, 1 cup	243	38g	9g	4g	0mg	109mg	2g	4g
Lunch								
Starbucks - Tall Chestnut Praline Latte (No Whip), 12 oz	210	29g	5g	9g	20mg	120mg	28g	--g
Rollo - Candy, 3 roll piece	72	9g	4g	--g	--mg	--mg	--g	--g
Peter paul - Mounds, 49 g	230	29g	13g	2g	0mg	55mg	21g	3g
Dinner								
Alexia - Sweet Potato Waffle Fries, 3 Cup	390	60g	15g	6g	0mg	990mg	12g	9g
Deschutes Brewery - Fresh Squeezed Ipa (6.4% Abv), 16 fl oz	256	67g	0g	8g	0mg	19mg	32g	2g
Deschutes Brewery - Fresh Squeezed Ipa (6.4% Abv), 12 fl oz	192	50g	0g	6g	0mg	14mg	24g	2g
Snacks								
Chips - Sunchips Harvest Cheddar, 2.8 bag	392	50g	17g	6g	0mg	588mg	6g	6g
Supper								
Domino's - Stuffed Cheesy Bread, 2 Piece	280	32g	12g	12g	30mg	480mg	2g	2g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 2 Slice	620	58g	30g	22g	60mg	1,040mg	--g	2g
TOTAL:	2,885	422g	105g	75g	110mg	3,415mg	127g	30g

December 30, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Domino's - Stuffed Cheesy Bread, 2 Piece	280	32g	12g	12g	30mg	480mg	2g	2g
Lunch								
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.4 container (3 cup (50 g) ea.)	168	10g	5g	22g	0mg	528mg	2g	7g
Old El Paso - Bold Nacho Cheese Taco Shells, 4 shells (31g)	300	34g	16g	4g	0mg	300mg	0g	2g
Kroger - Nacho & Taco Blend, 0.33 Cup	110	1g	9g	7g	25mg	170mg	0g	0g
Rana - Italian Gnocchi, 120 grams	270	32g	12g	9g	35mg	560mg	1g	1g
Dinner								
Starbucks - Tall Chestnut Praline Latte (No Whip), 12 oz	210	29g	5g	9g	20mg	120mg	28g	--g
Breyers - Gelato, 1 scoop	160	24g	7g	3g	15mg	0mg	18g	1g
Icelandic chocolate - Mint dark chocolate, 1.4 oz	200	14g	14g	4g	0mg	0mg	0g	0g
Supper								
Vegan - Chocolate Cake, 0.5 slice (85g)	107	24g	1g	1g	--mg	--mg	--g	--g
Domino's - Stuffed Cheesy Bread, 1 Piece	140	16g	6g	6g	15mg	240mg	1g	1g

TOTAL:	2,762	311g	128g	92g	170mg	3,253mg	95g	20g
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 1 Slice	310	29g	15g	11g	30mg	520mg	--g	1g
Snack Factory - Pretzel Crisps White Chocolate & Peppermint, 12 Crackers	390	60g	15g	3g	0mg	330mg	42g	0g
TOTAL:	2,762	311g	128g	92g	170mg	3,253mg	95g	20g

December 31, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 1 Slice	310	29g	15g	11g	30mg	520mg	--g	1g
Vegan - Chocolate Cake, 2 slice (85g)	428	94g	6g	5g	--mg	--mg	--g	--g
Lunch								
Starbucks - Tall Chestnut Praline Latte (No Whip), 12 oz	210	29g	5g	9g	20mg	120mg	28g	--g
Eurest - Breakfast Potatoes, 0.5 cup	121	19g	4g	2g	0mg	54mg	1g	2g
Dinner								
Vegan - Chocolate Cake, 1.5 slice (85g)	321	71g	4g	4g	--mg	--mg	--g	--g
Fritos Flavor Twist - Honey Bbq, 126 g	720	77g	41g	9g	0mg	810mg	5g	5g
Snacks								
Bulleit - Bourbon, 6 oz.	436	0g	0g	0g	0mg	0mg	0g	0g
Supper								
Cauliflower - Fresh Baked Cauliflower, 100 g	31	3g	0g	3g	0mg	10mg	2g	3g
Giorgio - Mushrooms, 3 oz	20	3g	0g	2g	0mg	10mg	1g	1g
Homemade - Parmesan Brussel Sprouts, 1 cup	406	13g	38g	8g	100mg	816mg	--g	4g
Castle Danger Brewery - Danger Ale, 12 ounces	185	0g	0g	0g	0mg	0mg	0g	0g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 3 Slice	930	87g	45g	33g	90mg	1,560mg	--g	3g
TOTAL:	4,118	425g	158g	86g	240mg	3,900mg	37g	19g