

## Printable Diary for andrewjkaminski21328

May 1, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
80% ground beef - 80% ground beef, 53 gram	107	0g	10g	9g	0mg	0mg	0g	0g
Lucerne - Mexican Style Cheese Blend, 61 g	240	2g	17g	13g	54mg	370mg	0g	0g
White rice, cooked, 274 g	353	77g	1g	7g	0mg	671mg	0g	1g
Butter (lima) beans, canned, 328 g	400	61g	9g	19g	7mg	1223mg	4g	17g
Broccoli, 346 g	135	22g	1g	9g	0mg	125mg	5g	8g
Broccoli, 345 g	135	22g	1g	9g	0mg	124mg	5g	8g
Blueberries, 91 gram	52	13g	0g	1g	0mg	1mg	9g	2g
Fage - Total 0% Greek Yogurt, 357 g	190	12g	0g	38g	24mg	131mg	12g	0g
Shin - Shin noodles soup, 120 g	520	82g	16g	10g	0mg	1960mg	4g	2g
Kinders - Lemon Pepper, 1.5 tsp	30	6g	0g	0g	0mg	630mg	0g	0g
Chicken breast, grilled, skinless, 194 g	341	0g	11g	57g	186mg	685mg	0g	0g
Rosarita - Refried Beans , no fat, 1.75 cup	280	56g	0g	18g	0mg	2170mg	0g	18g
Strawberry, 163 gram	52	13g	0g	1g	0mg	2mg	8g	3g
Blueberries, 183 gram	104	27g	1g	1g	0mg	2mg	18g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 47 g	178	32g	3g	6g	0mg	3mg	0g	5g
<b>TOTALS</b>	<b>3357</b>	<b>429g</b>	<b>74g</b>	<b>248g</b>	<b>411mg</b>	<b>8317mg</b>	<b>67g</b>	<b>70g</b>

May 2, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Kikkoman - Soy Sauce, 3 tbsp	30	3g	0g	6g	0mg	2760mg	3g	0g
Log Cabin - Sugar Free Syrup, 45 ml	15	6g	0g	0g	--	129mg	0g	--
Thomas (corrected sugar) - Original English Muffin' (Corrected 02/22/2022), 2 Muffin	300	56g	2g	10g	0mg	480mg	0g	2g
Lundberg - Rice Cakes, 55.5 gram	210	48g	2g	3g	--	90mg	--	--

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
White rice, cooked, 411 g	530	115g	1g	11g	0mg	1007mg	0g	2g
Lindbergh - Brown rice cake, 2 cake	140	32g	1g	2g	--	50mg	--	2g
G Hughes - BBQ Sauce, Hickory, 31 g	10	2g	0g	0g	0mg	207mg	0g	0g
White rice, cooked, 154 g	199	43g	0g	4g	0mg	377mg	0g	1g
96% lean beef - 96% lean beef, 104 gram	128	0g	4g	22g	--	--	--	--
96% lean beef - 96% lean beef, 117 gram	144	0g	5g	25g	--	--	--	--
Broccoli, 359 g	140	23g	1g	9g	0mg	129mg	5g	9g
Shin - Shin noodles soup, 120 g	520	82g	16g	10g	0mg	1960mg	4g	2g
Chicken breast, grilled, skinless, 188 g	331	0g	10g	56g	180mg	664mg	0g	0g
Blueberries, 220 gram	125	32g	1g	2g	0mg	2mg	22g	5g
Strawberry, 186 gram	60	14g	1g	1g	0mg	2mg	9g	4g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>TOTALS</b>	<b>3394</b>	<b>489g</b>	<b>53g</b>	<b>241g</b>	<b>390mg</b>	<b>8189mg</b>	<b>46g</b>	<b>34g</b>

## May 3, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Butter (lima) beans, canned, 276 g	337	51g	8g	16g	6mg	1029mg	4g	14g
96% lean beef - 96% lean beef, 308 gram	380	0g	12g	65g	--	--	--	--
Lundberg - Rice Cakes, 37 gram	140	32g	1g	2g	--	60mg	--	--
Minute - Instant white rice, 162 gram	599	134g	0g	14g	0mg	0mg	0g	0g
Blueberries, 109 gram	62	16g	0g	1g	0mg	1mg	11g	3g
Fage - Total 0% Greek Yogurt, 340 g	181	11g	0g	36g	23mg	125mg	11g	0g
Potato chips, 1.5 small single serving bag (1 oz)	223	23g	14g	3g	0mg	221mg	0g	1g
Coolgreens - Pesto Chicken Sandwich, 1 Serving	550	21g	24g	36g	80mg	1210mg	7g	4g
Lundberg - Rice Cakes, 18.5 gram	70	16g	1g	1g	--	30mg	--	--
Thomas (corrected sugar) - Original English Muffin' (Corrected 02/22/2022), 1 Muffin	150	28g	1g	5g	0mg	240mg	0g	1g
96% lean beef - 96% lean beef, 125 gram	154	0g	5g	26g	--	--	--	--
Blueberries, 259 gram	148	38g	1g	2g	0mg	3mg	26g	6g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 41 g	155	28g	3g	5g	0mg	2mg	0g	4g
<b>TOTALS</b>	<b>3389</b>	<b>402g</b>	<b>74g</b>	<b>262g</b>	<b>249mg</b>	<b>3141mg</b>	<b>61g</b>	<b>35g</b>

**May 4, 2025**

<b>FOODS</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>	<b>Cholest</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Fiber</b>
<b>Breakfast</b>								
Potato - Russet Potatoes, 338 gram	437	103g	0g	12g	0mg	0mg	4g	8g
Santitas Tortilla Chips - Tortilla Chips, 88 gram	435	59g	19g	6g	0mg	357mg	0g	6g
Chicken breast, grilled, skinless, 91 g	160	0g	5g	27g	87mg	321mg	0g	0g
Lucerne - Reduced Fat Sharp Cheddar, 32 gram	102	1g	7g	9g	23mg	203mg	0g	0g
Butter (lima) beans, canned, 52 g	63	10g	1g	3g	1mg	194mg	1g	3g
Potato - Russet Potatoes, 415 gram	537	127g	0g	15g	0mg	0mg	5g	10g
96% lean beef - 96% lean beef, 158 gram	195	0g	6g	33g	--	--	--	--
Minute - Instant white rice, 106 gram	392	88g	0g	9g	0mg	0mg	0g	0g
Chicken breast, grilled, skinless, 148 g	260	0g	8g	44g	142mg	522mg	0g	0g
Thomas (corrected sugar) - Original English Muffin' (Corrected 02/22/2022), 1 Muffin	150	28g	1g	5g	0mg	240mg	0g	1g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
Blueberries, 282 gram	161	41g	1g	2g	0mg	3mg	28g	7g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>TOTALS</b>	<b>3404</b>	<b>490g</b>	<b>57g</b>	<b>245g</b>	<b>463mg</b>	<b>2172mg</b>	<b>41g</b>	<b>42g</b>

**May 5, 2025**

<b>FOODS</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>	<b>Cholest</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Fiber</b>
<b>Breakfast</b>								
White rice, cooked, 129 g	166	36g	0g	3g	0mg	316mg	0g	1g
G Hughes - BBQ Sauce, Hickory, 45 g	15	3g	0g	0g	0mg	300mg	0g	0g
White rice, cooked, 360 g	464	101g	1g	10g	0mg	882mg	0g	1g
80% ground beef - 80% ground beef, 125 gram	251	0g	24g	22g	0mg	0mg	0g	0g
Lundberg - Rice Cakes, 18.5 gram	70	16g	1g	1g	--	30mg	--	--
G Hughes - BBQ Sauce, Hickory, 44 g	15	3g	0g	0g	0mg	293mg	0g	0g
White rice, cooked, 155 g	200	43g	0g	4g	0mg	380mg	0g	1g
96% lean beef - 96% lean beef, 139 gram	172	0g	6g	29g	--	--	--	--
Fage - Total 0% Greek Yogurt, 150 g	80	5g	0g	16g	10mg	55mg	5g	0g
Potato - Russet Potatoes, 440 gram	569	135g	0g	16g	0mg	0mg	5g	10g
G Hughes - BBQ Sauce, Hickory, 75 g	25	5g	0g	0g	0mg	500mg	0g	0g
Chicken breast, grilled, skinless, 161 g	283	0g	9g	48g	155mg	568mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Potato - Russet Potatoes, 429 gram	555	131g	0g	15g	0mg	0mg	5g	10g
Signature Select - Mixed Fruit, 140 g	64	16g	0g	1g	0mg	0mg	13g	3g
Blueberries, 116 gram	66	17g	0g	1g	0mg	1mg	12g	3g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 41 g	155	28g	3g	5g	0mg	2mg	0g	4g
<b>TOTALS</b>	<b>3390</b>	<b>543g</b>	<b>48g</b>	<b>221g</b>	<b>305mg</b>	<b>3547mg</b>	<b>42g</b>	<b>35g</b>

## May 6, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
G Hughes - BBQ Sauce, Hickory, 50 g	17	3g	0g	0g	0mg	333mg	0g	0g
White rice, cooked, 465 g	600	130g	1g	12g	0mg	1139mg	0g	2g
Green peas, cooked, 187 g	183	26g	5g	9g	4mg	357mg	8g	8g
Lundberg - Rice Cakes, 37 gram	140	32g	1g	2g	--	60mg	--	--
Chicken breast, grilled, skinless, 159 g	280	0g	9g	47g	153mg	561mg	0g	0g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
White rice, cooked, 174 g	224	49g	0g	5g	0mg	426mg	0g	1g
Chicken Of The Sea - Chunk Light Tuna In Oil, 1 can drained	140	0g	5g	23g	45mg	360mg	0g	0g
G Hughes - BBQ Sauce, Hickory, 39 g	13	3g	0g	0g	0mg	260mg	0g	0g
Chicken breast, grilled, skinless, 132 g	232	0g	7g	39g	127mg	466mg	0g	0g
White rice, cooked, 237 g	306	66g	1g	6g	0mg	581mg	0g	1g
Lundberg - Rice Cakes, 18.5 gram	70	16g	1g	1g	--	30mg	--	--
G Hughes - BBQ Sauce, Hickory, 80 g	27	5g	0g	0g	0mg	533mg	0g	0g
80% ground beef - 80% ground beef, 200 gram	402	0g	39g	35g	0mg	0mg	0g	0g
Broccoli, 344 g	134	22g	1g	9g	0mg	124mg	5g	8g
Blueberries, 174 gram	99	25g	1g	1g	0mg	2mg	17g	4g
Signature Select - Mixed Fruit, 140 g	64	16g	0g	1g	0mg	0mg	13g	3g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Banana, 110 g	107	25g	0g	1g	0mg	0mg	17g	2g
<b>TOTALS</b>	<b>3392</b>	<b>449g</b>	<b>75g</b>	<b>242g</b>	<b>469mg</b>	<b>5452mg</b>	<b>81g</b>	<b>33g</b>

## May 7, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Lucerne - Mexican Style Cheese Blend, 16 g	63	1g	5g	3g	14mg	97mg	0g	0g
Lucerne - Mexican Style Cheese Blend, 34 g	134	1g	10g	7g	30mg	206mg	0g	0g
White rice, cooked, 469 g	605	131g	1g	13g	0mg	1149mg	0g	2g
Lucerne - Mexican Style Cheese Blend, 29 g	114	1g	8g	6g	26mg	176mg	0g	0g
White rice, cooked, 326 g	421	91g	1g	9g	0mg	799mg	0g	1g
96% lean beef - 96% lean beef, 150 gram	185	0g	6g	32g	--	--	--	--
Green peas, cooked, 71 g	70	10g	2g	4g	1mg	136mg	3g	3g
White rice, cooked, 236 g	304	66g	1g	6g	0mg	578mg	0g	1g
Chicken breast, grilled, skinless, 141 g	248	0g	8g	42g	135mg	498mg	0g	0g
Lucerne - Reduced Fat Sharp Cheddar, 40 gram	127	1g	8g	11g	28mg	254mg	0g	0g
Chicken breast, grilled, skinless, 130 g	229	0g	7g	38g	125mg	459mg	0g	0g
Broccoli, 345 g	135	22g	1g	9g	0mg	124mg	5g	8g
Blueberries, 124 gram	71	18g	0g	1g	0mg	1mg	12g	3g
Banana, 106 g	103	24g	0g	1g	0mg	0mg	17g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>TOTALS</b>	<b>3049</b>	<b>370g</b>	<b>62g</b>	<b>232g</b>	<b>499mg</b>	<b>4697mg</b>	<b>39g</b>	<b>22g</b>

## May 8, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Kinders - Lemon Pepper, 1 tsp	20	4g	0g	0g	0mg	420mg	0g	0g
G Hughes - BBQ Sauce, Hickory, 59 g	20	4g	0g	0g	0mg	393mg	0g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 33 gram	106	2g	7g	8g	24mg	200mg	0g	0g
Green peas, cooked, 160 g	157	22g	4g	8g	3mg	306mg	7g	7g
Santitas Tortilla Chips - Tortilla Chips, 26 gram	128	17g	6g	2g	0mg	105mg	0g	2g
White rice, cooked, 189 g	244	53g	1g	5g	0mg	463mg	0g	1g
Chicken breast, grilled, skinless, 136 g	239	0g	7g	40g	131mg	480mg	0g	0g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Oats, 82 g	311	56g	5g	11g	0mg	5mg	1g	8g
Lucerne - Mexican Style Cheese Blend, 46 g	181	2g	13g	10g	41mg	279mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 90 g	158	0g	5g	27g	86mg	318mg	0g	0g
White rice, cooked, 201 g	259	56g	1g	5g	0mg	492mg	0g	1g
Lucerne - Mexican Style Cheese Blend, 35 g	138	1g	10g	8g	31mg	213mg	0g	0g
Chicken breast, grilled, skinless, 177 g	312	0g	10g	52g	170mg	625mg	0g	0g
Broccoli, 346 g	135	22g	1g	9g	0mg	125mg	5g	8g
Blueberries, 110 gram	63	16g	0g	1g	0mg	1mg	11g	3g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Banana, 115 g	112	26g	0g	1g	0mg	0mg	18g	2g
<b>TOTALS</b>	<b>3051</b>	<b>339g</b>	<b>74g</b>	<b>239g</b>	<b>626mg</b>	<b>4645mg</b>	<b>82g</b>	<b>38g</b>

**May 9, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
White rice, cooked, 279 g	360	78g	1g	7g	0mg	684mg	0g	1g
Olive oil, 1 tbsp	119	0g	14g	0g	0mg	0mg	0g	0g
96% lean beef - 96% lean beef, 200 gram	247	0g	8g	42g	--	--	--	--
Green peas, cooked, 162 g	159	22g	5g	8g	3mg	309mg	7g	7g
Broccoli, 345 g	135	22g	1g	9g	0mg	124mg	5g	8g
Quaker - Apple Cinnamon Rice Cakes, 1 cake	50	11g	0g	1g	0mg	0mg	3g	0g
Quaker - Apple Cinnamon Rice Cakes, 2 cake	100	22g	0g	1g	0mg	0mg	6g	0g
G Hughes - BBQ Sauce, Hickory, 45 g	15	3g	0g	0g	0mg	300mg	0g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 28 gram	90	2g	6g	7g	20mg	170mg	0g	0g
Chicken Of The Sea - Chunk Light Tuna In Oil, 1 can drained	140	0g	5g	23g	45mg	360mg	0g	0g
Broccoli, 348 g	136	22g	1g	9g	0mg	125mg	5g	8g
Chicken breast, grilled, skinless, 139 g	245	0g	8g	41g	133mg	491mg	0g	0g
Rosarita - Refried Beans , no fat, 1 cup	161	32g	0g	10g	0mg	1246mg	0g	10g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Kirkland Triple Berry Blend - Triple Berry Blend, 171 g	95	23g	0g	1g	--	20mg	15g	7g
Banana, 100 g	97	23g	0g	1g	0mg	0mg	16g	2g
<b>TOTALS</b>	<b>2389</b>	<b>264g</b>	<b>53g</b>	<b>210g</b>	<b>341mg</b>	<b>4049mg</b>	<b>59g</b>	<b>45g</b>

**May 10, 2025**

<b>FOODS</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>	<b>Cholest</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Fiber</b>
<b>Breakfast</b>								
White rice, cooked, 300 g	387	84g	1g	8g	0mg	735mg	0g	1g
96% lean beef - 96% lean beef, 100 gram	123	0g	4g	21g	--	--	--	--
Mandarin Chinese chicken salad - Chinese chicken salad, 0.5 cup	90	0g	0g	0g	0mg	0mg	0g	0g
Strawberry, 290 gram	93	22g	1g	2g	0mg	3mg	14g	6g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
Hummus, plain, 1 tbsp	36	2g	3g	1g	0mg	66mg	0g	1g
Cucumber, 1 cup	18	4g	0g	1g	0mg	2mg	2g	1g
Sandwich Salami - Sandwich Salami, 50 Gramm	141	10g	8g	7g	--	--	--	--
Celery, 50 g	7	1g	0g	0g	0mg	40mg	1g	1g
Red bell pepper, 100 g	31	6g	0g	1g	0mg	0mg	4g	1g
Rosarita - Refried Beans , no fat, 0.73 cup	117	23g	0g	7g	0mg	905mg	0g	7g
96% lean beef - 96% lean beef, 111 gram	137	0g	4g	23g	--	--	--	--
Green peas, cooked, 171 g	168	24g	5g	9g	3mg	327mg	7g	8g
Broccoli, 348 g	136	22g	1g	9g	0mg	125mg	5g	8g
Quaker - Apple Cinnamon Rice Cakes, 2 cake	100	22g	0g	1g	0mg	0mg	6g	0g
96% lean beef - 96% lean beef, 61 gram	75	0g	2g	13g	--	--	--	--
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 28 gram	90	2g	6g	7g	20mg	170mg	0g	0g
Egg, 4 egg	286	2g	20g	25g	822mg	258mg	0g	0g
<b>TOTALS</b>	<b>2395</b>	<b>230g</b>	<b>61g</b>	<b>210g</b>	<b>1055mg</b>	<b>2961mg</b>	<b>42g</b>	<b>37g</b>

**May 11, 2025**

<b>FOODS</b>	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>	<b>Cholest</b>	<b>Sodium</b>	<b>Sugar</b>	<b>Fiber</b>
<b>Breakfast</b>								
White rice, cooked, 294 g	379	82g	1g	8g	0mg	720mg	0g	1g
Olive oil, 16 mL	129	0g	15g	0g	0mg	0mg	0g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 28 gram	90	2g	6g	7g	20mg	170mg	0g	0g
Chicken breast, grilled, skinless, 124 g	218	0g	7g	37g	119mg	438mg	0g	0g
Strawberry, 159 gram	51	12g	0g	1g	0mg	2mg	8g	3g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Strawberry, 164 gram	52	13g	0g	1g	0mg	2mg	8g	3g
Quaker - Apple Cinnamon Rice Cakes, 2 cake	100	22g	0g	1g	0mg	0mg	6g	0g
Green peas, cooked, 124 g	122	17g	3g	6g	2mg	237mg	5g	5g
Broccoli, 346 g	135	22g	1g	9g	0mg	125mg	5g	8g
96% lean beef - 96% lean beef, 101 gram	125	0g	4g	21g	--	--	--	--
White rice, cooked, 149 g	192	42g	0g	4g	0mg	365mg	0g	1g
96% lean beef - 96% lean beef, 148 gram	183	0g	6g	31g	--	--	--	--
Green peas, cooked, 170 g	167	23g	5g	8g	3mg	325mg	7g	7g
Strawberry, 301 gram	96	23g	1g	2g	0mg	3mg	15g	6g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>TOTALS</b>	<b>2399</b>	<b>264g</b>	<b>55g</b>	<b>211g</b>	<b>354mg</b>	<b>2717mg</b>	<b>57g</b>	<b>37g</b>

## May 12, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
White rice, cooked, 394 g	508	110g	1g	11g	0mg	965mg	0g	2g
Green peas, cooked, 151 g	148	21g	4g	8g	3mg	288mg	6g	7g
Chicken breast, grilled, skinless, 95 g	167	0g	5g	28g	91mg	335mg	0g	0g
Strawberry, 310 gram	99	24g	1g	2g	0mg	3mg	15g	6g
Olive oil, 15 mL	121	0g	14g	0g	0mg	0mg	0g	0g
White rice, cooked, 155 g	200	43g	0g	4g	0mg	380mg	0g	1g
Quaker - Apple Cinnamon Rice Cakes, 2 cake	100	22g	0g	1g	0mg	0mg	6g	0g
Chicken breast, grilled, skinless, 175 g	308	0g	10g	52g	168mg	618mg	0g	0g
Green peas, cooked, 130 g	127	18g	4g	6g	3mg	248mg	6g	6g
Broccoli, 347 g	135	22g	1g	9g	0mg	125mg	5g	8g
Signature Select - Mango Chunks, 138 g	80	21g	1g	1g	0mg	0mg	19g	2g
Strawberry, 138 gram	44	11g	0g	1g	0mg	1mg	7g	3g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>TOTALS</b>	<b>2397</b>	<b>298g</b>	<b>47g</b>	<b>198g</b>	<b>475mg</b>	<b>3293mg</b>	<b>67g</b>	<b>38g</b>

## May 13, 2025



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
White rice, cooked, 490 g	632	137g	1g	13g	0mg	1201mg	0g	2g
Iceberg lettuce, 241 g	48	9g	0g	2g	0mg	55mg	3g	3g
Meijer - Sliced Beets, 99 g	33	3g	0g	1g	0mg	12mg	3g	1g
Tomato, sliced, 214 g	43	9g	1g	2g	0mg	9mg	6g	3g
Chicken breast, grilled, skinless, 169 g	297	0g	9g	50g	162mg	597mg	0g	0g
Iceberg lettuce, 188 g	38	7g	0g	2g	0mg	43mg	2g	2g
Meijer - Sliced Beets, 126 g	42	4g	0g	1g	0mg	16mg	4g	1g
Tomato, sliced, 175 g	35	7g	1g	1g	0mg	7mg	5g	2g
Red bell pepper, 97 g	30	6g	0g	1g	0mg	0mg	4g	1g
Generic - Baby carrots, 132 g	54	13g	0g	1g	0mg	91mg	6g	4g
Fuji apple, 186 g	113	28g	0g	0g	0mg	0mg	23g	4g
Chicken breast, grilled, skinless, 165 g	290	0g	9g	49g	158mg	582mg	0g	0g
Green peas, cooked, 349 g	342	48g	10g	17g	7mg	667mg	15g	15g
Blueberries, 132 gram	75	19g	0g	1g	0mg	1mg	13g	3g
Signature Select - Mango Chunks, 141 g	82	21g	1g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>TOTALS</b>	<b>2394</b>	<b>315g</b>	<b>36g</b>	<b>192g</b>	<b>467mg</b>	<b>3501mg</b>	<b>105g</b>	<b>45g</b>

## May 14, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Quaker - Apple Cinnamon Rice Cakes, 8 cake	400	88g	0g	4g	0mg	0mg	24g	0g
Foodtown - Sweet Peas, 274 g	132	24g	0g	7g	0mg	658mg	11g	7g
Tomato, sliced, 371 g	74	15g	1g	3g	0mg	15mg	10g	4g
Chicken breast, grilled, skinless, 111 g	195	0g	6g	33g	107mg	392mg	0g	0g
Generic - Baby carrots, 143 g	59	14g	0g	1g	0mg	99mg	7g	4g
Quaker - Apple Cinnamon Rice Cakes, 1 cake	50	11g	0g	1g	0mg	0mg	3g	0g
Chicken breast, grilled, skinless, 109 g	192	0g	6g	32g	105mg	385mg	0g	0g
Quaker - Apple Cinnamon Rice Cakes, 1 cake	50	11g	0g	1g	0mg	0mg	3g	0g
Quaker - Apple Cinnamon Rice Cakes, 1 cake	50	11g	0g	1g	0mg	0mg	3g	0g
Fuji apple, 165 g	101	24g	0g	0g	0mg	0mg	20g	3g
Bell pepper, 57 g	13	3g	0g	1g	0mg	2mg	2g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Generic - Baby carrots, 72 g	30	7g	0g	1g	0mg	50mg	3g	2g
Iceberg lettuce, 145 g	29	5g	0g	1g	0mg	33mg	2g	2g
Quaker - Apple Cinnamon Rice Cakes, 2 cake	100	22g	0g	1g	0mg	0mg	6g	0g
96% lean beef - 96% lean beef, 58 gram	72	0g	2g	12g	--	--	--	--
Chicken breast, grilled, skinless, 134 g	236	0g	7g	40g	129mg	473mg	0g	0g
Iceberg lettuce, 204 g	41	8g	0g	2g	0mg	47mg	2g	3g
Generic - Orange Bellpepper, 85 grams	31	6g	0g	1g	--	--	--	1g
Generic - Baby carrots, 134 g	55	13g	0g	1g	0mg	92mg	6g	4g
Blueberries, 126 gram	72	18g	0g	1g	0mg	1mg	13g	3g
Signature Select - Mango Chunks, 95 g	55	14g	0g	1g	0mg	0mg	13g	1g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>TOTALS</b>	<b>2397</b>	<b>300g</b>	<b>28g</b>	<b>220g</b>	<b>551mg</b>	<b>2577mg</b>	<b>131g</b>	<b>38g</b>

## May 15, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Spinach, raw, fresh, 142 gram	33	5g	1g	4g	0mg	112mg	1g	3g
Tomato, sliced, 214 g	43	9g	1g	2g	0mg	9mg	6g	3g
Chicken breast, grilled, skinless, 137 g	241	0g	7g	41g	132mg	484mg	0g	0g
Tomato, sliced, 170 g	34	7g	1g	1g	0mg	7mg	4g	2g
Chicken breast, grilled, skinless, 123 g	216	0g	7g	36g	118mg	434mg	0g	0g
Fuji apple, 178 g	109	26g	0g	0g	0mg	0mg	22g	4g
Fuji apple, 145 g	88	21g	0g	0g	0mg	0mg	18g	3g
White rice, cooked, 148 g	191	41g	0g	4g	0mg	363mg	0g	1g
Chicken breast, grilled, skinless, 140 g	246	0g	8g	41g	134mg	494mg	0g	0g
Bell pepper, 108 g	24	6g	0g	1g	0mg	3mg	3g	2g
Generic - Baby carrots, 39 g	16	4g	0g	0g	0mg	27mg	2g	1g
Quaker - Apple Cinnamon Rice Cakes, 1 cake	50	11g	0g	1g	0mg	0mg	3g	0g
Fuji apple, 150 g	92	22g	0g	0g	0mg	0mg	18g	3g
Signature Select - Mango Chunks, 197 g	114	30g	1g	1g	0mg	0mg	27g	3g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>Dinner</b>								
Lundberg - Rice Cakes, 240.5 gram	910	208g	7g	13g	--	390mg	--	--

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
White rice, cooked, 178 g	230	50g	0g	5g	0mg	436mg	0g	1g
<b>TOTALS</b>	<b>2997</b>	<b>446g</b>	<b>39g</b>	<b>225g</b>	<b>594mg</b>	<b>3089mg</b>	<b>107g</b>	<b>29g</b>

## May 16, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Barbells - Proteinbar, 1.05 bar	210	21g	7g	21g	--	79mg	1g	3g
Wild Oats - Oats & Flax, 2 packet	300	58g	4g	8g	0mg	260mg	0g	6g
Milton's - Everything Baked Crackers, 46 g	199	34g	6g	5g	0mg	276mg	5g	0g
Builders - builders protein bar, 1 bar	280	31g	9g	20g	0mg	200mg	17g	3g
Broccoli, 300 g	117	19g	1g	8g	0mg	108mg	4g	7g
Broccoli, 247 g	96	15g	1g	6g	0mg	89mg	3g	6g
Chicken breast, grilled, skinless, 125 g	220	0g	7g	37g	120mg	441mg	0g	0g
Pure Palm Produce - Coconut Date Bites, 15 g	53	11g	1g	0g	0mg	0mg	9g	1g
Oikos - Oikos Triple Zero Peach, 300 g	180	14g	0g	30g	20mg	110mg	10g	0g
Green Giant - Riced Cauliflower, 263 g	62	12g	0g	6g	0mg	62mg	6g	6g
Beef w chimichurri - Beef, 88 gram	137	2g	7g	16g	0mg	0mg	0g	0g
Generic - Baby carrots, 145 g	59	14g	0g	1g	0mg	100mg	7g	4g
Chicken breast, grilled, skinless, 105 g	185	0g	6g	31g	101mg	371mg	0g	0g
Raley's - Freeze-Dried Mangos, 10 g	35	9g	0g	0g	0mg	0mg	8g	1g
Bell pepper, 139 g	31	7g	0g	1g	0mg	4mg	4g	3g
Chicken breast, grilled, skinless, 102 g	180	0g	6g	30g	98mg	360mg	0g	0g
Quaker - Apple Cinnamon Rice Cakes, 3 cake	150	33g	0g	2g	0mg	0mg	9g	0g
Blueberries, 70 gram	40	10g	0g	1g	0mg	1mg	7g	2g
Signature Select - Mango Chunks, 188 g	109	29g	1g	1g	0mg	0mg	26g	3g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>TOTALS</b>	<b>2883</b>	<b>323g</b>	<b>60g</b>	<b>274g</b>	<b>479mg</b>	<b>2681mg</b>	<b>118g</b>	<b>47g</b>

## May 17, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Pure Palm Produce - Coconut Date Bites, 27 g	95	19g	2g	1g	0mg	0mg	17g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Birds Eye - Steam Fresh Broccoli Cauliflower and Carrots, 303 gram	112	15g	0g	4g	0mg	131mg	7g	7g
Chicken breast, grilled, skinless, 118 g	208	0g	6g	35g	113mg	417mg	0g	0g
Firehook - Rosemary and Sea Salt Crackers, 77 gram	272	54g	3g	8g	0mg	435mg	3g	3g
Erewhon cauliflower Buffalo - Cauliflower Buffalo, 0.18 package	45	7g	2g	1g	--	--	2g	--
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Chicken breast, grilled, skinless, 74 g	130	0g	4g	22g	71mg	261mg	0g	0g
Beef w chimichurri - Beef, 101 gram	157	2g	9g	18g	0mg	0mg	0g	0g
Erewhon - Detox Salad, 5.2 oz	251	17g	19g	8g	--	--	--	--
Banana, 130 g	126	30g	0g	1g	0mg	0mg	21g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>Dinner</b>								
JF Barebell - Caramel & Cashew, 1 bar	200	18g	8g	20g	5mg	80mg	1g	3g
JF Barebell - Caramel & Cashew, 1 bar	200	18g	8g	20g	5mg	80mg	1g	3g
barebell - salty peanut, 57.75 gram	210	19g	8g	21g	--	110mg	1g	3g
Bruschetta - Tomato Bruschetta (Topping Only), 1 cup	66	6g	5g	1g	--	--	--	--
Bruschetta, 1 piece	73	6g	5g	1g	8mg	103mg	1g	0g
Organic mixed vegetables - Mixed Vegetables, 1 cup	60	12g	0g	2g	0mg	20mg	4g	3g
Hunt's - Mushroom Pasta Sauce, 1 cup (126 g)	100	20g	1g	2g	0mg	1180mg	12g	6g
Olive oil, 1 tbsp	119	0g	14g	0g	0mg	0mg	0g	0g
Rainbow trout, cooked, 1 fillet	215	0g	8g	33g	99mg	80mg	--	0g
<b>TOTALS</b>	<b>2993</b>	<b>274g</b>	<b>106g</b>	<b>249g</b>	<b>441mg</b>	<b>3117mg</b>	<b>91g</b>	<b>36g</b>

**May 18, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Milton's - Everything Baked Crackers, 138 g	598	101g	18g	14g	0mg	828mg	14g	0g
Quaker Oatmeal Protein - Protein Oatmeal, 2 packet	440	76g	6g	24g	10mg	400mg	22g	8g
Zesta - Saltine Crackers, 2 crackers	24	4g	1g	0g	0mg	60mg	0g	0g
Dennys - Wavy-Cut Fries, 1 serving	400	46g	22g	4g	0mg	470mg	0g	4g
Slate - Milk Chocolate Mix, 1.5 stick	150	3g	1g	30g	15mg	240mg	0g	2g
KYF - Eclair, 25 gram	68	6g	5g	1g	--	22mg	4g	0g
Macaroon, 1 medium (2" diameter)	104	15g	4g	2g	5mg	65mg	12g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Black beans, canned, 50 gram	46	8g	0g	3g	0mg	192mg	0g	3g
Chipotle - Fajita Vegetables, 10 oz	80	16g	2g	4g	0mg	680mg	8g	4g
Meijer - Tortilla, White Corn, Soft Taco Size, 2 tortillas	120	24g	2g	2g	0mg	10mg	1g	2g
Chicken breast, grilled, skinless, 254 g	447	0g	14g	75g	244mg	897mg	0g	0g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Strawberry, 152 gram	49	12g	0g	1g	0mg	2mg	7g	3g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>TOTALS</b>	<b>3000</b>	<b>344g</b>	<b>81g</b>	<b>236g</b>	<b>484mg</b>	<b>4196mg</b>	<b>90g</b>	<b>32g</b>

## May 19, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Lundberg - Rice Cakes, 101.75 gram	385	88g	3g	6g	--	165mg	--	--
Quaker - Apple Cinnamon Rice Cakes, 2 cake	100	22g	0g	1g	0mg	0mg	6g	0g
Sweet potato, 448 g	367	81g	2g	7g	0mg	690mg	28g	14g
Chicken breast, grilled, skinless, 176 g	310	0g	10g	52g	169mg	621mg	0g	0g
White rice, cooked, 234 g	302	66g	1g	6g	0mg	573mg	0g	1g
Chicken breast, grilled, skinless, 212 g	373	0g	12g	63g	204mg	748mg	0g	0g
Chicken breast, grilled, skinless, 66 g	116	0g	4g	20g	63mg	233mg	0g	0g
Tangerine, 1 fruit	58	14g	0g	1g	0mg	2mg	12g	2g
In-n-out, Fries website - In-n-out, Fries, 1 serving	370	52g	15g	7g	--	250mg	1g	6g
In n Out - Cheeseburger, 1 burger	480	39g	27g	22g	60mg	1000mg	10g	3g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
<b>TOTALS</b>	<b>2981</b>	<b>364g</b>	<b>76g</b>	<b>210g</b>	<b>566mg</b>	<b>4392mg</b>	<b>58g</b>	<b>27g</b>

## May 20, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Generic - Baby carrots, 83 g	34	8g	0g	1g	0mg	57mg	4g	2g
White rice, cooked, 400 g	516	112g	1g	11g	0mg	980mg	0g	2g
Chicken breast, grilled, skinless, 106 g	187	0g	6g	31g	102mg	374mg	0g	0g
Lundberg - Rice Cakes, 27.75 gram	105	24g	1g	2g	--	45mg	--	--

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Low Fat Cottage Cheese - Low Fat Cottage Cheese, 122 g	92	6g	3g	11g	0mg	0mg	0g	0g
Sweet potato, 228 g	187	41g	1g	4g	0mg	351mg	14g	7g
Chicken breast, grilled, skinless, 101 g	178	0g	6g	30g	97mg	357mg	0g	0g
Generic - Baby carrots, 256 g	105	25g	1g	2g	0mg	177mg	12g	7g
Low Fat Cottage Cheese - Low Fat Cottage Cheese, 252 g	191	13g	5g	23g	0mg	0mg	0g	0g
Chicken breast, grilled, skinless, 147 g	259	0g	8g	44g	141mg	519mg	0g	0g
Sweet potato, 373 g	306	67g	1g	6g	0mg	574mg	23g	12g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>TOTALS</b>	<b>2400</b>	<b>300g</b>	<b>37g</b>	<b>215g</b>	<b>480mg</b>	<b>3654mg</b>	<b>55g</b>	<b>32g</b>

**May 21, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
White rice, cooked, 354 g	457	99g	1g	9g	0mg	867mg	0g	1g
O Organics - Organic California Style Vegetables, 222 g	77	13g	0g	5g	0mg	77mg	5g	5g
Diced Tomato - Diced Tomato, 212 gram	44	9g	0g	2g	0mg	0mg	5g	2g
Asparagus Spears, 285 gram(s)	63	12g	1g	7g	0mg	40mg	4g	6g
Kale, raw, 78 gram	27	3g	1g	2g	0mg	41mg	1g	3g
Chicken breast, grilled, skinless, 200 g	352	0g	11g	59g	192mg	706mg	0g	0g
Lundberg - Rice Cakes, 21.27 gram	81	18g	1g	1g	--	35mg	--	--
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Generic - Baby carrots, 284 g	116	27g	1g	3g	0mg	196mg	13g	8g
White rice, cooked, 154 g	199	43g	0g	4g	0mg	377mg	0g	1g
Beef w chimichurri - Beef, 206 gram	320	4g	17g	36g	0mg	0mg	0g	0g
Chicken breast, grilled, skinless, 31 g	55	0g	2g	9g	30mg	109mg	0g	0g
Bell pepper, 101 g	22	5g	0g	1g	0mg	3mg	3g	2g
Generic - Baby carrots, 25 g	10	2g	0g	0g	0mg	17mg	1g	1g
jello - vanilla sugar free, 6 gram	17	4g	0g	0g	--	--	--	--
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>TOTALS</b>	<b>2200</b>	<b>245g</b>	<b>41g</b>	<b>213g</b>	<b>432mg</b>	<b>2798mg</b>	<b>35g</b>	<b>32g</b>

## May 22, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Wan Ja Shan - Ponzu Dipping & Dressing Sauce, 45 ml	24	6g	0g	0g	--	1170mg	6g	--
Sweet potato, 887 g	727	160g	3g	15g	0mg	1366mg	56g	27g
Spinach, raw, fresh, 132 gram	30	5g	1g	4g	0mg	104mg	1g	3g
Bell pepper, 122 g	27	6g	0g	1g	0mg	4mg	4g	2g
Green beans, 220 gram	68	15g	0g	4g	0mg	13mg	7g	6g
jello - vanilla sugar free, 7 gram	20	5g	0g	0g	--	--	--	--
Oikos - Triple Zero Vanilla Blended Greek Yogurt, 255 g	153	12g	0g	26g	17mg	94mg	9g	0g
O Organics - Organic California Style Vegetables, 150 g	52	9g	0g	3g	0mg	52mg	3g	3g
Chicken breast, grilled, skinless, 135 g	238	0g	7g	40g	130mg	477mg	0g	0g
Jello - Strawberry Sugar Free, 2 container (89g)	20	--	0g	2g	--	90mg	0g	0g
Oikos - Triple Zero Vanilla Blended Greek Yogurt, 170 g	102	8g	0g	17g	11mg	62mg	6g	0g
Pineapple, 101 g	51	13g	0g	1g	0mg	1mg	10g	1g
Generic - Baby carrots, 75 g	31	7g	0g	1g	0mg	52mg	4g	2g
Bell pepper, 42 g	9	2g	0g	0g	0mg	1mg	1g	1g
Kale, raw, 106 gram	37	5g	2g	3g	0mg	56mg	1g	4g
Diced Tomato - Diced Tomato, 171 gram	35	7g	0g	1g	0mg	0mg	4g	1g
Kale, raw, 90 gram	32	4g	1g	3g	0mg	48mg	1g	4g
Oikos - Triple Zero Vanilla Blended Greek Yogurt, 170 g	102	8g	0g	17g	11mg	62mg	6g	0g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
jello - vanilla sugar free, 7 gram	20	5g	0g	0g	--	--	--	--
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>TOTALS</b>	<b>2194</b>	<b>281g</b>	<b>23g</b>	<b>218g</b>	<b>405mg</b>	<b>4225mg</b>	<b>121g</b>	<b>56g</b>

## May 23, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Iceberg lettuce, 712 g	142	26g	1g	7g	0mg	164mg	8g	9g
Generic - Baby carrots, 266 g	109	25g	1g	2g	0mg	184mg	13g	7g
Weis Organics - Organic Cut Green Beans, 252 g	32	6g	0g	2g	0mg	609mg	2g	2g
O Organics - Organic California Style Vegetables, 520 g	181	30g	0g	12g	0mg	181mg	12g	12g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 135 g	238	0g	7g	40g	130mg	477mg	0g	0g
Bell pepper, 3 g	1	0g	0g	0g	0mg	0mg	0g	0g
Prosciutto di Parma - Prosciutto, 10 gram	11	0g	1g	1g	4mg	92mg	0g	0g
Columbus salami - Salami, 25 gram	79	2g	6g	5g	--	--	--	0g
Dill pickles, 6 g	1	0g	0g	0g	0mg	48mg	0g	0g
Bell pepper, 5 g	1	0g	0g	0g	0mg	0mg	0g	0g
Tomato, sliced, 6 g	1	0g	0g	0g	0mg	0mg	0g	0g
Iceberg lettuce, 12 g	2	0g	0g	0g	0mg	3mg	0g	0g
Prosciutto di Parma - Prosciutto, 13 gram	14	0g	1g	2g	5mg	119mg	0g	0g
Ham, 47 g	55	1g	2g	9g	25mg	541mg	1g	0g
Sourdough bread, 130 g	354	67g	3g	14g	0mg	783mg	6g	3g
Weis Organics - Organic Cut Green Beans, 233 g	29	6g	0g	2g	0mg	563mg	2g	2g
Thomas (corrected sugar) - Original English Muffin' (Corrected 02/22/2022), 2 Muffin	300	56g	2g	10g	0mg	480mg	0g	2g
Chicken breast, grilled, skinless, 141 g	248	0g	8g	42g	135mg	498mg	0g	0g
O Organics - Organic California Style Vegetables, 404 g	141	23g	0g	9g	0mg	141mg	9g	9g
Oikos - Triple Zero Vanilla Blended Greek Yogurt, 200 g	120	9g	0g	20g	13mg	73mg	7g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
jello - vanilla sugar free, 7 gram	20	5g	0g	0g	--	--	--	--
<b>TOTALS</b>	<b>2199</b>	<b>258g</b>	<b>34g</b>	<b>202g</b>	<b>382mg</b>	<b>5066mg</b>	<b>61g</b>	<b>47g</b>

## May 24, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Lindbergh - Brown rice cake, 1 cake	70	16g	1g	1g	--	25mg	--	1g
Diced Tomato - Diced Tomato, 374 gram	77	15g	0g	3g	0mg	0mg	9g	3g
Bragg - Nutritional Yeast, 10 gram	40	4g	0g	6g	0mg	0mg	0g	2g
Kale, raw, 115 gram	40	5g	2g	3g	0mg	61mg	1g	5g
Bell pepper, 104 g	23	5g	0g	1g	0mg	3mg	3g	2g
O Organics - Organic California Style Vegetables, 625 g	218	36g	0g	15g	0mg	218mg	15g	15g
Klondike - Cones! - Nuts for Vanilla, 0.96 cone (75g)	230	29g	11g	3g	5mg	77mg	19g	1g
Trader Joe's - Harvest Grains Blend, 76.05 g	270	54g	2g	10g	0mg	0mg	3g	3g
Spinach, raw, fresh, 99 gram	23	4g	0g	3g	0mg	78mg	0g	2g
Generic - Baby carrots, 169 g	69	16g	0g	2g	0mg	117mg	8g	5g



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 171 g	301	0g	9g	51g	164mg	604mg	0g	0g
Carrots, 40 gram	16	4g	0g	0g	0mg	28mg	2g	1g
Enoki mushroom - Enoki mushroom, 100 g	45	9g	0g	2g	--	--	--	2g
Tesco - Shiitake Mushrooms, 145 g	23	1g	1g	3g	--	0mg	0g	2g
Green cabbage, 2 cup	45	10g	0g	2g	0mg	32mg	6g	5g
Bok choy, cooked, 170 g	22	4g	0g	3g	0mg	111mg	2g	2g
Wagyu Beef, 50 gram(s)	96	0g	6g	10g	30mg	32mg	0g	0g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Wegmans Organic Beef Broth - Beef Broth, 5 cup(s)	100	0g	0g	20g	0mg	700mg	0g	0g
Tangerine, 69 g	37	9g	0g	1g	0mg	1mg	7g	1g
jello - vanilla sugar free, 7 gram	20	5g	0g	0g	--	--	--	--
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>TOTALS</b>	<b>2181</b>	<b>230g</b>	<b>41g</b>	<b>219g</b>	<b>435mg</b>	<b>2660mg</b>	<b>77g</b>	<b>54g</b>

May 25, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Log Cabin - Sugar Free Syrup, 10 ml	3	1g	0g	0g	--	29mg	0g	--
Sugar in the Raw - Organic Cane Sugar, 24 g	90	24g	0g	0g	--	0mg	24g	--
Schnucks - Bartlett Pear Halves, 230 g	111	28g	0g	0g	--	0mg	20g	4g
Quaker - Instant Oatmeal- Maple, 2 packet	320	64g	4g	8g	0mg	520mg	24g	6g
Kirkland Organic Chicken Bone Broth - Organic Bone Broth, 386 milliliter	73	0g	1g	15g	0mg	155mg	0g	0g
glass Noodles - Glass noodles, 43 Gramm	151	37g	0g	0g	--	--	--	--
Yukon Gold - Potatoes, 28 gram	27	4g	1g	0g	0mg	0mg	0g	0g
Carrots, 53 gram	22	5g	0g	0g	0mg	37mg	3g	1g
Raw2 - Cremini Mushrooms, 55 gram	15	2g	0g	1g	0mg	3mg	1g	0g
Broccoli, 92 g	36	6g	0g	2g	0mg	33mg	1g	2g
Green cabbage, 112 g	28	6g	0g	1g	0mg	20mg	4g	3g
Chicken breast, grilled, skinless, 134 g	236	0g	7g	40g	129mg	473mg	0g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Jello - Strawberry Sugar Free, 2 container (89g)	20	--	0g	2g	--	90mg	0g	0g
Oikos - Oikos Triple Zero Peach, 150 g	90	7g	0g	15g	10mg	55mg	5g	0g
Oikos - Triple Zero Vanilla Blended Greek Yogurt, 61 g	37	3g	0g	6g	4mg	22mg	2g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lentils, cooked, 103 g	118	21g	0g	9g	0mg	240mg	2g	8g
O Organics - Organic California Style Vegetables, 282 g	98	16g	0g	7g	0mg	98mg	7g	7g
Trader Joe's - Harvest Grains Blend, 32.85 g	117	23g	1g	4g	0mg	0mg	1g	1g
Chicken breast, grilled, skinless, 130 g	229	0g	7g	38g	125mg	459mg	0g	0g
jello - vanilla sugar free, 7 gram	20	5g	0g	0g	--	--	--	--
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
<b>TOTALS</b>	<b>2201</b>	<b>261g</b>	<b>24g</b>	<b>220g</b>	<b>358mg</b>	<b>2624mg</b>	<b>97g</b>	<b>32g</b>

## May 26, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Log Cabin - Sugar Free Syrup, 95 ml	32	13g	0g	0g	--	273mg	0g	--
Bob's Red Mill - oat bran, 92 g	368	60g	7g	14g	--	--	--	14g
Chicken breast, grilled, skinless, 101 g	178	0g	6g	30g	97mg	357mg	0g	0g
Asparagus Spears, 254 gram(s)	56	10g	1g	6g	0mg	36mg	3g	5g
Generic - Baby carrots, 210 g	86	20g	1g	2g	0mg	145mg	10g	6g
Kale, raw, 145 gram	51	6g	2g	4g	0mg	77mg	1g	6g
O Organics - Organic California Style Vegetables, 403 g	141	23g	0g	9g	0mg	141mg	9g	9g
Trader Joe's - Harvest Grains Blend, 33.75 g	120	24g	1g	5g	0mg	0mg	2g	2g
Chicken breast, grilled, skinless, 169 g	297	0g	9g	50g	162mg	597mg	0g	0g
Chicken breast, grilled, skinless, 144 g	253	0g	8g	43g	138mg	508mg	0g	0g
Kirkland Organic Cicken Bone Broth - Organic Bone Broth, 225 milliliter	43	0g	0g	9g	0mg	90mg	0g	0g
Broccoli, 92 g	36	6g	0g	2g	0mg	33mg	1g	2g
glass Noodles - Glass noodels, 58 Gramm	203	50g	0g	0g	--	--	--	--
Green cabbage, 58 g	15	3g	0g	1g	0mg	10mg	2g	1g
Carrots, 34 gram	14	3g	0g	0g	0mg	23mg	2g	1g
Raw2 - Cremini Mushrooms, 29 gram	8	1g	0g	1g	0mg	2mg	0g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Egg, 2 egg	143	1g	10g	12g	411mg	129mg	0g	0g
Spinach, raw, fresh, 138 gram	32	5g	1g	4g	0mg	109mg	1g	3g
<b>TOTALS</b>	<b>2196</b>	<b>228g</b>	<b>47g</b>	<b>216g</b>	<b>838mg</b>	<b>2660mg</b>	<b>32g</b>	<b>49g</b>

**May 27, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Log Cabin - Sugar Free Syrup, 75 ml	25	10g	0g	0g	--	216mg	0g	--
Sugar in the Raw - Organic Cane Sugar, 12 g	45	12g	0g	0g	--	0mg	12g	--
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Bob's Red Mill - oat bran, 175 g	700	114g	13g	26g	--	--	--	26g
Kale, raw, 210 gram	74	9g	3g	6g	0mg	111mg	2g	9g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Oikos - Oikos Triple Zero Peach, 150 g	90	7g	0g	15g	10mg	55mg	5g	0g
Bell pepper, 62 g	14	3g	0g	1g	0mg	2mg	2g	1g
Generic - Baby carrots, 260 g	107	25g	1g	2g	0mg	179mg	12g	7g
Log Cabin - Sugar Free Syrup, 92 ml	31	12g	0g	0g	--	264mg	0g	--
Chicken breast, grilled, skinless, 135 g	238	0g	7g	40g	130mg	477mg	0g	0g
Bob's Red Mill - oat bran, 80 g	320	52g	6g	12g	--	--	--	12g
jello - vanilla sugar free, 7 gram	20	5g	0g	0g	--	--	--	--
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
<b>TOTALS</b>	<b>2200</b>	<b>258g</b>	<b>38g</b>	<b>204g</b>	<b>326mg</b>	<b>2047mg</b>	<b>36g</b>	<b>55g</b>

**May 28, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Bob's Red Mill - oat bran, 12 g	48	8g	1g	2g	--	--	--	2g
Del Cabo - Sugar Plum Grape Tomatoes, 86 g	16	3g	0g	1g	0mg	4mg	2g	1g
Lindbergh - Brown rice cake, 4 cake	280	64g	2g	4g	--	100mg	--	4g
Klondike - Cones! - Nuts for Vanilla, 0.96 cone (75g)	230	29g	11g	3g	5mg	77mg	19g	1g
Lentils, cooked, 496 g	570	99g	2g	44g	0mg	1156mg	9g	39g
O Organics - Organic California Style Vegetables, 288 g	100	17g	0g	7g	0mg	100mg	7g	7g
Jello - Strawberry Sugar Free, 2 container (89g)	20	--	0g	2g	--	90mg	0g	0g
Fage - Total 0% Greek Yogurt, 350 g	187	12g	0g	37g	23mg	128mg	12g	0g
Chicken breast, grilled, skinless, 150 g	264	0g	8g	44g	144mg	530mg	0g	0g
O Organics - Organic California Style Vegetables, 629 g	219	37g	0g	15g	0mg	219mg	15g	15g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
jello - vanilla sugar free, 8 gram	23	6g	0g	0g	--	--	--	--
<b>TOTALS</b>	<b>2197</b>	<b>281g</b>	<b>26g</b>	<b>207g</b>	<b>232mg</b>	<b>2664mg</b>	<b>66g</b>	<b>69g</b>

## May 29, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Bragg - Nutritional Yeast, 10 gram	40	4g	0g	6g	0mg	0mg	0g	2g
Lentils, cooked, 300 g	345	60g	1g	27g	0mg	699mg	5g	24g
Green peas, cooked, 239 g	234	33g	7g	12g	5mg	456mg	10g	11g
Broccoli, 229 g	89	14g	1g	6g	0mg	82mg	3g	5g
Asparagus Spears, 265 gram(s)	58	11g	1g	6g	0mg	37mg	3g	5g
Onion, 508 gram	203	47g	1g	6g	0mg	20mg	22g	9g
Bell pepper, 57 g	13	3g	0g	1g	0mg	2mg	2g	1g
Generic - Baby carrots, 112 g	46	11g	0g	1g	0mg	77mg	5g	3g
Chicken breast, grilled, skinless, 102 g	180	0g	6g	30g	98mg	360mg	0g	0g
Generic - Baby carrots, 141 g	58	14g	0g	1g	0mg	97mg	7g	4g
Lentils, cooked, 403 g	463	81g	2g	36g	0mg	939mg	7g	32g
Jello - Strawberry Sugar Free, 1.5 container (89g)	15	--	0g	2g	--	68mg	0g	0g
Fage - Total 0% Greek Yogurt, 345 g	184	12g	0g	37g	23mg	127mg	12g	0g
Spinach, raw, fresh, 136 gram	31	5g	1g	4g	0mg	107mg	1g	3g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
<b>TOTALS</b>	<b>2199</b>	<b>301g</b>	<b>22g</b>	<b>223g</b>	<b>186mg</b>	<b>3331mg</b>	<b>79g</b>	<b>99g</b>

## May 30, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Log Cabin - Sugar Free Syrup, 45 ml	15	6g	0g	0g	--	129mg	0g	--
Quaker - Apple Cinnamon Rice Cakes, 9 cake	450	99g	0g	5g	0mg	0mg	27g	0g
Oakrun Farm Bakery - Plain Crumpets, 4 crumpet	360	72g	1g	12g	0mg	500mg	4g	4g
Chicken breast, grilled, skinless, 101 g	178	0g	6g	30g	97mg	357mg	0g	0g
O Organics - Organic California Style Vegetables, 531 g	185	31g	0g	12g	0mg	185mg	12g	12g
Quaker - Apple Cinnamon Rice Cakes, 2 cake	100	22g	0g	1g	0mg	0mg	6g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Low Fat Cottage Cheese - Low Fat Cottage Cheese, 155 g	117	8g	3g	14g	0mg	0mg	0g	0g
Chicken breast, grilled, skinless, 120 g	211	0g	7g	36g	115mg	424mg	0g	0g
jello pudding - chocolate pudding (sugar free), 10 grams	30	8g	0g	1g	0mg	105mg	0g	--
Fage - Greek Yogurt Total 0%, 475 gram	224	14g	0g	45g	28mg	154mg	14g	0g
Broccoli, 232 g	90	15g	1g	6g	0mg	84mg	3g	6g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
<b>TOTALS</b>	<b>2200</b>	<b>281g</b>	<b>20g</b>	<b>210g</b>	<b>300mg</b>	<b>2198mg</b>	<b>68g</b>	<b>22g</b>

## May 31, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 134 gram	431	10g	29g	34g	96mg	814mg	0g	0g
Santitas Tortilla Chips - Tortilla Chips, 152 gram	751	102g	32g	11g	0mg	617mg	0g	11g
Madeleins - Cookie, 84 g	390	45g	21g	6g	135mg	195mg	30g	--
Killer Brownie - Brownie, Chocolatier, 3.24 piece	421	58g	19g	3g	16mg	194mg	42g	3g
Signature Farms - Almonds, Chocolate Covered, 97 g	500	53g	32g	9g	15mg	59mg	47g	3g
Madeleins - Cookie, 84 g	390	45g	21g	6g	135mg	195mg	30g	--
Killer Brownie - Brownie, Chocolatier, 2.16 piece	281	39g	13g	2g	11mg	130mg	28g	2g
Gatorade - Gatorade Red, 1 bottle (28 oz)	190	51g	0g	0g	0mg	380mg	48g	0g
Outsiders Pizza Company - Detroit Style Pizza, 4 slice	1680	120g	104g	68g	180mg	2560mg	8g	4g
Signature Farms - Almonds, Chocolate Covered, 120 g	618	65g	40g	11g	18mg	73mg	58g	4g
CHicharrones 4505 - Chicharrones, 2 oz	320	0g	20g	32g	--	--	--	--
Generic - Baby carrots, 202 g	83	19g	0g	2g	0mg	139mg	10g	6g
Airhead - Candy, 16 gram	60	14g	1g	0g	0mg	10mg	9g	0g
Starbucks - Spinach & Feta Breakfast Wrap, 158 g	290	33g	10g	19g	20mg	830mg	4g	6g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Blueberries, 144 gram	82	21g	0g	1g	0mg	1mg	14g	3g
Fage - Total 0% Greek Yogurt, 395 g	211	13g	0g	42g	26mg	145mg	13g	0g
<b>TOTALS</b>	<b>6812</b>	<b>715g</b>	<b>342g</b>	<b>247g</b>	<b>652mg</b>	<b>6342mg</b>	<b>360g</b>	<b>44g</b>