

Printable Diary for andrewjkaminski21328

Jun 1, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Kikkoman - Soy Sauce, 57 ml	38	4g	0g	8g	0mg	3496mg	4g	0g
White rice, cooked, 321 g	414	90g	1g	9g	0mg	786mg	0g	1g
Quaker - Apple Cinnamon Rice Cakes, 3 cake	150	33g	0g	2g	0mg	0mg	9g	0g
Low Fat Cottage Cheese - Low Fat Cottage Cheese, 117 g	88	6g	2g	11g	0mg	0mg	0g	0g
Chicken breast, grilled, skinless, 141 g	248	0g	8g	42g	135mg	498mg	0g	0g
Madeleins - Cookie, 56 g	260	30g	14g	4g	90mg	130mg	20g	--
Killer Brownie - Brownie, Chocolatier, 4 piece	520	72g	24g	4g	20mg	240mg	52g	4g
Santitas Tortilla Chips - Tortilla Chips, 83 gram	410	56g	18g	6g	0mg	337mg	0g	6g
Signature Farms - Almonds, Chocolate Covered, 132 g	680	72g	44g	12g	20mg	80mg	64g	4g
Fage - Total 0% Greek Yogurt, 370 g	197	12g	0g	39g	25mg	136mg	12g	0g
Chicken breast, grilled, skinless, 77 g	136	0g	4g	23g	74mg	272mg	0g	0g
Generic - Baby carrots, 186 g	76	18g	0g	2g	0mg	128mg	9g	5g
O Organics - Organic California Style Vegetables, 394 g	137	23g	0g	9g	0mg	137mg	9g	9g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Fage - Total 0% Greek Yogurt, 164 g	87	5g	0g	17g	11mg	60mg	5g	0g
TOTALS	3561	424g	116g	212g	405mg	6430mg	185g	29g

Jun 2, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Honey, 30 g	91	25g	0g	0g	0mg	1mg	25g	0g
Sugar in the Raw - Organic Cane Sugar, 48 g	180	48g	0g	0g	--	0mg	48g	--
Libby's - Pure Pumpkin, 452 g	167	37g	2g	4g	0mg	19mg	19g	11g
Bobs Red Mill - Rolled Oats, 216 Grams	816	149g	14g	24g	--	--	--	19g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
G Hughes - BBQ Sauce, Hickory, 33 g	11	2g	0g	0g	0mg	220mg	0g	0g
White rice, cooked, 197 g	254	55g	1g	5g	0mg	483mg	0g	1g
Senesi - Butter Beans, 253 g	272	49g	2g	18g	0mg	448mg	0g	18g
Kale, raw, 78 gram	27	3g	1g	2g	0mg	41mg	1g	3g
Chicken breast, grilled, skinless, 121 g	213	0g	7g	36g	116mg	427mg	0g	0g
White rice, cooked, 367 g	473	103g	1g	10g	0mg	899mg	0g	1g
Klondike - Cones! - Nuts for Vanilla, 0.96 cone (75g)	230	29g	11g	3g	5mg	77mg	19g	1g
Fage - Total 0% Greek Yogurt, 301 g	161	10g	0g	32g	20mg	110mg	10g	0g
White rice, cooked, 187 g	241	52g	1g	5g	0mg	458mg	0g	1g
Chicken breast, grilled, skinless, 124 g	218	0g	7g	37g	119mg	438mg	0g	0g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
TOTALS	3594	568g	49g	224g	320mg	3881mg	124g	55g

Jun 3, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Signature Select - Clover Honey, 89 g	254	72g	0g	0g	0mg	0mg	72g	0g
Libby's - Pure Pumpkin, 388 g	143	32g	2g	3g	0mg	16mg	16g	10g
Essential Everyday - Peach Slices, 297 g	144	34g	0g	0g	0mg	0mg	26g	2g
Bobs Red Mill - Rolled Oats, 165 Grams	623	114g	11g	18g	--	--	--	15g
Santitas Tortilla Chips - Tortilla Chips, 29 gram	143	19g	6g	2g	0mg	118mg	0g	2g
G Hughes - BBQ Sauce, Hickory, 90 g	30	6g	0g	0g	0mg	600mg	0g	0g
White rice, cooked, 439 g	566	123g	1g	12g	0mg	1076mg	0g	2g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Log Cabin - Sugar Free Syrup, 45 ml	15	6g	0g	0g	--	129mg	0g	--
Bobs Red Mill - Rolled Oats, 80 Grams	302	55g	5g	9g	--	--	--	7g
Low Fat Cottage Cheese - Low Fat Cottage Cheese, 138 g	104	7g	3g	13g	0mg	0mg	0g	0g
Chicken breast, grilled, skinless, 110 g	194	0g	6g	33g	106mg	388mg	0g	0g
Generic - Baby carrots, 109 g	45	10g	0g	1g	0mg	75mg	5g	3g
White rice, cooked, 161 g	208	45g	0g	4g	0mg	394mg	0g	1g
Mid East - Fava Beans, 94 g	65	12g	0g	5g	0mg	145mg	1g	4g
Chicken breast, grilled, skinless, 130 g	229	0g	7g	38g	125mg	459mg	0g	0g
Kale, raw, 115 gram	40	5g	2g	3g	0mg	61mg	1g	5g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Mid East - Fava Beans, 258 g	179	32g	0g	14g	0mg	397mg	4g	10g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
TOTALS	3580	575g	49g	209g	357mg	4341mg	126g	61g

Jun 4, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Log Cabin - Sugar Free Syrup, 92 ml	31	12g	0g	0g	--	264mg	0g	--
Fareway - Sliced Peaches, 147 g	71	17g	0g	1g	0mg	0mg	13g	1g
Bobs Red Mill - Rolled Oats, 180 Grams	680	124g	12g	20g	--	--	--	16g
Vicolo - Pizza, Italian Sausage, 1 pizza	1364	136g	73g	45g	91mg	1879mg	9g	3g
Fage - Total 0% Greek Yogurt, 180 g	96	6g	0g	19g	12mg	66mg	6g	0g
G Hughes - BBQ Sauce, Hickory, 48 g	16	3g	0g	0g	0mg	320mg	0g	0g
Mid East - Fava Beans, 133 g	92	16g	0g	7g	0mg	205mg	2g	5g
Essential Everyday - Peas & Diced Carrots, 106 g	51	8g	0g	2g	0mg	254mg	4g	3g
White rice, cooked, 472 g	609	132g	1g	13g	0mg	1156mg	0g	2g
Mid East - Fava Beans, 146 g	101	18g	0g	8g	0mg	225mg	2g	6g
Essential Everyday - Peas & Diced Carrots, 176 g	84	14g	0g	3g	0mg	422mg	7g	4g
Chicken breast, grilled, skinless, 92 g	162	0g	5g	27g	88mg	325mg	0g	0g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
TOTALS	3597	492g	93g	193g	251mg	5376mg	45g	40g

Jun 5, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Essential Everyday - Peach Slices, 181 g	88	20g	0g	0g	0mg	0mg	16g	1g
Signature Select - Clover Honey, 70 g	200	57g	0g	0g	0mg	0mg	57g	0g
Bobs Red Mill - Rolled Oats, 90 Grams	340	62g	6g	10g	--	--	--	8g
Klondike - Cones! - Nuts for Vanilla, 0.96 cone (75g)	230	29g	11g	3g	5mg	77mg	19g	1g
G Hughes - BBQ Sauce, Hickory, 121 g	40	8g	0g	0g	0mg	807mg	0g	0g
Essential Everyday - Peas & Diced Carrots, 164 g	79	13g	0g	3g	0mg	394mg	7g	4g
Kale, raw, 153 gram	54	7g	2g	4g	0mg	81mg	1g	6g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Mid East - Fava Beans, 455 g	315	56g	0g	25g	0mg	700mg	7g	18g
O Organics - Organic California Style Vegetables, 650 g	227	38g	0g	15g	0mg	227mg	15g	15g
Essential Everyday - Peas & Diced Carrots, 130 g	62	10g	0g	2g	0mg	312mg	5g	3g
DeLallo - Butter Beans, 265 g	204	37g	0g	12g	0mg	795mg	4g	10g
Chicken breast, grilled, skinless, 160 g	282	0g	9g	47g	154mg	565mg	0g	0g
G Hughes - BBQ Sauce, Hickory, 57 g	19	4g	0g	0g	0mg	380mg	0g	0g
Kale, raw, 69 gram	24	3g	1g	2g	0mg	37mg	1g	3g
O Organics - Organic California Style Vegetables, 269 g	94	16g	0g	6g	0mg	94mg	6g	6g
Chicken breast, grilled, skinless, 108 g	190	0g	6g	32g	104mg	381mg	0g	0g
White rice, cooked, 151 g	195	42g	0g	4g	0mg	370mg	0g	1g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
TOTALS	2883	408g	37g	213g	323mg	5480mg	140g	76g

Jun 6, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Log Cabin - Sugar Free Syrup, 46 ml	16	6g	0g	0g	--	132mg	0g	--
Thomas (corrected sugar) - Original English Muffin' (Corrected 02/22/2022), 1 Muffin	150	28g	1g	5g	0mg	240mg	0g	1g
Outsiders Pizza Company - Detroit Style Pizza, 1 slice	420	30g	26g	17g	45mg	640mg	2g	1g
Outsiders Pizza Company - Detroit Style Pizza, 2 slice	840	60g	52g	34g	90mg	1280mg	4g	2g
Kale, raw, 82 gram	29	4g	1g	2g	0mg	43mg	1g	3g
Chicken breast, grilled, skinless, 135 g	238	0g	7g	40g	130mg	477mg	0g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 56 gram	180	4g	12g	14g	40mg	340mg	0g	0g
O Organics - Organic California Style Vegetables, 308 g	107	18g	0g	7g	0mg	107mg	7g	7g
Spinach, raw, fresh, 88 gram	20	3g	0g	3g	0mg	70mg	0g	2g
Del Cabo - Sugar Plum Grape Tomatoes, 35 g	6	1g	0g	0g	0mg	2mg	1g	0g
Chicken breast, grilled, skinless, 199 g	350	0g	11g	59g	191mg	702mg	0g	0g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
TOTALS	2596	160g	112g	229g	556mg	4293mg	17g	16g

Jun 7, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Bobs Red Mill - Rolled Oats, 42 Grams	159	29g	3g	5g	--	--	--	4g
Nabisco - Oreo fresh stack, 2 Stack	540	82g	22g	4g	0mg	440mg	46g	2g
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fairlife - Fat Free Ultra-Filtered Milk, 599 milliliter	200	15g	0g	32g	12mg	300mg	15g	0g
Asparagus, 211 gram	42	8g	0g	5g	0mg	4mg	4g	4g
Safeway - Ribeye, 162 G	444	0g	36g	36g	0mg	0mg	0g	0g
Signature Select - Artisan Garlic Bread, 52.6 g	186	20g	9g	5g	0mg	306mg	0g	1g
Portobello Mushroom Cap - Portobello Mushroom Cap, 122 g	27	5g	0g	3g	0mg	6mg	0g	2g
Sparkling Ice - Sparkling Ice Black Raspberry, 34 oz	10	0g	0g	0g	0mg	0mg	0g	0g
Kikkoman - Soy Sauce, 15 ml	10	1g	0g	2g	0mg	920mg	1g	0g
Nabisco - Oreo fresh stack, 0.4 Stack	108	16g	4g	1g	0mg	88mg	9g	0g
jello - vanilla sugar free, 21 gram	60	15g	0g	0g	--	--	--	--
Fair life fat free - Fat free milk, 240 milliliter	81	6g	0g	13g	5mg	122mg	6g	--
Sunset - Wild Wonders Gourmet Medley, 126 g	23	5g	0g	1g	0mg	6mg	3g	1g
Chicken breast, grilled, skinless, 198 g	348	0g	11g	59g	190mg	699mg	0g	0g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
TOTALS	2598	238g	87g	214g	267mg	3151mg	86g	14g

Jun 8, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Nabisco - Oreo fresh stack, 1 Stack	270	41g	11g	2g	0mg	220mg	23g	1g
Signature Select - Garlic Chili, Crunch Oil, 7 g	47	2g	4g	0g	0mg	51mg	0g	0g
G Hughes - BBQ Sauce, Hickory, 90 g	30	6g	0g	0g	0mg	600mg	0g	0g
Sunset - Wild Wonders Gourmet Medley, 57 g	10	2g	0g	1g	0mg	3mg	2g	1g
White rice, cooked, 247 g	319	69g	1g	7g	0mg	605mg	0g	1g
Asparagus, 94 gram	19	4g	0g	2g	0mg	2mg	2g	2g
Signature Select - Artisan Garlic Bread, 154.5 g	545	60g	27g	14g	0mg	899mg	0g	3g
Safeway - Ribeye, 186 G	510	0g	41g	41g	0mg	0mg	0g	0g
Azumaya - Tofu, Extra Firm, 7.5 oz	200	5g	10g	20g	0mg	13mg	3g	1g
Fage - Total 0% Greek Yogurt, 20 g	11	1g	0g	2g	1mg	7mg	1g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Bragg - Nutritional Yeast, 5 gram	20	2g	0g	3g	0mg	0mg	0g	1g
jello - vanilla sugar free, 14 gram	40	10g	0g	0g	--	--	--	--
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Fage - Total 0% Greek Yogurt, 260 g	139	9g	0g	28g	17mg	95mg	9g	0g
Fage - Total 0% Greek Yogurt, 165 g	88	6g	0g	18g	11mg	61mg	6g	0g
Sunset - Wild Wonders Gourmet Medley, 184 g	33	7g	0g	2g	0mg	9mg	5g	2g
Broccoli, 110 g	43	7g	0g	3g	0mg	40mg	2g	3g
Lentils, cooked, 160 g	184	32g	1g	14g	0mg	373mg	3g	13g
93/7 Beef - 93/7 Beef, 150 gram	225	0g	11g	30g	--	--	--	--
Bramwells Worcestershire Sauce - Worcestershire sauce, 30 ml	30	7g	0g	0g	0mg	0mg	0g	0g
TOTALS	2883	273g	107g	211g	59mg	3108mg	57g	28g

Jun 9, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
CHicharrones 4505 - Chicharrones, 1 oz	160	0g	10g	16g	--	--	--	--
Casa Sanchez - Picosos Habenero Lime Tortilla Chips, 215 g	998	131g	46g	15g	--	--	--	--
Spinach, raw, fresh, 74 gram	17	3g	0g	2g	0mg	58mg	0g	2g
Chicken breast, grilled, skinless, 52 g	92	0g	3g	15g	50mg	184mg	0g	0g
CHicharrones 4505 - Chicharrones, 1 oz	160	0g	10g	16g	--	--	--	--
Hannaford - Low Sodium Garbanzo Beans, 270 g	249	42g	4g	12g	0mg	291mg	6g	8g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Fage - Total 0% Greek Yogurt, 235 g	125	8g	0g	25g	16mg	86mg	8g	0g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Sunset - Wild Wonders Gourmet Medley, 101 g	18	4g	0g	1g	0mg	5mg	3g	1g
Broccoli, 116 g	45	7g	0g	3g	0mg	42mg	2g	3g
93/7 Beef - 93/7 Beef, 185 gram	277	0g	13g	38g	--	--	--	--
Lentils, cooked, 181 g	208	36g	1g	16g	0mg	422mg	3g	14g
Thomas (corrected sugar) - Original English Muffin' (Corrected 02/22/2022), 2 Muffin	300	56g	2g	10g	0mg	480mg	0g	2g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
TOTALS	2894	293g	91g	217g	126mg	1828mg	24g	30g

Jun 10, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Log Cabin - Sugar Free Syrup, 50 ml	17	7g	0g	0g	--	144mg	0g	--
Signature Select - Clover Honey, 20 g	57	16g	0g	0g	0mg	0mg	16g	0g
Thomas (corrected sugar) - Original English Muffin' (Corrected 02/22/2022), 3 Muffin	450	84g	3g	15g	0mg	720mg	0g	3g
Yam, baked, 507 g	456	104g	1g	10g	0mg	963mg	33g	17g
Mid East - Fava Beans, 327 g	226	40g	0g	18g	0mg	503mg	5g	13g
Bragg - Nutritional Yeast, 10 gram	40	4g	0g	6g	0mg	0mg	0g	2g
Generic - Baby carrots, 263 g	108	25g	1g	2g	0mg	181mg	12g	7g
Bragg - Nutritional Yeast, 15 gram	60	6g	0g	9g	0mg	0mg	0g	3g
Casa Sanchez - Picosos Habenero Lime Tortilla Chips, 60 g	279	36g	13g	4g	--	--	--	--
93/7 Beef - 93/7 Beef, 305 gram	457	0g	22g	62g	--	--	--	--
Generic - Baby carrots, 242 g	99	23g	1g	2g	0mg	167mg	11g	7g
Lentils, cooked, 236 g	271	47g	1g	21g	0mg	550mg	4g	19g
Chicken breast, grilled, skinless, 215 g	378	0g	12g	64g	206mg	759mg	0g	0g
TOTALS	2898	392g	54g	213g	206mg	3987mg	81g	71g

Jun 11, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Bragg - Nutritional Yeast, 5 gram	20	2g	0g	3g	0mg	0mg	0g	1g
Mid East - Fava Beans, 291 g	201	36g	0g	16g	0mg	448mg	4g	11g
Hannaford - Low Sodium Garbanzo Beans, 260 g	240	40g	4g	12g	0mg	280mg	6g	8g
Kellogg's - Eggo Waffle*, 1 Waffles	90	14g	3g	2g	0mg	185mg	1g	0g
Yam, baked, 427 g	384	88g	1g	9g	0mg	811mg	28g	14g
Signature Select - Clover Honey, 45 g	129	36g	0g	0g	0mg	0mg	36g	0g
93/7 Beef - 93/7 Beef, 201 gram	301	0g	14g	41g	--	--	--	--
Signature Select - California Style Vegetables, 511 g	180	30g	0g	12g	0mg	180mg	12g	12g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Low Fat Cottage Cheese - Low Fat Cottage Cheese, 135 g	102	7g	3g	12g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Generic - Baby carrots, 267 g	109	26g	1g	2g	0mg	184mg	13g	7g
Nectarine, 2 fruit	109	26g	1g	3g	0mg	36mg	22g	4g
Chicken breast, grilled, skinless, 126 g	222	0g	7g	37g	121mg	445mg	0g	0g
Bragg - Nutritional Yeast, 21 gram	84	8g	0g	13g	0mg	0mg	0g	4g
Mid East - Fava Beans, 267 g	185	33g	0g	14g	0mg	411mg	4g	10g
Log Cabin - Sugar Free Syrup, 51 ml	17	7g	0g	0g	--	147mg	0g	--
Bobs Red Mill - Rolled Oats, 72 Grams	272	50g	5g	8g	--	--	--	6g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
TOTALS	2890	409g	41g	232g	181mg	3387mg	128g	77g

Jun 12, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Wasa - Light Rye Crisp Bread, 12 slices (18g)	360	84g	0g	12g	0mg	420mg	0g	18g
Agave - Blue Agave, 1.62 tablespoon	97	26g	0g	0g	0mg	0mg	26g	0g
Sweet potato, 449 g	368	81g	2g	7g	0mg	691mg	28g	14g
Red bell pepper, roasted, 0.5 cup	39	5g	2g	1g	2mg	101mg	3g	2g
Del Cabo - Sugar Plum Grape Tomatoes, 50 g	9	2g	0g	0g	0mg	2mg	1g	1g
Bacon bits, 0.13 cup	67	4g	4g	4g	0mg	248mg	0g	1g
Onion, 50 gram	20	5g	0g	1g	0mg	2mg	2g	1g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Feta cheese, 0.25 cup, crumbled	99	1g	8g	5g	33mg	428mg	0g	0g
Iceberg lettuce, 100 g	20	4g	0g	1g	0mg	23mg	1g	1g
Log Cabin - Sugar Free Syrup, 34 ml	11	5g	0g	0g	--	98mg	0g	--
Quaker - Instant Oatmeal- Maple, 2 packet	320	64g	4g	8g	0mg	520mg	24g	6g
Signature Select - Artisan Garlic Bread, 85 g	300	33g	15g	7g	0mg	495mg	0g	1g
Sparkling Ice - Sparkling Ice Black Raspberry, 8.5 oz	3	0g	0g	0g	0mg	0mg	0g	0g
Bragg - Nutritional Yeast, 14 gram	56	6g	0g	8g	0mg	0mg	0g	3g
Essential Everyday - Peach Slices, 55 g	27	6g	0g	0g	0mg	0mg	5g	0g
Signature Select - California Style Vegetables, 398 g	140	23g	0g	9g	0mg	140mg	9g	9g
jello - vanilla sugar free, 9 gram	26	6g	0g	0g	--	--	--	--
Fairlife - Fat Free Ultra-Filtered Milk, 283 milliliter	94	7g	0g	15g	6mg	142mg	7g	0g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Generic - Baby carrots, 119 g	49	11g	0g	1g	0mg	82mg	6g	3g
Spinach, raw, fresh, 96 gram	22	3g	0g	3g	0mg	76mg	0g	2g
93/7 Beef - 93/7 Beef, 231 gram	346	0g	16g	47g	--	--	--	--
TOTALS	2889	382g	58g	207g	197mg	4081mg	114g	62g

Jun 13, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Wasa - Light Rye Crisp Bread, 8 slices (18g)	240	56g	0g	8g	0mg	280mg	0g	12g
Trader Joe's - Handful of Happy Trekking Trek Mix, 2 bag	440	38g	30g	10g	0mg	30mg	24g	8g
Chomps - Meat Stick, 1 stick	100	0g	7g	10g	30mg	380mg	0g	0g
LesserEvil - Popcorn, Organic, No Cheese Cheesiness, 25 g	110	13g	6g	2g	0mg	210mg	1g	3g
LesserEvil - Popcorn, Organic, No Cheese Cheesiness, 21.5 g	95	11g	5g	2g	0mg	181mg	0g	3g
LesserEvil - Popcorn, Organic, No Cheese Cheesiness, 21 g	92	11g	5g	2g	0mg	176mg	0g	3g
Chomps - Meat Stick, 1 stick	100	0g	7g	10g	30mg	380mg	0g	0g
Green apple, 148 g	86	20g	0g	1g	--	1mg	14g	4g
Chicken breast, grilled, skinless, 135 g	238	0g	7g	40g	130mg	477mg	0g	0g
Olive oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
trader Joe's - vegetable stir fry, 8 oz	120	14g	0g	6g	0mg	860mg	14g	4g
Trader Joe's - Riced Cauliflower Stir Fry, 2.25 cup frozen	113	16g	5g	5g	0mg	428mg	7g	5g
Red bell pepper, 109 g	34	7g	0g	1g	0mg	0mg	5g	1g
Oikos - Oikos Triple Zero Peach, 150 g	90	7g	0g	15g	10mg	55mg	5g	0g
Slate - Milk Chocolate Mix, 0.5 stick	50	1g	0g	10g	5mg	80mg	0g	1g
Peach, 253 gram	106	26g	1g	2g	0mg	33mg	21g	4g
Celery, 161 g	23	5g	0g	1g	0mg	129mg	2g	3g
Banana, 86 g	83	20g	0g	1g	0mg	0mg	14g	1g
Orange, 90 gram	42	11g	0g	1g	0mg	0mg	8g	2g
Green apple, 148 g	86	20g	0g	1g	--	1mg	14g	4g
california lavash - lavash bread, 1 sheet	140	27g	1g	5g	0mg	140mg	1g	2g
Salad greens - Mixed Greens, 2.5 cup	50	8g	0g	5g	0mg	125mg	3g	3g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Monster - Zero Ultra, 473 ml	10	6g	0g	0g	0mg	370mg	0g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Slate - Milk Chocolate Mix, 1 stick	100	2g	1g	20g	10mg	160mg	0g	1g
TOTALS	2904	322g	88g	212g	341mg	4979mg	134g	64g

Jun 14, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Angie's (HJC) - Boom Chicka Pop - Pop Corn, 83 gram	415	53g	24g	3g	0mg	326mg	24g	6g
Chicken breast, grilled, skinless, 98 g	172	0g	5g	29g	94mg	346mg	0g	0g
Pop Corners - Pop Corners Popped Corn - Sea Salt, 47 gram	199	38g	4g	3g	--	315mg	--	2g
Slate - Milk Chocolate Mix, 1.5 stick	150	3g	1g	30g	15mg	240mg	0g	2g
BBQ sauce, 2 tbsp	58	14g	0g	0g	0mg	350mg	11g	0g
Kroger - Cole Slaw, 0.5 cup	170	15g	12g	1g	5mg	450mg	13g	2g
Tesco pork tomahawk chops - Pork chops, 240 g	320	2g	13g	49g	0mg	0mg	0g	0g
Factor - Factor, Smoked Gouda & Bacon Shredded Chicken Hash, 1 1 Tray (343g)	530	35g	30g	28g	95mg	910mg	8g	6g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Kora Organics - supplement , 6 g	10	2g	0g	0g	0mg	1mg	0g	1g
Private Selection - Petite Medley Snacking Tomatoes, 114 g	21	4g	0g	1g	0mg	6mg	--	1g
Chicken breast, grilled, skinless, 151 g	266	0g	8g	45g	145mg	533mg	0g	0g
Onion, 110 gram	44	10g	0g	1g	0mg	4mg	5g	2g
Spinach, raw, fresh, 79 gram	18	3g	0g	2g	0mg	62mg	0g	2g
Monster - Zero Ultra, 473 ml	10	6g	0g	0g	0mg	370mg	0g	0g
TOTALS	2497	212g	97g	193g	354mg	3913mg	80g	26g

Jun 15, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Pop Corners - Pop Corners Popped Corn - Sea Salt, 152 gram	643	123g	13g	11g	--	1019mg	--	5g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Green apple, 155 g	90	21g	0g	1g	--	2mg	15g	4g
Oikos - Oikos Triple Zero Peach, 150 g	90	7g	0g	15g	10mg	55mg	5g	0g
Jello - Strawberry Sugar Free, 8 container (89g)	80	--	0g	8g	--	360mg	0g	0g
Celery, 238 g	33	7g	0g	2g	0mg	190mg	3g	4g
Bell pepper, 85 g	19	4g	0g	1g	0mg	3mg	3g	2g
Carrots, 105 gram	43	10g	0g	1g	0mg	72mg	5g	3g
Chicken breast, grilled, skinless, 237 g	417	0g	13g	70g	228mg	837mg	0g	0g
Celsius - Sparkling Watermelon Energy Drink, 12 fl oz can	10	0g	0g	0g	0mg	5mg	0g	0g
Watermelon, 324 g	97	24g	0g	2g	0mg	3mg	20g	1g
Guacamole, homemade, 91 g	141	8g	13g	2g	0mg	313mg	1g	6g
Carrots, 160 gram	66	15g	0g	1g	0mg	110mg	8g	4g
Roasted turkey - Roasted turkey, 242 gram	149	0g	3g	26g	0mg	248mg	0g	0g
Cucumber, 145 g	22	5g	0g	1g	0mg	3mg	2g	1g
Bell pepper, 144 g	32	7g	0g	1g	0mg	4mg	4g	3g
Slate - Milk Chocolate, 1 can	150	3g	1g	32g	--	230mg	1g	1g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Monster - Zero Ultra, 473 ml	10	6g	0g	0g	0mg	370mg	0g	0g
TOTALS	2496	294g	48g	206g	334mg	4177mg	105g	38g

Jun 16, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Log Cabin - Sugar Free Syrup, 30 ml	10	4g	0g	0g	--	86mg	0g	--
Quaker - Instant Oatmeal- Maple, 1 packet	160	32g	2g	4g	0mg	260mg	12g	3g
O Organics - Organic California Style Vegetables, 800 g	279	47g	0g	19g	0mg	279mg	19g	19g
Bee Free - Warrior Mix Snack Mix, 0.75 cup	450	27g	36g	12g	0mg	60mg	18g	6g
Kroger - California Style Vegetables, 291 g	98	16g	0g	3g	0mg	98mg	7g	7g
Chomps - Meat Stick, 2 stick	200	0g	14g	20g	60mg	760mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Orange, 102 gram	48	12g	0g	1g	0mg	0mg	10g	2g
Watermelon, 460 g	138	35g	1g	3g	0mg	5mg	29g	2g
Chicken breast, grilled, skinless, 322 g	567	0g	18g	95g	309mg	1137mg	0g	0g
Outshine - Popsicle Tangerine, 2 bar	50	12g	0g	0g	0mg	0mg	6g	0g
Olive oil, 1 tbsp	119	0g	14g	0g	0mg	0mg	0g	0g
Lighter Roasted Potatoes - Roasted New Potatoes, 125 g (approx 4 small new potatoes)	120	23g	1g	4g	2mg	91mg	0g	2g
Egg, 3 egg	215	1g	15g	19g	617mg	194mg	0g	0g
Orange, 97 gram	46	11g	0g	1g	0mg	0mg	9g	2g
Slate - Milk Chocolate, 1 can	150	3g	1g	32g	--	230mg	1g	1g
Monster - Zero Ultra, 473 ml	10	6g	0g	0g	0mg	370mg	0g	0g
TOTALS	2660	229g	102g	213g	988mg	3570mg	111g	44g

Jun 17, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Log Cabin - Sugar Free Syrup, 53 ml	18	7g	0g	0g	--	152mg	0g	--
Vanilla extract, 0.5 tsp	6	0g	0g	0g	0mg	0mg	0g	0g
Bobs Red Mill - Oat Bran, 75 grams	300	49g	6g	11g	--	--	2g	11g
jello - vanilla sugar free, 9 gram	26	6g	0g	0g	--	--	--	--
Fage - Total 0% Greek Yogurt, 134 g	71	4g	0g	14g	9mg	49mg	4g	0g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Bragg - Nutritional Yeast, 5 gram	20	2g	0g	3g	0mg	0mg	0g	1g
Kroger - California Style Vegetables, 816 g	275	46g	0g	9g	0mg	275mg	18g	18g
Generic - Baby carrots, 124 g	51	12g	0g	1g	0mg	86mg	6g	3g
Fage - Total 0% Greek Yogurt, 350 g	187	12g	0g	37g	23mg	128mg	12g	0g
Carrots, 302 gram	124	29g	1g	3g	0mg	208mg	14g	8g
Chicken breast, grilled, skinless, 190 g	334	0g	10g	56g	182mg	671mg	0g	0g
Cucumber, 384 g	58	14g	0g	2g	0mg	8mg	6g	2g
Broccoli, 269 g	105	17g	1g	7g	0mg	97mg	4g	6g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
TOTALS	1991	204g	25g	221g	370mg	2287mg	68g	49g

Jun 18, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Signature Select - Clover Honey, 7 g	20	6g	0g	0g	0mg	0mg	6g	0g
Bobs Red Mill - Oat Bran, 44 grams	176	29g	3g	7g	--	--	1g	7g
Bob's Red Mill - Xanthan Gum, 9 gram	30	7g	0g	0g	0mg	230mg	0g	0g
Fage - Total 0% Greek Yogurt, 176 g	94	6g	0g	19g	12mg	65mg	6g	0g
Signature Select - Mango Chunks, 52 g	30	8g	0g	0g	0mg	0mg	7g	1g
Blueberries, 85 gram	48	12g	0g	1g	0mg	1mg	8g	2g
Raspberries, 97 gram	50	12g	1g	1g	0mg	1mg	4g	6g
Signature Select - California Style Vegetables, 709 g	250	42g	0g	17g	0mg	250mg	17g	17g
Chicken breast, grilled, skinless, 151 g	266	0g	8g	45g	145mg	533mg	0g	0g
Cucumber, 334 g	50	12g	0g	2g	0mg	7mg	6g	2g
Spinach, raw, fresh, 152 gram	35	6g	1g	4g	0mg	120mg	1g	3g
Lentils, cooked, 152 g	175	30g	1g	14g	0mg	354mg	3g	12g
Carrots, 327 gram	134	31g	1g	3g	0mg	226mg	15g	9g
Chicken breast, grilled, skinless, 68 g	120	0g	4g	20g	65mg	240mg	0g	0g
Bob's Red Mill - Xanthan Gum, 5 gram	17	4g	0g	0g	0mg	144mg	0g	4g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Raspberries, 256 gram	133	31g	2g	3g	0mg	3mg	11g	17g
Celsius - Sparkling Watermelon Energy Drink, 12 fl oz can	10	0g	0g	0g	0mg	5mg	0g	0g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
TOTALS	1998	245g	24g	208g	312mg	2569mg	88g	80g

Jun 19, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Signature Select - Clover Honey, 20 g	57	16g	0g	0g	0mg	0mg	16g	0g
signature select - instant oatmeal, 132 g	480	96g	6g	12g	0mg	630mg	42g	9g
Chicken breast, grilled, skinless, 150 g	264	0g	8g	44g	144mg	530mg	0g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bob's Red Mill - Xanthan Gum, 13 gram	43	10g	0g	0g	0mg	332mg	0g	0g
Signature Select - Mixed Fruit, 263 g	120	31g	0g	2g	0mg	0mg	24g	5g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 96 g	169	0g	5g	28g	92mg	339mg	0g	0g
Low Fat Cottage Cheese - Low Fat Cottage Cheese, 120 g	91	6g	3g	11g	0mg	0mg	0g	0g
Cauliflower, 647 gram	162	32g	2g	12g	0mg	194mg	12g	13g
Cucumber, 347 g	52	13g	0g	2g	0mg	7mg	6g	2g
Celsius - Sparkling Watermelon Energy Drink, 12 fl oz can	10	0g	0g	0g	0mg	5mg	0g	0g
Carrots, 153 gram	63	15g	0g	1g	0mg	106mg	7g	4g
Chicken breast, grilled, skinless, 132 g	232	0g	7g	39g	127mg	466mg	0g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
TOTALS	1983	225g	33g	199g	423mg	2869mg	109g	33g

Jun 20, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Vanilla extract, 0.25 tsp	3	0g	0g	0g	0mg	0mg	0g	0g
Bob's Red Mill - oat bran, 60 g	240	39g	5g	9g	--	--	--	9g
Bob's Red Mill - Xanthan Gum, 1 gram	3	1g	0g	0g	0mg	26mg	0g	0g
Fage - Total 0% Greek Yogurt, 150 g	80	5g	0g	16g	10mg	55mg	5g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Signature Select - Mixed Fruit, 258 g	117	30g	0g	2g	0mg	0mg	23g	5g
Sparkling Ice - Sparkling Ice Black Raspberry, 34 oz	10	0g	0g	0g	0mg	0mg	0g	0g
Bragg - Nutritional Yeast, 6 gram	24	2g	0g	4g	0mg	0mg	0g	1g
Del Cabo - Sugar Plum Grape Tomatoes, 85 g	16	3g	0g	1g	0mg	4mg	2g	1g
Chicken breast, grilled, skinless, 166 g	292	0g	9g	49g	159mg	586mg	0g	0g
Lentils, cooked, 111 g	128	22g	0g	10g	0mg	259mg	2g	9g
signature select - instant oatmeal, 44 g	160	32g	2g	4g	0mg	210mg	14g	3g
Spinach, cooked, no fat, 170 g	56	5g	1g	6g	0mg	445mg	1g	3g
Fage - Total 0% Greek Yogurt, 200 g	107	7g	0g	21g	13mg	73mg	7g	0g
Carrots, 250 gram	103	24g	1g	2g	0mg	173mg	12g	7g
Cherry tomatoes, 73 gram	13	3g	0g	1g	0mg	4mg	2g	1g
Cucumber, 429 g	64	16g	0g	3g	0mg	9mg	7g	2g
Bragg - Nutritional Yeast, 5 gram	20	2g	0g	3g	0mg	0mg	0g	1g
Cherry tomatoes, 112 gram	20	4g	0g	1g	0mg	6mg	3g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 106 g	187	0g	6g	31g	102mg	374mg	0g	0g
Fage - Total 0% Greek Yogurt, 150 g	80	5g	0g	16g	10mg	55mg	5g	0g
O Organics - Organic California Style Vegetables, 449 g	157	26g	0g	10g	0mg	157mg	10g	10g
TOTALS	2000	229g	25g	213g	324mg	2566mg	94g	53g

Jun 21, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Sparkling Ice - Sparkling Ice Black Raspberry, 68 oz	20	0g	0g	0g	0mg	0mg	0g	0g
Fage - Total 0% Greek Yogurt, 150 g	80	5g	0g	16g	10mg	55mg	5g	0g
Carrots, 160 gram	66	15g	0g	1g	0mg	110mg	8g	4g
Celery, 338 g	47	10g	1g	2g	0mg	270mg	5g	5g
Cucumber, 177 g	27	6g	0g	1g	0mg	4mg	3g	1g
Monster - Zero Ultra, 473 ml	10	6g	0g	0g	0mg	370mg	0g	0g
Bob's Red Mill - Xanthan Gum, 2 gram	7	2g	0g	0g	0mg	51mg	0g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bob's Red Mill - oat bran, 42 g	168	27g	3g	6g	--	--	--	6g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Gefen - Clover Honey, 21 g	60	17g	0g	0g	--	0mg	16g	--
signature select - instant oatmeal, 132 g	480	96g	6g	12g	0mg	630mg	42g	9g
Bragg - Nutritional Yeast, 10 gram	40	4g	0g	6g	0mg	0mg	0g	2g
Chicken Of The Sea - Crab Meat, 0.33 cup	70	0g	1g	17g	110mg	250mg	0g	0g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Bob's Red Mill - Xanthan Gum, 4 gram	13	3g	0g	0g	0mg	102mg	0g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Fage - Total 0% Greek Yogurt, 150 g	80	5g	0g	16g	10mg	55mg	5g	0g
Signature Select - Mixed Fruit, 265 g	120	31g	0g	2g	0mg	0mg	24g	5g
Bragg - Nutritional Yeast, 10 gram	40	4g	0g	6g	0mg	0mg	0g	2g
Chicken breast, grilled, skinless, 195 g	343	0g	11g	58g	187mg	688mg	0g	0g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Chicken Of The Sea - Crab Meat, 0.33 cup	70	0g	1g	17g	110mg	250mg	0g	0g
TOTALS	1996	237g	25g	208g	487mg	3095mg	110g	34g

Jun 22, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Gefen - Clover Honey, 9 g	26	7g	0g	0g	--	0mg	7g	--
Signature Select - Clover Honey, 16 g	46	13g	0g	0g	0mg	0mg	13g	0g
Bob's Red Mill - Xanthan Gum, 4 gram	13	3g	0g	0g	0mg	102mg	0g	0g
Bob's Red Mill - oat bran, 89 g	356	58g	7g	13g	--	--	--	13g
Bumble bee - Albacore tuna, 1 can 113grams	130	0g	1g	29g	50mg	320mg	--	--
Spinach, cooked, no fat, 173 g	57	5g	1g	6g	0mg	453mg	1g	3g
signature select - instant oatmeal, 44 g	160	32g	2g	4g	0mg	210mg	14g	3g
Chicken breast, grilled, skinless, 175 g	308	0g	10g	52g	168mg	618mg	0g	0g
Del Cabo - Sugar Plum Grape Tomatoes, 122 g	22	5g	0g	1g	0mg	6mg	3g	1g
Sparkling Ice - Sparkling Ice Black Raspberry, 51 oz	15	0g	0g	0g	0mg	0mg	0g	0g
Bragg - Nutritional Yeast, 5 gram	20	2g	0g	3g	0mg	0mg	0g	1g
Thomas (corrected sugar) - Original English Muffin' (Corrected 02/22/2022), 1 Muffin	150	28g	1g	5g	0mg	240mg	0g	1g
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
Kikkoman - Soy Sauce, 15 ml	10	1g	0g	2g	0mg	920mg	1g	0g
96% lean beef - 96% lean beef, 181 gram	223	0g	7g	38g	--	--	--	--
Carrots, 158 gram	65	15g	0g	1g	0mg	109mg	7g	4g
Del Cabo - Sugar Plum Grape Tomatoes, 70 g	13	3g	0g	1g	0mg	3mg	2g	1g
Portobello Mushroom Cap - Portobello Mushroom Cap, 333 g	73	13g	1g	7g	0mg	17mg	0g	4g
TOTALS	1897	195g	31g	201g	258mg	3183mg	54g	31g

Jun 23, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Gefen - Clover Honey, 15 g	43	12g	0g	0g	--	0mg	11g	--
Bob's Red Mill - Xanthan Gum, 12 gram	40	9g	0g	0g	0mg	307mg	0g	0g
Bobs Red Mill - Rolled Oats, 78 Grams	295	54g	5g	9g	--	--	--	7g
Fage - Total 0% Greek Yogurt, 150 g	80	5g	0g	16g	10mg	55mg	5g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Signature Select - Mixed Fruit, 281 g	128	33g	0g	2g	0mg	0mg	26g	5g
Topo Chico - lime with mint, 2 can	10	2g	0g	0g	0mg	80mg	0g	0g
Spinach, cooked, no fat, 145 g	48	4g	1g	5g	0mg	380mg	1g	3g
Del Cabo - Sugar Plum Grape Tomatoes, 87 g	16	3g	0g	1g	0mg	4mg	2g	1g
Chicken breast, grilled, skinless, 129 g	227	0g	7g	38g	124mg	455mg	0g	0g
Low Fat Cottage Cheese - Low Fat Cottage Cheese, 108 g	82	5g	2g	10g	0mg	0mg	0g	0g
Celery, 516 g	72	15g	1g	4g	0mg	413mg	7g	8g
Bragg - Nutritional Yeast, 7 gram	28	3g	0g	4g	0mg	0mg	0g	1g
96% lean beef - 96% lean beef, 165 gram	204	0g	7g	35g	--	--	--	--
Bob's Red Mill - oat bran, 34 g	136	22g	3g	5g	--	--	--	5g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bob's Red Mill - Xanthan Gum, 3 gram	10	2g	0g	0g	0mg	77mg	0g	0g
Fage - Total 0% Greek Yogurt, 150 g	80	5g	0g	16g	10mg	55mg	5g	0g
Quaker - Instant Oatmeal- Maple, 1 packet	160	32g	2g	4g	0mg	260mg	12g	3g
TOTALS	1899	212g	30g	197g	204mg	2346mg	71g	33g

Jun 24, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Quaker - Instant Oatmeal- Maple, 2 packet	320	64g	4g	8g	0mg	520mg	24g	6g
top ramen - Ramen, 4 pack	760	104g	28g	20g	0mg	3640mg	4g	8g
Gefen - Clover Honey, 11 g	31	9g	0g	0g	--	0mg	8g	--
Bobs Red Mill - Oat Bran, 20 grams	80	13g	2g	3g	--	--	1g	3g
Sparkling Ice - Sparkling Ice Black Raspberry, 34 oz	10	0g	0g	0g	0mg	0mg	0g	0g
Olive oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Avocado, 0.5 avocado	120	6g	11g	2g	0mg	5mg	0g	5g
Grateful Bread - Sourdough Batard, 2 oz.	150	31g	0g	4g	0mg	320mg	0g	1g
Portobello Mushroom Cap - Portobello Mushroom Cap, 260 g	57	10g	1g	5g	0mg	13mg	0g	3g
Chicken breast, grilled, skinless, 150 g	264	0g	8g	44g	144mg	530mg	0g	0g
Bob's Red Mill - Xanthan Gum, 9 gram	30	7g	0g	0g	0mg	230mg	0g	0g
Oikos - Oikos Triple Zero Peach, 150 g	90	7g	0g	15g	10mg	55mg	5g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Signature Select - Mixed Fruit, 301 g	137	35g	0g	2g	0mg	0mg	27g	6g
Topo Chico - lime with mint, 1 can	5	1g	0g	0g	0mg	40mg	0g	0g
Bragg - Nutritional Yeast, 12 gram	48	5g	0g	7g	0mg	0mg	0g	2g
O Organics - Organic California Style Vegetables, 275 g	96	16g	0g	6g	0mg	96mg	6g	6g
Oikos - Oikos Triple Zero Peach, 150 g	90	7g	0g	15g	10mg	55mg	5g	0g
Bumble bee - Albacore tuna, 1 can 113grams	130	0g	1g	29g	50mg	320mg	--	--
Portobello Mushroom Cap - Portobello Mushroom Cap, 159 g	35	6g	1g	3g	0mg	8mg	0g	2g
Bragg - Nutritional Yeast, 5 gram	20	2g	0g	3g	0mg	0mg	0g	1g
Del Cabo - Sugar Plum Grape Tomatoes, 51 g	9	2g	0g	0g	0mg	2mg	1g	1g
Spinach, raw, fresh, 164 gram	38	6g	1g	5g	0mg	130mg	1g	4g
Chicken breast, grilled, skinless, 158 g	278	0g	9g	47g	152mg	558mg	0g	0g
TOTALS	2978	334g	74g	242g	396mg	6652mg	83g	48g

Jun 25, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Mission - Flour Tortillas, 1 tortilla	210	35g	5g	6g	0mg	590mg	2g	1g
Chinese (Yang's) Fortune Cookie - Fortune Cookie, 1 Cookie (8g)	30	7g	0g	0g	0mg	3mg	4g	0g
Mission - Flour Tortillas, 1 tortilla	210	35g	5g	6g	0mg	590mg	2g	1g
Panda Express - Fried Rice, 2 side	940	128g	38g	22g	300mg	1660mg	6g	6g
Panda Express - Panda Express Orange Chicken (4/8/17), 11.4 oz	980	102g	46g	50g	160mg	1640mg	38g	4g
Toll House Chocolate Chip - Cookie Dough, 7 cookie	630	77g	28g	4g	--	--	--	--
Fairlife - Reduced Fat Milk, 526 ml	263	13g	10g	28g	44mg	263mg	13g	0g
Lucky charms - Lucky Charms, 137 gram	558	112g	5g	10g	0mg	863mg	51g	10g
Toll House Chocolate Chip - Cookie Dough, 8 cookie	720	88g	32g	4g	--	--	--	--
Chipotle - Tomatillo-Red Chili Salsa, 2 fl oz	25	4g	1g	1g	0mg	500mg	1g	2g
Chipotle - Romaine Lettuce (salad), 2.5 oz	10	2g	0g	1g	0mg	5mg	1g	1g
Chipotle - Roasted Chili-Corn Salsa, 3.5 oz	80	16g	2g	3g	0mg	330mg	4g	3g
Chipotle - Guacamole, 3.5 oz	200	7g	19g	2g	0mg	330mg	1g	5g
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

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chipotle - Chips, 4 oz	570	73g	27g	8g	0mg	420mg	4g	8g
Chipotle - Cilantro-Lime White Rice, 4 oz	185	34g	4g	4g	0mg	375mg	0g	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
Off the farm - Peanut butter bar, 0.99 bar	430	27g	26g	23g	--	149mg	10g	12g
Sparkling Ice - Sparkling Ice Black Raspberry, 51 oz	15	0g	0g	0g	0mg	0mg	0g	0g
Bragg - Nutritional Yeast, 11 gram	44	4g	0g	7g	0mg	0mg	0g	2g
Bobs Red Mill - Rolled Oats, 148 Grams	559	102g	10g	16g	--	--	--	13g
Bragg - Nutritional Yeast, 12 gram	48	5g	0g	7g	0mg	0mg	0g	2g
Bobs Red Mill - Rolled Oats, 107 Grams	404	74g	7g	12g	--	--	--	10g
Oikos - Oikos Triple Zero Peach, 150 g	90	7g	0g	15g	10mg	55mg	5g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
TOTALS	7741	982g	282g	299g	699mg	9163mg	147g	95g

Jun 26, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Banana, 120 g	116	27g	0g	1g	0mg	0mg	19g	2g
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fairlife - Reduced Fat Milk, 539 ml	270	13g	10g	29g	45mg	270mg	13g	0g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Kraft - Grated Cheese, Parmesan, 52 g	208	0g	16g	21g	26mg	832mg	0g	0g
O Organics - Organic California Style Vegetables, 235 g	82	14g	0g	5g	0mg	82mg	5g	5g
Lentils, cooked, 132 g	152	26g	1g	12g	0mg	308mg	2g	10g
Chicken breast, grilled, skinless, 83 g	146	0g	5g	25g	80mg	293mg	0g	0g
Bragg - Nutritional Yeast, 23 gram	92	9g	0g	14g	0mg	0mg	0g	5g
Bobs Red Mill - Rolled Oats, 97 Grams	366	67g	6g	11g	--	--	--	9g
Oikos - Oikos Triple Zero Peach, 150 g	90	7g	0g	15g	10mg	55mg	5g	0g
Celery, 156 g	22	5g	0g	1g	0mg	125mg	2g	2g
Generic - Baby carrots, 177 g	73	17g	0g	2g	0mg	122mg	8g	5g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
O Organics - Organic California Style Vegetables, 90 g	31	5g	0g	2g	0mg	31mg	2g	2g
Lentils, cooked, 128 g	147	26g	0g	11g	0mg	298mg	2g	10g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 77 g	136	0g	4g	23g	74mg	272mg	0g	0g
Mission - Flour Tortillas, 1 tortilla	210	35g	5g	6g	0mg	590mg	2g	1g
Cucumber, 341 g	51	12g	0g	2g	0mg	7mg	6g	2g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Lucky charms - Lucky Charms, 101 gram	411	82g	4g	7g	0mg	636mg	37g	7g
Oikos - Oikos Triple Zero Peach, 150 g	90	7g	0g	15g	10mg	55mg	5g	0g
Fairlife - Reduced Fat Milk, 523 ml	262	13g	10g	28g	44mg	262mg	13g	0g
Lucky charms - Lucky Charms, 75 gram	306	61g	3g	6g	0mg	472mg	28g	6g
TOTALS	3396	456g	64g	236g	289mg	4710mg	149g	66g

Jun 27, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Evelyn's - Figs/Almond Tart, 1 slice	178	24g	9g	3g	49mg	58mg	14g	1g
Vanilla ice cream, 0.25 scoop	62	7g	3g	1g	13mg	24mg	6g	0g
Celery, 50 g	7	1g	0g	0g	0mg	40mg	1g	1g
Coop - Branzino surgelato, 75 gr	92	--	4g	15g	--	--	--	--
Garofalo - Rigatoni, 150 gram	536	110g	2g	21g	0mg	0mg	0g	0g
Homemade - Arugula Salad, 1 cup	76	1g	7g	1g	--	--	--	--
Solex - Potato Omelette, 0.5 slice	81	6g	6g	3g	65mg	200mg	--	2g
Best Day Brewing - Kolsch, 12 oz	55	11g	0g	3g	--	--	--	--
Topo Chico - lime with mint, 1 can	5	1g	0g	0g	0mg	40mg	0g	0g
Bobs Red Mill - Rolled Oats, 91 Grams	344	63g	6g	10g	--	--	--	8g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Lentils, cooked, 146 g	168	29g	1g	13g	0mg	340mg	3g	12g
Chicken breast, grilled, skinless, 159 g	280	0g	9g	47g	153mg	561mg	0g	0g
Mission - Flour Tortillas, 1 tortilla	210	35g	5g	6g	0mg	590mg	2g	1g
Celery, 136 g	19	4g	0g	1g	0mg	109mg	2g	2g
Generic - Baby carrots, 143 g	59	14g	0g	1g	0mg	99mg	7g	4g
Butter, unsalted, 1 tablespoon	100	0g	11g	0g	30mg	0mg	0g	0g
Lighter Roasted Potatoes - Roasted New Potatoes, 200 g (approx 4 small new potatoes)	192	36g	2g	7g	3mg	146mg	0g	4g
Sourdough - Sourdough Bread, 2 slice	200	40g	2g	6g	0mg	0mg	2g	2g
Egg, 2 egg	143	1g	10g	12g	411mg	129mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
TOTALS	2927	385g	79g	175g	794mg	2446mg	38g	38g

Jun 28, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Bragg - Nutritional Yeast, 15 gram	60	6g	0g	9g	0mg	0mg	0g	3g
Mission - Flour Tortillas, 2 tortilla	420	70g	9g	12g	0mg	1180mg	4g	2g
Lentils, cooked, 303 g	348	61g	1g	27g	0mg	706mg	5g	24g
Signature Select - Garlic Chili, Crunch Oil, 18 g	120	5g	11g	1g	0mg	130mg	1g	1g
Chicken breast, grilled, skinless, 95 g	167	0g	5g	28g	91mg	335mg	0g	0g
Bob's Red Mill - Xanthan Gum, 10 gram	33	8g	0g	0g	0mg	256mg	0g	0g
Fage - Total 0% Greek Yogurt, 345 g	184	12g	0g	37g	23mg	127mg	12g	0g
Signature Select - Mixed Fruit, 270 g	123	32g	0g	2g	0mg	0mg	25g	5g
Celery, 221 g	31	7g	0g	2g	0mg	177mg	3g	4g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Pearl Milling - Lite Syrup, 16 milliliter	27	6g	0g	0g	--	--	--	--
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Signature Select - Peanut Butter, Creamy, 64 g	360	16g	30g	14g	0mg	240mg	8g	4g
Bragg - Nutritional Yeast, 9 gram	36	4g	0g	5g	0mg	0mg	0g	2g
Lentils, cooked, 250 g	288	50g	1g	22g	0mg	583mg	4g	20g
O Organics - Organic California Style Vegetables, 127 g	44	7g	0g	3g	0mg	44mg	3g	3g
Topo Chico - lime with mint, 1 can	5	1g	0g	0g	0mg	40mg	0g	0g
Bob's Red Mill - Xanthan Gum, 3 gram	10	2g	0g	0g	0mg	77mg	0g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bobs Red Mill - Rolled Oats, 129 Grams	487	89g	9g	14g	--	--	--	11g
TOTALS	2993	381g	69g	225g	214mg	4135mg	67g	80g

Jun 29, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Olive oil, 17 mL	137	0g	16g	0g	0mg	0mg	0g	0g
Bragg - Nutritional Yeast, 27 gram	108	11g	0g	16g	0mg	0mg	0g	5g
del Cabo Organic - Cherry Tomatoes, 112 g	20	4g	0g	1g	0mg	6mg	3g	1g
Lentils, cooked, 302 g	347	60g	1g	27g	0mg	704mg	5g	24g
Chicken breast, grilled, skinless, 213 g	375	0g	12g	63g	204mg	752mg	0g	0g
Popcorners - Seasalt, 7 oz (28g)	840	161g	18g	14g	0mg	1330mg	0g	7g
O Organics - Organic California Style Vegetables, 608 g	212	35g	0g	14g	0mg	212mg	14g	14g
Generic - Baby carrots, 227 g	93	22g	1g	2g	0mg	157mg	11g	6g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Signature Select - Peanut Butter, Creamy, 25 g	141	6g	12g	5g	0mg	94mg	3g	2g
Bobs Red Mill - Rolled Oats, 21 Grams	79	14g	1g	2g	--	--	--	2g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
Fage - Total 0% Greek Yogurt, 55 g	29	2g	0g	6g	4mg	20mg	2g	0g
Sparkling Ice - Sparkling Ice Black Raspberry, 34 oz	10	0g	0g	0g	0mg	0mg	0g	0g
Bob's Red Mill - Xanthan Gum, 3 gram	10	2g	0g	0g	0mg	87mg	0g	2g
Bobs Red Mill - Rolled Oats, 96 Grams	363	66g	6g	11g	--	--	--	9g
TOTALS	3014	389g	69g	209g	268mg	3622mg	40g	72g

Jun 30, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lentils, cooked, 440 g	506	88g	2g	39g	0mg	1025mg	8g	35g
del Cabo Organic - Cherry Tomatoes, 82 g	15	3g	0g	1g	0mg	4mg	2g	1g
Portobello Mushroom Cap - Portobello Mushroom Cap, 208 g	46	8g	1g	4g	0mg	10mg	0g	3g
Pot stickers - Pot stickers, 10 pieces	520	70g	16g	24g	--	--	--	--
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Quaker - Apple Cinnamon Rice Cakes, 8 cake	400	88g	0g	4g	0mg	0mg	24g	0g
Bragg - Nutritional Yeast, 15 gram	60	6g	0g	9g	0mg	0mg	0g	3g
Chicken breast, grilled, skinless, 104 g	183	0g	6g	31g	100mg	367mg	0g	0g
Signature Select - California Style Vegetables, 630 g	222	37g	0g	15g	0mg	222mg	15g	15g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Quaker - Apple Cinnamon Rice Cakes, 6 cake	300	66g	0g	3g	0mg	0mg	18g	0g
Bragg - Nutritional Yeast, 10 gram	40	4g	0g	6g	0mg	0mg	0g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lentils, cooked, 100 g	115	20g	0g	9g	0mg	233mg	2g	8g
Chicken breast, grilled, skinless, 107 g	188	0g	6g	32g	103mg	378mg	0g	0g
Mission - Flour Tortillas, 1 tortilla	210	35g	5g	6g	0mg	590mg	2g	1g
Banana, 98 g	95	22g	0g	1g	0mg	0mg	15g	2g
Log Cabin - Sugar Free Syrup, 34 ml	11	5g	0g	0g	--	98mg	0g	--
Bob's Red Mill - Xanthan Gum, 2 gram	7	2g	0g	0g	0mg	51mg	0g	0g
Bobs Red Mill - Rolled Oats, 92 Grams	348	63g	6g	10g	--	--	--	8g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
TOTALS	3396	519g	44g	219g	273mg	3088mg	87g	79g

Jul 1, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Bragg - Nutritional Yeast, 10 gram	40	4g	0g	6g	0mg	0mg	0g	2g
Signature Select - Garlic Chili, Crunch Oil, 12 g	80	3g	7g	0g	0mg	87mg	0g	1g
Bob's Red Mill - Xanthan Gum, 6 gram	20	5g	0g	0g	0mg	153mg	0g	0g
Bobs Red Mill - Rolled Oats, 136 Grams	514	94g	9g	15g	--	--	--	12g
The Daily Crave - Lentil Chips, 100 gram	494	60g	25g	14g	0mg	776mg	0g	4g
Log Cabin - Sugar Free Syrup, 99 ml	33	13g	0g	0g	--	285mg	0g	--
Yam, baked, 517 g	465	107g	1g	10g	0mg	982mg	33g	17g
Signature Select - Garlic Chili, Crunch Oil, 20 g	133	6g	12g	1g	0mg	144mg	1g	1g
Clover Sonoma - Cottage Cheese, 135 g	143	4g	6g	18g	30mg	406mg	4g	0g
Nectarine, 1 fruit	55	13g	0g	1g	0mg	18mg	11g	2g
Chicken breast, grilled, skinless, 140 g	246	0g	8g	41g	134mg	494mg	0g	0g
Carrots, 255 gram	105	24g	1g	2g	0mg	176mg	12g	7g
Bragg - Nutritional Yeast, 12 gram	48	5g	0g	7g	0mg	0mg	0g	2g
O Organics - Organic California Style Vegetables, 85 g	30	5g	0g	2g	0mg	30mg	2g	2g
Fage - Total 0% Greek Yogurt, 420 g	224	14g	0g	45g	28mg	154mg	14g	0g
Pot stickers - Pot stickers, 9 pieces	468	63g	14g	22g	--	--	--	--
Mission - Flour Tortillas, 1 tortilla	210	35g	5g	6g	0mg	590mg	2g	1g
Pearl Milling - Lite Syrup, 65 milliliter	110	26g	0g	0g	--	--	--	--
Signature Select - Peanut Butter, Creamy, 16 g	90	4g	8g	4g	0mg	60mg	2g	1g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Bobs Red Mill - Rolled Oats, 110 Grams	416	76g	7g	12g	--	--	--	10g
TOTALS	4044	564g	104g	230g	222mg	4485mg	82g	62g

Jul 2, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Gefen - Clover Honey, 50 g	143	40g	0g	0g	--	0mg	38g	--
Signature Select - Peanut Butter, Creamy, 35 g	197	9g	16g	8g	0mg	131mg	4g	2g
oroweat - potato bread -a, 258 g	720	132g	9g	18g	--	--	--	--
Bob's Red Mill - Xanthan Gum, 10 gram	33	8g	0g	0g	0mg	256mg	0g	0g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
Signature Select - Mixed Fruit, 375 g	170	44g	0g	2g	0mg	0mg	34g	7g
Gefen - Clover Honey, 21 g	60	17g	0g	0g	--	0mg	16g	--
oroweat - potato bread -a, 86 g	240	44g	3g	6g	--	--	--	--
Bragg - Nutritional Yeast, 10 gram	40	4g	0g	6g	0mg	0mg	0g	2g
Yam, baked, 307 g	276	63g	0g	6g	0mg	583mg	20g	10g
Chicken breast, grilled, skinless, 104 g	183	0g	6g	31g	100mg	367mg	0g	0g
Nectarine, 1 fruit	55	13g	0g	1g	0mg	18mg	11g	2g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Wesson - Canola Oil, 15 ml	122	0g	14g	0g	0mg	0mg	--	--
Chicken breast, grilled, skinless, 170 g	299	0g	9g	50g	163mg	600mg	0g	0g
O Organics - Organic California Style Vegetables, 648 g	226	38g	0g	15g	0mg	226mg	15g	15g
Log Cabin - Sugar Free Syrup, 46 ml	16	6g	0g	0g	--	132mg	0g	--
Bobs Red Mill - Rolled Oats, 100 Grams	378	69g	7g	11g	--	--	--	9g
TOTALS	3403	493g	66g	202g	323mg	2573mg	140g	47g

Jul 3, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Gefen - Clover Honey, 75 g	214	61g	0g	0g	--	0mg	57g	--
oroweat - potato bread -a, 86 g	240	44g	3g	6g	--	--	--	--
Bragg - Nutritional Yeast, 10 gram	40	4g	0g	6g	0mg	0mg	0g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Wesson - Canola Oil, 18 ml	146	0g	17g	0g	0mg	0mg	--	--
The Daily Crave - Lentil Chips, 23 gram	114	14g	6g	3g	0mg	178mg	0g	1g
Chicken breast, grilled, skinless, 77 g	136	0g	4g	23g	74mg	272mg	0g	0g
Yam, baked, 328 g	295	68g	0g	7g	0mg	623mg	21g	11g
Bob's Red Mill - Xanthan Gum, 9 gram	30	7g	0g	0g	0mg	230mg	0g	0g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Signature Select - Mixed Fruit, 323 g	147	38g	0g	2g	0mg	0mg	29g	6g
Generic - Baby carrots, 162 g	66	16g	0g	2g	0mg	112mg	8g	5g
Log Cabin - Sugar Free Syrup, 44 ml	15	6g	0g	0g	--	126mg	0g	--
Signature Select - Peanut Butter, Creamy, 35 g	197	9g	16g	8g	0mg	131mg	4g	2g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bragg - Nutritional Yeast, 7 gram	28	3g	0g	4g	0mg	0mg	0g	1g
Del Cabo - Sugar Plum Grape Tomatoes, 68 g	12	3g	0g	1g	0mg	3mg	2g	1g
Lentils, cooked, 102 g	117	20g	0g	9g	0mg	238mg	2g	8g
Chicken breast, grilled, skinless, 129 g	227	0g	7g	38g	124mg	455mg	0g	0g
Clover Sonoma - Cottage Cheese, 114 g	121	3g	5g	15g	25mg	343mg	3g	0g
Gefen - Clover Honey, 17 g	49	14g	0g	0g	--	0mg	13g	--
oroweat - potato bread -a, 86 g	240	44g	3g	6g	--	--	--	--
Signature Select - Garlic Chili, Crunch Oil, 19 g	127	5g	12g	1g	0mg	137mg	1g	1g
del Cabo Organic - Cherry Tomatoes, 90 g	16	4g	0g	1g	0mg	5mg	2g	1g
Chicken breast, grilled, skinless, 127 g	224	0g	7g	38g	122mg	448mg	0g	0g
Yam, baked, 268 g	241	55g	0g	5g	0mg	509mg	17g	9g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
TOTALS	3396	451g	82g	224g	405mg	4070mg	180g	50g

Jul 4, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Yam, baked, 192 g	173	40g	0g	4g	0mg	365mg	12g	6g
Log Cabin - Sugar Free Syrup, 27 ml	9	4g	0g	0g	--	78mg	0g	--
Bobs Red Mill - Rolled Oats, 114 Grams	431	79g	8g	13g	--	--	--	10g
Log Cabin - Sugar Free Syrup, 49 ml	17	7g	0g	0g	--	141mg	0g	--
Bobs Red Mill - Rolled Oats, 115 Grams	434	79g	8g	13g	--	--	--	10g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Miso Soup - Miso Soup, 632 milliliter	224	21g	9g	16g	0mg	2666mg	7g	5g
Banana, 124 g	120	28g	0g	1g	0mg	0mg	20g	2g
Gefen - Clover Honey, 32 g	91	26g	0g	0g	--	0mg	24g	--
oroweat - potato bread -a, 86 g	240	44g	3g	6g	--	--	--	--
Tuna water shenker - Tuna water, 95 gr	100	0g	1g	23g	0mg	1mg	0g	0g
Cucumber, 287 g	43	10g	0g	2g	0mg	6mg	5g	1g
Nectarine, 1 fruit	55	13g	0g	1g	0mg	18mg	11g	2g
Lentils, cooked, 228 g	262	46g	1g	20g	0mg	531mg	4g	18g
Chicken breast, grilled, skinless, 122 g	215	0g	7g	36g	117mg	431mg	0g	0g
Bragg - Nutritional Yeast, 7 gram	28	3g	0g	4g	0mg	0mg	0g	1g
Signature Select - Garlic Chili, Crunch Oil, 21 g	140	6g	13g	1g	0mg	152mg	1g	1g
Yam, baked, 503 g	453	104g	1g	10g	0mg	956mg	32g	17g
Del Cabo - Sugar Plum Grape Tomatoes, 64 g	12	2g	0g	1g	0mg	3mg	2g	1g
Chicken breast, grilled, skinless, 174 g	306	0g	9g	52g	167mg	614mg	0g	0g
Log Cabin - Sugar Free Syrup, 29 ml	10	4g	0g	0g	--	83mg	0g	--
Bobs Red Mill - Rolled Oats, 102 Grams	385	70g	7g	11g	--	--	--	9g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
TOTALS	3868	589g	68g	238g	314mg	6175mg	119g	83g

Jul 5, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Ribs Pot Roast, 1.89 serving	1272	86g	58g	102g	343mg	2027mg	41g	19g
Ribs Pot Roast, 1.55 serving	1043	71g	48g	83g	281mg	1662mg	34g	16g
Trader Joe's - Sea Salt Chocolate Chunk Cookies, 3 cookie	630	96g	27g	9g	75mg	540mg	60g	6g
Sushiholic - Rainbow Roll, 8 pieces	476	50g	16g	33g	58mg	687mg	8g	5g
Rice Krispies Treats - Rice krispy treat, 2 bar	300	58g	8g	2g	0mg	340mg	26g	--
Ribs Pot Roast, 1.11 serving	747	51g	34g	60g	201mg	1190mg	24g	11g
Bell pepper, 115 g	25	6g	0g	1g	0mg	3mg	3g	2g
Generic - Baby carrots, 166 g	68	16g	0g	2g	0mg	115mg	8g	5g
Gefen - Clover Honey, 13 g	37	11g	0g	0g	--	0mg	10g	--
Signature Select - Peanut Butter, Creamy, 26 g	146	7g	12g	6g	0mg	98mg	3g	2g
oroweat - potato bread -a, 86 g	240	44g	3g	6g	--	--	--	--

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Bragg - Nutritional Yeast, 10 gram	40	4g	0g	6g	0mg	0mg	0g	2g
Bobs Red Mill - Rolled Oats, 106 Grams	400	73g	7g	12g	--	--	--	9g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
TOTALS	5544	576g	214g	346g	988mg	6792mg	218g	77g

Jul 6, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Bragg - Nutritional Yeast, 6 gram	24	2g	0g	4g	0mg	0mg	0g	1g
Ribs Pot Roast, 1.73 serving	1164	79g	53g	93g	314mg	1855mg	38g	18g
White rice, cooked, 147 g	190	41g	0g	4g	0mg	360mg	0g	1g
Bob's Red Mill - Xantham Gum, 6 gram	20	5g	0g	0g	0mg	153mg	0g	0g
Optimum Nutrition - Protein, 2 Scoop	240	6g	2g	48g	60mg	260mg	2g	0g
Signature Select - Mixed Fruit, 410 g	186	48g	0g	3g	0mg	0mg	37g	8g
Yam, baked, 192 g	173	40g	0g	4g	0mg	365mg	12g	6g
Ribs Pot Roast, 1.16 serving	781	53g	36g	62g	211mg	1244mg	25g	12g
TOTALS	2778	274g	91g	218g	585mg	4237mg	114g	46g

Jul 7, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Pearl Milling - Lite Syrup, 35 milliliter	59	14g	0g	0g	--	--	--	--
Bobs Red Mill - Rolled Oats, 98 Grams	370	68g	7g	11g	--	--	--	9g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Wesson - Canola Oil, 14 ml	114	0g	13g	0g	0mg	0mg	--	--
Bob's Red Mill - Wheat Germ, 49 g	196	26g	3g	13g	0mg	0mg	3g	7g
Generic - Baby carrots, 112 g	46	11g	0g	1g	0mg	77mg	5g	3g
White rice, cooked, 167 g	215	47g	0g	4g	0mg	409mg	0g	1g
del Cabo Organic - Cherry Tomatoes, 131 g	24	5g	0g	1g	0mg	7mg	3g	2g
Lentils, cooked, 257 g	296	51g	1g	23g	0mg	599mg	5g	20g
Chicken breast, grilled, skinless, 71 g	125	0g	4g	21g	68mg	251mg	0g	0g
Yam, baked, 450 g	405	93g	1g	9g	0mg	855mg	29g	15g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Gefen - Clover Honey, 23 g	66	19g	0g	0g	--	0mg	18g	--
Thomas (corrected sugar) - Original English Muffin' (Corrected 02/22/2022), 1 Muffin	150	28g	1g	5g	0mg	240mg	0g	1g
Bell pepper, 70 g	15	4g	0g	1g	0mg	2mg	2g	1g
Del Cabo - Sugar Plum Grape Tomatoes, 81 g	15	3g	0g	1g	0mg	4mg	2g	1g
Lentils, cooked, 269 g	309	54g	1g	24g	0mg	627mg	5g	21g
Kikkoman - Soy Sauce, 12 ml	8	1g	0g	2g	0mg	736mg	1g	0g
White rice, cooked, 216 g	279	60g	1g	6g	0mg	529mg	0g	1g
water - tuna, 1 can	110	--	--	24g	--	--	--	--
Ribs Pot Roast, 0.96 serving	646	44g	29g	52g	174mg	1029mg	21g	10g
Log Cabin - Sugar Free Syrup, 27 ml	9	4g	0g	0g	--	78mg	0g	--
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bobs Red Mill - Rolled Oats, 123 Grams	465	85g	8g	14g	--	--	--	11g
TOTALS	4156	647g	70g	237g	272mg	5573mg	114g	105g

Jul 8, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Pearl Milling - Lite Syrup, 30 milliliter	51	12g	0g	0g	--	--	--	--
Bobs Red Mill - Rolled Oats, 25 Grams	94	17g	2g	3g	--	--	--	2g
Signature Select - Peanut Butter, Creamy, 29 g	163	7g	14g	6g	0mg	109mg	4g	2g
Bob's Red Mill - Wheat Germ, 36 g	144	19g	2g	10g	0mg	0mg	2g	5g
O Organics - Organic California Style Vegetables, 270 g	94	16g	0g	6g	0mg	94mg	6g	6g
Sparkling Ice - Sparkling Ice Black Raspberry, 34 oz	10	0g	0g	0g	0mg	0mg	0g	0g
Gefen - Clover Honey, 20 g	57	16g	0g	0g	--	0mg	15g	--
Bobs Red Mill - Rolled Oats, 51 Grams	193	35g	3g	6g	--	--	--	5g
Pearl Milling - Lite Syrup, 26 milliliter	44	11g	0g	0g	--	--	--	--
Bobs Red Mill - Rolled Oats, 53 Grams	200	37g	4g	6g	--	--	--	5g
Signature Select - Peanut Butter, Creamy, 32 g	180	8g	15g	7g	0mg	120mg	4g	2g
Bob's Red Mill - Wheat Germ, 29 g	116	15g	2g	8g	0mg	0mg	2g	4g
water - tuna, 1 can	110	--	--	24g	--	--	--	--
Generic - Baby carrots, 267 g	109	26g	1g	2g	0mg	184mg	13g	7g
Gefen - Clover Honey, 17 g	49	14g	0g	0g	--	0mg	13g	--

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Thomas (corrected sugar) - Original English Muffin' (Corrected 02/22/2022), 1 Muffin	150	28g	1g	5g	0mg	240mg	0g	1g
Bob's Red Mill - Wheat Germ, 25 g	100	13g	2g	7g	0mg	0mg	2g	3g
Clover Sonoma - Cottage Cheese, 194 g	206	5g	9g	26g	43mg	584mg	5g	0g
Spinach, raw, fresh, 133 gram	31	5g	1g	4g	0mg	105mg	1g	3g
del Cabo Organic - Cherry Tomatoes, 91 g	16	4g	0g	1g	0mg	5mg	2g	1g
White rice, cooked, 112 g	144	31g	0g	3g	0mg	274mg	0g	0g
Ribs Pot Roast, 0.89 serving	599	41g	27g	48g	162mg	954mg	19g	9g
Banana, 121 g	117	27g	0g	1g	0mg	0mg	19g	2g
Pearl Milling - Lite Syrup, 33 milliliter	56	13g	0g	0g	--	--	--	--
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bobs Red Mill - Rolled Oats, 116 Grams	438	80g	8g	13g	--	--	--	10g
TOTALS	3591	483g	92g	210g	235mg	2799mg	108g	67g

Jul 9, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Pearl Milling - Lite Syrup, 31 milliliter	52	13g	0g	0g	--	--	--	--
Signature Select - Peanut Butter, Creamy, 36 g	203	9g	17g	8g	0mg	135mg	5g	2g
Bobs Red Mill - Rolled Oats, 100 Grams	378	69g	7g	11g	--	--	--	9g
Bramwells Worcestershire Sauce - Worcestershire sauce, 51 ml	51	12g	0g	1g	0mg	0mg	0g	0g
White rice, cooked, 311 g	401	87g	1g	8g	0mg	762mg	0g	1g
Bob's Red Mill - Wheat Germ, 40 g	160	21g	3g	11g	0mg	0mg	3g	5g
Chicken breast, grilled, skinless, 70 g	123	0g	4g	21g	67mg	247mg	0g	0g
O Organics - Organic California Style Vegetables, 219 g	76	13g	0g	5g	0mg	76mg	5g	5g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Bobs Red Mill - Rolled Oats, 80 Grams	302	55g	5g	9g	--	--	--	7g
Gefen - Clover Honey, 22 g	63	18g	0g	0g	--	0mg	17g	--
Signature Select - Peanut Butter, Creamy, 29 g	163	7g	14g	6g	0mg	109mg	4g	2g
Bobs Red Mill - Rolled Oats, 111 Grams	419	76g	7g	12g	--	--	--	10g
Pearl Milling - Lite Syrup, 74 milliliter	125	30g	0g	0g	--	--	--	--
Weis - Mixed Berries, 185 g	87	23g	1g	1g	0mg	0mg	13g	7g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Fage - Total 0% Greek Yogurt, 402 g	214	13g	0g	43g	27mg	147mg	13g	0g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Gefen - Clover Honey, 17 g	49	14g	0g	0g	--	0mg	13g	--
Signature Select - Peanut Butter, Creamy, 29 g	163	7g	14g	6g	0mg	109mg	4g	2g
Dave's Killer Bread - Thin Sliced, 2 Slice (28g)	120	28g	2g	6g	0mg	210mg	6g	6g
Kikkoman - Soy Sauce, 43 ml	29	3g	0g	6g	0mg	2637mg	3g	0g
Private Selection Broccoli Slaw - Dry Broccoli Cole Slaw, 130 gram	38	8g	--	3g	0mg	38mg	3g	5g
water - tuna, 1 can	110	--	--	24g	--	--	--	--
White rice, cooked, 264 g	341	74g	1g	7g	0mg	647mg	0g	1g
Pearl Milling - Lite Syrup, 28 milliliter	47	11g	0g	0g	--	--	--	--
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bobs Red Mill - Rolled Oats, 101 Grams	382	70g	7g	11g	--	--	--	9g
TOTALS	4231	664g	84g	223g	124mg	5247mg	90g	71g

Jul 10, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Pizza Pizza - Small Cheese Pizza, 5 slice	900	130g	25g	45g	75mg	2050mg	5g	5g
Wesson - Canola Oil, 16 ml	130	0g	15g	0g	0mg	0mg	--	--
Bob's Red Mill - Wheat Germ, 49 g	196	26g	3g	13g	0mg	0mg	3g	7g
Generic - Baby carrots, 148 g	61	14g	0g	1g	0mg	102mg	7g	4g
Cucumber, 210 g	32	8g	0g	1g	0mg	4mg	4g	1g
Gefen - Clover Honey, 26 g	74	21g	0g	0g	--	0mg	20g	--
Signature Select - Peanut Butter, Creamy, 38 g	214	10g	18g	8g	0mg	143mg	5g	2g
Dave's Killer Bread - Thin Sliced, 3 Slice (28g)	180	42g	3g	9g	0mg	315mg	9g	9g
Wesson - Canola Oil, 17 ml	138	0g	16g	0g	0mg	0mg	--	--
Bob's Red Mill - Wheat Germ, 37 g	148	20g	2g	10g	0mg	0mg	2g	5g
Chicken breast, grilled, skinless, 78 g	137	0g	4g	23g	75mg	275mg	0g	0g
Yam, baked, 256 g	230	53g	0g	5g	0mg	486mg	17g	8g
Sparkling Ice - Sparkling Ice Black Raspberry, 34 oz	10	0g	0g	0g	0mg	0mg	0g	0g
Yam, baked, 163 g	147	34g	0g	3g	0mg	310mg	11g	5g
Bob's Red Mill - Wheat Germ, 27 g	108	14g	2g	7g	0mg	0mg	2g	4g
Kikkoman - Soy Sauce, 42 ml	28	3g	0g	6g	0mg	2576mg	3g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Private Selection Broccoli Slaw - Dry Broccoli Cole Slaw, 144 gram	42	8g	--	3g	0mg	42mg	3g	5g
Chicken breast, grilled, skinless, 185 g	326	0g	10g	55g	178mg	653mg	0g	0g
White rice, cooked, 200 g	258	56g	1g	5g	0mg	490mg	0g	1g
Dave's Killer Bread - Thin Sliced, 5 Slice (28g)	300	70g	5g	15g	0mg	525mg	15g	15g
Gefen - Clover Honey, 45 g	129	36g	0g	0g	--	0mg	34g	--
Gefen - Clover Honey, 21 g	60	17g	0g	0g	--	0mg	16g	--
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Weis - Mixed Berries, 156 g	73	20g	1g	1g	0mg	0mg	11g	6g
Fage - Total 0% Greek Yogurt, 180 g	96	6g	0g	19g	12mg	66mg	6g	0g
TOTALS	4137	591g	106g	253g	370mg	8167mg	174g	77g

Jul 11, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
White rice, cooked, 168 g	217	47g	0g	4g	0mg	412mg	0g	1g
Chicken breast, grilled, skinless, 112 g	197	0g	6g	33g	108mg	395mg	0g	0g
Artesano - Hawaiian bread, 4 slice	440	80g	6g	12g	--	--	--	--
Log Cabin - Sugar Free Syrup, 73 ml	25	10g	0g	0g	--	210mg	0g	--
Bobs Red Mill - Rolled Oats, 93 Grams	351	64g	6g	10g	--	--	--	8g
Gefen - Clover Honey, 19 g	54	15g	0g	0g	--	0mg	14g	--
Bob's Red Mill - Wheat Germ, 34 g	136	18g	2g	9g	0mg	0mg	2g	5g
Yam, baked, 230 g	207	47g	0g	5g	0mg	437mg	15g	8g
Gefen - Clover Honey, 21 g	60	17g	0g	0g	--	0mg	16g	--
Log Cabin - Sugar Free Syrup, 33 ml	11	4g	0g	0g	--	95mg	0g	--
Real Peanut Butter - Peanut Butter, Crunchy, 32 g	190	7g	16g	8g	0mg	65mg	2g	3g
Bobs Red Mill - Rolled Oats, 105 Grams	397	72g	7g	12g	--	--	--	9g
Off the farm - Peanut butter bar, 0.99 bar	430	27g	26g	23g	--	149mg	10g	12g
Chicken breast, grilled, skinless, 105 g	185	0g	6g	31g	101mg	371mg	0g	0g
Kirkland Organic Chicken Bone Broth - Organic Bone Broth, 0.7 cup	31	0g	0g	6g	0mg	66mg	0g	0g
Private Selection Broccoli Slaw - Dry Broccoli Cole Slaw, 142 gram	42	8g	--	3g	0mg	42mg	3g	5g
White rice, cooked, 230 g	297	64g	1g	6g	0mg	564mg	0g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Generic - Baby carrots, 100 g	41	10g	0g	1g	0mg	69mg	5g	3g
Gefen - Clover Honey, 35 g	100	28g	0g	0g	--	0mg	27g	--
Dave's Killer Bread - Thin Sliced, 4 Slice (28g)	240	56g	4g	12g	0mg	420mg	12g	12g
Gefen - Clover Honey, 20 g	57	16g	0g	0g	--	0mg	15g	--
Signature Select - Peanut Butter, Creamy, 19 g	107	5g	9g	4g	0mg	71mg	2g	1g
water - tuna, 1 can	110	--	--	24g	--	--	--	--
Cucumber, 203 g	30	7g	0g	1g	0mg	4mg	3g	1g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Kikkoman - Soy Sauce, 34 ml	23	2g	0g	5g	0mg	2085mg	2g	0g
Private Selection Broccoli Slaw - Dry Broccoli Cole Slaw, 164 gram	48	10g	--	4g	0mg	48mg	4g	6g
Chicken breast, grilled, skinless, 89 g	157	0g	5g	26g	85mg	314mg	0g	0g
White rice, cooked, 229 g	295	64g	1g	6g	0mg	561mg	0g	1g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Gefen - Clover Honey, 16 g	46	13g	0g	0g	--	0mg	12g	--
Bob's Red Mill - Wheat Germ, 20 g	80	11g	1g	5g	0mg	0mg	1g	3g
Bell pepper, 68 g	15	3g	0g	1g	0mg	2mg	2g	1g
Chicken breast, grilled, skinless, 139 g	245	0g	8g	41g	133mg	491mg	0g	0g
Yam, baked, 125 g	113	26g	0g	3g	0mg	238mg	8g	4g
TOTALS	4987	731g	104g	295g	427mg	7109mg	155g	84g

Jul 12, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Pop Corners - Pop Corners Popped Corn - Sea Salt, 7 oz. (28g)	840	161g	18g	14g	--	1330mg	--	7g
Kikkoman - Soy Sauce, 44 ml	29	3g	0g	6g	0mg	2699mg	3g	0g
Chicken breast, grilled, skinless, 209 g	368	0g	11g	62g	201mg	738mg	0g	0g
White rice, cooked, 264 g	341	74g	1g	7g	0mg	647mg	0g	1g
Private Selection Broccoli Slaw - Dry Broccoli Cole Slaw, 139.2 gram	41	8g	--	3g	0mg	41mg	3g	5g
Chimi Chicken Burrito - Chicken burrito, 349 g	630	86g	18g	30g	55mg	1270mg	3g	9g
Trader Joe's - Dark Chocolate Baton, 1 bar	180	17g	15g	3g	0mg	0mg	10g	4g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Dried Apricot - dried apricots, 13 pieces	217	56g	0g	2g	--	--	26g	7g
White rice, cooked, 168 g	217	47g	0g	4g	0mg	412mg	0g	1g
Chicken breast, grilled, skinless, 112 g	197	0g	6g	33g	108mg	395mg	0g	0g
Log Cabin - Sugar Free Syrup, 77 ml	26	10g	0g	0g	--	221mg	0g	--
Jif Peanut Butter - Simply Jif Creamy Peanut Butter 40oz, 37 g	213	9g	18g	8g	0mg	90mg	4g	3g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bobs Red Mill - Rolled Oats, 136 Grams	514	94g	9g	15g	--	--	--	12g
TOTALS	3938	568g	97g	211g	394mg	7973mg	50g	49g

Jul 13, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Gefen - Clover Honey, 24 g	69	19g	0g	0g	--	0mg	18g	--
Bobs Red Mill - Rolled Oats, 68 Grams	257	47g	5g	8g	--	--	--	6g
Signature Select - Garlic Chili, Crunch Oil, 39 g	260	11g	24g	1g	0mg	282mg	1g	2g
Artesano - Hawaiian bread, 2 slice	220	40g	3g	6g	--	--	--	--
Chicken breast, grilled, skinless, 82 g	144	0g	4g	24g	79mg	289mg	0g	0g
Bob's Red Mill - Wheat Germ, 61 g	244	33g	4g	16g	0mg	0mg	4g	8g
Senesi - Butter Beans, 252 g	271	48g	2g	17g	0mg	446mg	0g	17g
Beef jerky - Original Jerky, 15 gram	42	2g	1g	8g	11mg	312mg	2g	0g
Sprouts Sushi - Spicy Tuna Roll Sushi (corrected), 14.4 pieces	408	64g	11g	31g	42mg	876mg	11g	2g
O - Pepperoni, Cheese & Crostini, 25 g	106	4g	8g	5g	21mg	286mg	0g	0g
Gefen - Clover Honey, 21 g	60	17g	0g	0g	--	0mg	16g	--
Artesano - Hawaiian bread, 2 slice	220	40g	3g	6g	--	--	--	--
Log Cabin - Sugar Free Syrup, 43 ml	15	6g	0g	0g	--	124mg	0g	--
Jif Peanut Butter - Simply Jif Creamy Peanut Butter 40oz, 43 g	248	10g	21g	9g	0mg	104mg	5g	4g
Bobs Red Mill - Rolled Oats, 77 Grams	291	53g	5g	9g	--	--	--	7g
Chicken breast, grilled, skinless, 130 g	229	0g	7g	38g	125mg	459mg	0g	0g
Private Selection Broccoli Slaw - Dry Broccoli Cole Slaw, 148 gram	44	9g	--	3g	0mg	44mg	3g	5g
Yam, baked, 261 g	235	54g	0g	5g	0mg	496mg	17g	9g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Log Cabin - Sugar Free Syrup, 43 ml	15	6g	0g	0g	--	124mg	0g	--
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bobs Red Mill - Rolled Oats, 108 Grams	408	74g	7g	12g	--	--	--	10g
TOTALS	3911	540g	106g	222g	308mg	3972mg	78g	70g

Jul 14, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Gefen - Clover Honey, 29 g	83	23g	0g	0g	--	0mg	22g	--
Real Peanut Butter - Peanut Butter, Crunchy, 35 g	208	8g	18g	9g	0mg	71mg	2g	3g
Optimum Nutrition - Protein, 1 Scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Bobs Red Mill - Rolled Oats, 127 Grams	480	87g	8g	14g	--	--	--	11g
TOTALS	891	121g	27g	47g	30mg	201mg	25g	14g