


Printable Diary for Lucent


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July 1, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Lenny & Larry's - The Complete Cookie (Salted Caramel), 1 cookie	420	55g	13g	16g	0mg	530mg	26g	10g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Dinner								
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
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Supper								
Little Caesars - Deep Deep Dish Cheese Pizza (Website), 284 g	640	78g	22g	30g	40mg	1,000mg	8g	4g
Charles Shaw - Sauvignon Blanc, 12 oz	286	10g	0g	0g	0mg	0mg	--g	--g
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
TOTAL:	2,831	272g	135g	93g	144mg	4,509mg	56g	66g

July 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Dinner								
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
TOTAL:	2,290	256g	106g	81g	82mg	3,260mg	50g	69g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Snacks								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Pina Colada v2, 1 serving(s)	210	27g	0g	0g	0mg	11mg	10g	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
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
TOTAL:	2,290	256g	106g	81g	82mg	3,260mg	50g	69g

July 3, 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
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Lunch								
Great Value - Reduced Calorie Syrup (2020-03-08 Per Label), 2 Tbsp.	50	13g	0g	0g	0mg	75mg	12g	1g
Planet Oat Oatmilk - Extra Creamy Oatmilk, 1 Cup (240mL)	120	22g	4g	2g	0mg	120mg	5g	3g
Kodiak Cakes - Kodiak Cakes 100% Whole Wheat, 100 gram	358	57g	4g	26g	19mg	717mg	6g	9g
Dinner								
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Domino's - Marinara Sauce, 0.5 Container	13	3g	0g	1g	0mg	135mg	2g	1g
Tesco - Halloumi, 125 g	391	1g	31g	28g	--mg	1,400mg	--g	0g
Snacks								
Babybel - Mini White Cheddar, 1 piece	70	0g	6g	4g	15mg	140mg	0g	0g
Pina Colada v2, 1 serving(s)	210	27g	0g	0g	0mg	11mg	10g	0g
Edible Snickerdoodle Cookie Dough, 5 serving(s)	204	23g	11g	2g	27mg	12mg	10g	0g
Supper								
Quest - Protein chip BBQ(Improved), 1 pack	130	4g	4g	22g	10mg	280mg	0g	2g
TOTAL:	2,104	210g	92g	106g	71mg	3,666mg	49g	47g

July 4, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Pecan Muffins, 2 serving(s)	618	36g	51g	6g	73mg	71mg	22g	3g
Lunch								
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
Dinner								
New Belgium - Accumulation White IPA, 12 fl oz	186	14g	0g	0g	0mg	0mg	0g	0g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Pina Colada v2, 1 serving(s)	210	27g	0g	0g	0mg	11mg	10g	0g
Supper								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Field Roast - Vegetarian Smoked Apple Sage Sausage, 92 g (1 sausage)	220	16g	8g	23g	0mg	560mg	4g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
TOTAL:	2,534	222g	125g	75g	113mg	2,697mg	66g	26g

July 5, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kodiak Cakes - Kodiak Cakes 100% Whole Wheat, 100 gram	358	57g	4g	26g	19mg	717mg	6g	9g
Planet Oat Oatmilk - Extra Creamy Oatmilk, 1 Cup (240mL)	120	22g	4g	2g	0mg	120mg	5g	3g
Great Value - Reduced Calorie Syrup (2020-03-08 Per Label), 3 Tbsp.	75	20g	0g	0g	0mg	113mg	18g	1g
Lunch								
Taj Mahal - Aloo Naan, 1 six inch bread	312	61g	6g	7g	--mg	398mg	15g	4g
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
Dinner								
Pina Colada v2, 1 serving(s)	210	27g	0g	0g	0mg	11mg	10g	0g
Snacks								
Fig Bars v2, 1 serving(s)	178	22g	9g	2g	21mg	65mg	10g	3g
Supper								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	2,703	342g	110g	85g	120mg	3,899mg	77g	60g

July 6, 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
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
Lunch								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
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
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
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 - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Supper								
Nuts N More - Cookie Butter, 4 tbsp (33g)	384	18g	24g	22g	4mg	210mg	14g	4g
Joseph's - Lavash Wrap, 64 g (1/2 piece)	120	18g	3g	12g	0mg	580mg	0g	8g
TOTAL:	2,147	213g	103g	100g	77mg	3,184mg	63g	79g

July 7, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
Lunch								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	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 - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Supper								
Little Caesars - Deep Deep Dish Cheese Pizza (Website), 142 g	320	39g	11g	15g	20mg	500mg	4g	2g
Yuengling - Flight , 24 fl oz	190	5g	1g	2g	--mg	--mg	--g	--g
TOTAL:	2,153	194g	115g	68g	152mg	2,215mg	49g	63g

July 8, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
Lunch								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Dinner								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
PopCorners Flex - Protein Crisps, 42 gram	150	18g	5g	15g	0mg	330mg	2g	6g
Quest - Protein chip BBQ(Improved), 1 pack	130	4g	4g	22g	10mg	280mg	0g	2g
Supper								
Morning star - veggie sausage pizza bits, 9 bites	255	30g	11g	14g	--mg	660mg	5g	6g
Pina Colada v2, 1 serving(s)	210	27g	0g	0g	0mg	11mg	10g	0g
Fig Bars v2, 1 serving(s)	178	22g	9g	2g	21mg	65mg	10g	3g
TOTAL:	2,126	235g	88g	95g	103mg	3,435mg	51g	49g

July 9, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Pecan Muffins, 1 serving(s)	309	18g	26g	3g	37mg	35mg	11g	2g
Lunch								
Fig Bars v2, 1 serving(s)	178	22g	9g	2g	21mg	65mg	10g	3g
Just Cookie Dough - Birthday Cake, 119 g	525	74g	21g	4g	0mg	560mg	35g	0g
Dinner								
Walnuts - Walnuts, 0.25 cup	200	4g	20g	5g	0mg	1mg	1g	2g
Pina Colada v2, 1 serving(s)	210	27g	0g	0g	0mg	11mg	10g	0g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Supper								
Field Roast - Miniature Corn Dogs, 1/2 container (12 corn dogs)	390	44g	20g	12g	0mg	795mg	9g	0g
TOTAL:	1,912	210g	103g	28g	58mg	1,612mg	77g	27g

July 10, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Great Value - Reduced Calorie Syrup (2020-03-08 Per Label), 2 Tbsp.	50	13g	0g	0g	0mg	75mg	12g	1g
Planet Oat Oatmilk - Extra Creamy Oatmilk, 150 milliliter	75	14g	2g	1g	0mg	75mg	3g	2g
Kodiak Cakes - Kodiak Cakes 100% Whole Wheat, 70 gram	251	40g	3g	18g	13mg	502mg	4g	7g
Lunch								
Wheat flour, all-purpose, 0.4 cup	182	38g	0g	5g	0mg	1mg	0g	1g
Tesco - Halloumi, 250 g	783	2g	62g	55g	--mg	2,800mg	--g	0g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Supper								
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Pina Colada v2, 1 serving(s)	210	27g	0g	0g	0mg	11mg	10g	0g
TOTAL:	2,091	171g	91g	125g	43mg	4,224mg	46g	32g

July 11, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Pecan Muffins, 2 serving(s)	618	36g	51g	6g	73mg	71mg	22g	3g
Nuts N More - Banana Nut, 3 tbsp (33g)	281	15g	17g	17g	2mg	26mg	3g	3g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Dinner								
Mrs. T's - Pierogies 4 Cheese Medley (corrected), 1 container (12.00 Pierogies)	840	129g	27g	21g	30mg	1,980mg	6g	3g
Capatriti - 100% Pure Olive Oil, 2 Tbsp (15ml)	240	0g	28g	0g	0mg	0mg	0g	0g
Beck's - Premier light, 12 oz	64	4g	0g	1g	0mg	0mg	0g	0g
Supper								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
TOTAL:	2,253	220g	139g	48g	105mg	2,257mg	33g	42g

July 12, 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
TOTAL:	2,173	270g	84g	72g	71mg	2,515mg	70g	33g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
Lunch								
Chocorite - Milk Chocolate Bar(km), 1 bar (28g)	115	14g	10g	2g	4mg	20mg	2g	12g
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
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Dinner								
Starbucks - Grande Latte - Almond Milk, 16 oz	130	10g	8g	4g	--mg	220mg	6g	1g
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Snacks								
Parle - Hide & Seek - Cafe Mocha, 10 pieces (55g)	270	41g	10g	3g	0mg	65mg	17g	--g
Supper								
Carrabba's - Sm Bread Loaf , 1/2 loaf	250	42g	6g	7g	--mg	--mg	--g	--g
Pina Colada v2, 1 serving(s)	210	27g	0g	0g	0mg	11mg	10g	0g
TOTAL:	2,173	270g	84g	72g	71mg	2,515mg	70g	33g

July 13, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Great Value - Reduced Calorie Syrup (2020-03-08 Per Label), 4 Tbsp.	100	26g	0g	0g	0mg	150mg	24g	1g
Kodiak Cakes - Kodiak Cakes 100% Whole Wheat, 100 gram	358	57g	4g	26g	19mg	717mg	6g	9g
Planet Oat Oatmilk - Extra Creamy Oatmilk, 150 milliliter	75	14g	2g	1g	0mg	75mg	3g	2g
Lunch								
Just Cookie Dough - Birthday Cake, 102 g	450	63g	18g	3g	0mg	480mg	30g	0g
Dinner								
Little Caesars - Crazy Bread, 1 container (8 sticks ea.)	800	120g	24g	24g	0mg	1,200mg	8g	8g
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Supper								
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Pina Colada v2, 1 serving(s)	210	27g	0g	0g	0mg	11mg	10g	0g
TOTAL:	2,243	327g	63g	73g	29mg	3,008mg	83g	34g

July 14, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
TOTAL:	2,103	254g	80g	76g	43mg	3,153mg	98g	22g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Great Value - Reduced Calorie Syrup (2020-03-08 Per Label), 2 Tbsp.	50	13g	0g	0g	0mg	75mg	12g	1g
Kodiak Cakes - Kodiak Cakes 100% Whole Wheat, 40 gram	143	23g	2g	11g	8mg	287mg	2g	4g
Just Cookie Dough - Birthday Cake, 187 g	825	116g	33g	6g	0mg	880mg	55g	0g
Lunch								
Tillamook - Tillamook Sharp White Cheddar Snack Portions (Corrected), 0.75 oz	90	1g	7g	5g	25mg	150mg	0g	0g
Dinner								
La Banderita - Carb Counter - Low Carb Tortilla, 1 Tortilla	45	15g	1g	5g	0mg	220mg	0g	11g
Beyond Meat - Burger, 1 Patty (4 oz)	250	3g	18g	20g	0mg	390mg	0g	2g
Snacks								
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Supper								
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
Sweet Earth - General Tso's Tofu, 1 package (9oz/255g)	370	53g	13g	11g	0mg	800mg	18g	3g
TOTAL:	2,103	254g	80g	76g	43mg	3,153mg	98g	22g

July 15, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Lenny & Larry's - The Complete Cookie (Salted Caramel), 0.5 cookie	210	28g	7g	8g	0mg	265mg	13g	5g
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
Lunch								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
Rise - Oat Milk Latte - Nitro Cold Brew Coffee, 1 can	110	18g	4g	1g	0mg	170mg	12g	0g
Dinner								
Chili Hot + Black Beans, 1 serving(s)	270	43g	4g	20g	0mg	1,129mg	5g	14g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Supper								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
TOTAL:	2,168	215g	123g	61g	133mg	3,529mg	62g	63g

July 16, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Lunch								
Fig Bars v2, 1 serving(s)	178	22g	9g	2g	21mg	65mg	10g	3g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Dinner								
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	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
Old El Paso - Bold Nacho Cheese Taco Shells, 5 shells (31g)	375	43g	20g	5g	0mg	375mg	0g	3g
Avocado - Avocado, 0.5 medium	117	6g	11g	1g	0mg	5mg	1g	5g
Supper								
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
TOTAL:	1,953	193g	87g	75g	93mg	1,816mg	56g	43g

July 17, 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
Avocado - Avocado, 0.25 medium	59	3g	5g	1g	0mg	3mg	0g	3g
Lunch								
Cauliflower Mac and Cheese, 1 serving(s)	304	18g	19g	18g	58mg	353mg	10g	3g
Dinner								
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Tofurkey - Italian Vegetarian Sausage, 3.5 oz (1 sausage)	280	8g	14g	30g	0mg	620mg	3g	1g
Snacks								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Supper								
Starbucks - Doubleshot Energy+coffee Mocha, 2 fl oz	28	4g	0g	1g	2mg	21mg	3g	--g
Chocorite - Chocolate Covered Caramels (Minus Sugar Alcohols), 2 pieces (36g)	90	21g	5g	1g	0mg	150mg	1g	19g
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
TOTAL:	2,017	198g	96g	104g	108mg	2,885mg	50g	75g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Kroger Deluxe - Artisan Vanilla Bean Ice Cream, 4/5 cup	168	28g	4g	5g	18mg	72mg	23g	0g
ChocZero - Chocolate Syrup, 2 tablespoon	74	30g	0g	0g	0mg	10mg	0g	28g
Blackstone - Nut Brown Ale, 7.92 oz	113	9g	--g	--g	--mg	--mg	--g	--g
TOTAL:	2,017	198g	96g	104g	108mg	2,885mg	50g	75g

July 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Coffee Cinnamon Rolls, 2 serving(s)	567	77g	24g	11g	60mg	61mg	8g	3g
Starbucks - Nitro Cold Brew - Caramel, 1 Can	45	10g	0g	1g	0mg	30mg	8g	0g
Lunch								
Vegan Pepperoni, 4 serving(s)	268	9g	8g	37g	0mg	5mg	1g	2g
Kraft - Cracker Barrel Extra Sharp Cheddar Cracker Cut, 8 slices	280	0g	24g	14g	70mg	400mg	0g	0g
Ritz Crackers - Nabisco Crackers, 8 crackers	128	16g	7g	1g	0mg	208mg	2g	0g
Dinner								
Private Collection - Shaved Parmesan, 2 tbs grams5	40	0g	2g	4g	10mg	80mg	0g	0g
Vegan Pepperoni, 1 serving(s)	67	2g	2g	9g	0mg	1mg	0g	0g
Meatless Pepperoni Pizza, 3 serving(s)	707	83g	30g	29g	65mg	591mg	1g	0g
Supper								
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
TOTAL:	2,292	222g	97g	106g	205mg	1,387mg	30g	5g

July 19, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Private Collection - Shaved Parmesan, 2 tbs grams5	40	0g	2g	4g	10mg	80mg	0g	0g
Meatless Pepperoni Pizza, 3 serving(s)	707	83g	30g	29g	65mg	591mg	1g	0g
Vegan Pepperoni, 1 serving(s)	67	2g	2g	9g	0mg	1mg	0g	0g
Lunch								
Starbucks - Doubleshot Energy+coffee Mocha, 3.4 fl oz	48	7g	1g	2g	3mg	36mg	6g	--g
Kroger Deluxe - Artisan Vanilla Bean Ice Cream, 4/5 cup	168	28g	4g	5g	18mg	72mg	23g	0g
ChocZero - Chocolate Syrup, 2 tablespoon	74	30g	0g	0g	0mg	10mg	0g	28g
Blackstone - Nut Brown Ale, 7.92 oz	113	9g	--g	--g	--mg	--mg	--g	--g
Dinner								
Cauliflower Mac and Cheese, 1 serving(s)	304	18g	19g	18g	58mg	353mg	10g	3g
Ritz Crackers - Nabisco Crackers, 2 crackers	32	4g	2g	0g	0mg	52mg	0g	0g
TOTAL:	2,283	243g	84g	113g	184mg	1,966mg	67g	52g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
Snacks								
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Supper								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	2,283	243g	84g	113g	184mg	1,966mg	67g	52g

July 20, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Cauliflower Mac and Cheese, 1 serving(s)	304	18g	19g	18g	58mg	353mg	10g	3g
Lunch								
Private Collection - Shaved Parmesan, 1 tbs grams5	20	0g	1g	2g	5mg	40mg	0g	0g
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Tofurkey - Italian Vegetarian Sausage, 3.5 oz (1 sausage)	280	8g	14g	30g	0mg	620mg	3g	1g
Dinner								
Kirkland Signature California Pistachios - Pistachios, 0.36 oz/49 kernels/28 g	61	3g	5g	2g	0mg	58mg	1g	1g
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Snacks								
Starbucks - Mocha Frappucino, 1 bottle (9.5 oz)	180	33g	3g	7g	15mg	95mg	31g	0g
Supper								
Ritz Crackers - Nabisco Crackers, 1 crackers	16	2g	1g	0g	0mg	26mg	0g	0g
Gardein - Teryaki Chick'n BOWL, 1 bowl (241 g)	260	47g	2g	13g	0mg	800mg	15g	2g
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
TOTAL:	2,011	192g	81g	110g	118mg	3,083mg	92g	27g

July 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Great Value - Reduced Calorie Syrup (2020-03-08 Per Label), 5 Tbsp.	125	33g	0g	0g	0mg	188mg	30g	1g
Kodiak Cakes - Kodiak Cakes 100% Whole Wheat, 140 gram	502	79g	5g	37g	26mg	1,004mg	8g	13g
Lunch								
TOTAL:	2,109	270g	60g	92g	157mg	2,539mg	63g	19g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Cauliflower Mac and Cheese, 1 serving(s)	304	18g	19g	18g	58mg	353mg	10g	3g
Dinner								
Meatless Pepperoni Pizza, 4 serving(s)	988	115g	36g	37g	73mg	983mg	5g	2g
Supper								
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
TOTAL:	2,109	270g	60g	92g	157mg	2,539mg	63g	19g

July 22, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Fig Pecan Sweet Rolls, 1 serving(s)	378	52g	15g	6g	32mg	40mg	16g	3g
Starbucks - Nitro Cold Brew Vanilla Sweet Cream, 1 can	70	13g	2g	3g	5mg	45mg	11g	--g
Lunch								
Meatless Pepperoni Pizza, 2 serving(s)	494	57g	18g	19g	36mg	491mg	3g	1g
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 - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Supper								
Chili Hot + Black Beans, 1 serving(s)	265	34g	7g	22g	0mg	908mg	5g	15g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
TOTAL:	2,047	213g	90g	88g	114mg	2,644mg	54g	56g

July 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nuts 'N More - Mocha Cappuccino High Protein + Peanut Spread, 33 g (2 tbsp)	194	8g	13g	11g	1mg	16mg	1g	3g
Joseph's - Lavash Wrap, 32 g (1/2 piece)	60	9g	2g	6g	0mg	290mg	0g	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								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	2,044	188g	113g	74g	31mg	2,392mg	38g	64g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Domino's - Garlic Butter, 1 cup	250	--g	28g	--g	--mg	160mg	--g	--g
Snacks								
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
Supper								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Alexia - Crispy Onion Rings, 200 g	600	73g	30g	8g	0mg	975mg	8g	3g
TOTAL:	2,044	188g	113g	74g	31mg	2,392mg	38g	64g

July 24, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Domino's - Marinara Sauce, 1 Container	25	5g	0g	1g	0mg	270mg	4g	1g
Carr Valley Cheese - Bread Cheese, 7.7 oz	770	0g	54g	46g	308mg	1,155mg	0g	0g
Lunch								
Nuts N More - Cookie Butter, 3.7 tbsp (33g)	355	17g	22g	20g	4mg	194mg	13g	4g
Dinner								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Fig Bars v2, 1 serving(s)	178	22g	9g	2g	21mg	65mg	10g	3g
Supper								
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Pina Colada v2, 0.8 serving(s)	152	20g	0g	0g	0mg	9mg	8g	0g
TOTAL:	2,120	122g	116g	117g	363mg	2,598mg	53g	49g

July 25, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Pizza Hut - Stuffed Garlic Knots, 2 knot	160	20g	5g	6g	10mg	340mg	2g	2g
Pizza Hut - Fried Cheese Sticks (From Website), 1 sticks	95	7g	6g	3g	10mg	255mg	1g	1g
Pizza Hut - Medium Pan Cheese Only Pizza, 5 slice (104g)	1,200	135g	50g	55g	125mg	2,650mg	--g	10g
Lunch								
Pizza Hut - Cinnabon Mini Rolls, 1 Roll	80	12g	3g	2g	0mg	15mg	6g	0g
Dinner								
TOTAL:	2,125	231g	82g	94g	165mg	3,691mg	35g	33g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
Supper								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	2,125	231g	82g	94g	165mg	3,691mg	35g	33g

July 26, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Coffee Cinnamon Rolls, 1 serving(s)	283	38g	12g	5g	30mg	30mg	4g	1g
King's Brew - Nitro Cold Brew Mushroom Mocha, 7.5 fl oz	5	1g	0g	0g	0mg	0mg	0g	0g
Lunch								
Ritz Crackers - Nabisco Crackers, 6 crackers	96	12g	5g	0g	0mg	156mg	1g	0g
Kraft - Cracker Barrel Extra Sharp Cheddar Cracker Cut, 6 slices	210	0g	18g	11g	53mg	300mg	0g	0g
Vegan Pepperoni, 3 serving(s)	201	7g	6g	28g	0mg	4mg	1g	1g
Dinner								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Snacks								
Chocorite - Vanilla Peanut Clusters (Minus Sugar Alcohols), 2 pieces (32g)	100	16g	7g	1g	0mg	70mg	0g	14g
Supper								
Follow Your Heart - Vegan Honey Mustard Dressing, 50 ml	200	12g	17g	1g	0mg	208mg	10g	0g
Morning Star - Buffalo Wings, 1 container (17.5 wings ea.)	700	74g	28g	46g	0mg	1,400mg	7g	11g
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
TOTAL:	2,005	196g	109g	95g	83mg	2,348mg	25g	60g

July 27, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Chili Hot + Black Beans, 1 serving(s)	265	34g	7g	22g	0mg	908mg	5g	15g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Lunch								
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
TOTAL:	2,135	140g	134g	88g	201mg	3,884mg	32g	59g

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
Dinner								
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
Moon Cheese Snacks - Moon Cheese - Cheddar, 1 container (28 pieces ea.)	340	2g	28g	22g	90mg	700mg	0g	2g
Supper								
Deep - Malai Kofta, 1 container (282 gms ea.)	660	28g	56g	14g	80mg	1,040mg	12g	4g
TOTAL:	2,135	140g	134g	88g	201mg	3,884mg	32g	59g

July 28, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
fritos - jalepeno cheddar cheese dip, 1 container (16.00 tablespoon)	320	24g	20g	8g	0mg	0mg	0g	0g
Frito-Lay - SunChips Harvest Cheddar, 1 container (196.00 g)	980	133g	42g	14g	0mg	1,400mg	14g	14g
Lunch								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
Quest - Protein Shake-salted Caramel, 325 ml	160	3g	3g	30g	20mg	390mg	1g	0g
Dinner								
Yuengling - Flight , 24 fl oz	190	5g	1g	2g	--mg	--mg	--g	--g
Supper								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
TOTAL:	2,160	212g	93g	83g	40mg	2,245mg	32g	47g

July 29, 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
Justin's - Classic Cashew Butter, 2 tablespoon	210	9g	17g	5g	0mg	35mg	2g	--g
Pecan Muffins, 1 serving(s)	309	18g	26g	3g	37mg	35mg	11g	2g
Lunch								
Fig Bars v2, 1 serving(s)	178	22g	9g	2g	21mg	65mg	10g	3g
Dinner								
Chocorite - Coconut Almond (Minus Sugar Alcohols), 2 pieces (34g)	110	15g	9g	1g	0mg	35mg	1g	13g
TOTAL:	2,060	186g	126g	83g	68mg	2,268mg	49g	52g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Quest - Tortillq Style Protein Chips (Nacho Cheese), 32 gram	140	5g	6g	18g	10mg	340mg	1g	1g
Snacks								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Supper								
Follow Your Heart - High Omega Vegan Ranch, 1.5 tbsp	105	1g	11g	1g	0mg	90mg	0g	0g
Follow Your Heart - Vegan Honey Mustard Dressing, 2 tablespoon	118	7g	10g	0g	0mg	123mg	6g	0g
Morning Star - Buffalo Wings, 1 container (17.5 wings ea.)	700	74g	28g	46g	0mg	1,400mg	7g	11g
TOTAL:	2,060	186g	126g	83g	68mg	2,268mg	49g	52g

July 30, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Chili Hot + Black Beans, 1 serving(s)	265	34g	7g	22g	0mg	908mg	5g	15g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Lunch								
Enlightened - Chocolate Peanut Butter, New (Minus Sugar Alcohols), 1 container (2 cup (68g) ea.)	400	32g	18g	28g	20mg	420mg	16g	20g
Dinner								
Morning star - veggie sausage pizza bits, 9 bites	255	30g	11g	14g	--mg	660mg	5g	6g
Pina Colada v2, 1 serving(s)	190	25g	0g	0g	0mg	11mg	10g	0g
Biscoff Cookies, 1 serving(s)	94	9g	6g	1g	15mg	75mg	3g	0g
Snacks								
Double Chocolate Mint Cookies, 1 serving(s)	79	8g	5g	1g	7mg	0mg	3g	0g
Supper								
Pillsbury - Crescent Original, 2 roll	200	24g	10g	4g	0mg	420mg	6g	0g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Tofurkey - Italian Vegetarian Sausage, 3.5 oz (1 sausage)	280	8g	14g	30g	0mg	620mg	3g	1g
TOTAL:	2,303	195g	109g	116g	83mg	4,094mg	54g	59g

July 31, 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
TOTAL:	1,997	230g	102g	49g	78mg	2,681mg	61g	62g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Double Chocolate Mint Cookies, 6 serving(s)	477	50g	27g	5g	42mg	0mg	20g	2g
Biscoff Cookies, 1 serving(s)	94	9g	6g	1g	15mg	75mg	3g	0g
Lunch								
Chili Hot + Black Beans, 1 serving(s)	265	34g	7g	22g	0mg	908mg	5g	15g
Fritos - Chili Cheese - Chili Cheese Flavored Corn Chips, 1.5 oz.	240	23g	15g	3g	0mg	405mg	2g	2g
Boarshead - Chipotle Gouda Cheese, 1 oz	100	--g	8g	6g	20mg	240mg	0g	0g
Dinner								
Strawberry, 300 g	96	23g	1g	2g	0mg	3mg	15g	6g
Chocorite - Chocolate Pecan Clusters, 2 pieces (32g)	100	2g	7g	1g	1mg	95mg	1g	15g
Snacks								
Chocorite - Peanut Butter Cup Patties Minus Sugar Alcohols, 2 Patties	100	21g	7g	2g	0mg	145mg	1g	20g
Supper								
Alexia - Crispy Onion Rings, 160 g	480	58g	24g	6g	0mg	780mg	6g	2g
TOTAL:	1,997	230g	102g	49g	78mg	2,681mg	61g	62g