

Printable Diary for choppermanster

May 1, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Happy Farms - Mozzarella Shredded Cheese, 0.5 cup	160	4g	12g	12g	30mg	360mg	2g	0g
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
Kirkwood (Aldi) - Turkey, Ground, Raw, 85/15, 4 oz (112g)	240	0g	17g	21g	110mg	115mg	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
Spelt Bagel - Bagel, 1 bagel	280	46g	6g	8g	0mg	430mg	1g	6g
Lunch								
Trader Joe's - Peanut Butter - Crunchy Unsalted, 48 gram (2 Tbsp)	285	11g	24g	12g	0mg	195mg	2g	5g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Subway - Apple Slices - Apple Slices, 136 g	70	18g	0g	0g	0mg	0mg	14g	4g
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
Bob's Red Mill - Steel Cut Oats, 0.15 cup (46 grams)	102	17g	2g	4g	0mg	0mg	0g	3g
Dinner								
Lucerne - Light Sour Cream (updated from container Sep 2021) , 75 grams/2 Tbsp	100	5g	6g	5g	25mg	50mg	5g	0g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
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	--	--	--	--
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

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 5 oz	30	5g	0g	1g	0mg	0mg	5g	3g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Pulses - Chana Dal Uncooked Dry, 40 gm	132	24g	1g	9g	0mg	4mg	3g	9g
Morning Snack								
Olive oil - Organic Olive Oil, 0.75 tbsp	90	0g	11g	0g	0mg	0mg	0g	0g
Kirkland Whole Cashews - Cashews, 60 g	340	18g	26g	10g	0mg	240mg	4g	2g
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
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
Egg Beater Whites - Kirkland, 92 g	50	0g	0g	10g	0mg	150mg	0g	0g
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Large Egg - One Large Egg, 3 each	210	0g	15g	18g	0mg	195mg	0g	0g
TOTALS	3294	227g	162g	237g	340mg	2995mg	69g	52g

May 9, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Egg Beater Whites - Kirkland, 230 g	125	0g	0g	25g	0mg	375mg	0g	0g
Large Egg - One Large Egg, 2 each	140	0g	10g	12g	0mg	130mg	0g	0g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Lucerne - Light Sour Cream (updated from container Sep 2021) , 75 grams/2 Tbsp	100	5g	6g	5g	25mg	50mg	5g	0g
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	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
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Lunch								
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	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
Zucchini - Fresh Zucchini Raw (196 g) bk, 1.5 medium zucchini	50	9g	1g	4g	0mg	24mg	7g	3g
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
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Shiritaki - Noodles Lowcarb, 50 gram	10	2g	0g	1g	0mg	0mg	0g	3g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Dinner								
Kirkwood (Aldi) - Turkey, Ground, Raw, 85/15, 4 oz (112g)	240	0g	17g	21g	110mg	115mg	0g	0g
Priano - Pesto Rosso , 94 gram	360	8g	34g	4g	10mg	980mg	4g	2g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
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
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Organiccoconut Oil - Coconut Oil, 14 g (1 Tbsp)	130	--	14g	--	0mg	0mg	--	--
Pulses - Chana Dal Uncooked Dry, 60 gm	198	36g	1g	13g	0mg	6mg	5g	13g
Morning Snack								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Subway - Apple Slices - Apple Slices, 136 g	70	18g	0g	0g	0mg	0mg	14g	4g
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
Friendly Farms (Aldi) - whole milk plain greek yogurt, 425 grams	425	18g	23g	40g	88mg	150mg	10g	1g
TOTALS	3295	173g	181g	246g	258mg	2310mg	72g	47g

May 16, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Kirkland Frozen Chicken Breast - Boneless, Skinless, 16 oz	440	0g	6g	92g	300mg	1120mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Quinoa, 75 g	281	52g	4g	10g	0mg	16mg	0g	4g
Happy Farms - Mozzarella Shredded Cheese, 0.5 cup	160	4g	12g	12g	30mg	360mg	2g	0g
Apple, 3 medium	284	75g	1g	1g	0mg	5mg	57g	13g
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
Organiccoconut Oil - Coconut Oil, 7 g (1 Tbsp)	65	--	7g	--	0mg	0mg	--	--
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Lunch								
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	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
Bob's Red Mill - Steel Cut Oats, 0.38 cup (46 grams)	255	44g	5g	11g	0mg	0mg	0g	8g
TOTALS	2142	231g	67g	170g	335mg	1735mg	88g	43g

May 25, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
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
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, 0.25 cup (46 grams)	170	29g	3g	7g	0mg	0mg	0g	5g
Egg white, 5 large	86	1g	0g	18g	0mg	274mg	1g	0g
Lunch								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 6 tbsp. (30 g)	360	4g	28g	20g	0mg	0mg	--	4g
Happy Farms - Mozzarella Shredded Cheese, 0.5 cup	160	4g	12g	12g	30mg	360mg	2g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Kirkland Frozen Chicken Breast - Boneless, Skinless, 8 oz	220	0g	3g	46g	150mg	560mg	0g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
spring mix - Spring Mix, 1.5 bag	30	5g	0g	3g	0mg	143mg	2g	2g
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Dinner								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
ISO-100 Cinnamon Bun Protein - Hydrolyzed Whey Isolate, 1 scoop (30.1g)	110	1g	0g	25g	5mg	150mg	1g	0g
Avocado, 0.5 medium	120	6g	11g	2g	0mg	5mg	0g	5g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g
Banana - (One) - Banana - (One), 59 grams	53	14g	0g	1g	0mg	1mg	7g	2g
asda strawberries - strawberries , 100 g	38	6g	1g	1g	0mg	0mg	6g	4g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 2.25 Cup (170 grams)	330	21g	0g	51g	30mg	225mg	15g	0g
Morning Snack								
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	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
Spinach, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Kirkwood (Aldi) - Turkey, Ground, Raw, 85/15, 6 oz (112g)	360	0g	26g	32g	165mg	173mg	0g	0g
TOTALS	3358	210g	155g	279g	390mg	2566mg	61g	63g

May 30, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 6 Tbsp	570	21g	48g	21g	0mg	0mg	3g	12g
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
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
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
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
Egg white, 4 large	69	1g	0g	14g	0mg	219mg	1g	0g
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
Lunch								
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Banana - (One) - Banana - (One), 59 grams	53	14g	0g	1g	0mg	1mg	7g	2g
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
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Dinner								
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
organic turmeric - turmeric, 1 tsp (9g)	8	1g	0g	0g	0mg	1mg	0g	1g
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 4 oz	24	4g	0g	1g	0mg	0mg	4g	2g
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 Unsweetened Coconut Chips, 0.13 cup	110	3g	11g	1g	0mg	3mg	1g	2g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Midday Snack								
Walnuts - Walnuts, 0.5 cup	400	8g	40g	10g	0mg	2mg	2g	4g
Hannaford - whole milk cottage cheese, 0.5 cup	120	5g	5g	14g	30mg	450mg	3g	0g
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 1 slice (34g)	80	15g	1g	5g	0mg	75mg	0g	3g
Generic - Cucumber, 100 g	16	4g	0g	1g	0mg	2mg	2g	1g
TOTALS	3319	229g	198g	209g	50mg	1861mg	64g	60g

Jun 6, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
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
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	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, 1 slice (34g)	80	15g	1g	5g	0mg	75mg	0g	3g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Large Egg - One Large Egg, 3 each	210	0g	15g	18g	0mg	195mg	0g	0g
Lunch								
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
Salad Dressing - Balsamic Salad Dressing, 4 Tbsp	200	--	20g	--	--	--	--	--
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 6 tbsp. (30 g)	360	4g	28g	20g	0mg	0mg	--	4g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
spring mix - Spring Mix, 1.5 bag	30	5g	0g	3g	0mg	143mg	2g	2g
Dinner								
Uncooked - Black Beans, 50 grams	170	31g	1g	11g	0mg	3mg	1g	8g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Trader Giotto's - Red Lentil, Sedanini..., 0.38 cup	95	16g	0g	7g	--	10mg	--	2g
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
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
Generic - Cucumber, 100 g	16	4g	0g	1g	0mg	2mg	2g	1g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Morning Snack								
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 0.5 Scoops (51g)	40	5g	1g	5g	0mg	78mg	0g	0g
Kirkland Signature - Organic Blueberries (Frozen), 0.5 cup (140g)	35	9g	0g	1g	0mg	1mg	6g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Hannaford - whole milk cottage cheese, 0.5 cup	120	5g	5g	14g	30mg	450mg	3g	0g
TOTALS	3271	197g	169g	242g	300mg	3186mg	72g	47g

Jun 13, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Trader Joe's - Organic Unsweetened Coconut Chips, 0.25 cup	220	6g	21g	2g	0mg	5mg	2g	4g
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
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.13 Cup (170 grams)	165	11g	0g	26g	15mg	113mg	8g	0g
Trader Joe's - Sliced Part Skim Mozzarella Cheese, 28 grams	80	0g	5g	8g	15mg	170mg	0g	0g
Sweet Potato, 1.5 cup (133 g)	171	41g	0g	3g	0mg	110mg	9g	6g
Lunch								
Kraft - Mexican Four Cheese Shredded, 0.5 cup (28 g)	200	2g	16g	12g	50mg	360mg	0g	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
Sushi Ginger - Pickled Ginger, 15 g	30	7g	0g	0g	0mg	65mg	5g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 4.5 oz	240	0g	12g	33g	--	128mg	--	--
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Quinoa, 50 g	187	34g	3g	7g	0mg	11mg	0g	3g
Dinner								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 6 tbsp. (30 g)	360	4g	28g	20g	0mg	0mg	--	4g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
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
Black pepper, 1 tbsp, ground	17	4g	0g	1g	0mg	1mg	0g	2g
Shiritaki - Noodles Lowcarb, 50 gram	10	2g	0g	1g	0mg	0mg	0g	3g
Zucchini - Fresh Zucchini Raw (196 g) bk, 1.5 medium zucchini	50	9g	1g	4g	0mg	24mg	7g	3g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Morning Snack								
Chia seeds, 5 tsp	122	11g	8g	4g	0mg	4mg	0g	9g
Kirkland Whole Cashews - Cashews, 30 g	170	9g	13g	5g	0mg	120mg	2g	1g
Great Value Almond Milk - Almond Milk, 1.5 cup	45	2g	4g	2g	0mg	255mg	0g	2g
Orgain - Organic Protein +50 Superfoods Protein Powder Vanilla Bean Flavor , 2 Scoops (51g)	160	21g	5g	21g	0mg	310mg	1g	1g
TOTALS	3395	220g	186g	232g	100mg	1931mg	50g	54g

Jul 25, 2022

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
Garlic powder, 1 tsp	10	2g	0g	1g	0mg	2mg	0g	0g
herbie's - chipotle chilli powder, 5 gram	16	3g	1g	1g	0mg	0mg	0g	0g
Kirkland Signature - Organic Blueberries (Frozen), 0.5 cup (140g)	35	9g	0g	1g	0mg	1mg	6g	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
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Egg white, 4 large	69	1g	0g	14g	0mg	219mg	1g	0g
Lunch								
Olive oil - Organic Olive Oil, 1.5 tbsp	180	0g	21g	0g	0mg	0mg	0g	0g
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
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
Balsamic - Vinegar, 2 tbsp	20	4g	0g	0g	0mg	0mg	4g	0g
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
spring mix - Spring Mix, 1.5 bag	30	5g	0g	3g	0mg	143mg	2g	2g
Dinner								
Walnuts - Walnuts 28g / 1OZ bk USDA, 28 g	183	4g	18g	4g	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
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Champagne Mango - Mango, 0.6 cup (140g)	66	16g	0g	0g	0mg	6mg	11g	0g
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Morning Snack								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Rapunzel Organic Cocoa Powder - Cocoa Powder, 2 tablespoon	28	2g	2g	2g	0mg	0mg	0g	4g
Banana - (One) - Banana - (One), 59 grams	53	14g	0g	1g	0mg	1mg	7g	2g
Hannaford - whole milk cottage cheese, 0.5 cup	120	5g	5g	14g	30mg	450mg	3g	0g
TOTALS	3334	196g	203g	229g	90mg	2604mg	58g	53g

Aug 1, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Large Egg - One Large Egg, 4 each	280	0g	20g	24g	0mg	260mg	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
Hannaford - whole milk cottage cheese, 0.5 cup	120	5g	5g	14g	30mg	450mg	3g	0g
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
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Lunch								
Trader Giotto's Parmesan - Parmesan Cheese, 3 oz (28g)	330	0g	21g	30g	75mg	780mg	0g	0g
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
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
Simply Nature - Tomato & Basil Pasta Sauce, 0.75 cup	68	14g	0g	3g	--	705mg	8g	3g
Zucchini - Fresh Zucchini Raw (196 g) bk, 1.5 medium zucchini	50	9g	1g	4g	0mg	24mg	7g	3g
Trader Giotto's - Red Lentil, Sedanini..., 0.75 cup	190	32g	1g	13g	--	20mg	--	3g
Dinner								
Walnuts - Walnuts 28g / 1OZ bk USDA, 28 g	183	4g	18g	4g	0mg	1mg	1g	2g
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
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 4 oz	24	4g	0g	1g	0mg	0mg	4g	2g
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
Morning Snack								
Blue Diamond - Whole Natural Almonds !, 2 oz	320	12g	28g	12g	0mg	0mg	2g	6g
Generic - Cucumber, 100 g	16	4g	0g	1g	0mg	2mg	2g	1g
Skotidakis Feta - Feta Cheese, 60 g	160	0g	14g	10g	40mg	820mg	0g	0g

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
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 1 slice (34g)	80	15g	1g	5g	0mg	75mg	0g	3g
TOTALS	3301	154g	190g	252g	315mg	4250mg	47g	42g

Aug 8, 2022

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
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
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
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Lunch								
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
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
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Trader Joe's - Lavash Bread, 1 sheet	220	44g	1g	8g	0mg	340mg	2g	2g
Olive oil - Organic Olive Oil, 0.75 tbsp	90	0g	11g	0g	0mg	0mg	0g	0g
Kale - Kale - Chopped, 85 g	42	9g	1g	3g	0mg	37mg	0g	2g
Dinner								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	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
Olive oil - Organic Olive Oil, 0.75 tbsp	90	0g	11g	0g	0mg	0mg	0g	0g
Egg white, 4 large	69	1g	0g	14g	0mg	219mg	1g	0g
Zucchini - Fresh Zucchini Raw (196 g) bk, 1.5 medium zucchini	50	9g	1g	4g	0mg	24mg	7g	3g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Morning Snack								
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Ezekiel 4:9 - Ezekiel 4:9 Sprouted 100% Whole Grain Bread, 1 slice (34g)	80	15g	1g	5g	0mg	75mg	0g	3g
Walnuts - Walnuts 28g / 1OZ bk USDA, 28 g	183	4g	18g	4g	0mg	1mg	1g	2g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
TOTALS	3229	207g	173g	233g	70mg	2246mg	60g	44g

Aug 22, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
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
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
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 0.75 Cup (170 grams)	110	7g	0g	17g	10mg	75mg	5g	0g
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Large Egg - One Large Egg, 4 each	280	0g	20g	24g	0mg	260mg	0g	0g
Lunch								
Subway - Apple Slices - Apple Slices, 68 g	35	9g	0g	0g	0mg	0mg	7g	2g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 3 tbsp. (30 g)	180	2g	14g	10g	0mg	0mg	--	2g
Kirkland - Cinamon, 2 tsp	12	4g	0g	0g	0mg	1mg	0g	3g

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
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								
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
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	0g
Trader Joe's - Organic Unsweetened Coconut Chips, 0.25 cup	220	6g	21g	2g	0mg	5mg	2g	4g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	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
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Trader Joe's - Tomato Paste, 2 Tbsp	35	7g	0g	2g	0mg	35mg	5g	2g
Zucchini - Fresh Zucchini Raw (196 g) bk, 1.5 medium zucchini	50	9g	1g	4g	0mg	24mg	7g	3g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Morning Snack								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Pesto - Pesto, 50 g	160	2g	15g	5g	12mg	210mg	0g	0g
hummus - Hummus, 2 tbsp	70	4g	5g	2g	0mg	130mg	1g	2g
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
Quinoa, 50 g	187	34g	3g	7g	0mg	11mg	0g	3g
TOTALS	3431	183g	203g	233g	117mg	2262mg	56g	50g

Aug 29, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Juicy Dates - dates, 20 gram	53	12g	0g	0g	0mg	0mg	12g	2g
Trader Joe's - Organic Unsweetened Coconut Chips, 0.25 cup	220	6g	21g	2g	0mg	5mg	2g	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
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Bob's Red Mill - Steel Cut Oats, 0.13 cup (46 grams)	85	15g	2g	4g	0mg	0mg	0g	3g
Lunch								
Zucchini - Fresh Zucchini Raw (196 g) bk, 0.75 medium zucchini	25	5g	0g	2g	0mg	12mg	4g	1g
Kirkland Whole Cashews - Cashews, 60 g	340	18g	26g	10g	0mg	240mg	4g	2g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	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
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
Bell Pepper (Green) - Green Bell Pepper Raw. DI, 4 oz	24	4g	0g	1g	0mg	0mg	4g	2g
Honeysuckle Ground Turkey - Ground Turkey 93/7 Cooked , 6 oz	320	0g	16g	44g	--	170mg	--	--
Dinner								
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 2 Tbsp	190	7g	16g	7g	0mg	0mg	1g	4g
Quaker - Apple Cinnamon Rice Cake, 3 Cake (13 g)	150	33g	0g	3g	0mg	0mg	9g	0g
Trader Joe's - Organic Light String Cheese, 4 stick	240	4g	10g	24g	60mg	720mg	--	--
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
Trader Joe's - Greek Yogurt 0% Nonfat Plain, 1.5 Cup (170 grams)	220	14g	0g	34g	20mg	150mg	10g	0g
Morning Snack								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Spinach, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
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
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Green Chili Company - Hatch Green Chili, 22.5 g	9	2g	0g	0g	0mg	2mg	1g	0g
Pesto - Pesto, 50 g	160	2g	15g	5g	12mg	210mg	0g	0g
Kirkland Frozen Chicken Breast - Boneless, Skinless, 4 oz	110	0g	2g	23g	75mg	280mg	0g	0g
Castle - Cumin Seeds, 1 tsp	10	1g	0g	0g	--	--	--	--
Generic - Red Onions, 60 g	20	5g	0g	1g	--	6mg	6g	1g
Green Gram - Moong Raw, 40 gm	139	25g	0g	10g	0mg	6mg	3g	6g
TOTALS	3551	230g	189g	246g	217mg	2849mg	72g	47g

Sep 5, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Trader Giotto's Parmesan - Parmesan Cheese, 2 oz (28g)	220	0g	14g	20g	50mg	520mg	0g	0g
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Large Egg - One Large Egg, 1 each	70	0g	5g	6g	0mg	65mg	0g	0g
hummus - Hummus, 4 tbsp	140	8g	10g	4g	0mg	260mg	2g	4g
Chopped white onions - Chopped white onions, 75 g	31	6g	0g	1g	0mg	0mg	5g	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
Spinach, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Olive oil - Organic Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Egg Beater Whites - Kirkland, 276 g	150	0g	0g	30g	0mg	450mg	0g	0g
Lunch								
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, 20 gram	53	12g	0g	0g	0mg	0mg	12g	2g
Trader Joe's - Raw Almond Butter - Crunchy, No Salt, 4 Tbsp	380	14g	32g	14g	0mg	0mg	2g	8g
Hannaford - whole milk cottage cheese, 0.5 cup	120	5g	5g	14g	30mg	450mg	3g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Dinner								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Zucchini - Fresh Zucchini Raw (196 g) bk, 1.5 medium zucchini	50	9g	1g	4g	0mg	24mg	7g	3g
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	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, 50 gram	10	2g	0g	1g	0mg	0mg	0g	3g
atlantic salmon - atlantic salmon, 187.5 g	315	0g	18g	38g	0mg	53mg	0g	0g
Morning Snack								
Blue Diamond - Whole Natural Almonds !, 1 oz	160	6g	14g	6g	0mg	0mg	1g	3g
Trader Giotto's Parmesan - Parmesan Cheese, 1 oz (28g)	110	0g	7g	10g	25mg	260mg	0g	0g
Avocado, 1 medium	240	13g	22g	3g	0mg	11mg	1g	10g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	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
Balsamic - Vinegar, 2 tbsp	20	4g	0g	0g	0mg	0mg	4g	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	--	--
Olive oil - Organic Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
spring mix - Spring Mix, 1.5 bag	30	5g	0g	3g	0mg	143mg	2g	2g
TOTALS	3504	177g	220g	236g	105mg	2813mg	63g	65g