

Printable Diary for andrewjkaminski21328

Mar 1, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lentils, cooked, 201 g	231	40g	1g	18g	0mg	468mg	4g	16g
White rice, cooked, 28 g	36	8g	0g	1g	0mg	69mg	0g	0g
Rosarita - Refried Beans , no fat, 2.8 cup	448	90g	0g	28g	0mg	3472mg	0g	28g
Chicken breast, grilled, skinless, 101 g	178	0g	6g	30g	97mg	357mg	0g	0g
jello - vanilla sugar free, 7 gram	20	5g	0g	0g	--	--	--	--
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Fat Free Milk - Fat Free Milk, 360 milliliter	137	20g	0g	12g	8mg	198mg	18g	0g
Strawberry - Strawberry, 32 gram	1	0g	0g	0g	0mg	0mg	0g	0g
Tofu, extra firm, 1 piece (2"1/2 × 2 3"4")	73	1g	4g	9g	0mg	10mg	1g	0g
Salmon, 150 gram(s)	309	0g	19g	33g	95mg	92mg	0g	0g
White rice, cooked, 200 g	258	56g	1g	5g	0mg	490mg	0g	1g
Miso Soup - Miso Soup, 1 cup	84	8g	3g	6g	0mg	998mg	3g	2g
Mixed salad greens, 4 cup	24	4g	0g	2g	0mg	62mg	1g	2g
Restaurant - Spicy Tuna Roll, 3 pieces (165 grams)	120	13g	3g	9g	10mg	105mg	2g	1g
California. Roll - California Roll, 3 piece	128	19g	4g	5g	0mg	0mg	0g	3g
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2731	338g	50g	240g	420mg	6654mg	61g	64g

Mar 2, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Rosarita - Refried Beans , no fat, 1.24 cup	198	40g	0g	12g	0mg	1531mg	0g	12g
White rice, cooked, 215 g	277	60g	1g	6g	0mg	527mg	0g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 124 g	218	0g	7g	37g	119mg	438mg	0g	0g
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 719 milliliter	274	40g	0g	24g	15mg	395mg	36g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Chicken Of The Sea - Chunk Light Tuna In Oil, 1 can drained	140	0g	5g	23g	45mg	360mg	0g	0g
Chicken breast, grilled, skinless, 231 g	407	0g	13g	68g	222mg	815mg	0g	0g
Russet potato, baked, 204 g	194	44g	0g	5g	0mg	29mg	2g	5g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
TOTALS	2455	274g	35g	256g	611mg	4427mg	60g	27g

Mar 3, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
La Tortilla Factory - Flour Tortillas, 2.22 tortilla	100	22g	3g	7g	0mg	377mg	0g	13g
Rosarita - Refried Beans , no fat, 0.5 cup	80	16g	0g	5g	0mg	620mg	0g	5g
Russet potato, baked, 410 g	390	88g	1g	11g	0mg	57mg	4g	9g
White rice, cooked, 115 g	148	32g	0g	3g	0mg	282mg	0g	0g
Chicken breast, grilled, skinless, 165 g	290	0g	9g	49g	158mg	582mg	0g	0g
Broccoli, 528 gram	180	35g	2g	15g	0mg	174mg	9g	14g
Lentils, cooked, 165 g	190	33g	1g	15g	0mg	384mg	3g	13g
Chicken breast, grilled, skinless, 101 g	178	0g	6g	30g	97mg	357mg	0g	0g
Chicken breast, grilled, skinless, 99 g	174	0g	5g	29g	95mg	349mg	0g	0g
White rice, cooked, 77 g	99	22g	0g	2g	0mg	189mg	0g	0g
Oikos Triple Zero - Mixed Berry Nonfat Greek Yogurt, 1 container	90	7g	0g	15g	10mg	60mg	5g	0g
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2483	327g	34g	238g	500mg	3654mg	52g	64g

Mar 4, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Rosarita - Refried Beans , no fat, 0.55 cup	88	18g	0g	6g	0mg	682mg	0g	6g
Mission Carb Balance Tortillas - Tortilla, 2 Tortilla	120	10g	5g	10g	--	540mg	0g	28g
Lucerne - Shredded Reduced Fat Mozzarella, 68 gram	170	2g	10g	19g	24mg	437mg	--	--
Honey, 20 gram	61	16g	0g	0g	0mg	1mg	16g	0g
Crumpet, 2 medium crumpet	179	35g	1g	6g	4mg	207mg	1g	1g
Lucerne - Shredded Reduced Fat Mozzarella, 26 gram	65	1g	4g	7g	9mg	167mg	--	--
Lentils, cooked, 164 g	189	33g	1g	15g	0mg	382mg	3g	13g
Jennieo Ground Turkey 93/7 - Ground Turkey Lean 93/7, 194 gram	257	0g	12g	36g	154mg	154mg	0g	0g
Broccoli, 501 gram	170	33g	2g	14g	0mg	165mg	9g	13g
jello - vanilla sugar free, 6 gram	17	4g	0g	0g	--	--	--	--
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Fat Free Milk - Fat Free Milk, 360 milliliter	137	20g	0g	12g	8mg	198mg	18g	0g
Chicken Of The Sea - Chunk Light Tuna In Oil, 1 can drained	140	0g	5g	23g	45mg	360mg	0g	0g
White rice, cooked, 157 g	203	44g	0g	4g	0mg	385mg	0g	1g
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2480	290g	49g	234g	454mg	4011mg	79g	73g

Mar 5, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Panda Express - Orange Chicken, 11.4 oz	980	102g	46g	50g	160mg	1640mg	38g	4g
Steamed Rice - Steamed Rice, 166 gram	183	46g	0g	4g	0mg	--	0g	1g
Panda Express - Teriyaki Chicken, 14 oz	550	28g	20g	66g	--	--	--	--
Panda Express - Super Greens, 7 oz	90	10g	3g	6g	0mg	260mg	4g	5g
Jennieo Ground Turkey 93/7 - Ground Turkey Lean 93/7, 169 gram	224	0g	10g	31g	134mg	134mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lentils, cooked, 123 g	141	25g	0g	11g	0mg	287mg	2g	10g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Banana, 116 g	113	26g	0g	1g	0mg	0mg	18g	2g
TOTALS	2521	241g	83g	219g	434mg	2541mg	64g	24g

Mar 6, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Banana, 116 g	113	26g	0g	1g	0mg	0mg	18g	2g
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 722 milliliter	275	40g	0g	24g	15mg	397mg	37g	0g
Sweet Relish - Relish Sweet, 3 tbsp	60	15g	0g	0g	0mg	285mg	9g	0g
Lentils, cooked, 88 g	101	18g	0g	8g	0mg	205mg	2g	7g
Jennieo Ground Turkey 93/7 - Ground Turkey Lean 93/7, 188 gram	249	0g	12g	35g	149mg	149mg	0g	0g
Lucerne - Shredded Reduced Fat Mozzarella, 35 gram	88	1g	5g	10g	13mg	225mg	--	--
Rosarita - Refried Beans , no fat, 1.75 cup	280	56g	0g	18g	0mg	2170mg	0g	18g
Jennieo Ground Turkey 93/7 - Ground Turkey Lean 93/7, 169 gram	224	0g	10g	31g	134mg	134mg	0g	0g
Lentils, cooked, 177 g	204	35g	1g	16g	0mg	412mg	3g	14g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Fat Free Milk - Fat Free Milk, 459 milliliter	175	25g	0g	16g	10mg	252mg	23g	0g
TOTALS	2129	250g	32g	209g	461mg	4449mg	94g	43g

Mar 7, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 40 gram	129	3g	9g	10g	29mg	243mg	0g	0g
White rice, cooked, 211 g	272	59g	1g	6g	0mg	517mg	0g	1g
Rosarita - Refried Beans , no fat, 1.19 cup	190	38g	0g	12g	0mg	1469mg	0g	12g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 31 gram	100	2g	7g	8g	22mg	188mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 154 g	271	0g	8g	46g	148mg	544mg	0g	0g
Oikos - Oikos Triple Zero Peach, 150 g	90	7g	0g	15g	10mg	55mg	5g	0g
Chicken breast, grilled, skinless, 178 g	313	0g	10g	53g	171mg	628mg	0g	0g
White rice, cooked, 181 g	233	51g	1g	5g	0mg	443mg	0g	1g
Chicken Of The Sea - Chunk Light Tuna In Oil, 1 can drained	140	0g	5g	23g	45mg	360mg	0g	0g
Peelz - Mandarins, 1 fruit	35	9g	0g	1g	--	1mg	7g	1g
Lentils, cooked, 112 g	129	22g	0g	10g	0mg	261mg	2g	9g
Oikos Triple Zero - Mixed Berry Nonfat Greek Yogurt, 1 container	90	7g	0g	15g	10mg	60mg	5g	0g
Banana, 116 g	113	26g	0g	1g	0mg	0mg	18g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
TOTALS	2498	255g	48g	260g	575mg	4991mg	39g	32g

Mar 8, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Shredded Reduced Fat Mozzarella, 54 gram	135	2g	8g	15g	19mg	347mg	--	--
White rice, cooked, 80 g	103	22g	0g	2g	0mg	196mg	0g	0g
Rosarita - Refried Beans , no fat, 0.92 cup	147	29g	0g	9g	0mg	1141mg	0g	9g
Chicken breast, grilled, skinless, 99 g	174	0g	5g	29g	95mg	349mg	0g	0g
Lucerne - Shredded Reduced Fat Mozzarella, 95 gram	238	3g	14g	27g	34mg	611mg	--	--
Chipotle - Cilantro-Lime Brown Rice, 4 oz	200	32g	7g	4g	0mg	165mg	1g	3g
Chipotle - Romaine Lettuce (salad), 2.5 oz	10	2g	0g	1g	0mg	5mg	1g	1g
Chipotle - Fresh Tomato Salsa, 3.5 oz	20	4g	0g	1g	0mg	500mg	3g	1g
Chipotle - Cheese, 1 oz	100	1g	8g	6g	30mg	190mg	0g	0g
Chipotle - Fajita Vegetables, 2.5 oz	20	4g	1g	1g	0mg	170mg	2g	1g
Chipotle - Black Beans, 4 oz	120	22g	1g	7g	0mg	260mg	1g	12g
Chipotle - Chicken, 4 oz	180	0g	7g	32g	125mg	310mg	0g	1g
Strawberry, 99 gram	32	8g	0g	1g	0mg	1mg	5g	2g
Fage - 2% Yogurt, 181 g	128	5g	4g	18g	21mg	59mg	5g	0g
White rice, cooked, 146 g	188	41g	0g	4g	0mg	358mg	0g	1g
Chicken breast, grilled, skinless, 161 g	283	0g	9g	48g	155mg	568mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 117 g	206	0g	6g	35g	112mg	413mg	0g	0g
White rice, cooked, 153 g	197	43g	0g	4g	0mg	375mg	0g	1g
TOTALS	2481	218g	70g	244g	591mg	6018mg	18g	32g

Mar 9, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 731 milliliter	278	40g	0g	25g	15mg	402mg	37g	0g
Fage - Greek Yogurt Total 0%, 390 gram	184	11g	0g	37g	23mg	126mg	11g	0g
White rice, cooked, 156 g	201	44g	0g	4g	0mg	382mg	0g	1g
Jennieo Ground Turkey 93/7 - Ground Turkey Lean 93/7, 248 gram	328	0g	15g	46g	197mg	197mg	0g	0g
Fage - 2% Yogurt, 240 g	169	7g	5g	24g	28mg	78mg	7g	0g
Lucerne - Shredded Reduced Fat Mozzarella, 20 gram	50	1g	3g	6g	7mg	129mg	--	--
Lentils, cooked, 249 g	286	50g	1g	22g	0mg	580mg	4g	20g
Bacon - Bacon, 1 pieces	39	0g	3g	3g	8mg	141mg	0g	0g
Bacon - Bacon, 4 pieces	155	1g	11g	12g	32mg	563mg	0g	0g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Strawberry, 182 gram	58	14g	1g	1g	0mg	2mg	9g	4g
Blueberries, 106 gram	60	15g	0g	1g	0mg	1mg	11g	3g
TOTALS	2435	271g	46g	237g	450mg	2823mg	100g	36g

Mar 10, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican Style Cheese Blend, 30 g	118	1g	9g	6g	27mg	182mg	0g	0g
White rice, cooked, 256 g	330	72g	1g	7g	0mg	627mg	0g	1g
Rosarita - Refried Beans , no fat, 0.8 cup	128	26g	0g	8g	0mg	992mg	0g	8g
Chicken breast, grilled, skinless, 214 g	377	0g	12g	63g	205mg	755mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Fage - Greek Yogurt Total 0%, 245 gram	115	7g	0g	23g	14mg	79mg	7g	0g
Lentils, cooked, 156 g	179	31g	1g	14g	0mg	363mg	3g	12g
White rice, cooked, 157 g	203	44g	0g	4g	0mg	385mg	0g	1g
Fage - Greek Yogurt Total 0%, 262 gram	123	8g	0g	25g	15mg	85mg	8g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 29 gram	93	2g	6g	7g	21mg	176mg	0g	0g
Lentils, cooked, 228 g	262	46g	1g	20g	0mg	531mg	4g	18g
Strawberry, 226 gram	72	17g	1g	2g	0mg	2mg	11g	5g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
TOTALS	2393	285g	38g	234g	422mg	4399mg	35g	51g

Mar 11, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Green cabbage, 50 g	13	3g	0g	1g	0mg	9mg	2g	1g
queso cotija - cotija cheese, 1 tablespoon	20	1g	1g	1g	0mg	135mg	0g	0g
Chopped tomatoes, 0.25 cup, chopped or sliced	9	2g	0g	0g	0mg	2mg	1g	1g
White rice, cooked, 0.5 cup	102	22g	0g	2g	0mg	194mg	0g	0g
Black beans, canned, 70 gram	64	12g	0g	4g	0mg	269mg	0g	5g
Chicken breast, grilled, skinless, 75 g	132	0g	4g	22g	72mg	265mg	0g	0g
Lentils, cooked, 194 g	223	39g	1g	17g	0mg	452mg	3g	15g
White rice, cooked, 76 g	98	21g	0g	2g	0mg	186mg	0g	0g
Strawberry, 101 gram	32	8g	0g	1g	0mg	1mg	5g	2g
Fage - Greek Yogurt Total 0%, 405 gram	191	12g	0g	38g	24mg	131mg	12g	0g
White rice, cooked, 99 g	128	28g	0g	3g	0mg	243mg	0g	0g
Chicken breast, grilled, skinless, 155 g	273	0g	8g	46g	149mg	547mg	0g	0g
Grilled Cheese, 1 sandwich	366	28g	23g	12g	63mg	886mg	5g	1g
Vegetable soup, 1 cup	94	19g	1g	3g	0mg	643mg	4g	3g
Blueberries, 192 gram	109	28g	1g	1g	0mg	2mg	19g	5g
Strawberry, 151 gram	48	12g	0g	1g	0mg	2mg	7g	3g
Strawberry, 144 gram	46	11g	0g	1g	0mg	1mg	7g	3g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
TOTALS	2341	277g	46g	210g	448mg	4190mg	67g	45g

Mar 12, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Peanut Butter Power Crunch Bar - Power Crunch qxz 10/12/21, 3 bar	660	36g	39g	39g	30mg	360mg	18g	3g
Jiffy - Cornbread Muffin, 1 muffin	170	27g	5g	2g	5mg	340mg	7g	1g
Hu - Chocolate-Covered Hunks, 1 oz (28 g)	170	10g	12g	4g	--	75mg	4g	2g
Chomps - Meat Stick, 4 stick	400	0g	28g	40g	120mg	1520mg	0g	0g
Egg, 1 egg	72	0g	5g	6g	206mg	65mg	0g	0g
Russet potato, baked, 0.75 small (1-3/4" to 2-1/4" dia)	98	22g	0g	3g	0mg	14mg	1g	2g
Chicken breast, grilled, skinless, 50 g	88	0g	3g	15g	48mg	177mg	0g	0g
Vinaigrette dressing, 1 tbsp	35	2g	3g	0g	0mg	146mg	2g	0g
Vinaigrette dressing, 1 tbsp	35	2g	3g	0g	0mg	146mg	2g	0g
Goat cheese, 1 tbsp	32	0g	3g	2g	7mg	36mg	0g	0g
Chopped Walnuts, 20 gram(s)	131	3g	13g	3g	0mg	0mg	1g	1g
Strawberry, 50 gram	16	4g	0g	0g	0mg	1mg	2g	1g
Spinach, raw, fresh, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Barbells - Creamy•Crisp, 1 bar	200	19g	8g	20g	10mg	120mg	1g	3g
Premier Protein - Premier Protien Shake, 1 shake	160	5g	3g	30g	25mg	360mg	1g	3g
Turkey breast, deli meat, 200 g	212	4g	8g	30g	98mg	1796mg	2g	0g
Hero - Flour Tortillas, 2 tortilla	160	32g	10g	14g	0mg	580mg	0g	30g
Toscano Cheese - Toscano Cheese, 56 gram	220	0g	18g	14g	--	--	--	--
La Colomb - Draft Latte, 9 fl oz	130	17g	5g	7g	20mg	60mg	11g	2g
Orange juice, 223 ml	110	24g	1g	2g	0mg	5mg	19g	1g
TOTALS	3106	208g	167g	232g	569mg	5825mg	71g	50g

Mar 13, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Chomps - Meat Stick, 1 stick	100	0g	7g	10g	30mg	380mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Peanut Butter Power Crunch Bar - Power Crunch qxz 10/12/21, 1 bar	220	12g	13g	13g	10mg	120mg	6g	1g
Digestive - Lenka, 55 gram	260	36g	11g	4g	5mg	340mg	10g	1g
Orzo - Orzo, 1.5 cup	300	63g	2g	11g	0mg	0mg	3g	3g
Olive oil, 1 tbsp	119	0g	14g	0g	0mg	0mg	0g	0g
Lamb Shank - Lamb, 4 oz	210	0g	13g	23g	74mg	0mg	0g	0g
Hummus, plain, 4 tbsp	146	9g	10g	4g	0mg	263mg	0g	3g
Pita bread, 1 medium pita	157	32g	1g	5g	0mg	306mg	1g	1g
Fuji apple, 1 medium	117	28g	0g	0g	0mg	0mg	23g	4g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Premier Protein - Premier Protien Shake, 1 shake	160	5g	3g	30g	25mg	360mg	1g	3g
French fries, 75 g	169	17g	11g	2g	0mg	221mg	0g	1g
Generic - Onion (Slice Thin), 1 slice	4	1g	0g	0g	0mg	0mg	0g	0g
Tomato, sliced, 1 slice	4	1g	0g	0g	0mg	1mg	1g	0g
Lettuce, 1 cup	7	1g	0g	0g	0mg	8mg	0g	0g
Kroger - Wheat Bun, 1 bun	170	30g	2g	6g	0mg	300mg	7g	3g
Chicken breast, grilled, skinless, 100 gram	176	0g	5g	30g	96mg	353mg	0g	0g
Plain Yogurt - Yogurt, 1 cup	34	3g	2g	2g	5mg	28mg	3g	0g
Kroger - Diced Ham, 0.5 cup	60	2g	2g	9g	25mg	630mg	2g	0g
Generic - White Onion - Diced, 1.25 cup	49	1g	0g	0g	0mg	0mg	1g	0g
Savor - Diced Green Pepper, 1 cup	15	4g	0g	1g	0mg	0mg	2g	1g
Spinach, raw, fresh, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Chopped tomatoes, 0.25 cup, chopped or sliced	9	2g	0g	0g	0mg	2mg	1g	1g
Cheddar cheese, 1 ounce	116	1g	10g	7g	28mg	185mg	0g	0g
Egg, 3 egg	215	1g	15g	19g	617mg	194mg	0g	0g
TOTALS	2977	277g	124g	182g	915mg	3717mg	61g	27g

Mar 14, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Barbells - Creamy•Crisp, 2 bar	400	38g	16g	40g	20mg	240mg	2g	6g
Top Sirloin steak, cooked, 195 g	347	0g	11g	57g	154mg	119mg	0g	0g
Russet potato, baked, 250 g	238	54g	0g	7g	0mg	35mg	3g	6g
Fage - Greek Yogurt Total 0%, 340 gram	160	10g	0g	32g	20mg	110mg	10g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Ham, 1 thin slice	70	1g	2g	11g	32mg	690mg	1g	0g
Pepper jack - Pepper jack, 1 ounce	110	0g	9g	7g	25mg	170mg	0g	0g
Heb - Garbanzo Beans, 1.75 cup (130g)	385	70g	5g	21g	0mg	1260mg	4g	21g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
Generic - Onion (Slice Thin), 1 slice	4	1g	0g	0g	0mg	0mg	0g	0g
Tomato, sliced, 1 slice	4	1g	0g	0g	0mg	1mg	1g	0g
Spinach, raw, fresh, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Cheddar cheese, 1 ounce	116	1g	10g	7g	28mg	185mg	0g	0g
Egg, 3 egg	215	1g	15g	19g	617mg	194mg	0g	0g
TOTALS	2449	211g	73g	255g	956mg	3290mg	23g	38g

Mar 15, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lentils, cooked, 135 g	155	27g	1g	12g	0mg	315mg	2g	11g
Brussels sprouts, 15 g	6	1g	0g	1g	0mg	4mg	0g	1g
Artichoke, 20 g	11	2g	0g	1g	0mg	12mg	0g	1g
Wedge Salad, 0.5 serving	245	5g	22g	7g	27mg	495mg	3g	1g
Butter, salted, 1 tablespoon	102	0g	12g	0g	31mg	91mg	0g	0g
Biscuit, refrigerated dough, 1 biscuit	146	22g	5g	3g	0mg	450mg	4g	1g
Lamb - Lamb Shoulder, 50 grams	156	0g	10g	15g	53mg	37mg	0g	0g
Milanesa - Chicken Milanese, 100 gramos	345	35g	15g	23g	89mg	310mg	--	4g
Edelyn's Garlic Chips - garlic chip, 0.25 cup	163	0g	18g	0g	0mg	0mg	0g	0g
Jack Links - Beef Jerky Teriyaki, 3.5 oz	280	21g	5g	39g	88mg	1925mg	21g	0g
Nuts.com - Turkey Jerky, Cracked Pepper, 0.5 oz	40	5g	1g	4g	8mg	190mg	4g	0g
Parm crisp - Parm crisps, 12 crisps	100	0g	7g	9g	20mg	230mg	0g	0g
The GFB - Bites, 26.4 gram	110	13g	4g	6g	0mg	39mg	7g	1g
Yes - Yes Bar, 0.5 bar	110	7g	9g	3g	0mg	60mg	3g	2g
Almonds, 17.3 gram	100	4g	9g	4g	0mg	0mg	1g	2g
Tate's - Cookie, 2 cookies	140	18g	7g	2g	--	--	--	--
Wallys deli - Chipotle Turkey Sandwich, 0.76 sandwich	380	36g	13g	25g	53mg	1300mg	9g	--
Egg, 2 egg	143	1g	10g	12g	411mg	129mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Bacon - Bacon, 2 pieces	77	0g	6g	6g	16mg	282mg	0g	0g
waffle waffle - Belgian Waffle, 1 waffle	200	26g	9g	4g	20mg	500mg	14g	1g
TOTALS	3009	223g	163g	176g	816mg	6369mg	68g	25g

Mar 16, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 30 gram	96	2g	6g	8g	21mg	182mg	0g	0g
Russet potato, baked, 450 g	428	96g	1g	12g	0mg	63mg	5g	10g
Chicken breast, grilled, skinless, 101 gram	178	0g	6g	30g	97mg	357mg	0g	0g
Wasabi, 0.66 tablespoon	39	6g	1g	0g	0mg	447mg	2g	1g
Melissa's - Baby Dutch Yellow Potatoes, 168 g	119	27g	0g	3g	0mg	27mg	1g	4g
Chicken breast, grilled, skinless, 218 gram	384	0g	12g	65g	209mg	770mg	0g	0g
Chicken Of The Sea - Chunk Light Tuna In Oil, 1 can drained	140	0g	5g	23g	45mg	360mg	0g	0g
White rice, cooked, 155 g	200	43g	0g	4g	0mg	380mg	0g	1g
Fage - Greek Yogurt Total 0%, 170 gram	80	5g	0g	16g	10mg	55mg	5g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 32 gram	103	2g	7g	8g	23mg	194mg	0g	0g
Lentils, cooked, 180 g	207	36g	1g	16g	0mg	419mg	3g	14g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Strawberry, 143 gram	46	11g	0g	1g	0mg	1mg	7g	3g
Blueberries, 82 gram	47	12g	0g	1g	0mg	1mg	8g	2g
TOTALS	2460	273g	44g	240g	465mg	3518mg	33g	39g

Mar 17, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 56 gram	180	4g	12g	14g	40mg	340mg	0g	0g
Rosarita - Refried Beans , no fat, 1 cup	160	32g	0g	10g	0mg	1240mg	0g	10g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Melissa's - Baby Dutch Yellow Potatoes, 211 g	149	34g	0g	4g	0mg	34mg	2g	6g
Chicken breast, grilled, skinless, 86 gram	151	0g	5g	25g	83mg	304mg	0g	0g
Sweet Relish - Relish Sweet, 3 tbsp	60	15g	0g	0g	0mg	285mg	9g	0g
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
Fage - Greek Yogurt Total 0%, 340 gram	160	10g	0g	32g	20mg	110mg	10g	0g
Melissa's - Baby Dutch Yellow Potatoes, 164 g	116	26g	0g	3g	0mg	26mg	1g	4g
Lentils, cooked, 116 g	133	23g	0g	10g	0mg	270mg	2g	9g
Chicken breast, grilled, skinless, 119 gram	209	0g	6g	35g	114mg	420mg	0g	0g
Fage - Greek Yogurt Total 0%, 170 gram	80	5g	0g	16g	10mg	55mg	5g	0g
Lentils, cooked, 146 g	168	29g	1g	13g	0mg	340mg	3g	12g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
Blueberries, 79 gram	45	11g	0g	1g	0mg	1mg	8g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
TOTALS	2470	249g	40g	276g	519mg	4393mg	61g	49g

Mar 18, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
jello pudding - chocolate pudding (sugar free), 37.2 grams	112	30g	0g	4g	0mg	391mg	0g	--
Fat Free Milk - Fat Free Milk, 446 milliliter	170	25g	0g	15g	9mg	245mg	23g	0g
Melissa's - Baby Dutch Yellow Potatoes, 236 g	167	38g	0g	4g	0mg	38mg	2g	6g
Rosarita - Refried Beans , no fat, 0.71 cup	114	23g	0g	7g	0mg	887mg	0g	7g
Chicken breast, grilled, skinless, 137 gram	241	0g	7g	41g	132mg	484mg	0g	0g
Fage - Greek Yogurt Total 0%, 114 gram	54	3g	0g	11g	7mg	37mg	3g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 28 gram	90	2g	6g	7g	20mg	170mg	0g	0g
Lentils, cooked, 180 g	207	36g	1g	16g	0mg	419mg	3g	14g
Fage - Greek Yogurt Total 0%, 170 gram	80	5g	0g	16g	10mg	55mg	5g	0g
Melissa's - Baby Dutch Yellow Potatoes, 252 g	178	40g	0g	4g	0mg	40mg	2g	7g
Chicken breast, grilled, skinless, 152 gram	268	0g	8g	45g	146mg	537mg	0g	0g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Blueberries, 98 gram	56	14g	0g	1g	0mg	1mg	10g	2g
TOTALS	2484	278g	33g	277g	604mg	3746mg	71g	46g

Mar 19, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 32 gram	103	2g	7g	8g	23mg	194mg	0g	0g
White rice, cooked, 146 g	188	41g	0g	4g	0mg	358mg	0g	1g
Chicken breast, grilled, skinless, 100 gram	176	0g	5g	30g	96mg	353mg	0g	0g
Jello - Jello cheesecake, 28 grams	100	20g	0g	0g	--	1160mg	--	--
Fat Free Milk - Fat Free Milk, 485 milliliter	184	27g	0g	16g	10mg	266mg	25g	0g
Melissa's - Baby Dutch Yellow Potatoes, 165 g	117	26g	0g	3g	0mg	26mg	1g	4g
Chicken breast, grilled, skinless, 144 gram	253	0g	8g	43g	138mg	508mg	0g	0g
Chicken breast, grilled, skinless, 175 gram	308	0g	10g	52g	168mg	618mg	0g	0g
Fage - Greek Yogurt Total 0%, 340 gram	160	10g	0g	32g	20mg	110mg	10g	0g
Melissa's - Baby Dutch Yellow Potatoes, 92 g	65	15g	0g	2g	0mg	15mg	1g	2g
Chicken breast, grilled, skinless, 126 gram	222	0g	7g	37g	121mg	445mg	0g	0g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Blueberries, 99 gram	56	14g	0g	1g	0mg	1mg	10g	2g
TOTALS	2439	213g	44g	284g	716mg	4276mg	68g	17g

Mar 20, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lea & Perrin's Worcestershire Sauce Updated - Worcestershire Sauce, 36 milliliter	37	7g	0g	0g	0mg	475mg	7g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 17 gram	55	1g	4g	4g	12mg	103mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Russet potato, baked, 238 g	226	51g	0g	6g	0mg	33mg	3g	5g
Chicken breast, grilled, skinless, 231 gram	407	0g	13g	68g	222mg	815mg	0g	0g
Rosarita - Refried Beans , no fat, 1.75 cup	280	56g	0g	18g	0mg	2170mg	0g	18g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 29 gram	93	2g	6g	7g	21mg	176mg	0g	0g
Chicken breast, grilled, skinless, 82 gram	144	0g	4g	24g	79mg	289mg	0g	0g
Fuji apple, 1 medium	117	28g	0g	0g	0mg	0mg	23g	4g
Fage - Greek Yogurt Total 0%, 170 gram	80	5g	0g	16g	10mg	55mg	5g	0g
Chicken breast, grilled, skinless, 168 gram	296	0g	9g	50g	161mg	593mg	0g	0g
Russet potato, baked, 168 g	160	36g	0g	4g	0mg	24mg	2g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Blueberries, 122 gram	70	18g	0g	1g	0mg	1mg	12g	3g
TOTALS	2472	262g	43g	254g	645mg	4956mg	73g	42g

Mar 21, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 17 gram	55	1g	4g	4g	12mg	103mg	0g	0g
Lentils, cooked, 300 g	345	60g	1g	27g	0mg	699mg	5g	24g
Chicken breast, grilled, skinless, 115 gram	202	0g	6g	34g	110mg	406mg	0g	0g
Fuji apple, 1 medium	117	28g	0g	0g	0mg	0mg	23g	4g
Lentils, cooked, 173 g	199	35g	1g	16g	0mg	403mg	3g	14g
Fage - Greek Yogurt Total 0%, 170 gram	80	5g	0g	16g	10mg	55mg	5g	0g
Chicken breast, grilled, skinless, 298 gram	524	0g	16g	88g	286mg	1052mg	0g	0g
White rice, cooked, 187 g	241	52g	1g	5g	0mg	458mg	0g	1g
Blueberries, 101 gram	58	15g	0g	1g	0mg	1mg	10g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
TOTALS	2448	256g	38g	272g	628mg	3509mg	68g	54g

Mar 22, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
cheddar reduced fat - cheddar reduced fat, 62 gram	199	4g	11g	16g	44mg	376mg	0g	0g
Paqui Tortilla Chips - Tortilla Chips, Roasted Jalapeno, 38 g	176	26g	8g	3g	0mg	204mg	0g	1g
Paqui Tortilla Chips - Tortilla Chips, Roasted Jalapeno, 42 g	195	29g	9g	3g	0mg	225mg	0g	2g
96% lean beef - 96% lean beef, 118 gram	146	0g	5g	25g	--	--	--	--
cheddar reduced fat - cheddar reduced fat, 71 gram	228	5g	13g	18g	51mg	431mg	0g	0g
Paqui Tortilla Chips - Tortilla Chips, Roasted Jalapeno, 107 g	497	73g	23g	8g	0mg	573mg	0g	4g
Paqui Tortilla Chips - Tortilla Chips, Roasted Jalapeno, 75 g	348	51g	16g	5g	0mg	402mg	0g	3g
Cheetos - Xxtra Hot, 73.5 chips	560	49g	35g	7g	0mg	805mg	4g	4g
Lentils, cooked, 152 g	175	30g	1g	14g	0mg	354mg	3g	12g
96% lean beef - 96% lean beef, 96 gram	119	0g	4g	20g	--	--	--	--
Coconut Macaroon - Coconut Macaroon, 2 macaroon	240	24g	16g	2g	10mg	36mg	20g	4g
Guacamole, homemade, 157 g	243	13g	22g	3g	0mg	540mg	1g	10g
Beef loin tri tip - Tri tip, 210 g	316	0g	17g	45g	--	--	--	--
Paqui Tortilla Chips - Tortilla Chips, Roasted Jalapeno, 68 g	316	46g	15g	5g	0mg	364mg	0g	2g
Gatorade - Fruit punch Gatorade, 30 oz	200	55g	0g	0g	--	400mg	53g	--
Log Cabin - Sugar Free Syrup, 79 ml	27	11g	0g	0g	--	227mg	0g	--
Fage - Greek Yogurt Total 0%, 80 gram	38	2g	0g	8g	5mg	26mg	2g	0g
Brown and serve - Sausage, 10.5 links	630	7g	56g	25g	105mg	1505mg	4g	4g
Kellogg's - Eggo Waffle*, 5 Waffles	450	70g	15g	10g	0mg	925mg	5g	0g
Kirkland - Chocolate Almonds, 75 gram	400	32g	30g	7g	12mg	37mg	25g	5g
Kirkland - Chocolate Almonds, 87 gram	464	38g	35g	9g	14mg	43mg	29g	6g
Keto Culture - Keto Bread, 2.3 slice	81	28g	2g	9g	--	207mg	--	25g
TOTALS	6048	593g	333g	242g	241mg	7680mg	146g	82g

Mar 23, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Rosarita - Refried Beans , no fat, 1.75 cup	280	56g	0g	18g	0mg	2170mg	0g	18g
Green grapes, 201 g	139	36g	0g	1g	0mg	4mg	31g	2g
Beef loin tri tip - Tri tip, 105 g	158	0g	8g	22g	--	--	--	--
White rice, cooked, 310 g	400	87g	1g	8g	0mg	760mg	0g	1g
Fage - Greek Yogurt Total 0%, 382 gram	180	11g	0g	36g	22mg	124mg	11g	0g
96% lean beef - 96% lean beef, 108 gram	133	0g	4g	23g	--	--	--	--
Lentils, cooked, 189 g	217	38g	1g	17g	0mg	440mg	3g	15g
Chicken breast, grilled, skinless, 272 gram	479	0g	15g	81g	261mg	960mg	0g	0g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Blueberries, 204 gram	116	30g	1g	2g	0mg	2mg	20g	5g
TOTALS	2495	289g	37g	263g	423mg	4682mg	67g	47g

Mar 24, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lentils, cooked, 312 g	359	62g	1g	28g	0mg	727mg	6g	25g
Beef loin tri tip - Tri tip, 239 g	360	0g	19g	51g	--	--	--	--
jello pudding - chocolate pudding (sugar free), 28 grams	84	22g	0g	3g	0mg	294mg	0g	--
Fat Free Milk - Fat Free Milk, 475 milliliter	181	26g	0g	16g	10mg	261mg	24g	0g
Broccoli, 460 gram	156	31g	2g	13g	0mg	152mg	8g	12g
96% lean beef - 96% lean beef, 142 gram	175	0g	6g	30g	--	--	--	--
Chicken breast, grilled, skinless, 111 gram	195	0g	6g	33g	107mg	392mg	0g	0g
Beef loin tri tip - Tri tip, 127 g	191	0g	10g	27g	--	--	--	--
Lentils, cooked, 167 g	192	33g	1g	15g	0mg	389mg	3g	13g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Blueberries, 222 gram	127	32g	1g	2g	0mg	2mg	22g	5g
TOTALS	2413	237g	53g	273g	257mg	2439mg	65g	61g

Mar 25, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Schnucks - Bartlett Pear Halves, 1.75 cup	210	53g	0g	0g	--	0mg	39g	7g
96% lean beef - 96% lean beef, 155 gram	191	0g	6g	33g	--	--	--	--
Lentils, cooked, 250 g	288	50g	1g	22g	0mg	583mg	4g	20g
Chicken breast, grilled, skinless, 138 gram	243	0g	8g	41g	132mg	487mg	0g	0g
Broccoli, 570 gram	194	38g	2g	16g	0mg	188mg	10g	15g
Beef loin tri tip - Tri tip, 175 g	263	0g	14g	37g	--	--	--	--
Lentils, cooked, 126 g	145	25g	0g	11g	0mg	294mg	2g	10g
jello - vanilla sugar free, 7 gram	20	5g	0g	0g	--	--	--	--
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Fat Free Milk - Fat Free Milk, 360 milliliter	137	20g	0g	12g	8mg	198mg	18g	0g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Blueberries, 214 gram	122	31g	1g	2g	0mg	2mg	21g	5g
TOTALS	2479	282g	44g	259g	350mg	2086mg	97g	68g

Mar 26, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Blueberries, 106 gram	60	15g	0g	1g	0mg	1mg	11g	3g
Fage - Greek Yogurt Total 0%, 304 gram	143	9g	0g	29g	18mg	98mg	9g	0g
Jello - Cheesecake Sugar free, 1 package	100	5g	0g	0g	0mg	290mg	0g	0g
Fat Free Milk - Fat Free Milk, 481 milliliter	183	26g	0g	16g	10mg	264mg	24g	0g
Chicken breast, grilled, skinless, 110 gram	194	0g	6g	33g	106mg	388mg	0g	0g
Lentils, cooked, 269 g	309	54g	1g	24g	0mg	627mg	5g	21g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 48 gram	154	3g	10g	12g	34mg	291mg	0g	0g
Lentils, cooked, 222 g	255	44g	1g	20g	0mg	517mg	4g	18g
Broccoli, 275 gram	94	18g	1g	8g	0mg	91mg	5g	7g
Chicken breast, grilled, skinless, 138 gram	243	0g	8g	41g	132mg	487mg	0g	0g
Lentils, cooked, 189 g	217	38g	1g	17g	0mg	440mg	3g	15g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Blueberries, 184 gram	105	27g	1g	1g	0mg	2mg	18g	4g
TOTALS	2450	270g	36g	257g	440mg	3718mg	81g	74g

Mar 27, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Paqui Tortilla Chips - Tortilla Chips, Roasted Jalapeno, 52 g	241	35g	11g	4g	0mg	279mg	0g	2g
Broccoli, 283 gram	96	19g	1g	8g	0mg	93mg	5g	7g
Lentils, cooked, 208 g	239	42g	1g	19g	0mg	485mg	4g	16g
Chicken breast, grilled, skinless, 119 gram	209	0g	6g	35g	114mg	420mg	0g	0g
Blueberries, 146 gram	83	21g	0g	1g	0mg	1mg	15g	4g
Fage - Greek Yogurt Total 0%, 260 gram	122	8g	0g	24g	15mg	84mg	8g	0g
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 720 milliliter	274	40g	0g	24g	15mg	396mg	37g	0g
Asparagus, 110 gram	22	4g	0g	2g	0mg	2mg	2g	2g
Chicken breast, grilled, skinless, 176 gram	310	0g	10g	52g	169mg	621mg	0g	0g
Fage - Greek Yogurt Total 0%, 191 gram	90	6g	0g	18g	11mg	62mg	6g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 26 gram	84	2g	6g	7g	19mg	158mg	0g	0g
Lentils, cooked, 188 g	216	38g	1g	17g	0mg	438mg	3g	15g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Blueberries, 257 gram	146	37g	1g	2g	0mg	3mg	26g	6g
TOTALS	2492	286g	41g	263g	483mg	3262mg	108g	54g

Mar 28, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
jello pudding - chocolate pudding (sugar free), 50 grams	150	40g	0g	5g	0mg	525mg	0g	--
Fat Free Milk - Fat Free Milk, 719 milliliter	274	40g	0g	24g	15mg	395mg	36g	0g
Rosarita - Refried Beans , no fat, 0.62 cup	99	20g	0g	6g	0mg	765mg	0g	6g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 56 gram	180	4g	12g	14g	40mg	340mg	0g	0g
Chicken breast, grilled, skinless, 140 gram	246	0g	8g	41g	134mg	494mg	0g	0g
Paqui Tortilla Chips - Tortilla Chips, Roasted Jalapeno, 86 g	399	58g	18g	6g	0mg	461mg	0g	3g
Broccoli, 262 gram	89	17g	1g	7g	0mg	86mg	4g	7g
Blueberries, 59 gram	34	9g	0g	0g	0mg	1mg	6g	1g
Fage - Greek Yogurt Total 0%, 390 gram	184	11g	0g	37g	23mg	126mg	11g	0g
96% lean beef - 96% lean beef, 113 gram	140	0g	4g	24g	--	--	--	--
Lentils, cooked, 226 g	260	45g	1g	20g	0mg	527mg	4g	18g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
Blueberries, 141 gram	80	20g	0g	1g	0mg	1mg	14g	3g
TOTALS	2495	270g	50g	260g	422mg	4051mg	78g	41g

Mar 29, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 63 gram	203	5g	14g	16g	45mg	383mg	0g	0g
Russet potato, baked, 345 g	328	74g	0g	9g	0mg	48mg	4g	8g
Beef loin tri tip - Tri tip, 275 g	414	0g	22g	58g	--	--	--	--
Blueberries, 86 gram	49	12g	0g	1g	0mg	1mg	9g	2g
Fage - Greek Yogurt Total 0%, 220 gram	104	6g	0g	21g	13mg	71mg	6g	0g
Russet potato, baked, 312 g	296	67g	0g	8g	0mg	44mg	3g	7g
Beef loin tri tip - Tri tip, 221 g	332	0g	18g	47g	--	--	--	--
Banana, 148 g	144	34g	0g	1g	0mg	0mg	23g	3g
Fage - Greek Yogurt Total 0%, 280 gram	132	8g	0g	26g	16mg	91mg	8g	0g
Blueberries, 145 gram	83	21g	0g	1g	0mg	1mg	14g	3g
Oats, 42 g	159	28g	3g	6g	0mg	3mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
TOTALS	2484	259g	61g	244g	214mg	862mg	69g	29g

Mar 30, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Chicken breast, grilled, skinless, 96 gram	169	0g	5g	28g	92mg	339mg	0g	0g
White rice, cooked, 501 g	646	140g	1g	13g	0mg	1227mg	0g	2g
Potato, 45 gram	35	8g	0g	1g	0mg	3mg	0g	1g
Homemade Chuck Roast - Chuck Roast, 109 gram	241	0g	10g	36g	109mg	59mg	0g	0g
Wegmans Organic Beef Broth - Beef Broth, 116 ml(s)	10	0g	0g	2g	0mg	69mg	0g	0g
Generic - Baby carrots, 37 g	15	4g	0g	0g	0mg	26mg	2g	1g
Potato, 123 gram	95	22g	0g	3g	0mg	7mg	1g	3g
Homemade Chuck Roast - Chuck Roast, 159 gram	351	0g	15g	52g	159mg	86mg	0g	0g
Russet potato, baked, 206 g	196	44g	0g	5g	0mg	29mg	2g	5g
Beef loin tri tip - Tri tip, 180 g	271	0g	14g	38g	--	--	--	--
Lentils, cooked, 199 g	229	40g	1g	18g	0mg	464mg	4g	16g
Chicken breast, grilled, skinless, 182 gram	320	0g	10g	54g	175mg	642mg	0g	0g
Blueberries, 84 gram	48	12g	0g	1g	0mg	1mg	8g	2g
Fage - Greek Yogurt Total 0%, 280 gram	132	8g	0g	26g	16mg	91mg	8g	0g
TOTALS	2758	278g	56g	277g	551mg	3043mg	25g	30g

Mar 31, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
White rice, cooked, 343 g	442	96g	1g	9g	0mg	840mg	0g	1g
Lentils, cooked, 151 g	174	30g	1g	14g	0mg	352mg	3g	12g
Chicken breast, grilled, skinless, 159 gram	280	0g	9g	47g	153mg	561mg	0g	0g
prune juice - prune juice, 384 milliliter	292	71g	0g	2g	--	49mg	39g	6g
Fage - Greek Yogurt Total 0%, 269 gram	127	8g	0g	25g	16mg	87mg	8g	0g
White rice, cooked, 287 g	370	80g	1g	8g	0mg	703mg	0g	1g
Chicken breast, grilled, skinless, 150 gram	264	0g	8g	44g	144mg	530mg	0g	0g
Potato, 109 gram	84	19g	0g	2g	0mg	7mg	1g	2g
Homemade Chuck Roast - Chuck Roast, 134 gram	296	0g	13g	44g	134mg	72mg	0g	0g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Blueberries, 115 gram	66	17g	0g	1g	0mg	1mg	11g	3g
Bob's oat bran - Oat Bran, 0.36 c.	161	29g	2g	7g	0mg	0mg	0g	7g
TOTALS	2796	354g	39g	253g	587mg	3422mg	64g	34g