

Printable Diary for andrewjkaminski21328

Feb 1, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Ground turkey, cooked, 150 g	305	0g	16g	41g	140mg	117mg	0g	0g
Lentils, cooked, 120 g	138	24g	0g	11g	0mg	280mg	2g	9g
Pede Meat Ravioli - Meat Ravioli, 20.7 pieces	713	101g	16g	35g	138mg	828mg	2g	5g
Cheese - Mozzarella Cheese, 60 gram	212	3g	16g	19g	40mg	450mg	0g	3g
Pita bread, 1 medium pita	157	32g	1g	5g	0mg	306mg	1g	1g
Mixed salad greens, 4 cup	24	4g	0g	2g	0mg	62mg	1g	2g
Marmite - Marmite, 10 gram	20	2g	0g	3g	0mg	0mg	0g	0g
Keto Culture - Keto Bread, 2 slice	70	24g	2g	8g	--	180mg	--	22g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Dinner								
Chicken thigh, cooked, skinless, 92 g	178	0g	10g	22g	118mg	308mg	0g	0g
Red bell pepper, 56 g	17	3g	0g	1g	0mg	0mg	2g	1g
Flora pepperoncini - Pepperoncini, 48 gram	8	5g	0g	0g	0mg	0mg	0g	0g
Onion, 40 gram	16	4g	0g	0g	0mg	2mg	2g	1g
White rice, cooked, 231 g	298	65g	1g	6g	0mg	566mg	0g	1g
Snacks								
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
TOTALS	2985	347g	74g	258g	666mg	3487mg	43g	56g

Feb 2, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Chicken thigh, cooked, skinless, 109 g	210	0g	12g	26g	140mg	365mg	0g	0g
Potato, 132 gram	102	23g	0g	3g	0mg	8mg	1g	3g
Chopped tomatoes, 0.25 cup, chopped or sliced	9	2g	0g	0g	0mg	2mg	1g	1g
Lettuce, 1 cup	7	1g	0g	0g	0mg	8mg	0g	0g
Hamburger bun, 1 bun	145	26g	2g	5g	0mg	257mg	4g	1g
American cheese, 1 slice	77	1g	6g	4g	21mg	351mg	0g	0g
Beef patty, cooked, 1 medium patty (3 oz)	231	0g	15g	22g	74mg	326mg	0g	0g
The Rustik Oven - Sourdough Bread, 0.5 slice	90	16g	1g	4g	0mg	155mg	0g	1g
Chicken thigh, cooked, skinless, 108 g	208	0g	12g	26g	138mg	362mg	0g	0g
White rice, cooked, 210 g	271	59g	1g	6g	0mg	515mg	0g	1g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Dinner								
Light mayo - Light Mayo, 1 tablespoon	35	1g	4g	0g	5mg	125mg	0g	0g
Potato, 202 gram	156	35g	0g	4g	0mg	12mg	2g	4g
Lucerne - Reduced Fat Sharp Cheddar, 56 gram	178	2g	12g	16g	40mg	356mg	0g	0g
Siete tortilla - Tortilla, 2 tortillas	190	20g	11g	6g	--	--	--	3g
Chicken thigh, cooked, skinless, 113 g	218	0g	12g	27g	145mg	379mg	0g	0g
Snacks								
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
TOTALS	2956	266g	100g	254g	793mg	3609mg	41g	25g

Feb 3, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Chicken thigh, cooked, skinless, 78 g	151	0g	8g	19g	100mg	261mg	0g	0g
Lentils, cooked, 100 g	115	20g	0g	9g	0mg	233mg	2g	8g
White rice, cooked, 78 g	101	22g	0g	2g	0mg	191mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lentils, cooked, 130 g	150	26g	0g	12g	0mg	303mg	2g	10g
Ground turkey, cooked, 77 g	156	0g	8g	21g	72mg	60mg	0g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 180 gram	169	10g	3g	24g	21mg	58mg	4g	--
Chicken thigh, cooked, skinless, 114 g	220	0g	12g	27g	146mg	382mg	0g	0g
White rice, cooked, 155 g	200	43g	0g	4g	0mg	380mg	0g	1g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Snacks								
Simply Orange With Mango - Simply Orange With Mango, 1.5 cup	180	42g	0g	3g	0mg	0mg	38g	0g
Potato, 132 gram	102	23g	0g	3g	0mg	8mg	1g	3g
Banza - Protein pasta, 129 gram	432	80g	7g	25g	--	46mg	2g	11g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Silk - Protein Almond Milk, 2 cup	160	12g	5g	16g	0mg	300mg	10g	0g
Onion, 46 gram	18	4g	0g	1g	0mg	2mg	2g	1g
TOTALS	2943	355g	54g	273g	619mg	2667mg	91g	46g

Feb 4, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Peanut butter, 20 gram	119	4g	10g	5g	--	86mg	2g	1g
Keto Culture - Keto Bread, 1 slice	35	12g	1g	4g	--	90mg	--	11g
Light mayo - Light Mayo, 1 tablespoon	35	1g	4g	0g	5mg	125mg	0g	0g
Onion, 67 gram	27	6g	0g	1g	0mg	3mg	3g	1g
Ground turkey, cooked, 100 g	203	0g	10g	27g	93mg	78mg	0g	0g
Lucerne - Reduced Fat Sharp Cheddar, 56 gram	178	2g	12g	16g	40mg	356mg	0g	0g
Keto Culture - Keto Bread, 4 slice	140	48g	4g	16g	--	360mg	--	44g
Onion, 53 gram	21	5g	0g	1g	0mg	2mg	2g	1g
Lentils, cooked, 244 g	281	49g	1g	22g	0mg	569mg	4g	19g
Onion, 49 gram	20	5g	0g	1g	0mg	2mg	2g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken thigh, cooked, skinless, 144 g	278	0g	15g	35g	184mg	482mg	0g	0g
Chicken thigh, cooked, skinless, 94 g	181	0g	10g	23g	120mg	315mg	0g	0g
Banza - Protein pasta, 48 gram	161	30g	3g	9g	--	17mg	1g	4g
Lentils, cooked, 116 g	133	23g	0g	10g	0mg	270mg	2g	9g
White rice, cooked, 160 g	206	45g	0g	4g	0mg	392mg	0g	1g
Potato, 74 gram	57	13g	0g	2g	0mg	4mg	1g	2g
Chicken thigh, cooked, skinless, 174 g	336	0g	19g	42g	223mg	583mg	0g	0g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2960	312g	96g	275g	805mg	3957mg	45g	104g

Feb 5, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Potato, 104 gram	80	18g	0g	2g	0mg	6mg	1g	2g
Ground turkey, cooked, 108 g	219	0g	11g	30g	100mg	84mg	0g	0g
Onion, 61 gram	24	6g	0g	1g	0mg	2mg	3g	1g
White rice, cooked, 154 g	199	43g	0g	4g	0mg	377mg	0g	1g
Black beans, canned, 262 gram	238	43g	1g	16g	0mg	1006mg	1g	18g
Chicken thigh, cooked, skinless, 62 g	120	0g	7g	15g	79mg	208mg	0g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
Onion, 72 gram	29	7g	0g	1g	0mg	3mg	3g	1g
Chicken thigh, cooked, skinless, 100 g	193	0g	11g	24g	128mg	335mg	0g	0g
Ground turkey, cooked, 94 g	191	0g	10g	26g	87mg	73mg	0g	0g
Chicken thigh, cooked, skinless, 45 g	87	0g	5g	11g	58mg	151mg	0g	0g
Ground turkey, cooked, 100 g	203	0g	10g	27g	93mg	78mg	0g	0g
Potato, 178 gram	137	31g	0g	4g	0mg	11mg	1g	4g
Chicken thigh, cooked, skinless, 83 g	160	0g	9g	20g	106mg	278mg	0g	0g
Onion, 76 gram	30	7g	0g	1g	0mg	3mg	3g	1g
White rice, cooked, 179 g	231	50g	1g	5g	0mg	439mg	0g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2970	285g	77g	292g	881mg	3442mg	45g	40g

Feb 6, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Siete tortilla - Tortilla, 2 tortillas	190	20g	11g	6g	--	--	--	3g
Lucerne - Mexican Style Cheese Blend, 64 g	251	2g	18g	14g	57mg	389mg	0g	0g
Ground turkey, cooked, 200 g	406	0g	21g	55g	186mg	156mg	0g	0g
Banza - Protein pasta, 97 gram	325	60g	5g	19g	--	34mg	2g	9g
Potato, 250 gram	193	44g	0g	5g	0mg	15mg	2g	5g
Potato, 50 gram	39	9g	0g	1g	0mg	3mg	0g	1g
Chicken thigh, cooked, skinless, 119 g	230	0g	13g	29g	152mg	399mg	0g	0g
Lentils, cooked, 152 g	175	30g	1g	14g	0mg	354mg	3g	12g
Onion, 21 gram	8	2g	0g	0g	0mg	1mg	1g	0g
Lentils, cooked, 150 g	173	30g	1g	13g	0mg	350mg	3g	12g
Ground turkey, cooked, 154 g	313	0g	16g	42g	143mg	120mg	0g	0g
White rice, cooked, 99 g	128	28g	0g	3g	0mg	243mg	0g	0g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2980	294g	93g	258g	678mg	2287mg	39g	52g

Feb 7, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Keto Culture - Keto Bread, 1.15 slice	40	14g	1g	5g	--	103mg	--	13g
Onion, 28 gram	11	3g	0g	0g	0mg	1mg	1g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lucerne - Mexican Style Cheese Blend, 56 g	220	2g	16g	12g	50mg	340mg	0g	0g
Lentils, cooked, 183 g	210	37g	1g	16g	0mg	426mg	3g	14g
Potato, 210 gram	162	37g	0g	4g	0mg	13mg	2g	4g
Potato, 160 gram	123	28g	0g	3g	0mg	10mg	1g	3g
Chicken breast, grilled, skinless, 177 g	312	0g	10g	52g	170mg	625mg	0g	0g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Onion, 35 gram	14	3g	0g	0g	0mg	1mg	1g	1g
Chicken breast, grilled, skinless, 167 g	294	0g	9g	49g	160mg	590mg	0g	0g
Lentils, cooked, 131 g	151	26g	0g	12g	0mg	305mg	2g	10g
Chicken breast, grilled, skinless, 125 g	220	0g	7g	37g	120mg	441mg	0g	0g
Potato, 262 gram	202	46g	0g	5g	0mg	16mg	2g	6g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2788	276g	56g	300g	730mg	3259mg	45g	62g

Feb 8, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican Style Cheese Blend, 56 g	220	2g	16g	12g	50mg	340mg	0g	0g
Lentils, cooked, 130 g	150	26g	0g	12g	0mg	303mg	2g	10g
Chicken breast, grilled, skinless, 108 g	190	0g	6g	32g	104mg	381mg	0g	0g
Onion, 44 gram	18	4g	0g	0g	0mg	2mg	2g	1g
Potato, 150 gram	116	26g	0g	3g	0mg	9mg	1g	3g
Ortega - Taco Shells, 3 shells	170	19g	9g	2g	0mg	230mg	0g	2g
Lentils, cooked, 262 g	301	52g	1g	24g	0mg	610mg	5g	21g
Tempura - Vegetable, 3 Pieces	160	13g	11g	2g	0mg	105mg	3g	2g
SeaPak - Tempura Shrimp, 2 shrimp	95	9g	5g	5g	30mg	185mg	1g	0g
White rice, cooked, 150 g	194	42g	0g	4g	0mg	368mg	0g	1g
Chicken Teriyaki - Chicken Breast Teriyaki, 1 cup	594	16g	12g	106g	290mg	644mg	14g	0g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2757	278g	67g	259g	614mg	3400mg	56g	50g

Feb 9, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican Style Cheese Blend, 45 g	177	2g	13g	10g	40mg	273mg	0g	0g
Rosarita - Refried Beans , no fat, 0.4 cup	64	13g	0g	4g	0mg	496mg	0g	4g
Ground turkey, cooked, 101 g	205	0g	11g	28g	94mg	79mg	0g	0g
Lentils, cooked, 132 g	152	26g	1g	12g	0mg	308mg	2g	10g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Ground turkey, cooked, 230 g	467	0g	24g	63g	214mg	179mg	0g	0g
Potato, 90 gram	69	16g	0g	2g	0mg	5mg	1g	2g
Lentils, cooked, 134 g	154	27g	1g	12g	0mg	312mg	2g	11g
Potato, 150 gram	116	26g	0g	3g	0mg	9mg	1g	3g
Chicken breast, grilled, skinless, 146 g	257	0g	8g	43g	140mg	515mg	0g	0g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 1 cup	307	55g	5g	11g	0mg	5mg	1g	8g
Dinner								
Potato, 320 gram	246	56g	0g	7g	0mg	19mg	3g	7g
TOTALS	2786	263g	72g	277g	724mg	2774mg	38g	51g

Feb 10, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lentils, cooked, 151 g	174	30g	1g	14g	0mg	352mg	3g	12g
Potato, 144 gram	111	25g	0g	3g	0mg	9mg	1g	3g
Chicken breast, grilled, skinless, 77 g	136	0g	4g	23g	74mg	272mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 155 g	273	0g	8g	46g	149mg	547mg	0g	0g
Potato, 300 gram	231	52g	0g	6g	0mg	18mg	2g	6g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Snacks								
Lucerne - Shredded Reduced Fat Mozzarella, 50 gram	125	2g	7g	14g	18mg	321mg	--	--
Potato, 458 gram	353	80g	0g	9g	0mg	27mg	4g	10g
La Tortilla Factory - Flour Tortillas, 2.22 tortilla	100	22g	3g	7g	0mg	377mg	0g	13g
Lucerne - Shredded Reduced Fat Mozzarella, 56 gram	140	2g	8g	16g	20mg	360mg	--	--
Chicken thigh, cooked, skinless, 154 g	297	0g	16g	37g	197mg	516mg	0g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
TOTALS	2769	293g	59g	280g	688mg	3187mg	43g	55g

Feb 11, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican Style Cheese Blend, 50 g	196	2g	14g	11g	45mg	304mg	0g	0g
Potato, 233 gram	179	41g	0g	5g	0mg	14mg	2g	5g
Ground turkey, cooked, 62 g	126	0g	6g	17g	58mg	48mg	0g	0g
Rosarita - Refried Beans , no fat, 0.66 cup	106	21g	0g	7g	0mg	818mg	0g	7g
Lucerne - Shredded Reduced Fat Mozzarella, 63 gram	158	2g	9g	18g	23mg	405mg	--	--
La Tortilla Factory - Flour Tortillas, 1.11 tortilla	50	11g	2g	3g	0mg	189mg	0g	7g
Broccoli, 273 gram	93	18g	1g	8g	0mg	90mg	5g	7g
Broccoli, 272 gram	92	18g	1g	8g	0mg	90mg	5g	7g
ketchup - Ketchup :), 17 gram	20	5g	0g	0g	0mg	160mg	4g	0g
Light mayo - Light Mayo, 2 tablespoon	70	2g	7g	0g	10mg	250mg	0g	0g
Chicken Of The Sea - Chunk Light Tuna In Oil, 1 can drained	140	0g	5g	23g	45mg	360mg	0g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
Lentils, cooked, 144 g	166	29g	1g	13g	0mg	336mg	3g	11g
Potato, 336 gram	259	59g	0g	7g	0mg	20mg	3g	7g
Ground turkey, cooked, 101 g	205	0g	11g	28g	94mg	79mg	0g	0g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2689	288g	69g	253g	505mg	3551mg	55g	62g

Feb 12, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Broccoli, 281 gram	96	19g	1g	8g	0mg	93mg	5g	7g
Broccoli, 301 gram	102	20g	1g	8g	0mg	99mg	5g	8g
Chicken breast, grilled, skinless, 138 g	243	0g	8g	41g	132mg	487mg	0g	0g
Potato, 310 gram	239	54g	0g	6g	0mg	19mg	3g	7g
Ground turkey, cooked, 105 g	213	0g	11g	29g	98mg	82mg	0g	0g
Potato, 300 gram	231	52g	0g	6g	0mg	18mg	2g	6g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Blueberries, 230 gram	131	33g	1g	2g	0mg	2mg	23g	6g
Dinner								
Lucerne - Shredded Reduced Fat Mozzarella, 28 gram	70	1g	4g	8g	10mg	180mg	--	--
Rosarita - Refried Beans , no fat, 0.56 cup	90	18g	0g	6g	0mg	701mg	0g	6g
Ground turkey, cooked, 201 g	408	0g	21g	55g	187mg	157mg	0g	0g
White rice, cooked, 163 g	210	46g	0g	4g	0mg	399mg	0g	1g
Chipotle - Tomatillo-Green Chili Salsa, 2 fl oz	20	4g	0g	1g	0mg	250mg	2g	1g
Chipotle - Cheese, 1 oz	100	1g	8g	6g	30mg	190mg	0g	0g
Chipotle - Fajita Vegetables, 2.5 oz	20	4g	1g	1g	0mg	170mg	2g	1g
Chipotle - Chicken, 4 oz	180	0g	7g	32g	125mg	310mg	0g	1g
TOTALS	2746	283g	70g	268g	722mg	3379mg	44g	50g

Feb 13, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Simply Orange With Mango - Simply Orange With Mango, 1 cup	120	28g	0g	2g	0mg	0mg	25g	0g
Lucerne - Reduced Fat Sharp Cheddar, 34 gram	108	1g	7g	10g	24mg	216mg	0g	0g
Lucerne - Shredded Reduced Fat Mozzarella, 33 gram	83	1g	5g	9g	12mg	212mg	--	--
93% lean beef - 93% lean beef, 200 gram	300	0g	14g	41g	123mg	132mg	--	--
White rice, cooked, 156 g	201	44g	0g	4g	0mg	382mg	0g	1g
Broccoli, 631 gram	215	42g	2g	18g	0mg	208mg	11g	16g
Potato, 320 gram	246	56g	0g	7g	0mg	19mg	3g	7g
Ground turkey, cooked, 98 g	199	0g	10g	27g	91mg	76mg	0g	0g
Lentils, cooked, 197 g	227	39g	1g	18g	0mg	459mg	4g	16g
White rice, cooked, 172 g	222	48g	0g	5g	0mg	421mg	0g	1g
Chicken breast, grilled, skinless, 127 g	224	0g	7g	38g	122mg	448mg	0g	0g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Blueberries, 230 gram	131	33g	1g	2g	0mg	2mg	23g	6g
TOTALS	2669	323g	54g	236g	512mg	2797mg	68g	53g

Feb 14, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Cheddar cheese, 1 ounce	116	1g	10g	7g	28mg	185mg	0g	0g
Egg, 2 egg	143	1g	10g	12g	411mg	129mg	0g	0g
Carb Balance tortillas - mission carb balance tortillas, 2 tortilla	140	8g	6g	10g	0mg	640mg	0g	0g
Strawberry - Strawberry, 5 med	20	5g	0g	1g	0mg	0mg	3g	1g
Oatmeal Chocolate Chip Quest Bar - Oatmeal Chocolate Chip Quest Bar, 1 bar	180	24g	7g	20g	5mg	210mg	1g	14g
Nuts.com - Turkey Jerky, Cracked Pepper, 0.5 oz	40	5g	1g	4g	8mg	190mg	4g	0g
Parm crisp - Parm crisps, 12 crisps	100	0g	7g	9g	20mg	230mg	0g	0g
The GFB - Bites, 26.4 gram	110	13g	4g	6g	0mg	39mg	7g	1g
Yes - Yes Bar, 0.5 bar	110	7g	9g	3g	0mg	60mg	3g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Almonds, 17.3 gram	100	4g	9g	4g	0mg	0mg	1g	2g
Plantain chips, 17 g	90	11g	5g	0g	0mg	34mg	0g	1g
queso cotija - cotija cheese, 1 tablespoon	20	1g	1g	1g	0mg	135mg	0g	0g
Green cabbage, 50 g	13	3g	0g	1g	0mg	9mg	2g	1g
Black beans, canned, 100 gram	91	17g	0g	6g	0mg	384mg	0g	7g
White rice, cooked, 155 g	200	43g	0g	4g	0mg	380mg	0g	1g
Chicken thigh, cooked, skinless, 80 g	154	0g	9g	19g	102mg	268mg	0g	0g
93% lean beef - 93% lean beef, 100 gram	150	0g	7g	20g	62mg	66mg	--	--
White rice, cooked, 153 g	197	43g	0g	4g	0mg	375mg	0g	1g
Blueberries, 230 gram	131	33g	1g	2g	0mg	2mg	23g	6g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 3 scoop	360	6g	6g	75g	210mg	330mg	3g	3g
TOTALS	2618	252g	95g	213g	846mg	3668mg	47g	44g

Feb 15, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Homemade - Pork Dumpling, 10 dumpling	390	50g	10g	60g	170mg	1230mg	0g	0g
Mixed Fruit, 1 cup	83	20g	0g	1g	0mg	8mg	15g	3g
Potato, 300 gram	231	52g	0g	6g	0mg	18mg	2g	6g
Chicken breast, grilled, skinless, 200 g	352	0g	11g	59g	192mg	706mg	0g	0g
Southern grove - Peanut butter chocolate trail mix, 0.25 cup	150	18g	8g	3g	0mg	70mg	15g	1g
Chicken breast, grilled, skinless, 300 g	528	0g	16g	89g	288mg	1059mg	0g	0g
Potato, 300 gram	231	52g	0g	6g	0mg	18mg	2g	6g
Parade - Lowfat Milk, 1 cup	110	13g	3g	8g	10mg	130mg	12g	0g
Carb Balance tortillas - mission carb balance tortillas, 1 tortilla	70	4g	3g	5g	0mg	320mg	0g	0g
Butter, salted, 1 teaspoon	32	0g	4g	0g	10mg	29mg	0g	0g
Cheddar cheese, 3 tablespoon	37	0g	3g	2g	9mg	59mg	0g	0g
Toast - Toast, 1 pc	100	20g	1g	4g	0mg	135mg	3g	1g
Egg, 4 egg	286	2g	20g	25g	822mg	258mg	0g	0g
TOTALS	2600	231g	79g	268g	1501mg	4040mg	49g	17g

Feb 16, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Zatarain's - Rice Pilaf, 1 cup	250	54g	1g	6g	0mg	1140mg	1g	2g
Roast beef, cooked, 100 g	183	0g	8g	27g	83mg	80mg	0g	0g
Chicken tenders, breaded, raw, 8 piece	358	20g	21g	20g	56mg	729mg	1g	1g
Chicken tenders, breaded, raw, 3 piece	134	8g	8g	8g	21mg	273mg	0g	1g
Salmon, 70 gram(s)	144	0g	9g	15g	44mg	43mg	0g	0g
Roast beef, cooked, 70 g	128	0g	6g	19g	58mg	56mg	0g	0g
Zatarain's - Rice Pilaf, 0.5 cup	125	27g	1g	3g	0mg	570mg	1g	1g
Caesar salad - Salad, 0.5 plate	100	5g	7g	3g	30mg	190mg	1g	1g
Caesar salad - Salad, 1 plate	200	10g	14g	5g	60mg	380mg	2g	2g
Round steak - Steak, 100 gram	168	0g	9g	21g	57mg	53mg	0g	0g
Salmon, 50 gram(s)	103	0g	6g	11g	32mg	31mg	0g	0g
Hard salami - Salami and cheese, 2 pieces	147	1g	12g	8g	15mg	177mg	0g	0g
Cookie - Chocolate Chip Cookie - Medium, 31 g	130	19g	7g	1g	5mg	100mg	11g	0g
Almonds, 1 ounce	164	6g	14g	6g	0mg	0mg	1g	4g
Potato, 200 gram	154	35g	0g	4g	0mg	12mg	2g	4g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
TOTALS	2664	185g	128g	187g	557mg	4187mg	20g	16g

Feb 17, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Mexican 4 Cheese Blend, Reduced Fat, 50 gram	161	4g	11g	13g	36mg	304mg	0g	0g
93% lean beef - 93% lean beef, 300 gram	450	0g	21g	61g	185mg	198mg	--	--
White rice, cooked, 235 g	303	66g	1g	6g	0mg	576mg	0g	1g
Yes - Yes Bar, 0.5 bar	110	7g	9g	3g	0mg	60mg	3g	2g
The GFB - Bites, 26.4 gram	110	13g	4g	6g	0mg	39mg	7g	1g
Parm crisp - Parm crisps, 12 crisps	100	0g	7g	9g	20mg	230mg	0g	0g
Nuts.com - Turkey Jerky, Cracked Pepper, 0.5 oz	40	5g	1g	4g	8mg	190mg	4g	0g
Pop Chips - Sour Cream Pop Chips, 1 bag(23g/18 Chips)	100	16g	4g	1g	0mg	160mg	2g	1g
Sushi tempura - Sushi tempura, 0.5 sushi	178	28g	4g	7g	--	--	--	--

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken Teriyaki - Chicken Breast Teriyaki, 0.5 cup	297	8g	6g	53g	145mg	322mg	7g	0g
White rice, cooked, 100 g	129	28g	0g	3g	0mg	245mg	0g	0g
Entree - Pork Dumplings, 2 Pieces	86	10g	4g	4g	6mg	120mg	2g	0g
Potato, 200 gram	154	35g	0g	4g	0mg	12mg	2g	4g
Chicken breast, grilled, skinless, 70 g	123	0g	4g	21g	67mg	247mg	0g	0g
Entree - Pork Dumplings, 8 Pieces	344	40g	16g	16g	24mg	480mg	8g	0g
TOTALS	2685	260g	92g	211g	491mg	3183mg	35g	9g

Feb 18, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Shredded Reduced Fat Mozzarella, 28 gram	70	1g	4g	8g	10mg	180mg	--	--
Generic - Baby carrots, 30 g	12	3g	0g	0g	0mg	21mg	1g	1g
Potato, 140 gram	108	24g	0g	3g	0mg	8mg	1g	3g
Jennieo Ground Turkey 93/7 - Ground Turkey Lean 93/7, 160 gram	212	0g	10g	30g	127mg	127mg	0g	0g
Lentils, cooked, 226 g	260	45g	1g	20g	0mg	527mg	4g	18g
Jennieo Ground Turkey 93/7 - Ground Turkey Lean 93/7, 101 gram	134	0g	6g	19g	80mg	80mg	0g	0g
Melissa's - Baby Dutch Yellow Potatoes, 187 g	132	30g	0g	3g	0mg	30mg	2g	5g
Broccoli, 239 gram	81	16g	1g	7g	0mg	79mg	4g	6g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
Jennieo Ground Turkey 93/7 - Ground Turkey Lean 93/7, 155 gram	205	0g	10g	29g	123mg	123mg	0g	0g
White rice, cooked, 156 g	201	44g	0g	4g	0mg	382mg	0g	1g
Lentils, cooked, 130 g	150	26g	0g	12g	0mg	303mg	2g	10g
Chicken breast, grilled, skinless, 137 g	241	0g	7g	41g	132mg	484mg	0g	0g
Blueberries, 204 gram	116	30g	1g	2g	0mg	2mg	20g	5g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
TOTALS	2475	259g	50g	256g	632mg	2623mg	40g	55g

Feb 19, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
White rice, cooked, 155 g	200	43g	0g	4g	0mg	380mg	0g	1g
Chicken breast, grilled, skinless, 105 g	185	0g	6g	31g	101mg	371mg	0g	0g
Lucerne - Shredded Reduced Fat Mozzarella, 28 gram	70	1g	4g	8g	10mg	180mg	--	--
Rosarita - Refried Beans , no fat, 0.5 cup	80	16g	0g	5g	0mg	620mg	0g	5g
Melissa's - Baby Dutch Yellow Potatoes, 210 g	149	33g	0g	4g	0mg	33mg	2g	6g
Mission Carb Balance Tortillas - Tortilla, 1 Tortilla	60	5g	3g	5g	--	270mg	0g	14g
Lucerne - Shredded Reduced Fat Mozzarella, 28 gram	70	1g	4g	8g	10mg	180mg	--	--
Chicken breast, grilled, skinless, 85 g	150	0g	5g	25g	82mg	300mg	0g	0g
Broccoli, 349 gram	119	23g	1g	10g	0mg	115mg	6g	9g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
Chicken Of The Sea - Chunk Light Tuna In Oil, 1 can drained	140	0g	5g	23g	45mg	360mg	0g	0g
Lentils, cooked, 96 g	110	19g	0g	9g	0mg	224mg	2g	8g
White rice, cooked, 216 g	279	60g	1g	6g	0mg	529mg	0g	1g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Blueberries, 135 gram	77	20g	0g	1g	0mg	1mg	13g	3g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
TOTALS	2476	290g	41g	243g	478mg	3950mg	49g	56g

Feb 20, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
365 Brand - Canned Peaches, 1.07 Cup	128	30g	0g	2g	0mg	21mg	24g	2g
365 Brand - Canned Peaches, 0.52 Cup	62	15g	0g	1g	0mg	10mg	11g	1g
refried beans no fat - refried beans, 117 grammo	73	15g	0g	5g	--	--	--	--
Melissa's - Baby Dutch Yellow Potatoes, 184 g	130	29g	0g	3g	0mg	29mg	2g	5g
Broccoli, 329 gram	112	22g	1g	9g	0mg	109mg	6g	9g
Chicken breast, grilled, skinless, 200 g	352	0g	11g	59g	192mg	706mg	0g	0g
Lucerne - Shredded Reduced Fat Mozzarella, 28 gram	70	1g	4g	8g	10mg	180mg	--	--
Chicken breast, grilled, skinless, 51 g	90	0g	3g	15g	49mg	180mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
refried beans no fat - refried beans, 129 grammo	81	16g	0g	5g	--	--	--	--
La Tortilla Factory - Whole Wheat Tortillas, Low Carb, 1 tortilla	50	11g	2g	5g	0mg	200mg	0g	8g
Broccoli, 249 gram	85	17g	1g	7g	0mg	82mg	4g	6g
Melissa's - Baby Dutch Yellow Potatoes, 171 g	121	27g	0g	3g	0mg	27mg	2g	5g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Mission Carb Balance Tortillas - Tortilla, 1 Tortilla	60	5g	3g	5g	--	270mg	0g	14g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Lucerne - Shredded Reduced Fat Mozzarella, 28 gram	70	1g	4g	8g	10mg	180mg	--	--
White rice, cooked, 76 g	98	21g	0g	2g	0mg	186mg	0g	0g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2498	282g	46g	254g	593mg	3109mg	80g	60g

Feb 21, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
White rice, cooked, 129 g	166	36g	0g	3g	0mg	316mg	0g	1g
Lucerne - Shredded Reduced Fat Mozzarella, 32 gram	80	1g	5g	9g	11mg	206mg	--	--
Fage - 2% Yogurt, 88 g	62	3g	2g	9g	10mg	28mg	3g	0g
Chicken breast, grilled, skinless, 152 g	268	0g	8g	45g	146mg	537mg	0g	0g
Russet potato, baked, 221 g	210	47g	0g	6g	0mg	31mg	2g	5g
Russet potato, baked, 181 g	172	39g	0g	5g	0mg	25mg	2g	4g
96% lean beef - 96% lean beef, 101 gram	125	0g	4g	21g	--	--	--	--
Melissa's - Baby Dutch Yellow Potatoes, 153 g	108	24g	0g	3g	0mg	24mg	1g	4g
Peelz - Mandarins, 1 fruit	35	9g	0g	1g	--	1mg	7g	1g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
Chicken breast, grilled, skinless, 122 g	215	0g	7g	36g	117mg	431mg	0g	0g
White rice, cooked, 155 g	200	43g	0g	4g	0mg	380mg	0g	1g
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2485	285g	38g	247g	514mg	2367mg	51g	27g

Feb 22, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Snacks								
Lucerne - Shredded Reduced Fat Mozzarella, 27 gram	68	1g	4g	8g	10mg	174mg	--	--
Chicken breast, grilled, skinless, 163 g	287	0g	9g	48g	156mg	575mg	0g	0g
Russet potato, baked, 358 g	340	77g	0g	9g	0mg	50mg	4g	8g
Broccoli, 246 gram	84	16g	1g	7g	0mg	81mg	4g	6g
Broccoli, 268 gram	91	18g	1g	8g	0mg	88mg	5g	7g
La Tortilla Factory - Whole Wheat Tortillas, Low Carb, 1 tortilla	50	11g	2g	5g	0mg	200mg	0g	8g
Chicken breast, grilled, skinless, 101 g	178	0g	6g	30g	97mg	357mg	0g	0g
Ribeye - Ribeye, 148 gram	429	0g	34g	31g	0mg	81mg	0g	0g
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Chicken breast, grilled, skinless, 107 g	188	0g	6g	32g	103mg	378mg	0g	0g
White rice, cooked, 154 g	199	43g	0g	4g	0mg	377mg	0g	1g
TOTALS	2478	238g	70g	239g	506mg	2584mg	44g	40g

Feb 23, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Veri Veri teriyaki - Veri veri teriyaki, 38 g	90	16g	2g	2g	--	--	--	--
White rice, cooked, 176 g	227	49g	0g	5g	0mg	431mg	0g	1g
Open Acres - Extra Jumbo Raw Shrimp, 389 g	274	10g	0g	55g	549mg	2195mg	0g	0g
Green apple, 1 small	84	20g	0g	1g	--	1mg	14g	4g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 133 gram	125	7g	2g	18g	16mg	43mg	3g	--
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 175 gram	165	9g	3g	24g	21mg	57mg	4g	--
Russet potato, baked, 129 g	123	28g	0g	3g	0mg	18mg	1g	3g
Ribeye - Ribeye, 154 gram	447	0g	35g	32g	0mg	85mg	0g	0g
Chicken breast, grilled, skinless, 99 g	174	0g	5g	29g	95mg	349mg	0g	0g
White rice, cooked, 158 g	204	44g	0g	4g	0mg	387mg	0g	1g
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2477	255g	54g	230g	821mg	3789mg	53g	19g

Feb 24, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lucerne - Shredded Reduced Fat Mozzarella, 29 gram	73	1g	4g	8g	10mg	186mg	--	--
Fage - 2% Yogurt, 110 g	78	3g	2g	11g	13mg	36mg	3g	0g
Rosarita - Refried Beans , no fat, 0.5 cup	80	16g	0g	5g	0mg	620mg	0g	5g
Melissa's - Baby Dutch Yellow Potatoes, 243 g	172	39g	0g	4g	0mg	39mg	2g	6g
White rice, cooked, 148 g	191	41g	0g	4g	0mg	363mg	0g	1g
96% lean beef - 96% lean beef, 102 gram	126	0g	4g	22g	--	--	--	--
Open Acres - Extra Jumbo Raw Shrimp, 233 g	164	6g	0g	33g	329mg	1315mg	0g	0g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
Generic - Baby carrots, 218 g	89	21g	1g	2g	0mg	150mg	10g	6g
Green apple, 1 small	84	20g	0g	1g	--	1mg	14g	4g
Russet potato, baked, 132 g	125	28g	0g	3g	0mg	18mg	1g	3g
96% lean beef - 96% lean beef, 202 gram	249	0g	8g	43g	--	--	--	--
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2475	274g	35g	262g	552mg	3116mg	73g	35g

Feb 25, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Mission Carb Balance Tortillas - Tortilla, 2 Tortilla	120	10g	5g	10g	--	540mg	0g	28g
Lucerne - Shredded Reduced Fat Mozzarella, 36 gram	90	1g	5g	10g	13mg	231mg	--	--
Rosarita - Refried Beans , no fat, 1.75 cup	280	56g	0g	18g	0mg	2170mg	0g	18g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Melissa's - Baby Dutch Yellow Potatoes, 104 g	74	17g	0g	2g	0mg	17mg	1g	3g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 112 gram	105	6g	2g	15g	13mg	36mg	3g	--
Chicken breast, grilled, skinless, 111 g	195	0g	6g	33g	107mg	392mg	0g	0g
White rice, cooked, 146 g	188	41g	0g	4g	0mg	358mg	0g	1g
Asparagus, 180 gram	36	7g	0g	4g	0mg	4mg	3g	4g
Melissa's - Baby Dutch Yellow Potatoes, 180 g	127	29g	0g	3g	0mg	29mg	2g	5g
96% lean beef - 96% lean beef, 131 gram	162	0g	5g	28g	--	--	--	--
Lucerne - Shredded Reduced Fat Mozzarella, 32 gram	80	1g	5g	9g	11mg	206mg	--	--
La Tortilla Factory - Whole Wheat Tortillas, Low Carb, 1 tortilla	50	11g	2g	5g	0mg	200mg	0g	8g
Green apple, 1 small	84	20g	0g	1g	--	1mg	14g	4g
96% lean beef - 96% lean beef, 101 gram	125	0g	4g	21g	--	--	--	--
Asparagus, 175 gram	35	7g	0g	4g	0mg	4mg	3g	4g
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
TOTALS	2491	278g	46g	254g	380mg	4764mg	57g	85g

Feb 26, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Melissa's - Baby Dutch Yellow Potatoes, 316 g	224	50g	0g	6g	0mg	50mg	3g	8g
Chicken breast, grilled, skinless, 170 g	299	0g	9g	50g	163mg	600mg	0g	0g
Lentils, cooked, 242 g	278	48g	1g	22g	0mg	564mg	4g	19g
Mission Carb Balance Tortillas - Tortilla, 1 Tortilla	60	5g	3g	5g	--	270mg	0g	14g
Rosarita - Refried Beans , no fat, 0.65 cup	104	21g	0g	7g	0mg	806mg	0g	7g
Celery, 81 g	11	2g	0g	1g	0mg	65mg	1g	1g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Rosarita - Refried Beans , no fat, 0.53 cup	84	17g	0g	5g	0mg	651mg	0g	5g
Melissa's - Baby Dutch Yellow Potatoes, 229 g	162	36g	0g	4g	0mg	36mg	2g	6g
Green apple, 1 small	84	20g	0g	1g	--	1mg	14g	4g
Red onion, 100 gram	40	9g	0g	1g	0mg	4mg	4g	2g
Chicken breast, grilled, skinless, 153 g	269	0g	8g	45g	147mg	540mg	0g	0g
White rice, cooked, 153 g	197	43g	0g	4g	0mg	375mg	0g	1g
Olive oil, 0.33 tbsp	39	0g	4g	0g	0mg	0mg	0g	0g
Blueberries, 139 gram	79	20g	0g	1g	0mg	1mg	14g	3g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
TOTALS	2499	302g	37g	237g	546mg	4538mg	44g	76g

Feb 27, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Lentils, cooked, 123 g	141	25g	0g	11g	0mg	287mg	2g	10g
Lucerne - Shredded Reduced Fat Mozzarella, 57 gram	143	2g	8g	16g	20mg	366mg	--	--
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Rosarita - Refried Beans , no fat, 1 cup	161	32g	0g	10g	0mg	1245mg	0g	10g
La Tortilla Factory - Whole Wheat Tortillas, Low Carb, 2 tortilla	100	22g	4g	10g	0mg	400mg	0g	16g
Peelz - Mandarins, 3 fruit	105	27g	0g	2g	--	2mg	20g	4g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Lentils, cooked, 208 g	239	42g	1g	19g	0mg	485mg	4g	16g
Rosarita - Refried Beans , no fat, 0.55 cup	87	17g	0g	5g	0mg	676mg	0g	5g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
La Tortilla Factory - Whole Wheat Tortillas, Low Carb, 1 tortilla	50	11g	2g	5g	0mg	200mg	0g	8g
Melissa's - Baby Dutch Yellow Potatoes, 321 g	227	51g	0g	6g	0mg	51mg	3g	9g
Lentils, cooked, 115 g	132	23g	0g	10g	0mg	268mg	2g	9g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Lentils, cooked, 110 g	127	22g	0g	10g	0mg	256mg	2g	9g
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
TOTALS	2490	319g	37g	250g	448mg	5518mg	45g	104g

Feb 28, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Pico de gallo, 1 cup	41	9g	0g	2g	0mg	1063mg	5g	3g
Raw - Jalapeño, 14 g	28	1g	1g	0g	0mg	1mg	0g	0g
Sour cream, 2 tbsp	59	1g	6g	1g	18mg	9mg	1g	0g
Cheddar cheese, 1 ounce	116	1g	10g	7g	28mg	185mg	0g	0g
Refried Beans - Refried Beans, 0.5 cup	100	18g	1g	6g	0mg	540mg	1g	5g
Chicken breast, grilled, skinless, 80 g	141	0g	4g	24g	77mg	282mg	0g	0g
Fiesta tortilla chips - Tortilla Chips, 20 chips	320	38g	18g	4g	0mg	130mg	0g	2g
Panda Express - Beijing Beef, 5.6 oz	480	46g	27g	14g	35mg	600mg	21g	2g
Panda Express - Orange Chicken, 11.4 oz	980	102g	46g	50g	160mg	1640mg	38g	4g
Panda Express - Fried Rice, 9.3 oz	520	85g	16g	11g	120mg	850mg	3g	1g
panda - Chow Mein, 1 serving	490	65g	22g	13g	0mg	1060mg	8g	4g
Rosarita - Refried Beans , no fat, 0.5 cup	80	16g	0g	5g	0mg	620mg	0g	5g
Chicken breast, grilled, skinless, 102 g	180	0g	6g	30g	98mg	360mg	0g	0g
Cinnamon, 6 teaspoon	39	13g	0g	1g	0mg	2mg	0g	8g
jello - vanilla sugar free, 42 gram	120	30g	0g	0g	--	--	--	--
Fat Free Milk - Fat Free Milk, 737 milliliter	280	40g	0g	25g	16mg	405mg	37g	0g
Red onion, 119 gram	48	11g	0g	1g	0mg	5mg	5g	2g
Chicken breast, grilled, skinless, 106 g	187	0g	6g	31g	102mg	374mg	0g	0g
Lentils, cooked, 169 g	194	34g	1g	15g	0mg	394mg	3g	13g
Blueberries, 100 gram	57	14g	0g	1g	0mg	1mg	10g	2g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
TOTALS	4853	555g	171g	296g	794mg	8743mg	134g	57g