

Printable Diary for choppermanster

May 1, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
herbie's - chipotle chilli powder, 5 gram	16	3g	1g	1g	0mg	0mg	0g	0g
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Trader Joe's falafel - Falafel, 2.25 pieces	240	23g	14g	6g	0mg	0mg	0g	0g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 3 oz	160	0g	8g	22g	--	85mg	--	--
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Edamame - Edamame, 0.5 cup	100	9g	3g	8g	0mg	30mg	1g	4g
Lunch								
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
herbie's - chipotle chilli powder, 5 gram	16	3g	1g	1g	0mg	0mg	0g	0g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Organiccoconut Oil - Coconut Oil, 14 g (1 Tbsp)	130	--	14g	--	0mg	0mg	--	--
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Shiritaki - Noodles Lowcarb, 50 gram	10	2g	0g	1g	0mg	0mg	0g	3g
Dinner								
Rice crackers - Sesame Rice Crackers, 15 grams	65	13g	1g	2g	0mg	65mg	0g	1g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Swad Chutney-Coriander - Chutney-Coriander, 2 tsp	9	1g	1g	0g	--	162mg	0g	--
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 3 oz	160	0g	8g	22g	--	85mg	--	--
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Spinach, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Lensi Pasta - Red Lentil, 56 gram	200	34g	1g	15g	--	--	--	10g
Morning Snack								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 4 oz	110	0g	2g	23g	75mg	280mg	0g	0g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Cuties Mandarin Orange - Mandarin Orange, 4 clementines (168g)	180	44g	1g	2g	0mg	0mg	36g	6g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
TOTALS	3491	223g	195g	224g	275mg	2613mg	64g	68g

May 8, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Juicy Dates - dates, 50 gram	134	31g	0g	1g	0mg	0mg	29g	4g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Dinner								
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Morning Snack								
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	1g	2g
Organic Pumpkin seeds - Organic Pumpkin Seeds, 28 g ~ 1oz	180	4g	14g	9g	0mg	5mg	1g	3g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 3 oz	18	3g	0g	1g	0mg	0mg	3g	2g
Great Value - Liquid Egg White (Correct), 24 tablespoon	200	8g	0g	40g	0mg	600mg	0g	0g
TOTALS	3425	189g	205g	227g	70mg	2185mg	66g	61g

May 15, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Organic Pumpkin seeds - Organic Pumpkin Seeds, 28 g ~ 1oz	180	4g	14g	9g	0mg	5mg	1g	3g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Dandy Blend - Dandelion Coffee, 2 tsp (2g)	14	2g	--	0g	--	0mg	--	--
Banana - (One) - Banana - (One), 118 grams	105	27g	0g	1g	0mg	1mg	14g	3g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
<b>Lunch</b>								
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Walnuts - Walnuts, 0.25 cup	200	4g	20g	5g	0mg	1mg	1g	2g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Champagne Mango - Mango, 0.75 cup (140g)	83	20g	0g	0g	0mg	8mg	14g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
<b>Dinner</b>								
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 3 oz	18	3g	0g	1g	0mg	0mg	3g	2g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Lucerne - Light Sour Cream (updated from container Sep 2021) , 75 grams/2 Tbsp	100	5g	6g	5g	25mg	50mg	5g	0g
Trader Joe's - Lavash Bread, 1 sheet	220	44g	1g	8g	0mg	340mg	2g	2g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
<b>Morning Snack</b>								
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Pesto - Pesto, 50 g	160	2g	15g	5g	12mg	210mg	0g	0g
hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	1g	2g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Great Value - Liquid Egg White (Correct), 24 tablespoon	200	8g	0g	40g	0mg	600mg	0g	0g
TOTALS	3407	261g	169g	230g	232mg	2828mg	79g	51g

May 29, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Walnuts - Walnuts, 0.25 cup	200	4g	20g	5g	0mg	1mg	1g	2g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Trader Joe's - Organic Unsweetened Coconut Chips, 0.13 cup	110	3g	11g	1g	0mg	3mg	1g	2g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
herbie's - chipotle chilli powder, 5 gram	16	3g	1g	1g	0mg	0mg	0g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Homemade - Zuchinni Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Dinner								
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
One Bar - Blueberry Cobbler, 3 bar	690	69g	24g	60g	30mg	330mg	3g	18g
Cantaloupe - Cantaloupe, 3 cup (5.5 oz)	159	41g	1g	4g	0mg	75mg	37g	4g
Morning Snack								
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Organic cauliflower - Cauliflower, 113 grams	30	5g	0g	2g	0mg	30mg	2g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
herbie's - chipotle chilli powder, 5 gram	16	3g	1g	1g	0mg	0mg	0g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Raw chickpeas - Chickpeas, 37.5 g	134	16g	2g	9g	0mg	4mg	2g	7g
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
TOTALS	3490	251g	181g	252g	90mg	1760mg	88g	65g

Jun 5, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Walnuts - Walnuts, 0.25 cup	200	4g	20g	5g	0mg	1mg	1g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Flaxseed - Flaxseed, golden, ground, 4 tbsp ground	148	8g	12g	5g	0mg	8mg	0g	8g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Shiritaki - Noodles Lowcarb, 50 gram	10	2g	0g	1g	0mg	0mg	0g	3g
Homemade - Zuchinni Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
herbie's - chipotle chilli powder, 5 gram	16	3g	1g	1g	0mg	0mg	0g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Rosemary, fresh, 2 tablespoon	4	1g	0g	0g	0mg	1mg	0g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Dinner								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 2 slice (34g)	160	30g	1g	10g	0mg	150mg	0g	6g
Trader Joe's - Organic Unsweetened Coconut Chips, 0.25 cup	220	6g	21g	2g	0mg	5mg	2g	4g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Swad Chutney-Coriander - Chutney-Coriander, 2 tsp	9	1g	1g	0g	--	162mg	0g	--
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Raw chickpeas - Chickpeas, 37.5 g	134	16g	2g	9g	0mg	4mg	2g	7g
Morning Snack								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.13 Cup (170 grams)	165	11g	0g	26g	15mg	113mg	8g	0g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
TOTALS	3432	241g	175g	255g	200mg	2138mg	74g	66g

Jun 12, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Swad Chutney-Coriander - Chutney-Coriander, 2 tsp	9	1g	1g	0g	--	162mg	0g	--
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Large Egg - One Large Egg, 3 each	210	0g	15g	18g	0mg	195mg	0g	0g
Raw chickpeas - Chickpeas, 50 g	179	21g	3g	12g	0mg	5mg	2g	9g
<b>Lunch</b>								
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Asda - Peaches, 200 g	70	15g	0g	2g	--	--	15g	3g
herbie's - chipotle chilli powder, 5 gram	16	3g	1g	1g	0mg	0mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
<b>Dinner</b>								
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Trader Joe's - organic Broccoli Slaw, 2.5 cup	50	10g	0g	4g	0mg	50mg	0g	6g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
<b>Morning Snack</b>								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Walnuts - Walnuts, 0.25 cup	200	4g	20g	5g	0mg	1mg	1g	2g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
TOTALS	3342	181g	193g	228g	260mg	2797mg	48g	61g

Jun 19, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	1g	2g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Raw chickpeas - Chickpeas, 37.5 g	134	16g	2g	9g	0mg	4mg	2g	7g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Oregano, 2 teaspoon	6	1g	0g	0g	0mg	0mg	--	1g
Rosemary, fresh, 2 tablespoon	4	1g	0g	0g	0mg	1mg	0g	0g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Lunch								
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Walnuts - Walnuts, 0.25 cup	200	4g	20g	5g	0mg	1mg	1g	2g
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Dinner								
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Flaxseed - Flaxseed, golden, ground, 4 tbsp ground	148	8g	12g	5g	0mg	8mg	0g	8g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 3 Tbsp	285	11g	24g	11g	0mg	0mg	2g	6g
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Morning Snack								
Great Value Almond Milk - Almond Milk, 2 cup	60	2g	5g	2g	0mg	340mg	0g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Blue Diamond - Whole Natural Almonds !, 2 oz	320	12g	28g	12g	0mg	0mg	2g	6g
Cantaloupe - Canteloupe, 3 cup (5.5 oz)	159	41g	1g	4g	0mg	75mg	37g	4g
TOTALS	3478	215g	203g	237g	30mg	1860mg	89g	58g

Jun 26, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Pineapple 100g - Pineapple, 200 g	100	26g	0g	1g	0mg	2mg	20g	3g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 3 Tbsp	285	11g	24g	11g	0mg	0mg	2g	6g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Bob's Red Mill - Steel Cut Oats, 0.25 cup (46 grams)	170	29g	3g	7g	0mg	0mg	0g	5g
Lunch								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 1.7 Tbsp	162	6g	14g	6g	0mg	0mg	1g	3g
Walnuts - Walnuts, 0.25 cup	200	4g	20g	5g	0mg	1mg	1g	2g
Flaxseed - Flaxseed, golden, ground, 4 tbsp ground	148	8g	12g	5g	0mg	8mg	0g	8g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Dinner								
Banana - (One) - Banana - (One), 118 grams	105	27g	0g	1g	0mg	1mg	14g	3g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 3 Tbsp	285	11g	24g	11g	0mg	0mg	2g	6g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Trader Joe's - Organic Unsweetened Coconut Chips, 0.25 cup	220	6g	21g	2g	0mg	5mg	2g	4g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoons	28	2g	2g	2g	0mg	0mg	0g	4g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Morning Snack								
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
Shiritaki - Noodles Lowcarb, 50 gram	10	2g	0g	1g	0mg	0mg	0g	3g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Lucerne - Light Sour Cream (updated from container Sep 2021) , 75 grams/2 Tbsp	100	5g	6g	5g	25mg	50mg	5g	0g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
TOTALS	3482	251g	197g	219g	80mg	1348mg	78g	64g

Jul 10, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Boiled - Sweet Potato, 137 gram	104	25g	0g	2g	0mg	37mg	8g	3g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
BRUSSEL SPROUTS. - Brussel Sprouts, 100 g	43	9g	0g	3g	0mg	25mg	2g	4g
Lunch								
Walnuts - Walnuts, 0.13 cup	100	2g	10g	3g	0mg	1mg	1g	1g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoons	28	2g	2g	2g	0mg	0mg	0g	4g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Avocado, 1.5 medium	360	19g	33g	5g	0mg	16mg	1g	15g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Dinner								
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 3 oz	160	0g	8g	22g	--	85mg	--	--
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Egg white, 7 large	120	2g	0g	25g	0mg	383mg	2g	0g
Fresh from Hawaii Macadamia nuts - Macadamia Nuts, 0.25 cup	230	4g	24g	2g	0mg	95mg	1g	3g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Morning Snack								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Bob's Red Mill - Steel Cut Oats, 0.05 cup (46 grams)	34	6g	1g	1g	0mg	0mg	0g	1g
Quinoa, 20 g	75	14g	1g	3g	0mg	4mg	0g	1g
TOTALS	3490	250g	196g	225g	20mg	1747mg	94g	70g

Jul 17, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Avocado, 1.5 medium	360	19g	33g	5g	0mg	16mg	1g	15g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Large Egg - One Large Egg, 3 each	210	0g	15g	18g	0mg	195mg	0g	0g
Quinoa, 50 g	187	34g	3g	7g	0mg	11mg	0g	3g
<b>Lunch</b>								
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Simply Nature - Tomato & Basil Pasta Sauce, 1 cup	90	18g	0g	4g	--	940mg	10g	4g
Lensi Pasta - Red Lentil, 56 gram	200	34g	1g	15g	--	--	--	10g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
<b>Dinner</b>								
Bob's Red Mill - Steel Cut Oats, 0.28 cup (46 grams)	187	32g	3g	8g	0mg	0mg	0g	6g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Trader Joe's - Organic Unsweetened Coconut Chips, 0.13 cup	110	3g	11g	1g	0mg	3mg	1g	2g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
<b>Morning Snack</b>								
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Rosemary, fresh, 2 tablespoon	4	1g	0g	0g	0mg	1mg	0g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
TOTALS	3504	245g	170g	267g	230mg	2985mg	49g	69g

Jul 24, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	1g	2g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 3 oz	160	0g	8g	22g	--	85mg	--	--
Trader Joe's falafel - Falafel, 2.25 pieces	240	23g	14g	6g	0mg	0mg	0g	0g
Quinoa, 25 g	94	17g	1g	3g	0mg	5mg	0g	1g
Edamame - Edamame, 0.5 cup	100	9g	3g	8g	0mg	30mg	1g	4g
Dinner								
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Simply Nature - Tomato & Basil Pasta Sauce, 1 cup	90	18g	0g	4g	--	940mg	10g	4g
Lensi Pasta - Red Lentil, 56 gram	200	34g	1g	15g	--	--	--	10g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Morning Snack								
Quinoa, 12 g	45	8g	1g	2g	0mg	3mg	0g	1g
Bob's Red Mill - Steel Cut Oats, 0.15 cup (46 grams)	102	17g	2g	4g	0mg	0mg	0g	3g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Joe's - Organic Unsweetened Coconut Chips, 0.13 cup	110	3g	11g	1g	0mg	3mg	1g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
TOTALS	3549	289g	178g	237g	225mg	3240mg	59g	72g

Jul 31, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
herbie's - chipotle chilli powder, 5 gram	16	3g	1g	1g	0mg	0mg	0g	0g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Homemade - Zucchini Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Raw chickpeas - Chickpeas, 100 g	358	42g	6g	24g	0mg	10mg	4g	18g
Lunch								
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
My Grapes - Red Grapes, 100 Grams 20 grapes	71	18g	0g	0g	0mg	12mg	16g	1g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Dinner								
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	1g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Raw chickpeas - Chickpeas, 25 g	90	11g	2g	6g	0mg	3mg	1g	5g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Trader Joe's falafel - Falafel, 2.25 pieces	240	23g	14g	6g	0mg	0mg	0g	0g
Edamame - Edamame, 0.5 cup	100	9g	3g	8g	0mg	30mg	1g	4g
Morning Snack								
Trader Joe's - Organic Unsweetened Coconut Chips, 0.13 cup	110	3g	11g	1g	0mg	3mg	1g	2g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
TOTALS	3544	256g	184g	230g	70mg	1370mg	72g	78g

Aug 7, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	1g	2g
Trader Joe's falafel - Falafel, 2.25 pieces	240	23g	14g	6g	0mg	0mg	0g	0g
Raw chickpeas - Chickpeas, 25 g	90	11g	2g	6g	0mg	3mg	1g	5g
Edamame - Edamame, 0.5 cup	100	9g	3g	8g	0mg	30mg	1g	4g
Lunch								
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Pesto - Pesto, 75 g	240	2g	23g	8g	18mg	315mg	0g	1g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Great Value - Liquid Egg White (Correct), 24 tablespoon	200	8g	0g	40g	0mg	600mg	0g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Quinoa, 50 g	187	34g	3g	7g	0mg	11mg	0g	3g
Dinner								
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Simply Nature - Tomato & Basil Pasta Sauce, 1 cup	90	18g	0g	4g	--	940mg	10g	4g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Lensi Pasta - Red Lentil, 56 gram	200	34g	1g	15g	--	--	--	10g
Morning Snack								
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
TOTALS	3555	253g	173g	262g	268mg	4095mg	44g	65g

Aug 21, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Great Value - Liquid Egg White (Correct), 24 tablespoon	200	8g	0g	40g	0mg	600mg	0g	0g
Quinoa, 50 g	187	34g	3g	7g	0mg	11mg	0g	3g
Lunch								
Kirkland Whole Cashews - Cashews, 60 g	340	18g	26g	10g	0mg	240mg	4g	2g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Avocado, 1.5 medium	360	19g	33g	5g	0mg	16mg	1g	15g
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Dinner								
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Generic - Cucumber, 100 g	16	4g	0g	1g	0mg	2mg	2g	1g
Lensi Pasta - Red Lentil, 28 gram	100	17g	1g	8g	--	--	--	5g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Morning Snack								
Trader Joes - Nonfat Cottage Cheese, 0.75 cup	120	6g	0g	21g	0mg	585mg	6g	--
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Kirkland Signature - Organic Blueberries (Frozen), 0.5 cup (140g)	35	9g	0g	1g	0mg	1mg	6g	2g
TOTALS	3555	226g	191g	255g	70mg	3086mg	60g	60g

Aug 28, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	1g	2g
Trader Joe's - Organic Unsweetened Coconut Chips, 0.13 cup	110	3g	11g	1g	0mg	3mg	1g	2g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Trader Joes - Nonfat Cottage Cheese, 0.75 cup	120	6g	0g	21g	0mg	585mg	6g	--
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Homemade - Zucchini Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
<b>Lunch</b>								
Dere - Kidney Beans Uncooked, 25 gram	90	14g	0g	6g	--	--	--	--
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
<b>Dinner</b>								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
One Bar - Blueberry Cobbler, 1 bar	230	23g	8g	20g	10mg	110mg	1g	6g
Banana - (One) - Banana - (One), 118 grams	105	27g	0g	1g	0mg	1mg	14g	3g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
<b>Morning Snack</b>								
Trader Joe's - Organic Light Whipped Cream Cheese, 12 tbsp	360	18g	27g	18g	120mg	630mg	18g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Dere - Kidney Beans Uncooked, 25 gram	90	14g	0g	6g	--	--	--	--
Large Egg - One Large Egg, 3 each	210	0g	15g	18g	0mg	195mg	0g	0g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
TOTALS	3537	232g	181g	266g	150mg	2545mg	93g	46g

Sep 4, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Walnuts (JLDN) - Walnuts, 28 g - 1 oz	190	4g	18g	4g	0mg	0mg	1g	2g
Hannaford brand pineapple frozen chunks - frozen pineapple, 1 cup(140g)	70	19g	0g	1g	0mg	0mg	14g	2g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Large - Avocado, 1 large	322	17g	29g	4g	0mg	14mg	1g	13g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Lunch								
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Trader Joe's - Riced Cauliflower, 1.34 cup	50	8g	1g	4g	0mg	50mg	4g	4g
Ezekiel - Wrap, 2 Wrap	300	48g	7g	12g	0mg	280mg	0g	10g
Dinner								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
One Bar - Blueberry Cobbler, 1 bar	230	23g	8g	20g	10mg	110mg	1g	6g
Trader Joe's - Organic Light String Cheese, 3 stick	180	3g	8g	18g	45mg	540mg	--	--
Morning Snack								
Juicy Dates - dates, 20 gram	53	12g	0g	0g	0mg	0mg	12g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Trader Joes - Nonfat Cottage Cheese, 0.75 cup	120	6g	0g	21g	0mg	585mg	6g	--
TOTALS	3570	247g	185g	261g	125mg	3372mg	63g	69g

Sep 11, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Banana - (One) - Banana - (One), 118 grams	105	27g	0g	1g	0mg	1mg	14g	3g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Lucerne - Light Sour Cream (updated from container Sep 2021) , 75 grams/2 Tbsp	100	5g	6g	5g	25mg	50mg	5g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Pulses - Chana Dal Uncooked Dry, 50 gm	165	30g	1g	11g	0mg	5mg	4g	11g
Dinner								
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Quaker - Apple Cinnamon Rice Cake, 3 Cake (13 g)	150	33g	0g	3g	0mg	0mg	9g	0g
Morning Snack								
Walnuts (JLDN) - Walnuts, 84 g - 1 oz	570	12g	54g	12g	0mg	0mg	3g	6g
TOTALS	3532	259g	197g	219g	220mg	1807mg	67g	61g

Sep 25, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Sweet Potato, 0.7 cup (133 g)	80	19g	0g	1g	0mg	51mg	4g	3g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Homemade - Zucchini Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Quinoa, 50 g	187	34g	3g	7g	0mg	11mg	0g	3g
Lunch								
Shiritaki - Noodles Lowcarb, 50 gram	10	2g	0g	1g	0mg	0mg	0g	3g
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Large - Avocado, 1 large	322	17g	29g	4g	0mg	14mg	1g	13g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Dinner								
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Pesto - Pesto, 75 g	240	2g	23g	8g	18mg	315mg	0g	1g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Trader Giotto's - Red Lentil, Sedanini..., 0.75 cup	190	32g	1g	13g	--	20mg	--	3g
Morning Snack								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Monk Fruit in the Raw - monk fruit , 1 tsp	0	1g	0g	0g	0mg	0mg	1g	0g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
TOTALS	3636	217g	197g	259g	213mg	1935mg	53g	64g

Oct 2, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Trader Joe's - Raw Large Hazelnuts, 0.25 cup (30 g)	180	5g	16g	5g	0mg	0mg	1g	4g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
<b>Lunch</b>								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
Monk Fruit in the Raw - monk fruit , 1 tsp	0	1g	0g	0g	0mg	0mg	1g	0g
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Large Egg - One Large Egg, 2 each	140	0g	10g	12g	0mg	130mg	0g	0g
Birch Benders - Pancake & Waffle Mix, Protein, 0.5 cup mix	260	36g	3g	20g	60mg	420mg	8g	0g
<b>Dinner</b>								
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Large - Avocado, 1 large	322	17g	29g	4g	0mg	14mg	1g	13g
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
Large Egg - One Large Egg, 2 each	140	0g	10g	12g	0mg	130mg	0g	0g
<b>Morning Snack</b>								



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Swad Chutney-Coriander - Chutney-Coriander, 2 tsp	9	1g	1g	0g	--	162mg	0g	--
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Homemade - Zucchini Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
TOTALS	3541	202g	218g	207g	115mg	1947mg	64g	74g

Oct 9, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Large - Avocado, 1 large	322	17g	29g	4g	0mg	14mg	1g	13g
Trader Joe's - Organic Light Whipped Cream Cheese, 12 tbsp	360	18g	27g	18g	120mg	630mg	18g	0g
Trader Joe's - Raw Large Hazelnuts, 0.25 cup (30 g)	180	5g	16g	5g	0mg	0mg	1g	4g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Great Value - Liquid Egg White (Correct), 15 tablespoon	125	5g	0g	25g	0mg	375mg	0g	0g
Large Egg - One Large Egg, 2 each	140	0g	10g	12g	0mg	130mg	0g	0g
Lunch								
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Great Value Almond Milk - Almond Milk, 2 cup	60	2g	5g	2g	0mg	340mg	0g	2g
Chia seeds, 5 tsp	122	11g	8g	4g	0mg	4mg	0g	9g
Apple, 2 medium	189	50g	1g	1g	0mg	4mg	38g	9g
Dinner								
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Homemade - Zucchini Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
Shiritaki - Noodles Lowcarb, 50 gram	10	2g	0g	1g	0mg	0mg	0g	3g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Morning Snack								
Walnuts (JLDN) - Walnuts, 56 g - 1 oz	380	8g	36g	8g	0mg	0mg	2g	4g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 1 slice (34g)	80	15g	1g	5g	0mg	75mg	0g	3g
Earth grown vegan - Firm Organic tofu, 9 oz	240	9g	12g	24g	0mg	0mg	0g	6g
Trader Joes - Organic Low Sodium Tomato & Roasted Red Pepper Soup, 1.5 cup	150	23g	5g	3g	15mg	210mg	12g	3g
TOTALS	3514	190g	204g	241g	210mg	2671mg	90g	61g

Oct 16, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Large - Avocado, 1 large	322	17g	29g	4g	0mg	14mg	1g	13g
Green Gram - Moong Raw, 100 gm	347	63g	1g	24g	0mg	15mg	7g	16g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Organiccoconut Oil - Coconut Oil, 14 g (1 Tbsp)	130	--	14g	--	0mg	0mg	--	--
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Lunch								
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Homemade marinara sauce - Marinara Sauce, 1 cup	100	16g	4g	3g	0mg	540mg	0g	4g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
Trader Giotto's - Red Lentil, Sedanini..., 0.75 cup	190	32g	1g	13g	--	20mg	--	3g
Dinner								
Pomegranate Seeds - Pomegranate Seeds, 140 gr	85	20g	0g	1g	0mg	--	20g	1g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoons	28	2g	2g	2g	0mg	0mg	0g	4g
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Morning Snack								
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 2 slice (34g)	160	30g	1g	10g	0mg	150mg	0g	6g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 4 oz	110	0g	2g	23g	75mg	280mg	0g	0g
TOTALS	3454	269g	153g	256g	340mg	3185mg	55g	77g

Oct 22, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Large - Avocado, 1 large	322	17g	29g	4g	0mg	14mg	1g	13g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Trader Joe's - organic Broccoli Slaw, 2.5 cup	50	10g	0g	4g	0mg	50mg	0g	6g
Trader Joe's - Organic Light Whipped Cream Cheese, 12 tbsp	360	18g	27g	18g	120mg	630mg	18g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Great Value - Liquid Egg White (Correct), 21 tablespoon	175	7g	0g	35g	0mg	525mg	0g	0g
Lunch								
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 2 slice (34g)	160	30g	1g	10g	0mg	150mg	0g	6g
Dinner								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Banana - (One) - Banana - (One), 118 grams	105	27g	0g	1g	0mg	1mg	14g	3g
Quaker - Apple Cinnamon Rice Cake, 3 Cake (13 g)	150	33g	0g	3g	0mg	0mg	9g	0g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Lucerne - Light Sour Cream (updated from container Sep 2021) , 75 grams/2 Tbsp	100	5g	6g	5g	25mg	50mg	5g	0g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Homemade - Zuchinni Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Dere - Kidney Beans Uncooked, 50 gram	180	28g	1g	12g	--	--	--	--
Morning Snack								
Blue Diamond - Whole Natural Almonds !, 2 oz	320	12g	28g	12g	0mg	0mg	2g	6g
TOTALS	3550	254g	176g	251g	495mg	3505mg	79g	56g

Oct 30, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Trader Joe's - Lavash Bread, 1 sheet	220	44g	1g	8g	0mg	340mg	2g	2g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Dinner								
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Walnuts (JLDN) - Walnuts, 56 g - 1 oz	380	8g	36g	8g	0mg	0mg	2g	4g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Large - Avocado, 1 large	322	17g	29g	4g	0mg	14mg	1g	13g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Morning Snack								
Chia seeds, 2 tsp	49	4g	3g	2g	0mg	2mg	0g	3g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Great Value Almond Milk - Almond Milk, 2 cup	60	2g	5g	2g	0mg	340mg	0g	2g
TOTALS	3641	202g	222g	228g	60mg	1969mg	60g	65g

Nov 6, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Pomegranate Seeds - Pomegranate Seeds, 140 gr	85	20g	0g	1g	0mg	--	20g	1g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Great Value - Liquid Egg White (Correct), 15 tablespoon	125	5g	0g	25g	0mg	375mg	0g	0g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 2 slice (34g)	160	30g	1g	10g	0mg	150mg	0g	6g
Apple, 2 medium	189	50g	1g	1g	0mg	4mg	38g	9g
Lunch								
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Shiritaki - Noodles Lowcarb, 50 gram	10	2g	0g	1g	0mg	0mg	0g	3g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Dinner								
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
aklands - cooked beet root, 100 gram	43	7g	1g	2g	0mg	0mg	0g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Walnuts (JLDN) - Walnuts, 28 g - 1 oz	190	4g	18g	4g	0mg	0mg	1g	2g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Morning Snack								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Chia seeds, 4 tsp	97	8g	6g	3g	0mg	3mg	0g	7g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Trader Joe's - Organic Unsweetened Coconut Chips, 0.13 cup	110	3g	11g	1g	0mg	3mg	1g	2g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
TOTALS	3454	250g	171g	230g	100mg	1840mg	107g	66g

Nov 20, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Pecans - Premium Pecans, Chopped, 1 oz (1/4 cup )	210	4g	22g	3g	--	--	1g	3g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Champagne Mango - Mango, 1 cup (140g)	110	27g	0g	0g	0mg	10mg	18g	0g
Lunch								
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Trader Joe's - Sharp Cheddar, 1 slice	110	0g	9g	7g	30mg	180mg	0g	0g
Trader Joe's - Bagel - Sesame, 1 bagel	250	46g	4g	10g	0mg	330mg	3g	2g
Generic - Cucumber, 100 g	16	4g	0g	1g	0mg	2mg	2g	1g
Dinner								
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Large - Avocado, 1 large	322	17g	29g	4g	0mg	14mg	1g	13g
Sweet Potato, 0.7 cup (133 g)	80	19g	0g	1g	0mg	51mg	4g	3g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Dere - Kidney Beans Uncooked, 50 gram	180	28g	1g	12g	--	--	--	--
Morning Snack								
Egg white, 5 large	86	1g	0g	18g	0mg	274mg	1g	0g
Carrots, 1 cup, chopped	52	12g	0g	1g	0mg	88mg	6g	4g
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
Black Beans (Aburrá) - Black Beans, Cooked, 93 grams	167	20g	7g	8g	0mg	201mg	0g	7g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
My Grapes - Red Grapes, 100 Grams 20 grapes	71	18g	0g	0g	0mg	12mg	16g	1g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
TOTALS	3502	266g	172g	218g	245mg	3309mg	81g	57g

Dec 4, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Trader Joe's - 99% Lean Turkey, 8 oz, 112g	260	0g	1g	56g	140mg	110mg	0g	0g
Olive oil - Organic Olive Oil, 1.5 tbsp	180	0g	21g	0g	0mg	0mg	0g	0g
Trader Joe's - Canned Corn, 0.5 cup	60	9g	1g	2g	--	200mg	7g	2g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Sriracha, 1 teaspoon	5	1g	0g	0g	--	95mg	1g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Lemon juice, 1 fluid oz	7	2g	0g	0g	0mg	0mg	1g	0g
Chia seeds, 5 tsp	122	11g	8g	4g	0mg	4mg	0g	9g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Harris Teeter - Spiral Noodles, Beet, 3 oz	35	8g	0g	1g	0mg	65mg	6g	2g
<b>Lunch</b>								
Large - Avocado, 0.5 large	161	9g	15g	2g	0mg	7mg	1g	7g
Large Egg - One Large Egg, 1 each	70	0g	5g	6g	0mg	65mg	0g	0g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Oregano, 2 teaspoon	6	1g	0g	0g	0mg	0mg	--	1g
Shiritaki - Noodles Lowcarb, 50 gram	10	2g	0g	1g	0mg	0mg	0g	3g
Zucchini - Fresh Zucchini Raw (196 g) bk, 1 medium zucchini	33	6g	1g	2g	0mg	16mg	5g	2g
Sweet Potato, 0.7 cup (133 g)	80	19g	0g	1g	0mg	51mg	4g	3g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
<b>Dinner</b>								
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 0.5 scoop (30.1g)	55	1g	0g	13g	3mg	75mg	1g	0g
Lilly's - White chocolate chips , 14 g (calories counting fiber)	72	9g	4g	--	5mg	10mg	1g	3g
Kiwi Star** - Kiwi, 2 Medium Kiwis	90	22g	1g	2g	0mg	0mg	13g	4g
Walnuts (JLDN) - Walnuts, 28 g - 1 oz	190	4g	18g	4g	0mg	0mg	1g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Trader Joes - Nonfat Cottage Cheese, 0.75 cup	120	6g	0g	21g	0mg	585mg	6g	--
<b>Morning Snack</b>								
alter eco - no sugar added cashew butter granola, 60 gram	320	34g	16g	6g	0mg	150mg	6g	4g
Simply Nature - Flax Seeds, 30 grams (3 Tbsp)	160	9g	13g	5g	0mg	10mg	0g	8g
Banana - (One) - Banana - (One), 118 grams	105	27g	0g	1g	0mg	1mg	14g	3g
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
TOTALS	3643	292g	174g	242g	163mg	1838mg	112g	88g

Jan 15, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Kirkland Organic Pine Nuts - Pine Nuts, 15 g	100	3g	9g	3g	0mg	0mg	1g	2g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Simply Nature - Flax Seeds, 30 grams (3 Tbsp)	160	9g	13g	5g	0mg	10mg	0g	8g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Champagne Mango - Mango, 1 cup (140g)	110	27g	0g	0g	0mg	10mg	18g	0g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Sweet Potato, 0.7 cup (133 g)	80	19g	0g	1g	0mg	51mg	4g	3g
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
Green Beans - Green Beans (G), 83 g	30	6g	0g	1g	0mg	0mg	1g	2g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Trader Joes - Organic Low Sodium Tomato & Roasted Red Pepper Soup, 1.5 cup	150	23g	5g	3g	15mg	210mg	12g	3g
Dinner								
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
alter eco - no sugar added cashew butter granola, 60 gram	320	34g	16g	6g	0mg	150mg	6g	4g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.13 Cup (170 grams)	165	11g	0g	26g	15mg	113mg	8g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Morning Snack								
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Homemade - Zucchini Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
TOTALS	3462	276g	175g	234g	230mg	2964mg	87g	67g

Jan 29, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Trader Joes - Nonfat Cottage Cheese, 0.75 cup	120	6g	0g	21g	0mg	585mg	6g	--
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Quaker - Apple Cinnamon Rice Cake, 4 Cake (13 g)	200	44g	0g	4g	0mg	0mg	12g	0g
Lunch								
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Large Egg - One Large Egg, 1 each	70	0g	5g	6g	0mg	65mg	0g	0g
Trader Joe's - 99% Fat Free Ground Turkey Breast, 168 g (4oz.)	180	0g	1g	42g	105mg	83mg	0g	0g
Zucchini - Fresh Zucchini Raw (196 g) bk, 1 medium zucchini	33	6g	1g	2g	0mg	16mg	5g	2g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Pesto - Pesto, 75 g	240	2g	23g	8g	18mg	315mg	0g	1g
Dinner								
Rice - Uncooked, 55 g	187	39g	0g	3g	0mg	0mg	0g	0g
Broccoli (JLDN) - Broccoli Florets, 90 g - 1 oz	30	5g	0g	2g	0mg	27mg	1g	2g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Shiritaki - Noodles Lowcarb, 100 gram	20	4g	0g	1g	0mg	0mg	0g	6g
Morning Snack								
Rice - Uncooked, 18 g	61	13g	0g	1g	0mg	0mg	0g	0g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 5 Tbsp	475	18g	40g	18g	0mg	0mg	3g	10g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Bob's Red Mill - Steel Cut Oats, 0.05 cup (46 grams)	34	6g	1g	1g	0mg	0mg	0g	1g
TOTALS	3530	248g	194g	233g	148mg	2155mg	56g	55g

Feb 12, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
alter eco - no sugar added cashew butter granola, 30 gram	160	17g	8g	3g	0mg	75mg	3g	2g
Peanuts, 1 ounce	161	5g	14g	7g	0mg	5mg	1g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 1 Scoops (51g)	80	11g	2g	11g	0mg	155mg	1g	1g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Flaxseed - Flaxseed, golden, ground, 2 tbsp ground	74	4g	6g	3g	0mg	4mg	0g	4g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Lunch								
Peanuts, 1 ounce	161	5g	14g	7g	0mg	5mg	1g	2g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Earth grown vegan - Firm Organic tofu, 9 oz	240	9g	12g	24g	0mg	0mg	0g	6g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Raw chickpeas - Chickpeas, 50 g	179	21g	3g	12g	0mg	5mg	2g	9g
<b>Dinner</b>								
Black Beans (Aburrá) - Black Beans, Cooked, 93 grams	167	20g	7g	8g	0mg	201mg	0g	7g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Large Egg - One Large Egg, 1 each	70	0g	5g	6g	0mg	65mg	0g	0g
Great Value - Liquid Egg White (Correct), 15 tablespoon	125	5g	0g	25g	0mg	375mg	0g	0g
<b>Morning Snack</b>								
Pecans - Premium Pecans, Chopped, 0.5 oz (1/4 cup )	105	2g	11g	2g	--	--	1g	2g
herbie's - chipotle chilli powder, 5 gram	16	3g	1g	1g	0mg	0mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
<b>TOTALS</b>	<b>3608</b>	<b>231g</b>	<b>195g</b>	<b>228g</b>	<b>120mg</b>	<b>2532mg</b>	<b>73g</b>	<b>73g</b>

Feb 26, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Broccoli (JLDN) - Broccoli Florets, 90 g - 1 oz	30	5g	0g	2g	0mg	27mg	1g	2g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
<b>Lunch</b>								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Walnuts (JLDN) - Walnuts, 28 g - 1 oz	190	4g	18g	4g	0mg	0mg	1g	2g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
Banana - (One) - Banana - (One), 118 grams	105	27g	0g	1g	0mg	1mg	14g	3g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
<b>Dinner</b>								
Large Egg - One Large Egg, 1 each	70	0g	5g	6g	0mg	65mg	0g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Lemon juice, 1 fluid oz	7	2g	0g	0g	0mg	0mg	1g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Shiritaki - Noodles Lowcarb, 100 gram	20	4g	0g	1g	0mg	0mg	0g	6g
Homemade - Zucchini Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
<b>Morning Snack</b>								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lilly's - White chocolate chips , 14 g (calories counting fiber)	72	9g	4g	--	5mg	10mg	1g	3g
My Grapes - Red Grapes, 200 Grams 20 grapes	142	37g	0g	0g	0mg	24mg	32g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 3 Tbsp	285	11g	24g	11g	0mg	0mg	2g	6g
alter eco - no sugar added cashew butter granola, 30 gram	160	17g	8g	3g	0mg	75mg	3g	2g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
TOTALS	3567	235g	193g	235g	40mg	876mg	95g	71g

Mar 11, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Chia seeds, 5 tsp	122	11g	8g	4g	0mg	4mg	0g	9g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Trader Giotto's - Red Lentil, Sedanini..., 1.13 cup	285	48g	1g	20g	--	30mg	--	5g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Pesto - Pesto, 100 g	320	3g	30g	11g	24mg	420mg	0g	1g
Dinner								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 1.5 tbsp. (30 g)	90	1g	7g	5g	0mg	0mg	--	1g
My Grapes - Red Grapes, 100 Grams 20 grapes	71	18g	0g	0g	0mg	12mg	16g	1g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 12 oz	330	0g	5g	69g	225mg	840mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Morning Snack								
alter eco - no sugar added cashew butter granola, 30 gram	160	17g	8g	3g	0mg	75mg	3g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Banana - (One) - Banana - (One), 118 grams	105	27g	0g	1g	0mg	1mg	14g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
TOTALS	3475	255g	172g	251g	294mg	2509mg	68g	55g

Mar 25, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Trader Joe's - 99% Fat Free Ground Turkey Breast, 112 g (4oz.)	120	0g	1g	28g	70mg	55mg	0g	0g
Quaker Rice Cake - Tomato & Basil, 4 cake	200	32g	8g	0g	0mg	400mg	4g	0g
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Lunch								
Black Beans (Aburrá) - Black Beans, Cooked, 93 grams	167	20g	7g	8g	0mg	201mg	0g	7g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Kirkland Frozen Chicken Breast - Boneless, Skinless, 4 oz	110	0g	2g	23g	75mg	280mg	0g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Egg white, 5 large	86	1g	0g	18g	0mg	274mg	1g	0g
Dinner								
Pesto - Pesto, 25 g	80	1g	8g	3g	6mg	105mg	0g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Spices, paprika, 3 tsp	19	4g	1g	1g	0mg	5mg	1g	2g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Tjoes - Tortilla, 2 tort	320	48g	10g	12g	--	--	--	8g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Morning Snack								
Uncle Toby's Rolled Oats - Rolled Oats, 37.5 grams	113	25g	2g	4g	0mg	37mg	7g	2g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Flaxseed - Flaxseed, golden, ground, 2 tbsp ground	74	4g	6g	3g	0mg	4mg	0g	4g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
TOTALS	3527	254g	174g	256g	441mg	4538mg	64g	56g

Apr 1, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Uncle Toby's Rolled Oats - Rolled Oats, 25 grams	75	17g	2g	3g	0mg	25mg	5g	2g
Flaxseed - Flaxseed, golden, ground, 4 tbsp ground	148	8g	12g	5g	0mg	8mg	0g	8g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
<b>Lunch</b>								
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 1.5 tbsp. (30 g)	90	1g	7g	5g	0mg	0mg	--	1g
Shiritaki - Noodles Lowcarb, 100 gram	20	4g	0g	1g	0mg	0mg	0g	6g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
<b>Dinner</b>								
Lilly's - White chocolate chips , 14 g (calories counting fiber)	72	9g	4g	--	5mg	10mg	1g	3g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Champagne Mango - Mango, 1 cup (140g)	110	27g	0g	0g	0mg	10mg	18g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
<b>Morning Snack</b>								
Quaker Rice Cake - Tomato & Basil, 4 cake	200	32g	8g	0g	0mg	400mg	4g	0g
<b>Midday Snack</b>								
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Trader Joes - Tilapia, 8 oz raw	220	0g	6g	42g	110mg	50mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Peanuts, 1 ounce	161	5g	14g	7g	0mg	5mg	1g	2g
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Homemade - Zuchinni Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
TOTALS	3653	263g	198g	248g	170mg	1964mg	78g	73g

Apr 15, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
alter eco - no sugar added cashew butter granola, 60 gram	320	34g	16g	6g	0mg	150mg	6g	4g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Trader Joe's - Organic Unsweetened Coconut Chips, 0.13 cup	110	3g	11g	1g	0mg	3mg	1g	2g
Trader Giotto's - Red Lentil, Sedanini..., 0.38 cup	95	16g	0g	7g	--	10mg	--	2g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Earth grown vegan - Firm Organic tofu, 12 oz	320	12g	16g	32g	0mg	0mg	0g	8g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Dinner								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Earth grown vegan - Firm Organic tofu, 9.3 oz	248	9g	12g	25g	0mg	0mg	0g	6g
Trader Joes - Organic Low Sodium Tomato & Roasted Red Pepper Soup, 2 cup	200	30g	7g	4g	20mg	280mg	16g	4g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 1 slice (34g)	80	15g	1g	5g	0mg	75mg	0g	3g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Organic cauliflower - Cauliflower, 113 grams	30	5g	0g	2g	0mg	30mg	2g	2g
Morning Snack								
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Great Value - Liquid Egg White (Correct), 24 tablespoon	200	8g	0g	40g	0mg	600mg	0g	0g
Quinoa, 25 g	94	17g	1g	3g	0mg	5mg	0g	1g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
TOTALS	3572	276g	183g	218g	95mg	2649mg	55g	72g