



# Printable Diary for Lucent

From:



To:



Show: ☒ Food Diary ☒ Food Notes

☒ Exercise Diary ☒ Exercise notes

## January 1, 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								
Boom Chicka Pop White Chocolate and Peppermint - Popcorn , 1.25 cup	140	18g	8g	1g	0mg	75mg	11g	1g
Castle Danger Brewery - Danger Ale, 12 ounces	185	0g	0g	0g	0mg	0mg	0g	0g
Dinner								
Alexia - Sweet Potato Waffle Fries, 3 Cup	390	60g	15g	6g	0mg	990mg	12g	9g
Starbucks - Grande - Peppermint Mocha Latte, 2 cups	330	58g	8g	12g	--mg	--mg	--g	2g
Snacks								
Castle Danger Brewery - Danger Ale, 12 ounces	185	0g	0g	0g	0mg	0mg	0g	0g
Supper								
Kii Naturals - Goji Berry & Pistachio, 20 g or 4-5 crackers	70	12g	2g	3g	--mg	115mg	5g	1g
Good Gather - Parmesan cheese, 3 oz	330	3g	27g	27g	75mg	990mg	0g	--g
TOTAL:	2,560	238g	105g	82g	165mg	3,730mg	28g	16g

## January 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Dairy Queen Canada - Reese Blizzard, Mini, 1 blizzard	360	50g	14g	9g	30mg	180mg	43g	1g
Lunch								
President - Pub Cheese, 2 Tbsp	80	1g	7g	2g	25mg	150mg	1g	0g
Hershey Carmello - Candy Bar, 1 Bar = 1.6oz. (45 gr)	210	29g	9g	3g	10mg	45mg	25g	1g
Guinness - Guinness Extra Stout, 11.2 fl oz	126	13g	0g	2g	0mg	0mg	0g	0g
Philly Soft Pretzel - Soft Pretzel, 1 regular pretzel	290	70g	0g	14g	0mg	1,100mg	4g	4g
Culver's - Fried Cheese Curds, 191 grams	670	54g	38g	28g	75mg	1,740mg	15g	3g
Dinner								
TOTAL:	2,901	368g	110g	69g	169mg	5,117mg	165g	11g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Orange juice, 6 fl oz	84	19g	0g	1g	0mg	2mg	16g	0g
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
<b>Supper</b>								
Alaskan Ipa (Correct) - Ipa, 14 oz	208	17g	--g	--g	--mg	--mg	--g	--g
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Chocolate Chip Cookie Dough Truffles, 2 serving(s)	253	37g	11g	2g	14mg	60mg	26g	0g
Maesri - Masaman Curry Paste, 0.5 container (80 g (1 tbsp) ea.)	120	12g	7g	0g	0mg	1,340mg	4g	2g
Albert Heijn - Stroopwafel, 1 wafel	145	20g	7g	1g	--mg	0mg	11g	0g
<b>TOTAL:</b>	<b>2,901</b>	<b>368g</b>	<b>110g</b>	<b>69g</b>	<b>169mg</b>	<b>5,117mg</b>	<b>165g</b>	<b>11g</b>

### January 3, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Alaskan Ipa (Correct) - Ipa, 14 oz	208	17g	--g	--g	--mg	--mg	--g	--g
Bravo - Pizza Vegetariana, 4.2 Slice	714	55g	42g	25g	21mg	2,352mg	0g	13g
<b>Lunch</b>								
Starbucks - Nitro Cold Brew - Grande, 8 oz	3	0g	0g	1g	0mg	5mg	4g	0g
<b>Dinner</b>								
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Pita - Pita, 1 pita	100	22g	1g	4g	0mg	160mg	1g	0g
American Flatbread - Cheese & Herb, 1 pizza	1,111	123g	45g	57g	135mg	2,553mg	3g	6g
Shipyard - Brown Ale, 16 oz	187	--g	--g	--g	--mg	--mg	--g	--g
<b>Supper</b>								
Albert Heijn - Stroopwafel, 1 wafel	145	20g	7g	1g	--mg	0mg	11g	0g
Chocolate Chip Cookie Dough Truffles, 1 serving(s)	127	18g	6g	1g	7mg	30mg	13g	0g
<b>TOTAL:</b>	<b>2,735</b>	<b>263g</b>	<b>111g</b>	<b>93g</b>	<b>163mg</b>	<b>5,360mg</b>	<b>34g</b>	<b>23g</b>

### January 4, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Albert Heijn - Stroopwafel, 1 wafel	145	20g	7g	1g	--mg	0mg	11g	0g
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)	540	62g	22g	30g	--mg	1,026mg	8g	8g
<b>Lunch</b>								
Starbucks - Tall Peppermint Latte 2% Milk, 12 oz	190	27g	5g	9g	20mg	110mg	26g	--g
Albert Heijn - Stroopwafel, 1 wafel	145	20g	7g	1g	--mg	0mg	11g	0g
<b>TOTAL:</b>	<b>3,441</b>	<b>437g</b>	<b>130g</b>	<b>105g</b>	<b>74mg</b>	<b>6,138mg</b>	<b>104g</b>	<b>25g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Dinner</b>								
Flying Biscuit - Biscuit, 1 biscuit	216	28g	10g	4g	29mg	196mg	3g	1g
Beer cheese - Cheese, 3 oz	330	0g	27g	21g	0mg	0mg	0g	0g
Sodexo Campus - Soft Pretzel, 4 Pretzel/2.5 oz	680	152g	4g	24g	0mg	4,120mg	4g	4g
Ottakringer - Helles, 500 ml	210	16g	0g	0g	0mg	0mg	--g	--g
<b>Snacks</b>								
Chocolate Chip Cookie Dough Truffles, 2 serving(s)	253	37g	11g	2g	14mg	60mg	26g	0g
Snap Kitchen - Hail Merry Meyer Lemon Cups, 0.5 serving	105	9g	8g	2g	0mg	48mg	5g	2g
Angie's Boomchickapop - White Cheddar Popcorn, 0.5 container (11 3/10 cups ea.)	338	34g	20g	7g	11mg	563mg	5g	7g
<b>Supper</b>								
Chips - Terra Sweet Potato & Beet Chips, 1 oz	150	15g	9g	2g	0mg	10mg	5g	3g
Pilsner Urquell - Pilsner Beer, 11.2 oz	139	17g	--g	2g	--mg	5mg	--g	--g
<b>TOTAL:</b>	<b>3,441</b>	<b>437g</b>	<b>130g</b>	<b>105g</b>	<b>74mg</b>	<b>6,138mg</b>	<b>104g</b>	<b>25g</b>

January 5, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Snap Kitchen - Hail Merry Chocolate Almond Cups, 0.5 serving	120	9g	10g	3g	0mg	58mg	5g	3g
Morningstar Farms - Buffalo Wings, 1 container (17.5 wings (85g) ea.)	700	67g	32g	42g	0mg	1,925mg	7g	11g
<b>Lunch</b>								
Maesri - Masaman Curry Paste, 1 container (80 g (1 tbsp) ea.)	240	24g	14g	0g	0mg	2,680mg	8g	4g
Morrison - Brown Rice, 1 cup	248	52g	2g	5g	0mg	78mg	1g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Kroger - Whole Cashews - Unsalted, 1/8 cup (28g)	80	4g	7g	3g	0mg	0mg	1g	1g
Tofu - Fried, 2 oz	153	6g	11g	10g	0mg	9mg	2g	2g
Chaokoh - Coconut Milk, 0.5 container (1 7/10 cup (80 g) ea.)	375	5g	35g	5g	0mg	38mg	3g	0g
<b>Dinner</b>								
Starbucks - Almond Milk Peppermint Latte, 16 oz	290	18g	7g	5g	0mg	125mg	43g	5g
<b>Snacks</b>								
Yee-Haw Brewing - Eighty, Scottish-Style Ale, 12 fl oz	153	0g	0g	0g	0mg	0mg	0g	0g
<b>Supper</b>								
Eggnog Shortbread Cookies, 1 serving(s)	67	7g	4g	1g	10mg	35mg	0g	0g
Parle - Hide & Seek - Cafe Mocha, 5 pieces (55g)	135	21g	5g	2g	0mg	33mg	9g	--g
Cadbury (Australia) - Flake, 30 g	161	17g	9g	3g	--mg	24mg	17g	--g
<b>TOTAL:</b>	<b>2,839</b>	<b>236g</b>	<b>147g</b>	<b>80g</b>	<b>10mg</b>	<b>5,010mg</b>	<b>97g</b>	<b>33g</b>

## January 6, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>Lunch</b>								
Hail Mary - dark and espresso cups, 47 gram	210	16g	15g	4g	--mg	--mg	--g	--g
Moon Cheese - Cheddar, 54 g (6-7 pieces)	315	5g	23g	23g	90mg	630mg	0g	0g
<b>Dinner</b>								
Boulder Canyon - Jalapeno Cheddar Chips, 1 oz	140	17g	7g	3g	0mg	193mg	1g	1g
Guinness - Draught - Pint, 16 oz	204	23g	0g	2g	0mg	0mg	--g	0g
Mellow Mushroom - Cheese Calzone (No Red Sauce), 1 calzone	1,290	151g	48g	61g	125mg	2,160mg	15g	9g
<b>Snacks</b>								
Quest - Protein Shake-salted Caramel, 325 ml	160	3g	3g	30g	20mg	390mg	1g	0g
<b>TOTAL:</b>	<b>2,719</b>	<b>247g</b>	<b>114g</b>	<b>151g</b>	<b>255mg</b>	<b>3,793mg</b>	<b>33g</b>	<b>30g</b>

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

## January 7, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Pure Intentions Coffee - Cold Brew Nitro, 12 oz	6	2g	0g	0g	0mg	0mg	0g	0g
<b>Dinner</b>								
Starbucks - Short Latte With Almond Milk, 8 oz	50	5g	3g	1g	0mg	85mg	3g	1g
<b>Supper</b>								
Starbucks - Short Latte With Almond Milk, 8 oz	50	5g	3g	1g	0mg	85mg	3g	1g
<b>TOTAL:</b>	<b>106</b>	<b>12g</b>	<b>6g</b>	<b>2g</b>	<b>0mg</b>	<b>170mg</b>	<b>6g</b>	<b>2g</b>

## January 8, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Bird's Eye - Sea salt & cracked pepper Brussels Sprouts, 1 container (264.00 grams)	240	27g	9g	9g	0mg	990mg	9g	9g
Nuts n More - chocolate chip cookie dough , 2 tablespoon	190	9g	12g	11g	2mg	105mg	7g	2g
<b>Lunch</b>								
<b>TOTAL:</b>	<b>2,345</b>	<b>191g</b>	<b>122g</b>	<b>81g</b>	<b>112mg</b>	<b>5,515mg</b>	<b>70g</b>	<b>28g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Trader Joes - Reduced Carb Whole Wheat Tortilla (Net Carb), 1 tortilla	45	4g	2g	4g	0mg	130mg	0g	7g
Chaokoh - Coconut Milk, 0.2 container (1 7/10 cup (80 g) ea.)	150	2g	14g	2g	0mg	15mg	1g	0g
Maesri - Masaman Curry Paste, 1 container (80 g (1 tbsp) ea.)	240	24g	14g	0g	0mg	2,680mg	8g	4g
Moon Cheese - Cheddar, 54 g (6-7 pieces)	315	5g	23g	23g	90mg	630mg	0g	0g
Dinner								
Skor - Skor Bar, 39 g	210	25g	12g	1g	20mg	135mg	24g	--g
Ottakringer - Helles, 500 ml	210	16g	0g	0g	0mg	0mg	--g	--g
Snacks								
Premier Protein - Clear Protein Drink, 16.9 fl oz	90	1g	0g	20g	0mg	160mg	0g	0g
Supper								
Pez - Candy, 1 roll	35	9g	0g	0g	0mg	0mg	9g	0g
Eatsmart - Veggie Crisps, 1 package	160	25g	7g	1g	0mg	310mg	0g	1g
Goetze's - Chocolate Cow Tales, 0.5 Stick	55	10g	2g	1g	0mg	20mg	6g	1g
Uncle Ray's - Mesquite BBQ flavored potato chips, 1.5 oz	255	26g	15g	3g	0mg	225mg	2g	2g
Kroger - Honey Roasted Peanuts, 1 oz	150	8g	12g	6g	0mg	115mg	4g	2g
TOTAL:	2,345	191g	122g	81g	112mg	5,515mg	70g	28g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general		167	13		
TOTALS:	167	13	0	0	0

### January 9, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Ocean's Halo - Miso Broth (Correct), 1 cup	40	6g	1g	3g	0mg	650mg	0g	2g
Lunch								
Starbucks - Nitro Cold Brew - Grande, 8 oz	3	0g	0g	1g	0mg	5mg	4g	0g
Dinner								
Pacific vanilla almond milk - Almond Milk, 0.5 container	35	6g	1g	1g	0mg	75mg	5g	1g
Pez - Candy, 0.5 roll	18	5g	0g	0g	0mg	0mg	5g	0g
TOTAL:	96	17g	2g	5g	0mg	730mg	14g	3g

### January 10, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	3,361	400g	158g	66g	28mg	2,945mg	124g	29g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Ocean Mist   Sam's Club - Brussels Sprouts, 200 g	95	14g	1g	5g	0mg	60mg	5g	7g
<b>Lunch</b>								
Holiday Cookie Collection (3 Saints) - Holiday Cookie Collection, 8 cookies	560	76g	28g	4g	0mg	300mg	32g	0g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
<b>Dinner</b>								
Holiday Cookie Collection (3 Saints) - Holiday Cookie Collection, 4 cookies	280	38g	14g	2g	0mg	150mg	16g	0g
Ritter Sport - Mini Chocolate Praline, 1 piece	91	9g	6g	1g	3mg	11mg	9g	1g
Abdallah - Peppermint Bark, 0.75 piece	143	17g	8g	2g	0mg	26mg	0g	0g
Ottakringer - Helles, 500 ml	210	16g	0g	0g	0mg	0mg	--g	--g
<b>Snacks</b>								
Holiday Cookie Collection (3 Saints) - Holiday Cookie Collection, 5 cookies	350	48g	18g	3g	0mg	188mg	20g	0g
Darrell Lea - Australian Licorice, Original Flavor, 5 pieces	100	22g	1g	1g	--mg	30mg	10g	--g
Snack Factory - Dark Chocolate and Peppermint Pretzel Crisps, 8 crackers	240	40g	12g	2g	0mg	190mg	22g	2g
<b>Supper</b>								
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
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
<b>TOTAL:</b>	<b>3,361</b>	<b>400g</b>	<b>158g</b>	<b>66g</b>	<b>28mg</b>	<b>2,945mg</b>	<b>124g</b>	<b>29g</b>

### January 11, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Norman love - Confections, 1 bar	280	23g	20g	5g	15mg	70mg	--g	--g
Darrell Lea - Australian Licorice, Original Flavor, 5 pieces	100	22g	1g	1g	--mg	30mg	10g	--g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
<b>Dinner</b>								
Jack Daniels Bourbon - Bourbon, 3 oz	194	0g	--g	--g	--mg	--mg	--g	--g
Starbucks - Tall Peppermint Latte 2% Milk, 12 oz	190	27g	5g	9g	20mg	110mg	26g	--g
<b>Snacks</b>								
Cadbury - Milk Chocolate Mini Eggs 200 calorie pack, 42 gram	200	31g	8g	3g	5mg	30mg	30g	0g
<b>Supper</b>								
<b>TOTAL:</b>	<b>2,794</b>	<b>273g</b>	<b>138g</b>	<b>70g</b>	<b>120mg</b>	<b>3,350mg</b>	<b>84g</b>	<b>22g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Devi - Pani Puri, 5 pieces	270	33g	12g	6g	0mg	410mg	0g	4g
Rice, 1 cup cooked	200	47g	0g	4g	0mg	0mg	0g	0g
Trader Joe's - Palak Paneer (Corrected), 2 package (150g)	880	32g	68g	36g	80mg	1,920mg	12g	16g
TOTAL:	2,794	273g	138g	70g	120mg	3,350mg	84g	22g

### January 12, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nuts 'n More - Chocolate Maple Pretzel High Protein Peanut Spread, 1 tbsp (33g)	91	5g	6g	6g	1mg	69mg	1g	1g
Beechers - Smoked Cheddar, 1 ounce	120	1g	9g	7g	20mg	230mg	0g	0g
Ocean Mist   Sam's Club - Brussels Sprouts, 200 g	95	14g	1g	5g	0mg	60mg	5g	7g
Ritter Sport - Milk Chocolate Mini Bar, 4 tiny squares	95	9g	6g	1g	3mg	13mg	9g	1g
Ritter Sport Mini - Cornflakes, 16.67 g	89	10g	5g	1g	2mg	21mg	8g	0g
Lunch								
Darrell Lea - Australian Licorice, Original Flavor, 5 pieces	100	22g	1g	1g	--mg	30mg	10g	--g
Pop's - Zebra Kettle Corn, 2.5 cup	400	53g	20g	3g	0mg	175mg	33g	3g
Kinder Bueno - Chocolate Wafers, 2 wafers	240	22g	16g	4g	10mg	40mg	20g	0g
Dinner								
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Snacks								
Darrell Lea - Australian Licorice, Original Flavor, 5 pieces	100	22g	1g	1g	--mg	30mg	10g	--g
Supper								
Kroger - Whole Cashews - Unsalted, 1/8 cup (28g)	80	4g	7g	3g	0mg	0mg	1g	1g
360 Vodka - Vodka, 2 oz	128	32g	0g	0g	0mg	0mg	0g	0g
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
Holiday Cookie Collection (3 Saints) - Holiday Cookie Collection, 10 cookies	700	95g	35g	5g	0mg	375mg	40g	0g
TOTAL:	3,378	375g	187g	57g	116mg	2,863mg	155g	19g

### January 13, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Archer Farms - Roasted Jumbo Cashews With Sea Salt, 3 oz	480	24g	39g	15g	0mg	285mg	6g	3g
Lunch								
Darrell Lea - Australian Licorice, Original Flavor, 5 pieces	100	22g	1g	1g	--mg	30mg	10g	--g
Evolved - Hazelnut Keto Cups, 1 container (2 cup)	260	14g	20g	4g	--mg	--mg	--g	10g
TOTAL:	2,437	173g	153g	113g	137mg	2,645mg	36g	62g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Moon Cheese - Cheddar, 54 g (6-7 pieces)	315	5g	23g	23g	90mg	630mg	0g	0g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>Dinner</b>								
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
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
<b>Snacks</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
<b>TOTAL:</b>	<b>2,437</b>	<b>173g</b>	<b>153g</b>	<b>113g</b>	<b>137mg</b>	<b>2,645mg</b>	<b>36g</b>	<b>62g</b>

### January 14, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Lunch</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Archer Farms - Roasted Jumbo Cashews With Sea Salt, 3 oz	480	24g	39g	15g	0mg	285mg	6g	3g
<b>Dinner</b>								
Dinner roll - Dinner Roll, 3 One piece	300	57g	5g	6g	0mg	390mg	6g	3g
<b>Supper</b>								
Wegman's Oyster Crackers - Oyster Crackers, 72 crackers	120	22g	4g	2g	0mg	340mg	0g	0g
Pez - Candy, 3 roll	105	27g	0g	0g	0mg	0mg	27g	0g
Good & Plenty - Good & Plenty Licorice Candy, 33 pieces (40g)	140	35g	0g	1g	0mg	120mg	25g	0g
Boar's Head - Simplicity Swiss cheese, 3 slices	165	2g	12g	14g	38mg	90mg	0g	0g
Field Roast - Vegan Breakfast Sausage, 4 Sausages (44g)	200	14g	7g	20g	0mg	640mg	6g	4g
Lagunitas Brewing - Sumpin' Easy Apa, 12 oz	171	--g	--g	--g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>2,219</b>	<b>231g</b>	<b>98g</b>	<b>80g</b>	<b>40mg</b>	<b>2,561mg</b>	<b>73g</b>	<b>32g</b>

### January 15, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>2,461</b>	<b>285g</b>	<b>59g</b>	<b>85g</b>	<b>86mg</b>	<b>2,276mg</b>	<b>94g</b>	<b>8g</b>



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Cadbury - Eclairs, 21.6 g	98	15g	4g	1g	2mg	41mg	10g	0g
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
<b>Lunch</b>								
Alaskan Ipa (Correct) - Ipa, 16 oz	237	20g	--g	--g	--mg	--mg	--g	--g
Jack Daniels Bourbon - Bourbon, 1.5 oz	97	0g	--g	--g	--mg	--mg	--g	--g
<b>Dinner</b>								
Teriyaki tofu, 7.5 oz	255	23g	6g	52g	47mg	209mg	14g	2g
Generic - Avocado Maki Roll, 1 roll (6-8 pieces)	168	31g	3g	3g	0mg	414mg	5g	2g
Ocean Sushi - Avocado Tempura, 3 pieces	320	--g	--g	--g	--mg	--mg	--g	--g
Tempura - Sweet Potato, 166 g	306	56g	7g	5g	37mg	22mg	1g	4g
<b>Supper</b>								
Maple Grove Farms of Vermont - Maple Sugar Candy, 0.5 container (12.5 pieces ea.)	200	53g	0g	0g	0mg	0mg	46g	--g
<b>TOTAL:</b>	<b>2,461</b>	<b>285g</b>	<b>59g</b>	<b>85g</b>	<b>86mg</b>	<b>2,276mg</b>	<b>94g</b>	<b>8g</b>

## January 16, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Peet's - Cold Brew, 16 oz	5	0g	0g	0g	0mg	0mg	0g	0g
<b>Dinner</b>								
Starbucks - Short Latte With Almond Milk, 8 oz	50	5g	3g	1g	0mg	85mg	3g	1g
<b>Supper</b>								
Michelobe Ultra - Beer, 8 oz	63	2g	0g	--g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>118</b>	<b>7g</b>	<b>3g</b>	<b>1g</b>	<b>0mg</b>	<b>85mg</b>	<b>3g</b>	<b>1g</b>

## January 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
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
<b>Lunch</b>								
Frito-Lay - SunChips Harvest Cheddar, 1 container (196.00 g)	980	133g	42g	14g	0mg	1,400mg	14g	14g
fritos - jalepeno cheddar cheese dip, 1 container (16.00 tablespoon)	320	24g	20g	8g	0mg	0mg	0g	0g
<b>Dinner</b>								
<b>TOTAL:</b>	<b>2,859</b>	<b>315g</b>	<b>140g</b>	<b>68g</b>	<b>73mg</b>	<b>4,726mg</b>	<b>95g</b>	<b>37g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Rise - Oat Milk Latte - Nitro Cold Brew Coffee, 1 can	110	18g	4g	1g	0mg	170mg	12g	0g
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Maple Grove Farms of Vermont - Maple Sugar Candy, 0.5 container (12.5 pieces ea.)	200	53g	0g	0g	0mg	0mg	46g	--g
<b>Supper</b>								
APPLEBEE'S, mozzarella sticks, 2 piece	202	15g	12g	10g	21mg	536mg	2g	1g
Applebee's - Tomato Basil Soup, Website 12-01-19, 1 cup	230	20g	14g	7g	30mg	1,380mg	11g	1g
Michelobe Ultra - Beer, 16 oz	127	3g	0g	--g	0mg	0mg	0g	0g
Archer Farms - Roasted Jumbo Cashews With Sea Salt, 2 oz	320	16g	26g	10g	0mg	190mg	4g	2g
<b>TOTAL:</b>	<b>2,859</b>	<b>315g</b>	<b>140g</b>	<b>68g</b>	<b>73mg</b>	<b>4,726mg</b>	<b>95g</b>	<b>37g</b>

### January 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 5 Slice	1,550	145g	75g	55g	150mg	2,600mg	--g	5g
<b>Dinner</b>								
Archer Farms - Roasted Jumbo Cashews With Sea Salt, 1 oz	160	8g	13g	5g	0mg	95mg	2g	1g
<b>Snacks</b>								
Virginia peanuts - Peanuts, 3 ounce	480	18g	39g	21g	0mg	120mg	3g	6g
<b>Supper</b>								
Chivas Regal - Whisky, 1 fl oz	65	0g	0g	0g	0mg	0mg	0g	0g
Dairy Queen - Reese's Peanut Butter Blizzard - Small, 1 small Blizzard (287g)	570	79g	24g	15g	45mg	290mg	68g	1g
<b>TOTAL:</b>	<b>2,825</b>	<b>250g</b>	<b>151g</b>	<b>96g</b>	<b>195mg</b>	<b>3,105mg</b>	<b>73g</b>	<b>13g</b>

### January 19, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Domino's - Stuffed Cheesy Bread, 1 Piece	140	16g	6g	6g	15mg	240mg	1g	1g
Domino's - Medium Handmade Pan Pizza With Extra Cheese, 3 Slice	930	87g	45g	33g	90mg	1,560mg	--g	3g
<b>Lunch</b>								
Oreos - Oreos, 10 cookies	533	83g	23g	3g	0mg	467mg	47g	3g
<b>Dinner</b>								
Planter's Cheez Balls - Cheese Flavored Snack, 103.6 balls	392	50g	17g	6g	0mg	420mg	3g	0g
<b>TOTAL:</b>	<b>3,322</b>	<b>410g</b>	<b>152g</b>	<b>82g</b>	<b>125mg</b>	<b>4,800mg</b>	<b>94g</b>	<b>19g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Planters - Nutty Snack Mix - Barbecue Chili, 1 container (132 grams ea.)	660	72g	36g	18g	0mg	1,020mg	12g	6g
<b>Snacks</b>								
Oreos - Oreos, 5 cookies	267	42g	12g	2g	0mg	233mg	23g	2g
<b>Supper</b>								
Devour - Corrected 7-12-2019 - Hot & Melty Nacho Mac & Cheese, 1 bowl (121g)	400	60g	13g	14g	20mg	860mg	8g	4g
<b>TOTAL:</b>	<b>3,322</b>	<b>410g</b>	<b>152g</b>	<b>82g</b>	<b>125mg</b>	<b>4,800mg</b>	<b>94g</b>	<b>19g</b>

## January 20, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
<b>Lunch</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
<b>Dinner</b>								
Evolved - Caramel Sea Salt Coconut Butter Cups Dark Chocolate, 2 butter cup	260	14g	22g	2g	--mg	200mg	8g	6g
Moon Cheese - Cheddar, 54 g (6-7 pieces)	315	5g	23g	23g	90mg	630mg	0g	0g
<b>Snacks</b>								
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
<b>Supper</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Planter's Cheez Balls - Cheese Flavored Snack, 103.6 balls	392	50g	17g	6g	0mg	420mg	3g	0g
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 60 ml	138	--g	--g	--g	--mg	--mg	--g	--g
Alaskan Ipa (Correct) - Ipa, 16 oz	237	20g	--g	--g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>1,952</b>	<b>150g</b>	<b>95g</b>	<b>64g</b>	<b>129mg</b>	<b>1,830mg</b>	<b>31g</b>	<b>48g</b>

## January 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
<b>Lunch</b>								
Hershey - Reese's Peanut Butter Cups, 1.5-ounce, 2 cups (1 package)	210	24g	12g	5g	5mg	150mg	22g	2g
<b>TOTAL:</b>								
<b>TOTAL:</b>	<b>3,028</b>	<b>289g</b>	<b>166g</b>	<b>76g</b>	<b>212mg</b>	<b>3,850mg</b>	<b>147g</b>	<b>36g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Maple Grove Farms of Vermont - Maple Sugar Candy, 0.75 container (12.5 pieces ea.)	300	79g	0g	0g	0mg	0mg	69g	--g
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
<b>Dinner</b>								
Starbucks - Tall Smoked Butterscotch Latte (Whole Milk), 12 oz	300	35g	14g	9g	45mg	260mg	32g	--g
<b>Snacks</b>								
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 60 ml	138	--g	--g	--g	--mg	--mg	--g	--g
<b>Supper</b>								
Devi - Pani Puri, 5 pieces	270	33g	12g	6g	0mg	410mg	0g	4g
Rice, 1 cup cooked	200	47g	0g	4g	0mg	0mg	0g	0g
Trader Joe's - Palak Paneer (Corrected), 2 package (150g)	880	32g	68g	36g	80mg	1,920mg	12g	16g
<b>TOTAL:</b>	<b>3,028</b>	<b>289g</b>	<b>166g</b>	<b>76g</b>	<b>212mg</b>	<b>3,850mg</b>	<b>147g</b>	<b>36g</b>

### January 22, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Field Roast - Miniature Corn Dogs, 1 container (12 corn dogs)	780	87g	39g	24g	0mg	1,590mg	18g	0g
<b>Lunch</b>								
la colombe mocha draft latte - coffee, 1 can	110	16g	4g	5g	10mg	115mg	13g	1g
<b>Dinner</b>								
Starbucks - Grande - Peppermint Mocha Latte, 2 cups	330	58g	8g	12g	--mg	--mg	--g	2g
<b>Supper</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Trader Joe's - Palak Paneer (Corrected), 1 package (150g)	440	16g	34g	18g	40mg	960mg	6g	8g
<b>TOTAL:</b>	<b>1,730</b>	<b>188g</b>	<b>89g</b>	<b>61g</b>	<b>52mg</b>	<b>2,735mg</b>	<b>37g</b>	<b>21g</b>

### January 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Morning Star Farms - Popcorn Chik'n, 32.4 pieces (48g)	540	62g	22g	30g	--mg	1,026mg	8g	8g
<b>Lunch</b>								
Rise - Mocha latte, 1 can	150	25g	5g	1g	0mg	190mg	15g	1g
Wing Hing - Popcorn Tofu, 340 grams	760	44g	56g	36g	0mg	1,440mg	0g	8g

<b>TOTAL:</b>	<b>1,779</b>	<b>157g</b>	<b>102g</b>	<b>78g</b>	<b>24mg</b>	<b>3,026mg</b>	<b>23g</b>	<b>39g</b>
---------------	--------------	-------------	-------------	------------	-------------	----------------	------------	------------

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Dinner</b>								
Beechers - Smoked Cheddar, 1 ounce	120	1g	9g	7g	20mg	230mg	0g	0g
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
<b>Supper</b>								
Basil Hayden - Bourbon Whiskey 30ml (1 oz), 30 ml	69	--g	--g	--g	--mg	--mg	--g	--g
<b>TOTAL:</b>	<b>1,779</b>	<b>157g</b>	<b>102g</b>	<b>78g</b>	<b>24mg</b>	<b>3,026mg</b>	<b>23g</b>	<b>39g</b>

## January 24, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Enlightened - White Chocolate Raspberry (Minus Sugar Alcohols), 1 container (2 cup (69g) ea.)	360	56g	10g	20g	20mg	240mg	28g	20g
<b>Lunch</b>								
Beechwood - Smoked Cheddar, 1 oz	120	1g	10g	7g	25mg	200mg	0g	0g
La Colombe - Draft Latte (Vanilla), 9 fl. oz. (266 mL)	100	14g	3g	5g	10mg	105mg	12g	--g
Hail Mary - dark and espresso cups, 47 gram	210	16g	15g	4g	--mg	--mg	--g	--g
Parm Crisps - Italian Herb, 3 crisps	100	0g	7g	9g	20mg	230mg	0g	0g
<b>Dinner</b>								
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
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
<b>Supper</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
<b>TOTAL:</b>	<b>1,772</b>	<b>160g</b>	<b>95g</b>	<b>87g</b>	<b>102mg</b>	<b>2,055mg</b>	<b>44g</b>	<b>47g</b>

## January 25, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
<b>Lunch</b>								
<b>TOTAL:</b>	<b>3,311</b>	<b>331g</b>	<b>135g</b>	<b>95g</b>	<b>154mg</b>	<b>3,507mg</b>	<b>119g</b>	<b>34g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
<b>Dinner</b>								
Michelobe Ultra - Beer, 12 oz	95	3g	0g	--g	0mg	0mg	0g	0g
Bulleit - Bourbon, 7.5 oz.	545	0g	0g	0g	0mg	0mg	0g	0g
Mashed - Potatoes, 2 ounce	88	36g	6g	4g	0mg	100mg	1g	3g
Banquet - Macaroni & Cheese, 4 oz	130	20g	3g	5g	8mg	380mg	2g	2g
Aladdin - Sausage Pizza, 8", 1 Each	895	92g	44g	44g	89mg	1,986mg	1g	4g
<b>Snacks</b>								
Ghirardelli - Peppermint Bark, 4 sections	240	24g	16g	2g	5mg	25mg	23g	1g
Kit Kat - Kit Kat, 3 two piece bars	210	27g	11g	3g	5mg	30mg	21g	1g
<b>Supper</b>								
Dairy Queen - Reese's Peanut Butter Blizzard - Small, 1 small Blizzard (287g)	570	79g	24g	15g	45mg	290mg	68g	1g
<b>TOTAL:</b>	<b>3,311</b>	<b>331g</b>	<b>135g</b>	<b>95g</b>	<b>154mg</b>	<b>3,507mg</b>	<b>119g</b>	<b>34g</b>

### January 26, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Pf Chang - Korean, 4 tbsp	100	18g	2g	2g	0mg	1,080mg	12g	0g
Morning star - BBQ chick'n nuggets, 1 container (12 nuggets)	600	69g	24g	36g	0mg	1,500mg	15g	9g
<b>Lunch</b>								
Chocorite - Milk Chocolate Pecan Clusters (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	14g	6g	2g	2mg	70mg	0g	12g
Balanced2Thrive Brownies, 1 serving(s)	77	3g	6g	2g	0mg	114mg	0g	2g
<b>Dinner</b>								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Balanced2Thrive Brownies, 2 serving(s)	153	7g	13g	5g	0mg	227mg	0g	4g
<b>Supper</b>								
Godiva - Chocolate Liquor, 1 fluid ounce	119	8g	4g	--g	--mg	--mg	8g	--g
<b>TOTAL:</b>	<b>1,519</b>	<b>151g</b>	<b>73g</b>	<b>75g</b>	<b>22mg</b>	<b>3,411mg</b>	<b>51g</b>	<b>47g</b>

### January 27, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Balanced2Thrive Brownies, 1 serving(s)	77	3g	6g	2g	0mg	114mg	0g	2g
<b>TOTAL:</b>	<b>1,325</b>	<b>97g</b>	<b>93g</b>	<b>25g</b>	<b>98mg</b>	<b>2,039mg</b>	<b>23g</b>	<b>8g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
<b>Dinner</b>								
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Starbucks - Nitro Cold Brew With Sweet Cream, 16 oz Grande	70	4g	5g	1g	15mg	20mg	4g	0g
<b>Supper</b>								
farm rich - Mozzarella Bites, 1 bites	38	4g	2g	2g	3mg	85mg	1g	0g
<b>TOTAL:</b>	<b>1,325</b>	<b>97g</b>	<b>93g</b>	<b>25g</b>	<b>98mg</b>	<b>2,039mg</b>	<b>23g</b>	<b>8g</b>

## January 28, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Sargento - 4 Cheese Mexican Cheese, 28 grams (1/4 Cup)	110	2g	9g	6g	25mg	170mg	0g	0g
Chili Hot + Black Soy, 0.2 serving(s)	330	43g	9g	27g	0mg	1,025mg	7g	18g
<b>Lunch</b>								
Rolling Rock Lager - Lager, 16 oz	176	13g	0g	2g	--mg	--mg	--g	--g
<b>Dinner</b>								
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
<b>Supper</b>								
Balanced2Thrive Brownies, 1 serving(s)	77	3g	6g	2g	0mg	114mg	0g	2g
<b>TOTAL:</b>	<b>1,603</b>	<b>168g</b>	<b>73g</b>	<b>50g</b>	<b>27mg</b>	<b>2,759mg</b>	<b>17g</b>	<b>35g</b>

## January 29, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Sargento - 4 Cheese Mexican Cheese, 28 grams (1/4 Cup)	110	2g	9g	6g	25mg	170mg	0g	0g
Chili Hot + Black Soy, 0.2 serving(s)	330	43g	9g	27g	0mg	1,025mg	7g	18g
<b>Lunch</b>								
Starbucks - Short Latte With Almond Milk, 8 oz	50	5g	3g	1g	0mg	85mg	3g	1g
<b>Dinner</b>								
Guinness - Draught - Pint, 16 oz	204	23g	0g	2g	0mg	0mg	--g	0g
<b>TOTAL:</b>	<b>1,422</b>	<b>147g</b>	<b>58g</b>	<b>71g</b>	<b>30mg</b>	<b>2,580mg</b>	<b>15g</b>	<b>33g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Supper</b>								
farm rich - Mozzarella Bites, 1 bites	38	4g	2g	2g	3mg	85mg	1g	0g
Simple Truth (Kroger) - Meatless Crispy Tenders - Vegan, 8 tenders (100g)	380	36g	16g	28g	0mg	740mg	2g	2g
<b>TOTAL:</b>	<b>1,422</b>	<b>147g</b>	<b>58g</b>	<b>71g</b>	<b>30mg</b>	<b>2,580mg</b>	<b>15g</b>	<b>33g</b>

### January 30, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Sargento - 4 Cheese Mexican Cheese, 28 grams (1/4 Cup)	110	2g	9g	6g	25mg	170mg	0g	0g
Chili Hot + Black Soy, 0.2 serving(s)	330	43g	9g	27g	0mg	1,025mg	7g	18g
<b>Dinner</b>								
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
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
<b>TOTAL:</b>	<b>1,562</b>	<b>141g</b>	<b>83g</b>	<b>78g</b>	<b>52mg</b>	<b>2,880mg</b>	<b>13g</b>	<b>47g</b>

### January 31, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Old El Paso - Bold Nacho Cheese Taco Shells, 3 shells (31g)	225	26g	12g	3g	0mg	225mg	0g	2g
Morning Star Farms - Meal Starters Grillers Crumbles, 0.3 container (3 cup (50 g) ea.)	126	7g	4g	16g	0mg	396mg	2g	5g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
<b>Lunch</b>								
Miller - High Life, 12 fl oz	141	12g	0g	--g	0mg	10mg	0g	0g
<b>Dinner</b>								
Chili Hot + Black Soy, 0.2 serving(s)	330	43g	9g	27g	0mg	1,025mg	7g	18g
Chocorite - Chocolate Crispy Caramel (Minus Erythritol), 1 container (2 piece (12g) ea.)	70	11g	4g	2g	2mg	70mg	0g	10g
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
<b>Snacks</b>								
<b>TOTAL:</b>	<b>1,669</b>	<b>157g</b>	<b>70g</b>	<b>63g</b>	<b>27mg</b>	<b>2,420mg</b>	<b>12g</b>	<b>44g</b>



FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Balanced2Thrive Brownies, 1 serving(s)		77	3g	6g	2g	0mg	114mg	0g	2g
Supper									
Sam Adams - Beer - Sam Adams Boston Lager., 16 oz		233	24g	0g	3g	0mg	0mg	0g	0g
TOTAL:		1,669	157g	70g	63g	27mg	2,420mg	12g	44g