

Printable Diary for andrewjkaminski21328

Apr 1, 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
Lentils, cooked, 176 g	202	35g	1g	16g	0mg	410mg	3g	14g
White rice, cooked, 446 g	575	125g	1g	12g	0mg	1093mg	0g	2g
Lentils, cooked, 175 g	201	35g	1g	16g	0mg	408mg	3g	14g
Broccoli, 245 gram	83	16g	1g	7g	0mg	81mg	4g	6g
Beef loin tri tip - Tri tip, 300 g	451	0g	24g	64g	--	--	--	--
Potato, 95 gram	73	17g	0g	2g	0mg	6mg	1g	2g
Generic - Baby carrots, 39 g	16	4g	0g	0g	0mg	27mg	2g	1g
Homemade Chuck Roast - Chuck Roast, 174 gram	385	0g	16g	57g	174mg	94mg	0g	0g
Bob's oat bran - Oat Bran, 0.43 c.	192	35g	3g	9g	0mg	0mg	0g	9g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
Blueberries, 125 gram	71	18g	0g	1g	0mg	1mg	12g	3g
TOTALS	2789	295g	65g	273g	424mg	2790mg	28g	54g

Apr 2, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
White rice, cooked, 403 g	520	113g	1g	11g	0mg	987mg	0g	2g
jello pudding - chocolate pudding (sugar free), 60 grams	180	48g	0g	6g	0mg	630mg	0g	--
Fat Free Milk - Fat Free Milk, 599 milliliter	228	33g	0g	20g	13mg	329mg	30g	0g
Broccoli, 353 gram	120	23g	1g	10g	0mg	116mg	6g	9g
Homemade Chuck Roast - Chuck Roast, 115 gram	254	0g	11g	38g	115mg	62mg	0g	0g
Fage - Greek Yogurt Total 0%, 204 gram	96	6g	0g	19g	12mg	66mg	6g	0g
Potato, 64 gram	49	11g	0g	1g	0mg	4mg	1g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Generic - Baby carrots, 26 g	11	2g	0g	0g	0mg	18mg	1g	1g
Homemade Chuck Roast - Chuck Roast, 100 gram	221	0g	9g	33g	100mg	54mg	0g	0g
Chicken breast, grilled, skinless, 135 gram	238	0g	7g	40g	130mg	477mg	0g	0g
White rice, cooked, 190 g	245	53g	1g	5g	0mg	466mg	0g	1g
Bob's oat bran - Oat Bran, 0.35 c.	160	29g	2g	7g	0mg	0mg	0g	7g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>TOTALS</b>	<b>2796</b>	<b>351g</b>	<b>38g</b>	<b>266g</b>	<b>580mg</b>	<b>3539mg</b>	<b>66g</b>	<b>26g</b>

### Apr 3, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Mission Carb Balance Tortillas - Tortilla, 1 Tortilla	60	5g	3g	5g	--	270mg	0g	14g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 56 gram	180	4g	12g	14g	40mg	340mg	0g	0g
Mission Carb Balance Tortillas - Tortilla, 1 Tortilla	60	5g	3g	5g	--	270mg	0g	14g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 31 gram	100	2g	7g	8g	22mg	188mg	0g	0g
Lentils, cooked, 265 g	305	53g	1g	24g	0mg	617mg	5g	21g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Broccoli, 347 gram	118	23g	1g	10g	0mg	115mg	6g	9g
White rice, cooked, 257 g	332	72g	1g	7g	0mg	630mg	0g	1g
Lentils, cooked, 149 g	171	30g	1g	13g	0mg	347mg	3g	12g
Chicken breast, grilled, skinless, 191 gram	336	0g	10g	57g	183mg	674mg	0g	0g
Blueberries, 74 gram	42	11g	0g	1g	0mg	1mg	7g	2g
Fage - Greek Yogurt Total 0%, 218 gram	103	6g	0g	21g	13mg	71mg	6g	0g
Generic - Baby carrots, 63 g	26	6g	0g	1g	0mg	43mg	3g	2g
Potato, 25 gram	19	4g	0g	1g	0mg	2mg	0g	1g
Homemade Chuck Roast - Chuck Roast, 140 gram	309	0g	13g	46g	140mg	76mg	0g	0g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Blueberries, 141 gram	80	20g	0g	1g	0mg	1mg	14g	3g
Bob's oat bran - Oat Bran, 0.41 c.	185	33g	2g	9g	0mg	0mg	0g	9g
<b>TOTALS</b>	<b>2785</b>	<b>305g</b>	<b>58g</b>	<b>274g</b>	<b>538mg</b>	<b>3865mg</b>	<b>65g</b>	<b>92g</b>

**Apr 4, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 29 gram	93	2g	6g	7g	21mg	176mg	0g	0g
Mission Carb Balance Tortillas - Tortilla, 2 Tortilla	120	10g	5g	10g	--	540mg	0g	28g
Russet potato, baked, 138 g	131	30g	0g	4g	0mg	19mg	1g	3g
White rice, cooked, 181 g	233	51g	1g	5g	0mg	443mg	0g	1g
Lentils, cooked, 245 g	282	49g	1g	22g	0mg	571mg	4g	19g
Chicken breast, grilled, skinless, 221 gram	389	0g	12g	65g	212mg	780mg	0g	0g
Low Sodium Black Beans, 158 gram(s)	144	26g	0g	10g	0mg	218mg	0g	11g
Rosarita - Refried Beans , no fat, 0.5 cup	80	16g	0g	5g	0mg	620mg	0g	5g
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
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Chuck Roast, 57.16 gram(s)	135	0g	9g	14g	47mg	43mg	0g	0g
Garlic, 0.21 clove	1	0g	0g	0g	0mg	0mg	0g	0g
Yellow onion, 0.06 whole	4	1g	0g	0g	0mg	0mg	1g	0g
Generic - Baby carrots, 0.04 lb	8	2g	0g	0g	0mg	13mg	1g	1g
Potato, 0.06 pound	22	5g	0g	1g	0mg	2mg	0g	1g
Lentils, cooked, 226 g	260	45g	1g	20g	0mg	527mg	4g	18g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Bob's oat bran - Oat Bran, 0.35 c.	160	29g	2g	7g	0mg	0mg	0g	7g
Blueberries, 143 gram	82	21g	0g	1g	0mg	1mg	14g	3g
<b>TOTALS</b>	<b>2775</b>	<b>345g</b>	<b>43g</b>	<b>259g</b>	<b>498mg</b>	<b>4481mg</b>	<b>65g</b>	<b>102g</b>

**Apr 5, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
jello pudding - chocolate pudding (sugar free), 60 grams	180	48g	0g	6g	0mg	630mg	0g	--
Fat Free Milk - Fat Free Milk, 623 milliliter	237	34g	0g	21g	13mg	342mg	32g	0g
Potato, 203 gram	156	36g	0g	4g	0mg	12mg	2g	4g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Generic - Baby carrots, 392 g	161	38g	1g	4g	0mg	270mg	19g	11g
Homemade Chuck Roast - Chuck Roast, 132 gram	292	0g	12g	43g	132mg	71mg	0g	0g
Pico de gallo, 1 cup	41	9g	0g	2g	0mg	1063mg	5g	3g
Black beans, canned, 100 gram	91	17g	0g	6g	0mg	384mg	0g	7g
Chicken breast, grilled, skinless, 100 gram	176	0g	5g	30g	96mg	353mg	0g	0g
Guerro - Corn Tortilla, 2 tortillas	110	22g	2g	2g	0mg	10mg	2g	3g
Lentils, cooked, 99 g	114	20g	0g	9g	0mg	231mg	2g	8g
Chicken breast, grilled, skinless, 270 gram	475	0g	15g	80g	259mg	953mg	0g	0g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Mango, 82 gram	49	12g	0g	1g	0mg	1mg	11g	1g
Blueberries, 181 gram	103	26g	1g	1g	0mg	2mg	18g	4g
<b>TOTALS</b>	<b>2425</b>	<b>266g</b>	<b>40g</b>	<b>259g</b>	<b>640mg</b>	<b>4542mg</b>	<b>93g</b>	<b>43g</b>

## Apr 6, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
White rice, cooked, 250 g	323	70g	1g	7g	0mg	613mg	0g	1g
Panda Express - Super Greens, 14 oz	180	20g	6g	12g	0mg	520mg	8g	10g
Panda Express - Teriyaki Chicken, 7 oz	275	14g	10g	33g	--	--	--	--
Panda Express - Orange Chicken, 11.4 oz	980	102g	46g	50g	160mg	1640mg	38g	4g
White rice, cooked, 158 g	204	44g	0g	4g	0mg	387mg	0g	1g
Chicken breast, grilled, skinless, 273 g	480	0g	15g	81g	262mg	964mg	0g	0g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Blueberries, 206 gram	117	30g	1g	2g	0mg	2mg	21g	5g
<b>TOTALS</b>	<b>2799</b>	<b>284g</b>	<b>83g</b>	<b>239g</b>	<b>562mg</b>	<b>4346mg</b>	<b>69g</b>	<b>23g</b>

## Apr 7, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
G Hughes - BBQ Sauce, Hickory, 137 g	46	9g	0g	0g	0mg	913mg	0g	0g
White rice, cooked, 403 g	520	113g	1g	11g	0mg	987mg	0g	2g
Lentils, cooked, 280 g	322	56g	1g	25g	0mg	652mg	5g	22g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 55 g	97	0g	3g	16g	53mg	194mg	0g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Jello - Cheesecake Sugar free, 1 package	100	5g	0g	0g	0mg	290mg	0g	0g
Fat Free Milk - Fat Free Milk, 428 milliliter	163	24g	0g	14g	9mg	235mg	22g	0g
G Hughes - BBQ Sauce, Hickory, 17 g	6	1g	0g	0g	0mg	113mg	0g	0g
Lentils, cooked, 79 g	91	16g	0g	7g	0mg	184mg	1g	6g
Chicken breast, grilled, skinless, 88 g	155	0g	5g	26g	84mg	311mg	0g	0g
Lentils, cooked, 137 g	158	27g	1g	12g	0mg	319mg	2g	11g
Chicken breast, grilled, skinless, 95 g	167	0g	5g	28g	91mg	335mg	0g	0g
Chicken breast, grilled, skinless, 102 g	180	0g	6g	30g	98mg	360mg	0g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 40 gram	129	3g	9g	10g	29mg	243mg	0g	0g
G Hughes - BBQ Sauce, Hickory, 30 g	10	2g	0g	0g	0mg	200mg	0g	0g
Mission Carb Balance Tortillas - Tortilla, 1 Tortilla	60	5g	3g	5g	--	270mg	0g	14g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Blueberries, 219 gram	125	32g	1g	2g	0mg	2mg	22g	5g
Mango, 65 gram	39	10g	0g	1g	0mg	1mg	9g	1g
<b>TOTALS</b>	<b>2728</b>	<b>309g</b>	<b>41g</b>	<b>262g</b>	<b>574mg</b>	<b>5939mg</b>	<b>64g</b>	<b>64g</b>

**Apr 8, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Rosarita - Refried Beans , no fat, 1.75 cup	280	56g	0g	18g	0mg	2170mg	0g	18g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 36 gram	116	3g	8g	9g	26mg	219mg	0g	0g
Mission Carb Balance Tortillas - Tortilla, 1 Tortilla	60	5g	3g	5g	--	270mg	0g	14g
Russet potato, baked, 413 g	392	89g	1g	11g	0mg	58mg	4g	9g
Chicken breast, grilled, skinless, 123 g	216	0g	7g	36g	118mg	434mg	0g	0g
G Hughes - BBQ Sauce, Hickory, 35 g	12	2g	0g	0g	0mg	233mg	0g	0g
Chicken breast, grilled, skinless, 180 g	317	0g	10g	53g	173mg	635mg	0g	0g
G Hughes - BBQ Sauce, Hickory, 32 g	11	2g	0g	0g	0mg	213mg	0g	0g
Russet potato, baked, 303 g	288	65g	0g	8g	0mg	42mg	3g	7g
White rice, cooked, 131 g	169	37g	0g	3g	0mg	321mg	0g	1g
Chicken breast, grilled, skinless, 134 g	236	0g	7g	40g	129mg	473mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Blueberries, 86 gram	49	12g	0g	1g	0mg	1mg	9g	2g
Fage - Greek Yogurt Total 0%, 316 gram	149	9g	0g	30g	19mg	102mg	9g	0g
Blueberries, 131 gram	75	19g	0g	1g	0mg	1mg	13g	3g
Strawberry, 108 gram	35	8g	0g	1g	0mg	1mg	5g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
<b>TOTALS</b>	<b>2797</b>	<b>338g</b>	<b>43g</b>	<b>271g</b>	<b>605mg</b>	<b>5395mg</b>	<b>45g</b>	<b>62g</b>

### Apr 9, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 14 gram	45	1g	3g	4g	10mg	85mg	0g	0g
Mission Carb Balance Tortillas - Tortilla, 3.5 Tortilla	210	18g	9g	18g	--	945mg	0g	49g
G Hughes - BBQ Sauce, Hickory, 46 g	15	3g	0g	0g	0mg	307mg	0g	0g
Chicken thigh, cooked, skinless, 264 g	510	0g	28g	64g	338mg	884mg	0g	0g
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 600 milliliter	228	33g	0g	20g	13mg	330mg	30g	0g
Lentils, cooked, 191 g	220	38g	1g	17g	0mg	445mg	3g	15g
White rice, cooked, 149 g	192	42g	0g	4g	0mg	365mg	0g	1g
Russet potato, baked, 204 g	194	44g	0g	5g	0mg	29mg	2g	5g
Fage - Greek Yogurt Total 0%, 224 gram	105	7g	0g	21g	13mg	72mg	7g	0g
Chicken breast, grilled, skinless, 132 g	232	0g	7g	39g	127mg	466mg	0g	0g
Broccoli, 592 gram	201	39g	2g	17g	0mg	195mg	10g	15g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
Blueberries, 160 gram	91	23g	1g	1g	0mg	2mg	16g	4g
Strawberry, 123 gram	39	9g	0g	1g	0mg	1mg	6g	2g
<b>TOTALS</b>	<b>2794</b>	<b>318g</b>	<b>58g</b>	<b>266g</b>	<b>641mg</b>	<b>4348mg</b>	<b>76g</b>	<b>97g</b>

### Apr 10, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
G Hughes - BBQ Sauce, Hickory, 64 g	21	4g	0g	0g	0mg	427mg	0g	0g
Carb Balance tortillas - mission carb balance tortillas, 1.5 tortilla	105	6g	5g	8g	0mg	480mg	0g	0g
Lentils, cooked, 464 g	534	93g	2g	42g	0mg	1081mg	8g	37g
Chicken thigh, cooked, skinless, 113 g	218	0g	12g	27g	145mg	379mg	0g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 28 gram	90	2g	6g	7g	20mg	170mg	0g	0g
Mission Carb Balance Tortillas - Tortilla, 1 Tortilla	60	5g	3g	5g	--	270mg	0g	14g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Strawberry, 170 gram	54	13g	1g	1g	0mg	2mg	8g	3g
Blueberries, 122 gram	70	18g	0g	1g	0mg	1mg	12g	3g
G Hughes - BBQ Sauce, Hickory, 59 g	20	4g	0g	0g	0mg	393mg	0g	0g
White rice, cooked, 124 g	160	35g	0g	3g	0mg	304mg	0g	0g
Chicken thigh, cooked, skinless, 233 g	450	0g	25g	56g	298mg	781mg	0g	0g
Broccoli, 555 gram	189	37g	2g	16g	0mg	183mg	9g	14g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Strawberry, 229 gram	73	18g	1g	2g	0mg	2mg	11g	5g
Blueberries, 180 gram	103	26g	1g	1g	0mg	2mg	18g	4g
<b>TOTALS</b>	<b>2779</b>	<b>296g</b>	<b>69g</b>	<b>274g</b>	<b>743mg</b>	<b>4917mg</b>	<b>70g</b>	<b>88g</b>

## Apr 11, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
LesserEvil - Popcorn, Himalayan Gold, 27 g	116	14g	6g	2g	0mg	164mg	0g	4g
Wild Oats - Oats & Flax, 1 packet	150	29g	2g	4g	0mg	130mg	0g	3g
Asparagus, 400 gram	80	16g	0g	9g	0mg	8mg	8g	8g
Urban Remedy - Salad, Organic, Rainbow, 1 bowl	270	11g	24g	7g	0mg	250mg	4g	4g
think - jerky, 2 bag	140	12g	2g	24g	520mg	--	--	--
Broccoli, 349 gram	119	23g	1g	10g	0mg	115mg	6g	9g
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 479 milliliter	182	26g	0g	16g	10mg	263mg	24g	0g
Blueberries, 51 gram	29	7g	0g	0g	0mg	1mg	5g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Fage - Greek Yogurt Total 0%, 190 gram	89	6g	0g	18g	11mg	61mg	6g	0g
Lentils, cooked, 214 g	246	43g	1g	19g	0mg	499mg	4g	17g
Chicken thigh, cooked, skinless, 139 g	268	0g	15g	33g	178mg	466mg	0g	0g
Lentils, cooked, 243 g	279	49g	1g	22g	0mg	566mg	4g	19g
Chicken thigh, cooked, skinless, 116 g	224	0g	12g	28g	148mg	389mg	0g	0g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
Strawberry, 106 gram	34	8g	0g	1g	0mg	1mg	5g	2g
Blueberries, 106 gram	60	15g	0g	1g	0mg	1mg	11g	3g
<b>TOTALS</b>	<b>2798</b>	<b>320g</b>	<b>71g</b>	<b>249g</b>	<b>1007mg</b>	<b>3136mg</b>	<b>79g</b>	<b>76g</b>

**Apr 12, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Broccoli, 1 cup	35	6g	0g	2g	0mg	32mg	1g	2g
Ribeye, boneless - Ribeye, boneless, 8 oz (227g)	544	0g	46g	42g	180mg	110mg	0g	0g
Banana, 99 g	96	22g	0g	1g	0mg	0mg	16g	2g
Barbells - Proteinbar, 1 bar	200	20g	7g	20g	--	75mg	1g	3g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Wild Oats - Oats & Flax, 1 packet	150	29g	2g	4g	0mg	130mg	0g	3g
Blueberries, 70 gram	40	10g	0g	1g	0mg	1mg	7g	2g
Strawberry, 96 gram	31	7g	0g	1g	0mg	1mg	5g	2g
<b>TOTALS</b>	<b>1336</b>	<b>98g</b>	<b>59g</b>	<b>121g</b>	<b>320mg</b>	<b>569mg</b>	<b>32g</b>	<b>16g</b>

**Apr 13, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Blueberries, 108 gram	62	16g	0g	1g	0mg	1mg	11g	3g
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 670 milliliter	255	37g	0g	23g	14mg	368mg	34g	0g
Oats, 120 g	455	81g	8g	16g	0mg	7mg	1g	12g
Pretzels, unsalted, 23 g	90	19g	0g	2g	0mg	0mg	1g	1g



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chomps - Meat Stick, 2 stick	200	0g	14g	20g	60mg	760mg	0g	0g
Slate - Milk Chocolate Mix, 1.5 stick	150	3g	1g	30g	15mg	240mg	0g	2g
85 beef - 85 beef, 223 gram	472	0g	33g	41g	--	--	--	--
85 beef - 85 beef, 226 gram	478	0g	34g	42g	--	--	--	--
Wild Oats - Oats & Flax, 1 packet	150	29g	2g	4g	0mg	130mg	0g	3g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Strawberry, 96 gram	31	7g	0g	1g	0mg	1mg	5g	2g
Banana, 92 g	89	21g	0g	1g	0mg	0mg	15g	2g
<b>TOTALS</b>	<b>2792</b>	<b>247g</b>	<b>96g</b>	<b>231g</b>	<b>229mg</b>	<b>1727mg</b>	<b>69g</b>	<b>27g</b>

**Apr 14, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
G Hughes - BBQ Sauce, Hickory, 24 g	8	2g	0g	0g	0mg	160mg	0g	0g
White rice, cooked, 326 g	421	91g	1g	9g	0mg	799mg	0g	1g
Chicken thigh, cooked, skinless, 156 g	301	0g	17g	38g	200mg	523mg	0g	0g
White rice, cooked, 173 g	223	48g	0g	5g	0mg	424mg	0g	1g
Chicken thigh, cooked, skinless, 222 g	428	0g	24g	54g	284mg	744mg	0g	0g
G Hughes - BBQ Sauce, Hickory, 30 g	10	2g	0g	0g	0mg	200mg	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, 278 g	359	78g	1g	7g	0mg	681mg	0g	1g
Asparagus, 317 gram	63	12g	0g	7g	0mg	6mg	6g	7g
Fage - Greek Yogurt Total 0%, 150 gram	71	4g	0g	14g	9mg	49mg	4g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 34 gram	109	2g	7g	9g	24mg	206mg	0g	0g
Lentils, cooked, 237 g	273	47g	1g	21g	0mg	552mg	4g	19g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Strawberry, 230 gram	74	18g	1g	2g	0mg	2mg	11g	5g
Blueberries, 104 gram	59	15g	0g	1g	0mg	1mg	10g	2g
<b>TOTALS</b>	<b>2779</b>	<b>323g</b>	<b>61g</b>	<b>240g</b>	<b>702mg</b>	<b>4927mg</b>	<b>37g</b>	<b>38g</b>

**Apr 15, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Rosarita - Refried Beans , no fat, 1.75 cup	280	56g	0g	18g	0mg	2170mg	0g	18g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 64 gram	206	5g	14g	16g	46mg	389mg	0g	0g
White rice, cooked, 462 g	596	129g	1g	12g	0mg	1132mg	0g	2g
Chicken thigh, cooked, skinless, 175 g	338	0g	19g	42g	224mg	586mg	0g	0g
Broccoli, 599 g	234	38g	2g	15g	0mg	216mg	8g	14g
Blueberries, 74 gram	42	11g	0g	1g	0mg	1mg	7g	2g
Fage - Total 0% Greek Yogurt, 219 g	117	7g	0g	23g	15mg	80mg	7g	0g
Chicken thigh, cooked, skinless, 198 g	382	0g	21g	48g	253mg	663mg	0g	0g
Lentils, cooked, 149 g	171	30g	1g	13g	0mg	347mg	3g	12g
Blueberries, 84 gram	48	12g	0g	1g	0mg	1mg	8g	2g
Strawberry, 158 gram	51	12g	0g	1g	0mg	2mg	8g	3g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>TOTALS</b>	<b>2825</b>	<b>306g</b>	<b>64g</b>	<b>265g</b>	<b>748mg</b>	<b>5917mg</b>	<b>44g</b>	<b>56g</b>

**Apr 16, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Kinders - Lemon Pepper, 3.75 tsp	75	15g	0g	0g	0mg	1575mg	0g	0g
White rice, cooked, 210 g	271	59g	1g	6g	0mg	515mg	0g	1g
Rosarita - Refried Beans , no fat, 1.75 cup	280	56g	0g	18g	0mg	2170mg	0g	18g
Chicken thigh, cooked, skinless, 207 g	400	0g	22g	50g	265mg	693mg	0g	0g
Chicken thigh, cooked, skinless, 128 g	247	0g	14g	31g	164mg	429mg	0g	0g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 32 gram	103	2g	7g	8g	23mg	194mg	0g	0g
Carb Balance tortillas - mission carb balance tortillas, 1 tortilla	70	4g	3g	5g	0mg	320mg	0g	0g
Carb Balance tortillas - mission carb balance tortillas, 0.5 tortilla	35	2g	2g	3g	0mg	160mg	0g	0g
Log Cabin - Sugar Free Syrup, 34 ml	11	5g	0g	0g	--	98mg	0g	--
Oats, 81 g	307	55g	5g	11g	0mg	5mg	1g	8g
Chicken Of The Sea - Chunk Light Tuna In Oil, 1 can drained	140	0g	5g	23g	45mg	360mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
White rice, cooked, 161 g	208	45g	0g	4g	0mg	394mg	0g	1g
Chicken thigh, cooked, skinless, 72 g	139	0g	8g	17g	92mg	241mg	0g	0g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
Blueberries, 152 gram	87	22g	1g	1g	0mg	2mg	15g	4g
Strawberry, 122 gram	39	9g	0g	1g	0mg	1mg	6g	2g
<b>TOTALS</b>	<b>2772</b>	<b>280g</b>	<b>74g</b>	<b>253g</b>	<b>799mg</b>	<b>7487mg</b>	<b>25g</b>	<b>37g</b>

**Apr 17, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
White rice, cooked, 326 g	421	91g	1g	9g	0mg	799mg	0g	1g
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 32 gram	103	2g	7g	8g	23mg	194mg	0g	0g
Chicken thigh, cooked, skinless, 144 g	278	0g	15g	35g	184mg	482mg	0g	0g
Fage - Total 0% Greek Yogurt, 200 g	107	7g	0g	21g	13mg	73mg	7g	0g
Nature Valley - Protein Granola, 0.67 cup	270	40g	7g	13g	0mg	170mg	16g	4g
White rice, cooked, 168 g	217	47g	0g	4g	0mg	412mg	0g	1g
Chicken thigh, cooked, skinless, 214 g	413	0g	23g	52g	274mg	717mg	0g	0g
Log Cabin - Sugar Free Syrup, 30 ml	10	4g	0g	0g	--	86mg	0g	--
Oats, 80 g	303	54g	5g	11g	0mg	5mg	1g	8g
Blueberries, 195 gram	111	28g	1g	1g	0mg	2mg	19g	5g
Strawberry, 135 gram	43	10g	0g	1g	0mg	1mg	7g	3g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>TOTALS</b>	<b>2636</b>	<b>289g</b>	<b>65g</b>	<b>230g</b>	<b>704mg</b>	<b>3271mg</b>	<b>53g</b>	<b>25g</b>

**Apr 18, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
La panzanella - Bruschetta, 10 pieces	140	20g	4g	4g	--	220mg	2g	--
Gold Rush Creamery - Swiss Cheese, 1.09 oz	120	0g	10g	9g	27mg	55mg	0g	0g
Columbus salami - Salami, 2 oz	180	4g	14g	12g	--	--	--	0g
Gold Rush Creamery - Swiss Cheese, 1.09 oz	120	0g	10g	9g	27mg	55mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
La Panzanella - crackers, 4 ea	70	13g	1g	2g	0mg	95mg	0g	0g
Columbus salami - Salami, 1 oz	90	2g	7g	6g	--	--	--	0g
Sparkling Ice - Sparkling Ice Black Raspberry, 17 oz	5	0g	0g	0g	0mg	0mg	0g	0g
Log Cabin - Sugar Free Syrup, 31 ml	10	4g	0g	0g	--	89mg	0g	--
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 82 g	311	56g	5g	11g	0mg	5mg	1g	8g
White rice, cooked, 157 g	203	44g	0g	4g	0mg	385mg	0g	1g
Chicken thigh, cooked, skinless, 172 g	332	0g	18g	41g	220mg	576mg	0g	0g
Nature Valley - Protein Granola, 0.67 cup	270	40g	7g	13g	0mg	170mg	16g	4g
Fage - Total 0% Greek Yogurt, 200 g	107	7g	0g	21g	13mg	73mg	7g	0g
<b>Dinner</b>								
La Panzanella - crackers, 18 ea	315	59g	2g	9g	0mg	428mg	0g	0g
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 609 milliliter	232	33g	0g	21g	13mg	335mg	31g	0g
G Hughes - BBQ Sauce, Hickory, 58 g	19	4g	0g	0g	0mg	387mg	0g	0g
Broccoli, 208 g	81	13g	1g	5g	0mg	75mg	3g	5g
La panzanella - Bruschetta, 10 pieces	140	20g	4g	4g	--	220mg	2g	--
Rosarita - Refried Beans , no fat, 1.75 cup	280	56g	0g	18g	0mg	2170mg	0g	18g
<b>TOTALS</b>	<b>3385</b>	<b>409g</b>	<b>87g</b>	<b>239g</b>	<b>440mg</b>	<b>5558mg</b>	<b>64g</b>	<b>38g</b>

**Apr 19, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
White rice, cooked, 296 g	382	83g	1g	8g	0mg	725mg	0g	1g
G Hughes - BBQ Sauce, Hickory, 25 g	8	2g	0g	0g	0mg	167mg	0g	0g
Broccoli, 104 g	41	7g	0g	3g	0mg	37mg	1g	2g
80% ground beef - 80% ground beef, 102 gram	205	0g	20g	18g	0mg	0mg	0g	0g
Nature Valley - Protein Granola, 0.67 cup	270	40g	7g	13g	0mg	170mg	16g	4g
Columbus salami - Salami, 2.25 oz	203	5g	16g	14g	--	--	--	0g
La panzanella - Bruschetta, 10 pieces	140	20g	4g	4g	--	220mg	2g	--
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 30 gram	96	2g	6g	8g	21mg	182mg	0g	0g
80% ground beef - 80% ground beef, 146 gram	294	0g	28g	26g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Bush's Chile Beans (Pinto) - Pinto Beans, 1.75 cup	385	70g	4g	21g	0mg	1855mg	7g	21g
80% ground beef - 80% ground beef, 107 gram	215	0g	21g	19g	0mg	0mg	0g	0g
Broccoli, 136 g	53	9g	0g	3g	0mg	49mg	2g	3g
G Hughes - BBQ Sauce, Hickory, 34 g	11	2g	0g	0g	0mg	227mg	0g	0g
White rice, cooked, 161 g	208	45g	0g	4g	0mg	394mg	0g	1g
80% ground beef - 80% ground beef, 120 gram	241	0g	23g	21g	0mg	0mg	0g	0g
Oats, 21 g	80	14g	1g	3g	0mg	1mg	0g	2g
Strawberry, 158 gram	51	12g	0g	1g	0mg	2mg	8g	3g
Oats, 45 g	171	30g	3g	6g	0mg	3mg	0g	5g
Banana, 107 g	104	24g	0g	1g	0mg	0mg	17g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>TOTALS</b>	<b>3398</b>	<b>369g</b>	<b>138g</b>	<b>223g</b>	<b>161mg</b>	<b>4252mg</b>	<b>55g</b>	<b>46g</b>

**Apr 20, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Mexican Cheese - Cheese, 40 gram	157	1g	13g	9g	36mg	257mg	0g	0g
White rice, cooked, 207 g	267	58g	1g	6g	0mg	507mg	0g	1g
Lentils, cooked, 228 g	262	46g	1g	20g	0mg	531mg	4g	18g
White rice, cooked, 80 g	103	22g	0g	2g	0mg	196mg	0g	0g
jello - vanilla sugar free, 28 gram	80	20g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 360 milliliter	137	20g	0g	12g	8mg	198mg	18g	0g
Chicken thigh, cooked, skinless, 123 g	237	0g	13g	30g	157mg	412mg	0g	0g
Russet potato, baked, 318 g	302	68g	0g	8g	0mg	45mg	3g	7g
Chicken thigh, cooked, skinless, 132 g	255	0g	14g	32g	169mg	442mg	0g	0g
White rice, cooked, 239 g	308	67g	1g	6g	0mg	586mg	0g	1g
Chicken thigh, cooked, skinless, 220 g	425	0g	24g	53g	282mg	737mg	0g	0g
White rice, cooked, 102 g	132	29g	0g	3g	0mg	250mg	0g	0g
Blueberries, 108 gram	62	16g	0g	1g	0mg	1mg	11g	3g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Strawberry, 133 gram	43	10g	0g	1g	0mg	1mg	7g	3g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
TOTALS	3396	417g	76g	264g	862mg	4495mg	65g	42g

Apr 21, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Potato - Russet Potatoes, 89 gram	115	27g	0g	3g	0mg	0mg	1g	2g
Broccoli, 116 g	45	7g	0g	3g	0mg	42mg	2g	3g
Mexican Cheese - Cheese, 46 gram	181	2g	15g	10g	41mg	296mg	0g	0g
Potato - Russet Potatoes, 255 gram	330	78g	0g	9g	0mg	0mg	3g	6g
Chicken thigh, cooked, skinless, 129 g	249	0g	14g	31g	165mg	432mg	0g	0g
80% ground beef - 80% ground beef, 107 gram	215	0g	21g	19g	0mg	0mg	0g	0g
Broccoli, 248 g	97	16g	1g	6g	0mg	89mg	3g	6g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Chicken thigh, cooked, skinless, 101 g	195	0g	11g	24g	129mg	338mg	0g	0g
Broccoli, 107 g	42	7g	0g	3g	0mg	39mg	1g	3g
Lentils, cooked, 229 g	263	46g	1g	21g	0mg	534mg	4g	18g
Kinders - Lemon Pepper, 1.25 tsp	25	5g	0g	0g	0mg	525mg	0g	0g
White rice, cooked, 322 g	415	90g	1g	9g	0mg	789mg	0g	1g
Chicken thigh, cooked, skinless, 104 g	201	0g	11g	25g	133mg	348mg	0g	0g
80% ground beef - 80% ground beef, 150 gram	302	0g	29g	26g	0mg	0mg	0g	0g
Strawberry, 143 gram	46	11g	0g	1g	0mg	1mg	7g	3g
Blueberries, 111 gram	63	16g	0g	1g	0mg	1mg	11g	3g
Banana, 113 g	110	26g	0g	1g	0mg	0mg	18g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	3400	389g	111g	248g	608mg	3656mg	71g	55g

Apr 22, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
White rice, cooked, 451 g	582	126g	1g	12g	0mg	1105mg	0g	2g
Chicken thigh, cooked, skinless, 159 g	307	0g	17g	38g	204mg	533mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
jello - vanilla sugar free, 28 gram	80	20g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 480 milliliter	183	26g	0g	16g	10mg	264mg	24g	0g
Kinders - Lemon Pepper, 1.25 tsp	25	5g	0g	0g	0mg	525mg	0g	0g
Lentils, cooked, 386 g	444	77g	1g	35g	0mg	899mg	7g	30g
White rice, cooked, 256 g	330	72g	1g	7g	0mg	627mg	0g	1g
Lentils, cooked, 208 g	239	42g	1g	19g	0mg	485mg	4g	16g
Chicken thigh, cooked, skinless, 103 g	199	0g	11g	25g	132mg	345mg	0g	0g
80% ground beef - 80% ground beef, 126 gram	253	0g	24g	22g	0mg	0mg	0g	0g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Blueberries, 107 gram	61	16g	0g	1g	0mg	1mg	11g	3g
Strawberry, 200 gram	64	15g	1g	1g	0mg	2mg	10g	4g
Banana, 103 g	100	23g	0g	1g	0mg	0mg	16g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 41 g	155	28g	3g	5g	0mg	2mg	0g	4g
<b>TOTALS</b>	<b>3376</b>	<b>481g</b>	<b>64g</b>	<b>233g</b>	<b>486mg</b>	<b>5008mg</b>	<b>93g</b>	<b>66g</b>

**Apr 23, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Mexican Cheese - Cheese, 28 gram	110	1g	9g	6g	25mg	180mg	0g	0g
White rice, cooked, 380 g	490	106g	1g	10g	0mg	931mg	0g	2g
Log Cabin - Sugar Free Syrup, 31 ml	10	4g	0g	0g	--	89mg	0g	--
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
jello - vanilla sugar free, 28 gram	80	20g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 417 milliliter	159	23g	0g	14g	9mg	229mg	21g	0g
Potato - Russet Potatoes, 208 gram	269	64g	0g	7g	0mg	0mg	2g	5g
Chicken thigh, cooked, skinless, 154 g	297	0g	16g	37g	197mg	516mg	0g	0g
Chicken thigh, cooked, skinless, 106 g	205	0g	11g	26g	136mg	355mg	0g	0g
Lentils, cooked, 290 g	334	58g	1g	26g	0mg	676mg	5g	23g
Lentils, cooked, 246 g	283	49g	1g	22g	0mg	573mg	4g	19g
Chicken thigh, cooked, skinless, 93 g	179	0g	10g	22g	119mg	312mg	0g	0g
Potato - Russet Potatoes, 103 gram	133	31g	0g	4g	0mg	0mg	1g	2g
Broccoli, 135 g	53	8g	0g	3g	0mg	49mg	2g	3g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Signature Select - Mixed Fruit, 189 g	86	22g	0g	1g	0mg	0mg	17g	4g
Strawberry, 149 gram	48	11g	0g	1g	0mg	1mg	7g	3g
Nature Valley - Protein Granola, 0.67 cup	270	40g	7g	13g	0mg	170mg	16g	4g
<b>TOTALS</b>	<b>3398</b>	<b>468g</b>	<b>63g</b>	<b>247g</b>	<b>626mg</b>	<b>4303mg</b>	<b>77g</b>	<b>71g</b>

**Apr 24, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Log Cabin - Sugar Free Syrup, 31 ml	10	4g	0g	0g	--	89mg	0g	--
Blueberries, 165 gram	94	24g	1g	1g	0mg	2mg	16g	4g
Banana, 99 g	96	22g	0g	1g	0mg	0mg	16g	2g
Oats, 198 g	750	134g	13g	26g	0mg	12mg	2g	20g
G Hughes - BBQ Sauce, Hickory, 27 g	9	2g	0g	0g	0mg	180mg	0g	0g
Chicken thigh, cooked, skinless, 195 g	376	0g	21g	47g	250mg	653mg	0g	0g
Thomas' - English Muffin, 1 muffin (57g)	120	25g	1g	4g	0mg	200mg	1g	1g
G Hughes - BBQ Sauce, Hickory, 32 g	11	2g	0g	0g	0mg	213mg	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, 211 g	272	59g	1g	6g	0mg	517mg	0g	1g
Broccoli, 83 g	32	5g	0g	2g	0mg	30mg	1g	2g
White rice, cooked, 125 g	161	35g	0g	3g	0mg	306mg	0g	1g
Lentils, cooked, 271 g	312	54g	1g	24g	0mg	631mg	5g	21g
Chicken thigh, cooked, skinless, 218 g	421	0g	23g	53g	279mg	730mg	0g	0g
Blueberries, 171 gram	97	25g	1g	1g	0mg	2mg	17g	4g
Banana, 118 g	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
<b>TOTALS</b>	<b>3407</b>	<b>449g</b>	<b>74g</b>	<b>247g</b>	<b>714mg</b>	<b>4147mg</b>	<b>79g</b>	<b>64g</b>

**Apr 25, 2025**



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Mexican Cheese - Cheese, 73 gram	287	3g	23g	16g	65mg	469mg	0g	0g
Rosarita - Refried Beans , no fat, 1.75 cup	280	56g	0g	18g	0mg	2170mg	0g	18g
Mexican Cheese - Cheese, 85 gram	334	3g	27g	18g	76mg	546mg	0g	0g
Mexican Cheese - Cheese, 66 gram	259	2g	21g	14g	59mg	424mg	0g	0g
Pop Corners - Pop Corners Popped Corn - Sea Salt, 7 oz. (28g)	840	161g	18g	14g	--	1330mg	--	7g
Chicken thigh, cooked, skinless, 97 g	187	0g	10g	23g	124mg	325mg	0g	0g
Chicken thigh, cooked, skinless, 203 g	392	0g	22g	49g	260mg	680mg	0g	0g
Signature Select - Berry Mix, 122 g	56	15g	0g	1g	0mg	0mg	8g	5g
Fage - Total 0% Greek Yogurt, 457 g	244	15g	0g	49g	30mg	168mg	15g	0g
Blueberries, 45 gram	26	7g	0g	0g	0mg	0mg	4g	1g
Banana, 105 g	102	24g	0g	1g	0mg	0mg	17g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
<b>TOTALS</b>	<b>3399</b>	<b>317g</b>	<b>128g</b>	<b>258g</b>	<b>754mg</b>	<b>6334mg</b>	<b>46g</b>	<b>39g</b>

**Apr 26, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Rosarita - Refried Beans , no fat, 1.25 cup	200	40g	0g	13g	0mg	1550mg	0g	13g
Potato - Russet Potatoes, 199 gram	257	61g	0g	7g	0mg	0mg	2g	5g
Lentils, cooked, 194 g	223	39g	1g	17g	0mg	452mg	3g	15g
Potato - Russet Potatoes, 275 gram	356	84g	0g	10g	0mg	0mg	3g	6g
Lentils, cooked, 226 g	260	45g	1g	20g	0mg	527mg	4g	18g
80% ground beef - 80% ground beef, 155 gram	312	0g	30g	27g	0mg	0mg	0g	0g
Chicken thigh, cooked, skinless, 85 g	164	0g	9g	20g	109mg	285mg	0g	0g
Turkey Sandwich, 1.1 sandwich	239	34g	5g	15g	30mg	789mg	4g	2g
Chicken thigh, cooked, skinless, 208 g	401	0g	22g	50g	266mg	697mg	0g	0g
Potato - Russet Potatoes, 279 gram	361	85g	0g	10g	0mg	0mg	3g	7g
Blueberries, 183 gram	104	27g	1g	1g	0mg	2mg	18g	4g
Banana, 113 g	110	26g	0g	1g	0mg	0mg	18g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Oats, 42 g	159	28g	3g	6g	0mg	3mg	0g	4g
<b>TOTALS</b>	<b>3386</b>	<b>473g</b>	<b>76g</b>	<b>247g</b>	<b>545mg</b>	<b>4525mg</b>	<b>57g</b>	<b>78g</b>

## Apr 27, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Rosarita - Refried Beans , no fat, 0.5 cup	80	16g	0g	5g	0mg	620mg	0g	5g
White rice, cooked, 137 g	177	38g	0g	4g	0mg	336mg	0g	1g
Minute - Instant white rice, 145 gram	536	120g	0g	13g	0mg	0mg	0g	0g
Panda Express - Orange Chicken, 17.1 oz	1470	153g	69g	75g	240mg	2460mg	57g	6g
Panda Express - Super Greens, 14 oz	180	20g	6g	12g	0mg	520mg	8g	10g
G Hughes - BBQ Sauce, Hickory, 33 g	11	2g	0g	0g	0mg	220mg	0g	0g
White rice, cooked, 158 g	204	44g	0g	4g	0mg	387mg	0g	1g
Chicken breast, grilled, skinless, 224 g	394	0g	12g	66g	215mg	791mg	0g	0g
Blueberries, 116 gram	66	17g	0g	1g	0mg	1mg	12g	3g
Banana, 122 g	118	28g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 46 g	174	31g	3g	6g	0mg	3mg	0g	5g
<b>TOTALS</b>	<b>3650</b>	<b>473g</b>	<b>94g</b>	<b>237g</b>	<b>595mg</b>	<b>5558mg</b>	<b>98g</b>	<b>35g</b>

## Apr 28, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Kinders - Lemon Pepper, 1.75 tsp	35	7g	0g	0g	0mg	735mg	0g	0g
Rosarita - Refried Beans , no fat, 1 cup	161	32g	0g	10g	0mg	1246mg	0g	10g
Nature Valley - Protein Granola, 50 g	210	30g	6g	10g	0mg	124mg	13g	3g
White rice, cooked, 578 g	746	162g	2g	15g	0mg	1416mg	0g	2g
Chicken breast, grilled, skinless, 171 g	301	0g	9g	51g	164mg	604mg	0g	0g
Chicken breast, grilled, skinless, 297 g	523	0g	16g	88g	285mg	1048mg	0g	0g
Reese's - Peanut Butter Cups, 91 g	455	52g	26g	11g	5mg	325mg	48g	4g
Hammond's - Caramel Marshmallow Chocolate, 66 g	231	36g	8g	3g	17mg	165mg	33g	0g
Broccoli, 325 g	127	20g	1g	8g	0mg	117mg	5g	8g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Broccoli, 328 g	128	21g	1g	8g	0mg	118mg	5g	8g
Blueberries, 149 gram	85	22g	0g	1g	0mg	1mg	15g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
<b>TOTALS</b>	<b>3394</b>	<b>413g</b>	<b>76g</b>	<b>260g</b>	<b>611mg</b>	<b>6121mg</b>	<b>121g</b>	<b>45g</b>

**Apr 29, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
G Hughes - BBQ Sauce, Hickory, 87 g	29	6g	0g	0g	0mg	580mg	0g	0g
White rice, cooked, 556 g	717	156g	2g	15g	0mg	1362mg	0g	2g
Carb Balance tortillas - mission carb balance tortillas, 2 tortilla	140	8g	6g	10g	0mg	640mg	0g	0g
Rosarita - Refried Beans , no fat, 0.74 cup	118	24g	0g	7g	0mg	918mg	0g	7g
Columbus salami - Salami, 4.5 oz	405	9g	32g	27g	--	--	--	0g
White rice, cooked, 158 g	204	44g	0g	4g	0mg	387mg	0g	1g
Chicken breast, grilled, skinless, 128 g	225	0g	7g	38g	123mg	452mg	0g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
jello pudding - chocolate pudding (sugar free), 40 grams	120	32g	0g	4g	0mg	420mg	0g	--
Fat Free Milk - Fat Free Milk, 405 milliliter	154	22g	0g	14g	9mg	223mg	21g	0g
White rice, cooked, 159 g	205	45g	0g	4g	0mg	390mg	0g	1g
Fage - Total 0% Greek Yogurt, 170 g	91	6g	0g	18g	11mg	62mg	6g	0g
Chicken breast, grilled, skinless, 110 g	194	0g	6g	33g	106mg	388mg	0g	0g
Signature Select - Mixed Fruit, 143 g	65	17g	0g	1g	0mg	0mg	13g	3g
Blueberries, 129 gram	74	19g	0g	1g	0mg	1mg	13g	3g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>TOTALS</b>	<b>3373</b>	<b>423g</b>	<b>64g</b>	<b>281g</b>	<b>529mg</b>	<b>6265mg</b>	<b>57g</b>	<b>25g</b>

**Apr 30, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
White rice, cooked, 96 g	124	27g	0g	3g	0mg	235mg	0g	0g
Shin - Shin noodles soup, 120 g	520	82g	16g	10g	0mg	1960mg	4g	2g
Lucerne - Mexican Style Cheese Blend, 62 g	244	2g	18g	13g	55mg	376mg	0g	0g
Columbus salami - Salami, 77 gram	244	5g	19g	16g	--	--	--	0g
G Hughes - BBQ Sauce, Hickory, 49 g	16	3g	0g	0g	0mg	327mg	0g	0g
Broccoli, 356 g	139	22g	1g	9g	0mg	128mg	5g	9g
G Hughes - BBQ Sauce, Hickory, 30 g	10	2g	0g	0g	0mg	200mg	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, 179 g	231	50g	1g	5g	0mg	439mg	0g	1g
Fage - Total 0% Greek Yogurt, 218 g	116	7g	0g	23g	15mg	80mg	7g	0g
jello pudding - chocolate pudding (sugar free), 40 grams	120	32g	0g	4g	0mg	420mg	0g	--
Fat Free Milk - Fat Free Milk, 403 milliliter	153	22g	0g	14g	9mg	221mg	20g	0g
White rice, cooked, 331 g	427	93g	1g	9g	0mg	811mg	0g	1g
Chicken breast, grilled, skinless, 128 g	225	0g	7g	38g	123mg	452mg	0g	0g
Blueberries, 177 gram	101	26g	1g	1g	0mg	2mg	18g	4g
Kirkland Triple Berry Blend - Triple Berry Blend, 117 g	65	16g	0g	1g	--	14mg	10g	5g
Oats, 40 g	152	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
<b>TOTALS</b>	<b>3387</b>	<b>422g</b>	<b>78g</b>	<b>249g</b>	<b>457mg</b>	<b>6357mg</b>	<b>67g</b>	<b>29g</b>