

Printable Diary for choppermanster

Apr 29, 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, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
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
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
Lunch								
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
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
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Great Value - Liquid Egg White (Correct), 24 tablespoon	200	8g	0g	40g	0mg	600mg	0g	0g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Black Beans (Aburrá) - Black Beans, Cooked, 93 grams	167	20g	7g	8g	0mg	201mg	0g	7g
Dinner								
Trader Joe's - Organic Light String Cheese, 3 stick	180	3g	8g	18g	45mg	540mg	--	--
Cuties Mandarin Orange - Mandarin Orange, 6 clementines (168g)	270	66g	2g	3g	0mg	0mg	54g	9g
Morning Snack								
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
Kirkland Organic Pine Nuts - Pine Nuts, 15 g	100	3g	9g	3g	0mg	0mg	1g	2g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
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
Applesauce unsweetened - Applesauce, 0.5 c	50	13g	0g	0g	0mg	10mg	8g	2g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
TOTALS	3078	289g	142g	194g	90mg	2297mg	113g	79g

May 13, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Organiccoconut Oil - Coconut Oil, 14 g (1 Tbsp)	130	--	14g	--	0mg	0mg	--	--
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Uncle Toby's Rolled Oats - Rolled Oats, 12.5 grams	38	8g	1g	1g	0mg	12mg	2g	1g
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
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 1 Scoops (51g)	80	11g	2g	11g	0mg	155mg	1g	1g
Great Value - Liquid Egg White (Correct), 24 tablespoon	200	8g	0g	40g	0mg	600mg	0g	0g
Lunch								
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
White potatoes - uncooked, 100 gm	74	18g	0g	2g	0mg	0mg	0g	0g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
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	--	--
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Dinner								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
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
Earth grown vegan - Firm Organic tofu, 12 oz	320	12g	16g	32g	0mg	0mg	0g	8g
Quinoa, 25 g	94	17g	1g	3g	0mg	5mg	0g	1g
Morning Snack								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	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 , 1 Scoops (51g)	80	11g	2g	11g	0mg	155mg	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
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
TOTALS	3348	212g	184g	231g	20mg	1405mg	56g	63g

May 27, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
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
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
hummus - Hummus, 8 tbsp	280	16g	20g	8g	0mg	520mg	4g	8g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 2 slice (34g)	160	30g	1g	10g	0mg	150mg	0g	6g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Giotto's Parmesan - Parmesan Cheese, 1.5 oz (28g)	165	0g	11g	15g	38mg	390mg	0g	0g
Large Egg - One Large Egg, 3 each	210	0g	15g	18g	0mg	195mg	0g	0g
Lunch								
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
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
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
Dinner								
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Simply Nature - Tomato & Basil Pasta Sauce, 1 cup	90	18g	0g	4g	--	940mg	10g	4g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Lensi Pasta - Red Lentil, 56 gram	200	34g	1g	15g	--	--	--	10g
Morning Snack								
Cuties Mandarin Orange - Mandarin Orange, 4 clementines (168g)	180	44g	1g	2g	0mg	0mg	36g	6g
Trader Joe's - Organic Light String Cheese, 3 stick	180	3g	8g	18g	45mg	540mg	--	--
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
TOTALS	3521	271g	145g	275g	303mg	4332mg	77g	72g

Jun 10, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Trader Joe's - Organic Unsweetened Coconut Chips, 0.06 cup	55	2g	5g	1g	0mg	1mg	1g	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
Banana - (One) - Banana - (One), 118 grams	105	27g	0g	1g	0mg	1mg	14g	3g
Dandy Blend - Dandelion Coffee, 2 tsp (2g)	14	2g	--	0g	--	0mg	--	--
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
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
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Dinner								
Trader Joe's - Organic Unsweetened Coconut Chips, 0.06 cup	55	2g	5g	1g	0mg	1mg	1g	1g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Champagne Mango - Mango, 1 cup (140g)	110	27g	0g	0g	0mg	10mg	18g	0g
Trader Joe's - Raw Large Hazelnuts, 0.25 cup (30 g)	180	5g	16g	5g	0mg	0mg	1g	4g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
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
Morning Snack								
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	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

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
hummus - Hummus, 8 tbsp	280	16g	20g	8g	0mg	520mg	4g	8g
Trader Joes - Tilapia, 8 oz raw	220	0g	6g	42g	110mg	50mg	0g	0g
TOTALS	3505	215g	212g	222g	295mg	2263mg	63g	62g

Jun 24, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
alter eco - no sugar added cashew butter granola, 60 gram	320	34g	16g	6g	0mg	150mg	6g	4g
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
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
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
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
hummus - Hummus, 8 tbsp	280	16g	20g	8g	0mg	520mg	4g	8g
Large Egg - One Large Egg, 2 each	140	0g	10g	12g	0mg	130mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Castle - Cumin Seeds, 1 tsp	10	1g	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
Homemade - Zuchinni 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
Dinner								
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Generic - Cucumber, 100 g	16	4g	0g	1g	0mg	2mg	2g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Joe's - Organic Light Whipped Cream Cheese, 6 tbsp	180	9g	14g	9g	60mg	315mg	9g	0g
Boars Head Turkey Slices - Turkey Slices, 4 slices	120	0g	0g	21g	0mg	180mg	0g	0g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 2 slice (34g)	160	30g	1g	10g	0mg	150mg	0g	6g
Morning Snack								
Kirkland Organic Pine Nuts - Pine Nuts, 15 g	100	3g	9g	3g	0mg	0mg	1g	2g
Champagne Mango - Mango, 1 cup (140g)	110	27g	0g	0g	0mg	10mg	18g	0g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Dandy Blend - Dandelion Coffee, 4 tsp (2g)	28	4g	--	0g	--	0mg	--	--
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
TOTALS	3530	258g	200g	194g	70mg	1977mg	75g	68g

Jul 8, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
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
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Quinoa, 25 g	94	17g	1g	3g	0mg	5mg	0g	1g
Black Beans (Aburrá) - Black Beans, Cooked, 93 grams	167	20g	7g	8g	0mg	201mg	0g	7g
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
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
Lunch								
Chia seeds, 2 tsp	49	4g	3g	2g	0mg	2mg	0g	3g

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	--	--	--	--
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
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
Lucerne - Light Sour Cream (updated from container Sep 2021) , 75 grams/2 Tbsp	100	5g	6g	5g	25mg	50mg	5g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Black Chickpeas - Black Chickpeas- Raw, 25 gm	91	15g	2g	5g	0mg	6mg	3g	4g
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	--	--
Dinner								
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Trader Joe's - organic Broccoli Slaw, 1.25 cup	25	5g	0g	2g	0mg	25mg	0g	3g
Olive oil - Organic Olive Oil, 0.25 tbsp	30	0g	4g	0g	0mg	0mg	0g	0g
Homemade marinara sauce - Marinara Sauce, 1 cup	100	16g	4g	3g	0mg	540mg	0g	4g
Lensi Pasta - Red Lentil, 56 gram	200	34g	1g	15g	--	--	--	10g
raw shrimp - Shrimp, 8 ounce	160	2g	2g	30g	330mg	1280mg	0g	0g
Morning Snack								
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 3 Scoops (51g)	240	32g	7g	32g	0mg	465mg	2g	2g
Apple, 2 medium	189	50g	1g	1g	0mg	4mg	38g	9g
Fresh from Hawaii Macadamia nuts - Macadamia Nuts, 0.25 cup	230	4g	24g	2g	0mg	95mg	1g	3g
Chia seeds, 4 tsp	97	8g	6g	3g	0mg	3mg	0g	7g
Great Value Almond Milk - Almond Milk, 2 cup	60	2g	5g	2g	0mg	340mg	0g	2g
TOTALS	3483	283g	168g	244g	430mg	4925mg	67g	82g

Jul 15, 2024

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

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Joe's - Raw Large Hazelnuts, 0.25 cup (30 g)	180	5g	16g	5g	0mg	0mg	1g	4g
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
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
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	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	--	--
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
Fresh from Hawaii Macadamia nuts - Macadamia Nuts, 0.25 cup	230	4g	24g	2g	0mg	95mg	1g	3g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Dinner								
alter eco - no sugar added cashew butter granola, 30 gram	160	17g	8g	3g	0mg	75mg	3g	2g
Strawberries - Strawberries (Jcd), 1 cup whole-144g	50	11g	0g	1g	0mg	1mg	8g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Large Egg - One Large Egg, 2 each	140	0g	10g	12g	0mg	130mg	0g	0g
Great Value - Liquid Egg White (Correct), 12 tablespoon	100	4g	0g	20g	0mg	300mg	0g	0g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 2 slice (34g)	160	30g	1g	10g	0mg	150mg	0g	6g
Morning Snack								
Banana - (One) - Banana - (One), 118 grams	105	27g	0g	1g	0mg	1mg	14g	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
Applesauce unsweetened - Applesauce, 0.5 c	50	13g	0g	0g	0mg	10mg	8g	2g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
TOTALS	3617	251g	190g	249g	80mg	2769mg	91g	51g

Aug 12, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
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
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	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
Large Egg - One Large Egg, 3 each	210	0g	15g	18g	0mg	195mg	0g	0g
Quinoa, 25 g	94	17g	1g	3g	0mg	5mg	0g	1g
Lunch								
Trader Joe's - Peanut Butter - Crunchy Unsalted, 54.4 gram (2 Tbsp)	323	12g	27g	14g	0mg	221mg	2g	5g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 1 Scoops (51g)	80	11g	2g	11g	0mg	155mg	1g	1g
Applesauce unsweetened - Applesauce, 0.5 c	50	13g	0g	0g	0mg	10mg	8g	2g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Trader Joes - Nonfat Cottage Cheese, 0.75 cup	120	6g	0g	21g	0mg	585mg	6g	--
Dinner								
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Generic - Cucumber, 50 g	8	2g	0g	0g	0mg	1mg	1g	0g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Sriracha, 1 teaspoon	5	1g	0g	0g	--	95mg	1g	0g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	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
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
Trader Joe's - Lavash Bread, 1 sheet	220	44g	1g	8g	0mg	340mg	2g	2g
Morning Snack								
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Trader Joe's - Peanut Butter - Crunchy Unsalted, 96 gram (2 Tbsp)	570	21g	48g	24g	0mg	390mg	3g	9g
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
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
TOTALS	3560	272g	189g	225g	40mg	2690mg	84g	70g

Aug 26, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
alter eco - no sugar added cashew butter granola, 45 gram	240	26g	12g	5g	0mg	113mg	5g	3g
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
Trader Joe's - Organic Unsweetened Coconut Chips, 0.13 cup	110	3g	11g	1g	0mg	3mg	1g	2g
Dandy Blend - Dandelion Coffee, 4 tsp (2g)	28	4g	--	0g	--	0mg	--	--
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.13 Cup (170 grams)	165	11g	0g	26g	15mg	113mg	8g	0g
Lunch								
Simply Nature - Tomato & Basil Pasta Sauce, 1.5 cup	135	27g	0g	6g	--	1410mg	15g	6g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 6 oz	165	0g	2g	35g	113mg	420mg	0g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lensi Pasta - Red Lentil, 56 gram	200	34g	1g	15g	--	--	--	10g
Dinner								
Quaker Rice Cake - Tomato & Basil, 2 cake	100	16g	4g	0g	0mg	200mg	2g	0g
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
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Black Beans (Aburrá) - Black Beans, Cooked, 93 grams	167	20g	7g	8g	0mg	201mg	0g	7g
Homemade - Zuchinni Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Morning Snack								
Trader Joe's - Organic Unsweetened Coconut Chips, 0.25 cup	220	6g	21g	2g	0mg	5mg	2g	4g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	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
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
TOTALS	3538	270g	170g	242g	178mg	4006mg	78g	61g

Sep 9, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
alter eco - no sugar added cashew butter granola, 60 gram	320	34g	16g	6g	0mg	150mg	6g	4g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Trader Joe's - Organic Unsweetened Coconut Chips, 0.13 cup	110	3g	11g	1g	0mg	3mg	1g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
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
Plum - Plum Fruit, 2 fruit (100 g)	100	23g	1g	2g	0mg	0mg	20g	3g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Trader Joe's - 99% Fat Free Ground Turkey Breast, 168 g (4oz.)	180	0g	1g	42g	105mg	83mg	0g	0g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
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
Dinner								
Quinoa, 50 g	187	34g	3g	7g	0mg	11mg	0g	3g
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
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
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
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 Joe's - Organic Light String Cheese, 3 stick	180	3g	8g	18g	45mg	540mg	--	--
Apple, 2 medium	189	50g	1g	1g	0mg	4mg	38g	9g
Midday Snack								
Chipotle - chipotle chicken bowl, black beans, brown rice, sour cream, lettuce, shredded cheese, 1 Bowl	870	87g	33g	56g	195mg	1960mg	11g	15g
TOTALS	4471	335g	232g	271g	405mg	3977mg	96g	63g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	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
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
Lucerne - Light Sour Cream (updated from container Sep 2021) , 75 grams/2 Tbsp	100	5g	6g	5g	25mg	50mg	5g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	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
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Black Beans (Aburrá) - Black Beans, Cooked, 93 grams	167	20g	7g	8g	0mg	201mg	0g	7g
Great Value - Liquid Egg White (Correct), 18 tablespoon	150	6g	0g	30g	0mg	450mg	0g	0g
Lunch								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Lilly's - White chocolate chips , 14 g (calories counting fiber)	72	9g	4g	--	5mg	10mg	1g	3g
Dandy Blend - Dandelion Coffee, 2 tsp (2g)	14	2g	--	0g	--	0mg	--	--
Strawberries - Strawberries (Jcd), 1.5 cup whole-144g	75	17g	0g	2g	0mg	2mg	12g	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, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Dinner								
Kirkland Frozen Chicken Breast - Boneless, Skinless, 6 oz	165	0g	2g	35g	113mg	420mg	0g	0g
Trader Joe's - Sliced Part Skim Mozzarella Cheese, 42 grams	120	0g	8g	12g	23mg	255mg	0g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Trader Joe's - Lemon Pesto Sauce, 0.25 cup	270	6g	25g	4g	5mg	610mg	4g	2g
Trader Joe's - Lavash Bread, 1 sheet	220	44g	1g	8g	0mg	340mg	2g	2g
Morning Snack								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
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
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Black Beans (Aburrá) - Black Beans, Cooked, 46.5 grams	84	10g	3g	4g	0mg	100mg	0g	4g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Ezekiel - Wrap, 2 Wrap	300	48g	7g	12g	0mg	280mg	0g	10g
TOTALS	3626	287g	179g	239g	171mg	3753mg	58g	62g

Oct 7, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoons	28	2g	2g	2g	0mg	0mg	0g	4g
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, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
alter eco - no sugar added cashew butter granola, 30 gram	160	17g	8g	3g	0mg	75mg	3g	2g
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Lunch								
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Zucchini - Fresh Zucchini Raw (196 g) bk, 1 medium zucchini	33	6g	1g	2g	0mg	16mg	5g	2g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	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

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Swad Chutney-Coriander - Chutney-Coriander, 2 tsp	9	1g	1g	0g	--	162mg	0g	--
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
Raw chickpeas - Chickpeas, 50 g	179	21g	3g	12g	0mg	5mg	2g	9g
TOTALS	2177	126g	122g	139g	50mg	1020mg	37g	44g

Oct 8, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g
Dinner								
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
Quinoa, 25 g	94	17g	1g	3g	0mg	5mg	0g	1g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
raw shrimp - Shrimp, 8 ounce	160	2g	2g	30g	330mg	1280mg	0g	0g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Morning Snack								
Walnuts (JLDN) - Walnuts, 56 g - 1 oz	380	8g	36g	8g	0mg	0mg	2g	4g
Grapes - Raw, Frozen, 300 g	201	51g	0g	3g	0mg	6mg	48g	3g
TOTALS	1505	106g	87g	67g	370mg	2208mg	69g	16g

Oct 21, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Fruit - Bartlett Pear, 1 medium (166g)	96	25g	0g	1g	0mg	0mg	15g	5g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Trader Joe's - Organic Light String Cheese, 3 stick	180	3g	8g	18g	45mg	540mg	--	--
Quaker Rice Cake - Tomato & Basil, 3 cake	150	24g	6g	0g	0mg	300mg	3g	0g
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
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), 12 tablespoon	100	4g	0g	20g	0mg	300mg	0g	0g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 2 slice (34g)	160	30g	1g	10g	0mg	150mg	0g	6g
Lunch								
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
hummus - Hummus, 6 tbsp	210	12g	15g	6g	0mg	390mg	3g	6g
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
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
Trader Joe's - Organic Carrot Juice, 1 bottle	150	32g	1g	4g	0mg	170mg	28g	0g
Dinner								
My Grapes - Red Grapes, 140 Grams 20 grapes	99	26g	0g	0g	0mg	17mg	22g	1g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
aklands - cooked beet root, 100 gram	43	7g	1g	2g	0mg	0mg	0g	0g
Trader Joe's - Sliced Part Skim Mozzarella Cheese, 42 grams	120	0g	8g	12g	23mg	255mg	0g	0g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 6 oz	165	0g	2g	35g	113mg	420mg	0g	0g
Walnuts (JLDN) - Walnuts, 28 g - 1 oz	190	4g	18g	4g	0mg	0mg	1g	2g
Black Beans (Aburrá) - Black Beans, Cooked, 46.5 grams	84	10g	3g	4g	0mg	100mg	0g	4g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Morning Snack								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Abaruchi - Tzatiki, 4 Tbl	100	4g	10g	2g	20mg	200mg	--	--
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	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
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Homemade - Zuchinni Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
Earth grown vegan - Firm Organic tofu, 6 oz	160	6g	8g	16g	0mg	0mg	0g	4g
Green Beans - Green Beans (G), 83 g	30	6g	0g	1g	0mg	0mg	1g	2g
TOTALS	3594	260g	175g	241g	216mg	3490mg	102g	51g

Nov 4, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Trader Joe's - Organic Light String Cheese, 3 stick	180	3g	8g	18g	45mg	540mg	--	--
alter eco - no sugar added cashew butter granola, 30 gram	160	17g	8g	3g	0mg	75mg	3g	2g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Flaxseed - Flaxseed, golden, ground, 2 tbsp ground	74	4g	6g	3g	0mg	4mg	0g	4g
Chia seeds, 4 tsp	97	8g	6g	3g	0mg	3mg	0g	7g
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, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
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
Lunch								
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	--	--
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lensi Pasta - Red Lentil, 28 gram	100	17g	1g	8g	--	--	--	5g
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
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
Dinner								
Applesauce unsweetened - Applesauce, 0.5 c	50	13g	0g	0g	0mg	10mg	8g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Trader Joes - Nonfat Cottage Cheese, 0.75 cup	120	6g	0g	21g	0mg	585mg	6g	--
Quaker - Apple Cinnamon Rice Cake, 4 Cake (13 g)	200	44g	0g	4g	0mg	0mg	12g	0g
Trader Joe's - Organic Carrot Juice, 1 bottle	150	32g	1g	4g	0mg	170mg	28g	0g
Morning Snack								
hummus - Hummus, 6 tbsp	210	12g	15g	6g	0mg	390mg	3g	6g
Swad Chutney-Coriander - Chutney-Coriander, 2 tsp	9	1g	1g	0g	--	162mg	0g	--
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
brown rice uncooked - brown rice uncooked, 25 gram	89	18g	1g	2g	--	--	--	--
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Great Value - Liquid Egg White (Correct), 18 tablespoon	150	6g	0g	30g	0mg	450mg	0g	0g
TOTALS	3660	305g	182g	216g	85mg	3916mg	101g	58g

Nov 18, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Trader Joe's - Lemon Pesto Sauce, 0.25 cup	270	6g	25g	4g	5mg	610mg	4g	2g
Trader Giotto's Parmesan - Parmesan Cheese, 1.5 oz (28g)	165	0g	11g	15g	38mg	390mg	0g	0g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Trader Joe's - 99% Fat Free Ground Turkey Breast, 168 g (4oz.)	180	0g	1g	42g	105mg	83mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Tjoes - Tortilla, 2 tort	320	48g	10g	12g	--	--	--	8g
Lunch								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Dandy Blend - Dandelion Coffee, 2 tsp (2g)	14	2g	--	0g	--	0mg	--	--
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
Walnuts (JLDN) - Walnuts, 28 g - 1 oz	190	4g	18g	4g	0mg	0mg	1g	2g
Flaxseed - Flaxseed, golden, ground, 2 tbsp ground	74	4g	6g	3g	0mg	4mg	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
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Dinner								
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Swad Chutney-Coriander - Chutney-Coriander, 2 tsp	9	1g	1g	0g	--	162mg	0g	--
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Black Beans (Aburrá) - Black Beans, Cooked, 93 grams	167	20g	7g	8g	0mg	201mg	0g	7g
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 6 oz	165	0g	2g	35g	113mg	420mg	0g	0g
brown rice uncooked - brown rice uncooked, 50 gram	178	36g	1g	4g	--	--	--	--
Morning Snack								
Shiritaki - Noodles Lowcarb, 100 gram	20	4g	0g	1g	0mg	0mg	0g	6g
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
Lucerne - Light Sour Cream (updated from container Sep 2021) , 75 grams/2 Tbsp	100	5g	6g	5g	25mg	50mg	5g	0g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
TOTALS	3593	252g	185g	246g	336mg	3314mg	47g	64g

Dec 2, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
alter eco - no sugar added cashew butter granola, 60 gram	320	34g	16g	6g	0mg	150mg	6g	4g
Spinach, 1 cup	7	1g	0g	1g	0mg	24mg	0g	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
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, 1.13 Cup (170 grams)	165	11g	0g	26g	15mg	113mg	8g	0g
Lunch								
Organic Pumpkin seeds - Organic Pumpkin Seeds, 28 g ~ 1oz	180	4g	14g	9g	0mg	5mg	1g	3g
Pomegranate Seeds - Pomegranate Seeds, 140 gr	85	20g	0g	1g	0mg	--	20g	1g
White potatoes - uncooked, 100 gm	74	18g	0g	2g	0mg	0mg	0g	0g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Trader Joe's - 99% Fat Free Ground Turkey Breast, 168 g (4oz.)	180	0g	1g	42g	105mg	83mg	0g	0g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Dinner								
brown rice uncooked - brown rice uncooked, 25 gram	89	18g	1g	2g	--	--	--	--
Trader Joe's - Organic Light Whipped Cream Cheese, 6 tbsp	180	9g	14g	9g	60mg	315mg	9g	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
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
Homemade - Zucchini Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
Shiritaki - Noodles Lowcarb, 100 gram	20	4g	0g	1g	0mg	0mg	0g	6g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
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, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
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
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
TOTALS	3482	305g	162g	228g	205mg	1894mg	102g	55g

Dec 16, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 1 slice (34g)	80	15g	1g	5g	0mg	75mg	0g	3g
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
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	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
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Great Value - Liquid Egg White (Correct), 18 tablespoon	150	6g	0g	30g	0mg	450mg	0g	0g
Lunch								
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
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Broccoli (JLDN) - Broccoli Florets, 180 g - 1 oz	60	11g	1g	5g	0mg	54mg	3g	4g
Simply Nature - Tomato & Basil Pasta Sauce, 1.5 cup	135	27g	0g	6g	--	1410mg	15g	6g
Lensi Pasta - Red Lentil, 56 gram	200	34g	1g	15g	--	--	--	10g
Dinner								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 1.5 tbsp. (30 g)	90	1g	7g	5g	0mg	0mg	--	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 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, 0.07 cup (46 grams)	51	9g	1g	2g	0mg	0mg	0g	2g
Quinoa, 20 g	75	14g	1g	3g	0mg	4mg	0g	1g
Morning Snack								
Skotidakis Feta - Feta Cheese, 30 g	80	0g	7g	5g	20mg	410mg	0g	0g
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
hummus - Hummus, 6 tbsp	210	12g	15g	6g	0mg	390mg	3g	6g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 6 oz	165	0g	2g	35g	113mg	420mg	0g	0g
White potatoes - uncooked, 200 gm	148	35g	0g	4g	0mg	0mg	0g	0g
TOTALS	3506	284g	169g	242g	183mg	4274mg	58g	75g

Dec 23, 2024

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Earth grown vegan - Firm Organic tofu, 12 oz	320	12g	16g	32g	0mg	0mg	0g	8g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
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
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
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	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
Uncooked - Black Beans, 50 grams	170	31g	1g	11g	0mg	3mg	1g	8g
Lunch								
Walnuts (JLDN) - Walnuts, 28 g - 1 oz	190	4g	18g	4g	0mg	0mg	1g	2g
Lensi Pasta - Red Lentil, 28 gram	100	17g	1g	8g	--	--	--	5g
Skotidakis Feta - Feta Cheese, 30 g	80	0g	7g	5g	20mg	410mg	0g	0g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 6 oz	165	0g	2g	35g	113mg	420mg	0g	0g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Sweet potato, 0.5 medium	68	15g	0g	2g	0mg	143mg	5g	2g
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
Dinner								
alter eco - no sugar added cashew butter granola, 30 gram	160	17g	8g	3g	0mg	75mg	3g	2g
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, 1.13 Cup (170 grams)	165	11g	0g	26g	15mg	113mg	8g	0g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Spinach, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Morning Snack								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Trader Joe's - Turkey Slices, 12 slices	150	3g	2g	33g	75mg	1380mg	3g	0g
Trader Joe's - Organic Light Whipped Cream Cheese, 6 tbsp	180	9g	14g	9g	60mg	315mg	9g	0g
Generic - Cucumber, 50 g	8	2g	0g	0g	0mg	1mg	1g	0g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 2 slice (34g)	160	30g	1g	10g	0mg	150mg	0g	6g
TOTALS	3406	279g	155g	246g	293mg	3975mg	77g	68g

Jan 20, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
alter eco - no sugar added cashew butter granola, 60 gram	320	34g	16g	6g	0mg	150mg	6g	4g
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 - 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
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Chickpeas (White) - Boiled Chickpeas, 246 g	105	12g	0g	8g	0mg	--	0g	5g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
My Grapes - Red Grapes, 140 Grams 20 grapes	99	26g	0g	0g	0mg	17mg	22g	1g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 1.5 tbsp. (30 g)	90	1g	7g	5g	0mg	0mg	--	1g
Tomatoes - Cherry Tomatoes - Raw, 1 oz (28g)	13	1g	0g	0g	0mg	1mg	1g	0g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
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, 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
Castle - Cumin Seeds, 1 tsp	10	1g	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
Trader Joe's - Organic Carrot Juice, 1 bottle	150	32g	1g	4g	0mg	170mg	28g	0g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	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
Raw chickpeas - Chickpeas, 50 g	179	21g	3g	12g	0mg	5mg	2g	9g
Morning Snack								
Swad Chutney-Coriander - Chutney-Coriander, 2 tsp	9	1g	1g	0g	--	162mg	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
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
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
TOTALS	3509	231g	173g	242g	70mg	2543mg	98g	61g

Feb 24, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
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, 60 gram	320	34g	16g	6g	0mg	150mg	6g	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
Juicy Dates - dates, 30 gram	80	18g	0g	0g	0mg	0mg	17g	3g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Dandy Blend - Dandelion Coffee, 2 tsp (2g)	14	2g	--	0g	--	0mg	--	--
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Chickpeas - Cooked, 100 grams	165	28g	3g	9g	0mg	7mg	5g	7g
Organic Pumpkin seeds - Organic Pumpkin Seeds, 28 g ~ 1oz	180	4g	14g	9g	0mg	5mg	1g	3g
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
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
Dinner								
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
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
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
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Large Egg - One Large Egg, 3 each	210	0g	15g	18g	0mg	195mg	0g	0g
Morning Snack								
Flaxseed - Flaxseed, golden, ground, 2 tbsp ground	74	4g	6g	3g	0mg	4mg	0g	4g
Lilly's - White chocolate chips , 14 g (calories counting fiber)	72	9g	4g	--	5mg	10mg	1g	3g
Champagne Mango - Mango, 1 cup (140g)	110	27g	0g	0g	0mg	10mg	18g	0g
alter eco - no sugar added cashew butter granola, 30 gram	160	17g	8g	3g	0mg	75mg	3g	2g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
TOTALS	3383	237g	179g	200g	50mg	1676mg	74g	60g

Mar 3, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Swad Chutney-Coriander - Chutney-Coriander, 2 tsp	9	1g	1g	0g	--	162mg	0g	--
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	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
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
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 6 oz	165	0g	2g	35g	113mg	420mg	0g	0g
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
Nutritiondata - Red Lentils Raw, 51 g	180	31g	1g	13g	0mg	3mg	1g	16g
Lunch								
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
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Homemade - Zuchinni Noodles, 200 grams	34	6g	1g	2g	0mg	16mg	5g	2g
Shiritaki - Noodles Lowcarb, 100 gram	20	4g	0g	1g	0mg	0mg	0g	6g
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								
Lilly's - White chocolate chips , 14 g (calories counting fiber)	72	9g	4g	--	5mg	10mg	1g	3g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 3 Tbsp	285	11g	24g	11g	0mg	0mg	2g	6g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 0.5 scoop (30.1g)	55	1g	0g	13g	3mg	75mg	1g	0g
Hannaford - whole milk cottage cheese, 0.75 cup	180	8g	8g	21g	45mg	675mg	5g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Quaker - Apple Cinnamon Rice Cake, 4 Cake (13 g)	200	44g	0g	4g	0mg	0mg	12g	0g
Morning Snack								
alter eco - no sugar added cashew butter granola, 45 gram	240	26g	12g	5g	0mg	113mg	5g	3g
Trader Joe's - Peanut Butter - Crunchy Unsalted, 64 gram (2 Tbsp)	380	14g	32g	16g	0mg	260mg	2g	6g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
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
TOTALS	3346	265g	158g	231g	206mg	2652mg	80g	77g

Mar 24, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
brown rice uncooked - brown rice uncooked, 25 gram	89	18g	1g	2g	--	--	--	--
Sweet Potato, 0.6 cup (133 g)	68	16g	0g	1g	0mg	44mg	4g	2g
Avocado, 1.2 medium	288	15g	26g	4g	0mg	13mg	1g	12g
Great Value - Liquid Egg White (Correct), 24 tablespoon	200	8g	0g	40g	0mg	600mg	0g	0g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	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
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
Lunch								
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Spinach, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Earth grown vegan - Firm Organic tofu, 12 oz	320	12g	16g	32g	0mg	0mg	0g	8g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Simply Nature - Tomato & Basil Pasta Sauce, 1.5 cup	135	27g	0g	6g	--	1410mg	15g	6g
Lensi Pasta - Red Lentil, 56 gram	200	34g	1g	15g	--	--	--	10g
Dinner								
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	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
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Green Gram - Moong Raw, 100 gm	347	63g	1g	24g	0mg	15mg	7g	16g
Morning Snack								
Sargento - Lite String Cheese, 3 piece string cheese (21g)	150	3g	8g	18g	30mg	480mg	0g	0g
Walnuts (JLDN) - Walnuts, 56 g - 1 oz	380	8g	36g	8g	0mg	0mg	2g	4g
Plum - Plum Fruit, 3 fruit (100 g)	150	34g	1g	2g	0mg	0mg	29g	4g
TOTALS	3393	282g	138g	255g	265mg	4386mg	79g	73g

Apr 7, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
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, 60 gram	320	34g	16g	6g	0mg	150mg	6g	4g
Hannaford brand pineapple frozen chunks - frozen pineapple, 1.5 cup(140g)	105	29g	0g	2g	0mg	0mg	21g	3g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	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, 1.13 Cup (170 grams)	165	11g	0g	26g	15mg	113mg	8g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lunch								
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
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Simply Nature - Tomato & Basil Pasta Sauce, 1.5 cup	135	27g	0g	6g	--	1410mg	15g	6g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 2 oz	12	2g	0g	0g	0mg	0mg	2g	1g
Trader Joe's - 99% Fat Free Ground Turkey Breast, 168 g (4oz.)	180	0g	1g	42g	105mg	83mg	0g	0g
Trader Joe's - Lavash Bread, 1 sheet	220	44g	1g	8g	0mg	340mg	2g	2g
Dinner								
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 - Tempeh, 0.5 package	240	16g	11g	20g	0mg	10mg	1g	9g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Lensi Pasta - Red Lentil, 56 gram	200	34g	1g	15g	--	--	--	10g
Trader Joe's - Lemon Pesto Sauce, 0.25 cup	270	6g	25g	4g	5mg	610mg	4g	2g
Morning Snack								
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
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.13 Cup (170 grams)	165	11g	0g	26g	15mg	113mg	8g	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
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	3423	286g	136g	268g	215mg	4316mg	93g	60g

Apr 21, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
alter eco - no sugar added cashew butter granola, 30 gram	160	17g	8g	3g	0mg	75mg	3g	2g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Pumpkin purée - Pumpkin purée, 120 g	40	10g	0g	1g	--	5mg	3g	3g
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
Flaxseed - Flaxseed, golden, ground, 3 tbsp ground	111	6g	9g	4g	0mg	6mg	0g	6g
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								
Avocado, 0.6 medium	144	8g	13g	2g	0mg	6mg	1g	6g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Carrots - Shredded, 3 ounce	35	8g	0g	1g	0mg	65mg	5g	2g
spring mix - Spring Mix, 1 bag	20	3g	0g	2g	0mg	95mg	1g	1g
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
Dinner								
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
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
Applesauce unsweetened - Applesauce, 0.5 c	50	13g	0g	0g	0mg	10mg	8g	2g
Kirkland Signature - Organic Blueberries (Frozen), 1 cup (140g)	70	17g	0g	1g	0mg	1mg	12g	4g
Morning Snack								
Sweet Potato, 1.5 cup (133 g)	171	41g	0g	3g	0mg	110mg	9g	6g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	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
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Trader Joes - Nonfat Cottage Cheese, 0.75 cup	120	6g	0g	21g	0mg	585mg	6g	--
Trader Joe's - Organic Carrot Juice, 1 bottle	150	32g	1g	4g	0mg	170mg	28g	0g
TOTALS	3376	307g	157g	214g	85mg	3264mg	112g	61g