

Printable Diary for andrewjkaminski21328

Jan 8, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Tuna in oil - Tuna in oil , 87.5 gram	149	0g	6g	23g	--	--	--	--
Cheddar cheese, 1 ounce	116	1g	10g	7g	28mg	185mg	0g	0g
Potato, 90 gram	69	16g	0g	2g	0mg	5mg	1g	2g
White rice, cooked, 0.75 cup	153	33g	0g	3g	0mg	290mg	0g	0g
White rice, cooked, 0.25 cup	51	11g	0g	1g	0mg	97mg	0g	0g
Lentils, cooked, 0.5 cup	114	20g	0g	9g	0mg	231mg	2g	8g
Broccoli, 0.5 cup, chopped or diced	15	3g	0g	1g	0mg	15mg	1g	1g
White rice, cooked, 0.25 cup	51	11g	0g	1g	0mg	97mg	0g	0g
Apple, 1 medium	104	28g	0g	1g	0mg	2mg	21g	5g
White rice, cooked, 1 cup	204	44g	0g	4g	0mg	387mg	0g	1g
Blueberries, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
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, 2.5 scoop	300	5g	5g	63g	175mg	275mg	3g	3g
Oats, 0.75 cup	230	41g	4g	8g	0mg	4mg	1g	6g
Lunch								
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
Lentils, cooked, 0.5 cup	114	20g	0g	9g	0mg	231mg	2g	8g
TOTALS	2924	282g	58g	312g	779mg	3939mg	64g	40g

Jan 9, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lentils, cooked, 0.67 cup	152	26g	1g	12g	0mg	308mg	2g	10g
Broccoli, 0.25 cup, chopped or diced	7	1g	0g	1g	0mg	7mg	0g	1g
White rice, cooked, 0.25 cup	51	11g	0g	1g	0mg	97mg	0g	0g
White rice, cooked, 1 cup	204	44g	0g	4g	0mg	387mg	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, 1 cup	307	55g	5g	11g	0mg	5mg	1g	8g
<b>Lunch</b>								
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
<b>Dinner</b>								
Tuna in oil - Tuna in oil , 87.5 gram	149	0g	6g	23g	--	--	--	--
Broccoli, 100 g	39	6g	0g	3g	0mg	36mg	1g	2g
White rice, cooked, 1 cup	204	44g	0g	4g	0mg	387mg	0g	1g
<b>Snacks</b>								
Multigrain bread, 1 small slice	64	10g	1g	3g	0mg	91mg	2g	2g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
<b>TOTALS</b>	<b>2397</b>	<b>241g</b>	<b>41g</b>	<b>257g</b>	<b>594mg</b>	<b>3061mg</b>	<b>35g</b>	<b>32g</b>

**Jan 10, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
Blueberries, 0.5 cup	21	5g	0g	0g	0mg	0mg	4g	1g
<b>Lunch</b>								
Apple, 1 medium	104	28g	0g	1g	0mg	2mg	21g	5g
White rice, cooked, 1 cup	204	44g	0g	4g	0mg	387mg	0g	1g
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
<b>Dinner</b>								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Beef Chuck, 100 gram(s)	191	0g	7g	32g	99mg	67mg	0g	0g
Potato, 156 gram	120	27g	0g	3g	0mg	9mg	1g	3g
White rice, cooked, 0.5 cup	102	22g	0g	2g	0mg	194mg	0g	0g
Beef Chuck, 100 gram(s)	191	0g	7g	32g	99mg	67mg	0g	0g
Broccoli, 200 g	78	13g	1g	5g	0mg	72mg	3g	5g
Chicken breast, grilled, skinless, 180 gram	317	0g	10g	53g	173mg	635mg	0g	0g
<b>Snacks</b>								
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Tuna in oil - Tuna in oil , 87.5 gram	149	0g	6g	23g	--	--	--	--
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Bread farmhouse - Bread, 0.92 slice	110	20g	1g	4g	0mg	202mg	3g	1g
<b>TOTALS</b>	<b>2680</b>	<b>246g</b>	<b>52g</b>	<b>300g</b>	<b>773mg</b>	<b>2673mg</b>	<b>73g</b>	<b>27g</b>

**Jan 11, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
White rice, cooked, 1 cup	204	44g	0g	4g	0mg	387mg	0g	1g
Cheddar cheese, 1 ounce	116	1g	10g	7g	28mg	185mg	0g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Broccoli, 100 g	39	6g	0g	3g	0mg	36mg	1g	2g
Egg, 3 egg	215	1g	15g	19g	617mg	194mg	0g	0g
Black beans, canned, 0.5 cup	109	20g	0g	7g	0mg	461mg	0g	8g
Crema - Crema, 50 g	77	12g	2g	0g	84mg	0mg	0g	0g
Salsa, red, 10 tbsp	27	5g	0g	1g	0mg	525mg	3g	1g
Tater tots - Tater Tots, 5 servings	80	10g	4g	1g	0mg	165mg	1g	1g
Chorizo, 50 g	171	1g	14g	10g	54mg	492mg	0g	0g
Flour tortilla, 1 medium	138	22g	4g	4g	0mg	331mg	2g	2g
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
<b>Dinner</b>								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Greek yogurt, plain, nonfat, 0%, 0.67 cup	96	6g	1g	17g	8mg	59mg	5g	0g
Beef Chuck, 100 gram(s)	191	0g	7g	32g	99mg	67mg	0g	0g
Potato, 100 gram	77	17g	0g	2g	0mg	6mg	1g	2g
<b>TOTALS</b>	<b>2715</b>	<b>244g</b>	<b>79g</b>	<b>254g</b>	<b>1292mg</b>	<b>3950mg</b>	<b>43g</b>	<b>32g</b>

**Jan 12, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
White rice, cooked, 1 cup	204	44g	0g	4g	0mg	387mg	0g	1g
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, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
<b>Lunch</b>								
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
<b>Dinner</b>								
White rice, cooked, 101 g	130	28g	0g	3g	0mg	247mg	0g	0g
Broccoli, 75 g	29	5g	0g	2g	0mg	27mg	1g	2g
Potato, 160 gram	123	28g	0g	3g	0mg	10mg	1g	3g
Beef Chuck, 50 gram(s)	96	0g	3g	16g	50mg	34mg	0g	0g
Greek yogurt, plain, nonfat, 0%, 1.13 cup	163	10g	1g	28g	14mg	99mg	9g	0g
Potato, 100 gram	77	17g	0g	2g	0mg	6mg	1g	2g
Lentils, cooked, 0.67 cup	152	26g	1g	12g	0mg	308mg	2g	10g
Broccoli, 50 g	20	3g	0g	1g	0mg	18mg	1g	1g
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
White rice, cooked, 0.25 cup	51	11g	0g	1g	0mg	97mg	0g	0g
<b>Snacks</b>								
Greek yogurt, plain, nonfat, 0%, 0.67 cup	96	6g	1g	17g	8mg	59mg	5g	0g
Apple, 1 medium	104	28g	0g	1g	0mg	2mg	21g	5g
<b>TOTALS</b>	<b>2498</b>	<b>275g</b>	<b>35g</b>	<b>265g</b>	<b>596mg</b>	<b>2929mg</b>	<b>69g</b>	<b>34g</b>

**Jan 13, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
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
<b>Lunch</b>								
Beef Chuck, 100 gram(s)	191	0g	7g	32g	99mg	67mg	0g	0g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 106 gram	100	6g	2g	14g	12mg	34mg	2g	--
Tuna in oil - Tuna in oil , 87.5 gram	149	0g	6g	23g	--	--	--	--
Greek yogurt, plain, nonfat, 0%, 0.96 cup	139	9g	1g	24g	12mg	85mg	8g	0g
Broccoli, 100 g	39	6g	0g	3g	0mg	36mg	1g	2g
Chicken breast, grilled, skinless, 133 gram	234	0g	7g	39g	128mg	469mg	0g	0g
<b>Dinner</b>								
Broccoli, 200 g	78	13g	1g	5g	0mg	72mg	3g	5g
Lucerne - Reduced Fat Sharp Cheddar, 1 oz (28 g)	90	1g	6g	8g	20mg	180mg	0g	0g
Potato, 260 gram	200	45g	0g	5g	0mg	16mg	2g	5g
<b>Snacks</b>								
Chicken breast, grilled, skinless, 190 gram	334	0g	10g	56g	182mg	671mg	0g	0g
White rice, cooked, 172 g	222	48g	0g	5g	0mg	421mg	0g	1g
<b>TOTALS</b>	<b>2479</b>	<b>225g</b>	<b>49g</b>	<b>277g</b>	<b>593mg</b>	<b>2277mg</b>	<b>45g</b>	<b>27g</b>

**Jan 14, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Lentils, cooked, 0.67 cup	152	26g	1g	12g	0mg	308mg	2g	10g
Broccoli, 50 g	20	3g	0g	1g	0mg	18mg	1g	1g
White rice, cooked, 0.25 cup	51	11g	0g	1g	0mg	97mg	0g	0g
Chicken breast, grilled, skinless, 100 gram	176	0g	5g	30g	96mg	353mg	0g	0g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
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

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
<b>Lunch</b>								
Chicken breast, grilled, skinless, 100 gram	176	0g	5g	30g	96mg	353mg	0g	0g
<b>Dinner</b>								
Broccoli, 150 g	59	9g	1g	4g	0mg	54mg	2g	4g
Potato, 195 gram	150	34g	0g	4g	0mg	12mg	2g	4g
Chicken breast, grilled, skinless, 120 gram	211	0g	7g	36g	115mg	424mg	0g	0g
Chicken breast, grilled, skinless, 100 gram	176	0g	5g	30g	96mg	353mg	0g	0g
<b>Snacks</b>								
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 106 gram	100	6g	2g	14g	12mg	34mg	2g	--
Carrots, 0.58 cup, chopped	30	7g	0g	1g	0mg	51mg	4g	2g
Potato, 260 gram	200	45g	0g	5g	0mg	16mg	2g	5g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 106 gram	100	6g	2g	14g	12mg	34mg	2g	--
<b>TOTALS</b>	<b>2423</b>	<b>245g</b>	<b>40g</b>	<b>269g</b>	<b>637mg</b>	<b>2442mg</b>	<b>46g</b>	<b>41g</b>

**Jan 15, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Blueberries, 0.5 cup	21	5g	0g	0g	0mg	0mg	4g	1g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
Oats, 0.5 cup	153	27g	3g	5g	0mg	2mg	0g	4g
Leanfit Protein powder - Protein Powder, 2 scoop	240	4g	4g	50g	140mg	220mg	2g	2g
<b>Lunch</b>								
Broccoli, 75 gram	26	5g	0g	2g	0mg	25mg	1g	2g
Lentils, cooked, 0.67 cup	152	26g	1g	12g	0mg	308mg	2g	10g
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
White rice, cooked, 54 g	70	15g	0g	1g	0mg	132mg	0g	0g
White rice, cooked, 0.25 cup	51	11g	0g	1g	0mg	97mg	0g	0g
<b>Dinner</b>								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
kikkoman less sodium soy sauce - less sodium soy sauce, 3 tablespoon	30	3g	0g	3g	--	1770mg	--	--
Potato, 103 gram	79	18g	0g	2g	0mg	6mg	1g	2g
White rice, cooked, 99 g	128	28g	0g	3g	0mg	243mg	0g	0g
Chicken breast, grilled, skinless, 200 gram	352	0g	11g	59g	192mg	706mg	0g	0g
Potato, 126 gram	97	22g	0g	3g	0mg	8mg	1g	3g
<b>Snacks</b>								
White rice, cooked, 77 g	99	22g	0g	2g	0mg	189mg	0g	0g
Broccoli, 100 gram	34	7g	0g	3g	0mg	33mg	2g	3g
Chicken breast, grilled, skinless, 50 gram	88	0g	3g	15g	48mg	177mg	0g	0g
Potato, 100 gram	77	17g	0g	2g	0mg	6mg	1g	2g
Generic - Baby carrots, 72 g	30	7g	0g	1g	0mg	50mg	3g	2g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 106 gram	100	6g	2g	14g	12mg	34mg	2g	--
<b>TOTALS</b>	<b>2413</b>	<b>252g</b>	<b>37g</b>	<b>263g</b>	<b>654mg</b>	<b>4822mg</b>	<b>39g</b>	<b>34g</b>

**Jan 16, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
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
<b>Dinner</b>								
Potato, 101 gram	78	18g	0g	2g	0mg	6mg	1g	2g
Chicken breast, grilled, skinless, 101 gram	178	0g	6g	30g	97mg	357mg	0g	0g
<b>Snacks</b>								
White rice, cooked, 100 g	129	28g	0g	3g	0mg	245mg	0g	0g
Potato, 98 gram	75	17g	0g	2g	0mg	6mg	1g	2g
Broccoli, 43 gram	15	3g	0g	1g	0mg	14mg	1g	1g
Chicken breast, grilled, skinless, 50 gram	88	0g	3g	15g	48mg	177mg	0g	0g
Beef Chuck, 100 gram(s)	191	0g	7g	32g	99mg	67mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 100 gram	176	0g	5g	30g	96mg	353mg	0g	0g
Generic - Baby carrots, 72 g	30	7g	0g	1g	0mg	50mg	3g	2g
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
Chicken breast, grilled, skinless, 100 gram	176	0g	5g	30g	96mg	353mg	0g	0g
White rice, cooked, 1.5 cup	306	66g	1g	6g	0mg	581mg	0g	1g
<b>TOTALS</b>	<b>2425</b>	<b>247g</b>	<b>41g</b>	<b>263g</b>	<b>666mg</b>	<b>2600mg</b>	<b>40g</b>	<b>23g</b>

**Jan 17, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
White rice, cooked, 0.25 cup	51	11g	0g	1g	0mg	97mg	0g	0g
Broccoli, 43 gram	15	3g	0g	1g	0mg	14mg	1g	1g
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, 1 cup	42	11g	0g	1g	0mg	1mg	7g	2g
Banana, 1 medium	114	27g	0g	1g	0mg	0mg	19g	2g
<b>Lunch</b>								
White rice, cooked, 80 g	103	22g	0g	2g	0mg	196mg	0g	0g
Broccoli, 43 gram	15	3g	0g	1g	0mg	14mg	1g	1g
White rice, cooked, 0.25 cup	51	11g	0g	1g	0mg	97mg	0g	0g
Lentils, cooked, 0.67 cup	152	26g	1g	12g	0mg	308mg	2g	10g
Chicken breast, grilled, skinless, 200 g	352	0g	11g	59g	192mg	706mg	0g	0g
Lentils, cooked, 0.67 cup	152	26g	1g	12g	0mg	308mg	2g	10g
Chicken breast, grilled, skinless, 200 g	352	0g	11g	59g	192mg	706mg	0g	0g
<b>Snacks</b>								
White rice, cooked, 30 g	39	8g	0g	1g	0mg	74mg	0g	0g
Broccoli, 102 gram	35	7g	0g	3g	0mg	34mg	2g	3g
White rice, cooked, 80 g	103	22g	0g	2g	0mg	196mg	0g	0g
Chicken breast, grilled, skinless, 49 g	86	0g	3g	15g	47mg	173mg	0g	0g
Beef Chuck, 92 gram(s)	176	0g	6g	30g	91mg	62mg	0g	0g
Potato, 132 gram	102	23g	0g	3g	0mg	8mg	1g	3g



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 50 g	88	0g	3g	15g	48mg	177mg	0g	0g
<b>TOTALS</b>	<b>2421</b>	<b>231g</b>	<b>43g</b>	<b>274g</b>	<b>710mg</b>	<b>3393mg</b>	<b>37g</b>	<b>38g</b>

**Jan 18, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
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
<b>Lunch</b>								
vermicelli - clear noodle, 1 pack	170	43g	0g	0g	--	10mg	--	2g
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	--
AN - Shitake Mushroom, 50 gram	17	3g	0g	1g	--	--	--	--
AN - Shitake Mushroom, 50 gram	17	3g	0g	1g	--	--	--	--
Potato, 40 gram	31	7g	0g	1g	0mg	2mg	0g	1g
Green cabbage, 4 cup	90	21g	0g	5g	0mg	65mg	12g	9g
tiger shrimps - tiger shrimps, 50 gram	25	0g	0g	6g	--	--	--	--
Kobe Beef - kobe beef, 4 ounce	115	4g	3g	17g	--	--	1g	1g
Broccoli, 99 gram	34	7g	0g	3g	0mg	33mg	2g	3g
Chicken breast, grilled, skinless, 203 g	357	0g	11g	60g	195mg	717mg	0g	0g
<b>Dinner</b>								
Broccoli, 103 gram	35	7g	0g	3g	0mg	34mg	2g	3g
Potato, 139 gram	107	24g	0g	3g	0mg	8mg	1g	3g
Chicken breast, grilled, skinless, 220 g	387	0g	12g	65g	211mg	777mg	0g	0g
<b>Snacks</b>								
Generic - Baby carrots, 96 g	39	9g	0g	1g	0mg	66mg	5g	3g
<b>TOTALS</b>	<b>2407</b>	<b>236g</b>	<b>40g</b>	<b>277g</b>	<b>636mg</b>	<b>2103mg</b>	<b>57g</b>	<b>40g</b>

**Jan 19, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Synergy - Kombucha, 13.44 fl oz	50	12g	0g	0g	0mg	17mg	3g	--
Broccoli, 40 gram	14	3g	0g	1g	0mg	13mg	1g	1g
White rice, cooked, 0.25 cup	51	11g	0g	1g	0mg	97mg	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
<b>Lunch</b>								
Celery, 64 g	9	2g	0g	0g	0mg	51mg	1g	1g
Generic - Baby carrots, 82 g	34	8g	0g	1g	0mg	57mg	4g	2g
Fage - 2% Yogurt, 72 g	51	2g	1g	7g	8mg	23mg	2g	0g
Potato, 131 gram	101	23g	0g	3g	0mg	8mg	1g	3g
Lucerne - Reduced Fat Sharp Cheddar, 1 oz (28 g)	90	1g	6g	8g	20mg	180mg	0g	0g
La Tortilla Factory - Zero Net Carb Tortillas, 1 tortilla	60	14g	4g	7g	0mg	280mg	1g	14g
Beef loin tri tip - Tri tip, 111 g	167	0g	9g	24g	--	--	--	--
Lentils, cooked, 0.67 cup	152	26g	1g	12g	0mg	308mg	2g	10g
Chicken breast, grilled, skinless, 200 g	352	0g	11g	59g	192mg	706mg	0g	0g
<b>Dinner</b>								
Lucerne - Reduced Fat Sharp Cheddar, 16 gram	51	1g	3g	5g	11mg	102mg	0g	0g
White rice, cooked, 71 g	92	20g	0g	2g	0mg	174mg	0g	0g
Broccoli, 100 gram	34	7g	0g	3g	0mg	33mg	2g	3g
Ricotta cheese, part skim milk, 0.25 cup	85	3g	5g	7g	19mg	61mg	0g	0g
La Tortilla Factory - Zero Net Carb Tortillas, 1 tortilla	60	14g	4g	7g	0mg	280mg	1g	14g
Potato, 200 gram	154	35g	0g	4g	0mg	12mg	2g	4g
Laura's Lean Beef - Lean Ground Beef, 112 g	140	0g	5g	23g	60mg	75mg	--	--
Beef Chuck, 72 gram(s)	138	0g	5g	23g	71mg	48mg	0g	0g
<b>TOTALS</b>	<b>2434</b>	<b>251g</b>	<b>61g</b>	<b>254g</b>	<b>521mg</b>	<b>2748mg</b>	<b>48g</b>	<b>62g</b>

Jan 20, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Broccoli, 40 gram	14	3g	0g	1g	0mg	13mg	1g	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, 1 cup	307	55g	5g	11g	0mg	5mg	1g	8g
<b>Lunch</b>								
Laura's Lean Beef - Lean Ground Beef, 62 g	78	0g	2g	13g	33mg	42mg	--	--
Potato, 102 gram	79	18g	0g	2g	0mg	6mg	1g	2g
Celery, 112 g	16	3g	0g	1g	0mg	90mg	2g	2g
Lentils, cooked, 0.67 cup	152	26g	1g	12g	0mg	308mg	2g	10g
White rice, cooked, 0.25 cup	51	11g	0g	1g	0mg	97mg	0g	0g
Chicken breast, grilled, skinless, 200 g	352	0g	11g	59g	192mg	706mg	0g	0g
<b>Snacks</b>								
White rice, cooked, 92 g	119	26g	0g	2g	0mg	225mg	0g	0g
Fage - 2% Yogurt, 60 g	42	2g	1g	6g	7mg	19mg	2g	0g
Broccoli, 105 gram	36	7g	0g	3g	0mg	35mg	2g	3g
Potato, 130 gram	100	23g	0g	3g	0mg	8mg	1g	3g
La Tortilla Factory - Zero Net Carb Tortillas, 1 tortilla	60	14g	4g	7g	0mg	280mg	1g	14g
Chicken breast, grilled, skinless, 147 g	259	0g	8g	44g	141mg	519mg	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
Generic - Baby carrots, 84 g	34	8g	0g	1g	0mg	58mg	4g	2g
<b>TOTALS</b>	<b>2375</b>	<b>249g</b>	<b>41g</b>	<b>266g</b>	<b>603mg</b>	<b>2797mg</b>	<b>50g</b>	<b>52g</b>

**Jan 21, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
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
<b>Lunch</b>								
Think - High Protein Bar, 0.5 bar	120	13g	4g	10g	3mg	75mg	1g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
White rice, cooked, 100 g	129	28g	0g	3g	0mg	245mg	0g	0g
Chicken breast, grilled, skinless, 175 g	308	0g	10g	52g	168mg	618mg	0g	0g
Broccoli, 120 gram	41	8g	0g	3g	0mg	40mg	2g	3g
Beef loin tri tip - Tri tip, 108 g	162	0g	9g	23g	--	--	--	--
Chicken breast, grilled, skinless, 123 g	216	0g	7g	36g	118mg	434mg	0g	0g
Marina's Bakery Keto Bread - Keto Bread, 2 Slices	74	0g	2g	3g	3mg	3mg	0g	2g
<b>Dinner</b>								
Orange juice, 1 cup (8 fl oz)	117	25g	1g	2g	0mg	5mg	20g	1g
Lucerne - Reduced Fat Sharp Cheddar, 28 gram	89	1g	6g	8g	20mg	178mg	0g	0g
Potato, 130 gram	100	23g	0g	3g	0mg	8mg	1g	3g
White rice, cooked, 105 g	135	29g	0g	3g	0mg	257mg	0g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Chicken breast, grilled, skinless, 106 g	187	0g	6g	31g	102mg	374mg	0g	0g
<b>Snacks</b>								
Marina's Bakery Keto Bread - Keto Bread, 2 Slices	74	0g	2g	3g	3mg	3mg	0g	2g
<b>TOTALS</b>	<b>2421</b>	<b>198g</b>	<b>56g</b>	<b>262g</b>	<b>627mg</b>	<b>2573mg</b>	<b>53g</b>	<b>22g</b>

## Jan 22, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Broccoli, 101 gram	34	7g	0g	3g	0mg	33mg	2g	3g
Chicken breast, grilled, skinless, 102 g	180	0g	6g	30g	98mg	360mg	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
<b>Lunch</b>								
Granny smith apple, 1 medium	97	23g	0g	1g	--	2mg	16g	5g
Chicken breast, grilled, skinless, 97 g	171	0g	5g	29g	93mg	342mg	0g	0g
White rice, cooked, 81 g	104	23g	0g	2g	0mg	198mg	0g	0g
<b>Dinner</b>								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 165 g	290	0g	9g	49g	158mg	582mg	0g	0g
<b>Snacks</b>								
White rice, cooked, 77 g	99	22g	0g	2g	0mg	189mg	0g	0g
Marina's Bakery Keto Bread - Keto Bread, 4 Slices	148	0g	4g	5g	5mg	6mg	0g	4g
Lucerne - Reduced Fat Sharp Cheddar, 56 gram	178	2g	12g	16g	40mg	356mg	0g	0g
Generic - Baby carrots, 90 g	37	9g	0g	1g	0mg	62mg	4g	3g
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
<b>TOTALS</b>	<b>2367</b>	<b>209g</b>	<b>48g</b>	<b>247g</b>	<b>624mg</b>	<b>2898mg</b>	<b>55g</b>	<b>27g</b>

**Jan 23, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
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
<b>Lunch</b>								
The Rustik Oven - Sourdough Bread, 1 slice	180	32g	2g	7g	0mg	310mg	1g	2g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Celery, 80 g	11	2g	0g	1g	0mg	64mg	1g	1g
Tuna in oil - Tuna in oil , 87.5 gram	149	0g	6g	23g	--	--	--	--
White rice, cooked, 155 g	200	43g	0g	4g	0mg	380mg	0g	1g
Chicken breast, grilled, skinless, 195 g	343	0g	11g	58g	187mg	688mg	0g	0g
Broccoli, 159 gram	54	11g	1g	4g	0mg	52mg	3g	4g
Potato, 39 gram	30	7g	0g	1g	0mg	2mg	0g	1g
White rice, cooked, 84 g	108	24g	0g	2g	0mg	206mg	0g	0g
<b>Dinner</b>								
Generic - Baby carrots, 81 g	33	8g	0g	1g	0mg	56mg	4g	2g
White rice, cooked, 155 g	200	43g	0g	4g	0mg	380mg	0g	1g
Chicken breast, grilled, skinless, 205 g	361	0g	11g	61g	197mg	724mg	0g	0g
<b>TOTALS</b>	<b>2394</b>	<b>239g</b>	<b>43g</b>	<b>253g</b>	<b>620mg</b>	<b>3438mg</b>	<b>37g</b>	<b>22g</b>

**Jan 24, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Think - High Protein Bar, 0.5 bar	120	13g	4g	10g	3mg	75mg	1g	0g
The Rustik Oven - Sourdough Bread, 0.5 slice	90	16g	1g	4g	0mg	155mg	0g	1g
White rice, cooked, 78 g	101	22g	0g	2g	0mg	191mg	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
<b>Lunch</b>								
Lentils, cooked, 42 g	48	8g	0g	4g	0mg	98mg	1g	3g
Potato, 90 gram	69	16g	0g	2g	0mg	5mg	1g	2g
Chicken breast, grilled, skinless, 106 g	187	0g	6g	31g	102mg	374mg	0g	0g
Lucerne - Reduced Fat Sharp Cheddar, 28 gram	89	1g	6g	8g	20mg	178mg	0g	0g
La Tortilla Factory - Zero Net Carb Tortillas, 1 tortilla	60	14g	4g	7g	0mg	280mg	1g	14g
Fage - 2% Yogurt, 50 g	35	1g	1g	5g	6mg	16mg	1g	0g
Potato, 135 gram	104	24g	0g	3g	0mg	8mg	1g	3g
Lentils, cooked, 87 g	100	17g	0g	8g	0mg	203mg	2g	7g
Chicken breast, grilled, skinless, 147 g	259	0g	8g	44g	141mg	519mg	0g	0g
Generic - Baby carrots, 68 g	28	7g	0g	1g	0mg	47mg	3g	2g
Granny smith apple, 1 medium	97	23g	0g	1g	--	2mg	16g	5g
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
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
<b>TOTALS</b>	<b>2392</b>	<b>242g</b>	<b>47g</b>	<b>265g</b>	<b>598mg</b>	<b>2892mg</b>	<b>60g</b>	<b>48g</b>

**Jan 25, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Fage - 2% Yogurt, 50 g	35	1g	1g	5g	6mg	16mg	1g	0g
Potato, 128 gram	99	22g	0g	3g	0mg	8mg	1g	3g
Lentils, cooked, 115 g	132	23g	0g	10g	0mg	268mg	2g	9g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Chicken breast, grilled, skinless, 141 g	248	0g	8g	42g	135mg	498mg	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, 120 gram	113	6g	2g	16g	14mg	39mg	3g	--
Chocolate chip cookie, 1 minature or bite size	25	3g	1g	0g	0mg	16mg	2g	0g
Focaccia bread, 0.67 slice	95	14g	3g	3g	--	213mg	1g	1g
Blueberries, 0.5 cup	21	5g	0g	0g	0mg	0mg	4g	1g
Chicken breast, grilled, skinless, 203 g	357	0g	11g	60g	195mg	717mg	0g	0g
Quinoa, cooked, 0.5 cup	102	18g	2g	4g	0mg	6mg	1g	2g
Mayonnaise, 1 tbsp	94	0g	10g	0g	6mg	88mg	0g	0g
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
Ham, 1 thin slice	70	1g	2g	11g	32mg	690mg	1g	0g
Strawberry, 0.5 cup, halves	24	6g	0g	1g	0mg	1mg	4g	2g
Blueberries, 0.5 cup	21	5g	0g	0g	0mg	0mg	4g	1g
Bacon - Bacon, 3 pieces	116	0g	9g	9g	24mg	422mg	0g	0g
Sourdough bread, 1 regular slice	84	16g	1g	3g	0mg	187mg	1g	1g
Green apple, 1 medium	97	23g	0g	1g	--	2mg	16g	5g
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
<b>TOTALS</b>	<b>2376</b>	<b>206g</b>	<b>59g</b>	<b>249g</b>	<b>622mg</b>	<b>3513mg</b>	<b>64g</b>	<b>35g</b>

**Jan 26, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
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
<b>Lunch</b>								
Fage - 2% Yogurt, 50 g	35	1g	1g	5g	6mg	16mg	1g	0g
White rice, cooked, 86 g	111	24g	0g	2g	0mg	211mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lentils, cooked, 84 g	97	17g	0g	8g	0mg	196mg	2g	7g
Chicken breast, grilled, skinless, 40 g	70	0g	2g	12g	38mg	141mg	0g	0g
Laura's Lean Beef - Lean Ground Beef, 41 g	51	0g	2g	8g	22mg	27mg	--	--
Chicken breast, grilled, skinless, 63 g	111	0g	3g	19g	60mg	222mg	0g	0g
Onion, 34 gram	14	3g	0g	0g	0mg	1mg	1g	1g
White rice, cooked, 93 g	120	26g	0g	2g	0mg	228mg	0g	0g
Lentils, cooked, 84 g	97	17g	0g	8g	0mg	196mg	2g	7g
White rice, cooked, 77 g	99	22g	0g	2g	0mg	189mg	0g	0g
Onion, 30 gram	12	3g	0g	0g	0mg	1mg	1g	1g
Chicken breast, grilled, skinless, 51 g	90	0g	3g	15g	49mg	180mg	0g	0g
90%lean ground beef - 90%lean ground beef, 100 gram	148	0g	11g	25g	0mg	53mg	0g	0g
Lentils, cooked, 99 g	114	20g	0g	9g	0mg	231mg	2g	8g
Potato, 124 gram	95	22g	0g	3g	0mg	7mg	1g	3g
Lucerne - Reduced Fat Sharp Cheddar, 11 gram	35	0g	2g	3g	8mg	70mg	0g	0g
Chicken breast, grilled, skinless, 100 g	176	0g	5g	30g	96mg	353mg	0g	0g
Chicken breast, grilled, skinless, 107 g	188	0g	6g	32g	103mg	378mg	0g	0g
Lentils, cooked, 230 g	265	46g	1g	21g	0mg	536mg	4g	18g
<b>TOTALS</b>	<b>2631</b>	<b>298g</b>	<b>45g</b>	<b>267g</b>	<b>522mg</b>	<b>3462mg</b>	<b>43g</b>	<b>59g</b>

**Jan 27, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Chicken breast, grilled, skinless, 72 g	127	0g	4g	21g	69mg	254mg	0g	0g
Onion, 22 gram	9	2g	0g	0g	0mg	1mg	1g	0g
White rice, cooked, 214 g	276	60g	1g	6g	0mg	524mg	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
<b>Lunch</b>								
Marina's Bakery Keto Bread - Keto Bread, 2 Slices	74	0g	2g	3g	3mg	3mg	0g	2g
White rice, cooked, 77 g	99	22g	0g	2g	0mg	189mg	0g	0g
Potato, 64 gram	49	11g	0g	1g	0mg	4mg	1g	1g



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Lentils, cooked, 60 g	69	12g	0g	5g	0mg	140mg	1g	5g
Chicken breast, grilled, skinless, 107 g	188	0g	6g	32g	103mg	378mg	0g	0g
90%lean ground beef - 90%lean ground beef, 65 gram	96	0g	7g	16g	0mg	34mg	0g	0g
Onion, 23 gram	9	2g	0g	0g	0mg	1mg	1g	0g
Lentils, cooked, 101 g	116	20g	0g	9g	0mg	235mg	2g	8g
Marina's Bakery Keto Bread - Keto Bread, 2 Slices	74	0g	2g	3g	3mg	3mg	0g	2g
90%lean ground beef - 90%lean ground beef, 100 gram	148	0g	11g	25g	0mg	53mg	0g	0g
Chicken breast, grilled, skinless, 85 g	150	0g	5g	25g	82mg	300mg	0g	0g
Lentils, cooked, 130 g	150	26g	0g	12g	0mg	303mg	2g	10g
Green apple, 1 medium	97	23g	0g	1g	--	2mg	16g	5g
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	--
<b>TOTALS</b>	<b>2560</b>	<b>258g</b>	<b>50g</b>	<b>266g</b>	<b>490mg</b>	<b>2812mg</b>	<b>57g</b>	<b>45g</b>

**Jan 28, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Vlasic - Dill Pickles, 100 g	17	3g	0g	1g	--	933mg	3g	--
Generic - Baby carrots, 86 g	35	8g	0g	1g	0mg	59mg	4g	2g
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
<b>Lunch</b>								
Mild cheddar - Cheddar, 0.18 cup	78	1g	6g	5g	21mg	128mg	0g	0g
90%lean ground beef - 90%lean ground beef, 111 gram	164	0g	12g	27g	0mg	59mg	0g	0g
White rice, cooked, 76 g	98	21g	0g	2g	0mg	186mg	0g	0g
Marina's Bakery Keto Bread - Keto Bread, 2 Slices	74	0g	2g	3g	3mg	3mg	0g	2g
Fage - 2% Yogurt, 30 g	21	1g	1g	3g	4mg	10mg	1g	0g
Red bell pepper, 43 g	13	3g	0g	0g	0mg	0mg	2g	1g
Onion, 39 gram	16	4g	0g	0g	0mg	2mg	2g	1g
Lentils, cooked, 117 g	135	23g	0g	10g	0mg	273mg	2g	9g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
White rice, cooked, 78 g	101	22g	0g	2g	0mg	191mg	0g	0g
Brookshire's - Broccoli Spears, 186 g	63	8g	0g	4g	0mg	52mg	4g	4g
Silk - Protein Almond Milk, 1 cup	80	6g	3g	8g	0mg	150mg	5g	0g
Leanfit Protein powder - Protein Powder, 1 scoop	120	2g	2g	25g	70mg	110mg	1g	1g
Lentils, cooked, 103 g	118	21g	0g	9g	0mg	240mg	2g	8g
Chicken breast, grilled, skinless, 76 g	134	0g	4g	22g	73mg	268mg	0g	0g
White rice, cooked, 92 g	119	26g	0g	2g	0mg	225mg	0g	0g
Lentils, cooked, 100 g	115	20g	0g	9g	0mg	233mg	2g	8g
Chicken breast, grilled, skinless, 151 g	266	0g	8g	45g	145mg	533mg	0g	0g
<b>Dinner</b>								
Chicken breast, grilled, skinless, 150 g	264	0g	8g	44g	144mg	530mg	0g	0g
<b>TOTALS</b>	<b>2580</b>	<b>238g</b>	<b>53g</b>	<b>279g</b>	<b>600mg</b>	<b>4408mg</b>	<b>56g</b>	<b>46g</b>

## Jan 29, 2025

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Onion, 40 gram	16	4g	0g	0g	0mg	2mg	2g	1g
Red bell pepper, 36 g	11	2g	0g	0g	0mg	0mg	2g	0g
White rice, cooked, 112 g	144	31g	0g	3g	0mg	274mg	0g	0g
Lentils, cooked, 120 g	138	24g	0g	11g	0mg	280mg	2g	9g
Chicken breast, grilled, skinless, 198 g	348	0g	11g	59g	190mg	699mg	0g	0g
Green Grapes - Green Grapes, 85 gram	53	13g	0g	1g	0mg	2mg	13g	1g
Marmite - Marmite, 10 gram	20	2g	0g	3g	0mg	0mg	0g	0g
Keto Culture - Keto Bread, 2 slice	70	24g	2g	8g	--	180mg	--	22g
Lentils, cooked, 86 g	99	17g	0g	8g	0mg	200mg	2g	7g
White rice, cooked, 75 g	97	21g	0g	2g	0mg	184mg	0g	0g
Mexican style cheese - Mexican style cheese, 0.25 cup	110	1g	8g	6g	--	--	--	--
Chicken breast, grilled, skinless, 103 g	181	0g	6g	30g	99mg	364mg	0g	0g
Onion, 22 gram	9	2g	0g	0g	0mg	1mg	1g	0g
Lentils, cooked, 100 g	115	20g	0g	9g	0mg	233mg	2g	8g
White rice, cooked, 130 g	168	36g	0g	3g	0mg	319mg	0g	1g
90%lean ground beef - 90%lean ground beef, 50 gram	74	0g	5g	12g	0mg	26mg	0g	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, 1 cup	307	55g	5g	11g	0mg	5mg	1g	8g
<b>Lunch</b>								
Chicken Of The Sea - Chunk Light Tuna In Oil, 1 can drained	140	0g	5g	23g	45mg	360mg	0g	0g
Chicken breast, grilled, skinless, 54 g	95	0g	3g	16g	52mg	191mg	0g	0g
<b>TOTALS</b>	<b>2591</b>	<b>294g</b>	<b>49g</b>	<b>257g</b>	<b>526mg</b>	<b>3541mg</b>	<b>53g</b>	<b>63g</b>

**Jan 30, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Chicken breast, grilled, skinless, 141 g	248	0g	8g	42g	135mg	498mg	0g	0g
White rice, cooked, 160 g	206	45g	0g	4g	0mg	392mg	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
<b>Lunch</b>								
90%lean ground beef - 90%lean ground beef, 92 gram	136	0g	10g	23g	0mg	49mg	0g	0g
Keto Culture - Keto Bread, 2 slice	70	24g	2g	8g	--	180mg	--	22g
Flora pepperoncini - Pepperoncini, 64 gram	11	7g	0g	0g	0mg	0mg	0g	0g
Lentils, cooked, 131 g	151	26g	0g	12g	0mg	305mg	2g	10g
Chicken breast, grilled, skinless, 153 g	269	0g	8g	45g	147mg	540mg	0g	0g
<b>Dinner</b>								
White rice, cooked, 50 g	65	14g	0g	1g	0mg	123mg	0g	0g
Ground turkey, cooked, 196 g	398	0g	20g	54g	182mg	153mg	0g	0g
<b>Snacks</b>								
Parmesan cheese, 25 g	105	3g	7g	7g	22mg	438mg	0g	0g
Onion, 36 gram	14	3g	0g	0g	0mg	1mg	2g	1g
Banza - Protein pasta, 75 gram	251	46g	4g	15g	--	26mg	1g	7g
Brookshire's - Broccoli Spears, 187 g	63	8g	0g	4g	0mg	53mg	4g	4g
Celery, 233 g	33	7g	0g	2g	0mg	186mg	3g	4g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>TOTALS</b>	<b>2569</b>	<b>252g</b>	<b>66g</b>	<b>274g</b>	<b>626mg</b>	<b>3167mg</b>	<b>40g</b>	<b>59g</b>

**Jan 31, 2025**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
Onion, 22 gram	9	2g	0g	0g	0mg	1mg	1g	0g
White rice, cooked, 223 g	288	62g	1g	6g	0mg	546mg	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
<b>Lunch</b>								
Ground turkey, cooked, 102 g	207	0g	11g	28g	95mg	80mg	0g	0g
Brookshire's - Broccoli Spears, 88 g	30	4g	0g	2g	0mg	25mg	2g	2g
Banza - Protein pasta, 53 gram	178	33g	3g	10g	--	19mg	1g	5g
Generic - Baby carrots, 95 g	39	9g	0g	1g	0mg	66mg	5g	3g
Brookshire's - Broccoli Spears, 121 g	41	5g	0g	3g	0mg	34mg	3g	3g
90%lean ground beef - 90%lean ground beef, 86 gram	127	0g	9g	21g	0mg	46mg	0g	0g
Chicken breast, grilled, skinless, 57 g	100	0g	3g	17g	55mg	201mg	0g	0g
<b>Dinner</b>								
Banza - Protein pasta, 107 gram	359	66g	6g	21g	--	38mg	2g	9g
Brookshire's - Broccoli Spears, 126 g	42	6g	0g	3g	0mg	35mg	3g	3g
Lentils, cooked, 120 g	138	24g	0g	11g	0mg	280mg	2g	9g
Ground turkey, cooked, 151 g	307	0g	16g	41g	140mg	118mg	0g	0g
White rice, cooked, 155 g	200	43g	0g	4g	0mg	380mg	0g	1g
<b>Snacks</b>								
Silk - Protein Almond Milk, 2 cup	160	12g	5g	16g	0mg	300mg	10g	0g
Oikos PRO™ - Oikos PRO™ Yogurt-Cultured Ultra-Filtered Milk, 170 gram	160	9g	3g	23g	20mg	55mg	4g	--
Peanut butter, 0.5 tablespoon	48	2g	4g	2g	--	34mg	1g	0g
Keto Culture - Keto Bread, 1 slice	35	12g	1g	4g	--	90mg	--	11g
<b>TOTALS</b>	<b>3017</b>	<b>358g</b>	<b>69g</b>	<b>270g</b>	<b>450mg</b>	<b>2571mg</b>	<b>62g</b>	<b>57g</b>