

Printable Diary for Kmcclunie

From: Show: Food Diary Food Notes[change report](#)To:  Exercise Diary Exercise notes

July 2, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Ezekiel - Muffin, 1/2 Muffin	80	15g	1g	4g	0mg	80mg	5g	3g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Tillamook - Cheddar Cheese Slices, 1 slice, oz	90	0g	7g	5g	20mg	125mg	0g	0g
Supermarket - Banana, 1 banana	105	27g	0g	0g	0mg	1mg	0g	3g
Lunch								
Kettle Baked Chips - Baked Chips, 2 oz	240	42g	6g	4g	0mg	270mg	2g	4g
Dave's Killer Bread - Thin Sliced, 2 slice	120	24g	2g	6g	0mg	210mg	6g	6g
Crofters Strawberry Spread - Jam, 3 tbsp	90	24g	0g	0g	0mg	15mg	24g	0g
MaraNatha - Organic Peanut Butter, 2 Tbsp	180	6g	16g	8g	0mg	65mg	3g	2g
Dinner								
Enchiladas - Smothered, 1 enchilada	532	27g	25g	46g	160mg	1mg	1g	2g
Fresh - Mixed Raw Fruit, 2 oz	40	14g	0g	1g	0mg	10mg	0g	1g
Tortillas - Chips, 18 chips	280	38g	14g	4g	0mg	0mg	0g	4g
Sauce - Salsa, 0.5 cup	35	8g	0g	2g	0mg	777mg	4g	2g
Snacks								
String cheese - Reduced Fat, 1 stick	70	1g	4g	8g	10mg	180mg	0g	0g
Mjk_fuji_apple - Apple Medium, 1 each	80	20g	0g	1g	0mg	0mg	17g	4g
TOTAL:	2,014	246g	80g	95g	376mg	1,805mg	62g	31g

July 3, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Ezekiel - Muffin, 1/2 Muffin	80	15g	1g	4g	0mg	80mg	5g	3g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Sprouts - Mild cheddar sliced cheese, 1 oz	110	0g	9g	7g	0mg	0mg	0g	0g
Supermarket - Banana, 1 banana	105	27g	0g	0g	0mg	1mg	0g	3g
Lunch								
String cheese - Reduced Fat, 1 stick	70	1g	4g	8g	10mg	180mg	0g	0g
TOTAL:	1,919	252g	65g	95g	299mg	1,743mg	80g	22g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Mjk_fuji_apple - Apple Medium, 1 each	80	20g	0g	1g	0mg	0mg	17g	4g
Kettle Baked Chips - Baked Chips, 1.5 oz	180	32g	5g	3g	0mg	203mg	2g	3g
Dinner								
Foster Farms - Lean Ground Turkey 93/7 Cooked, 125 g cooked	168	0g	8g	25g	73mg	89mg	0g	0g
Generic - Zucchini, Average, Grams, 25 g	4	1g	0g	0g	0mg	3mg	0g	0g
Vegetable - Asparagus In Grams, 50 grams	10	2g	0g	1g	0mg	1mg	1g	1g
Seeds of Change - Organic Quinoa & Brown Rice, 2 cup	480	94g	7g	12g	0mg	800mg	2g	6g
Snacks								
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Chobani - Peanut Butter Dream Flip Yogurt, 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
MaraNatha - Organic Peanut Butter, 2 Tbsp	180	6g	16g	8g	0mg	65mg	3g	2g
TOTAL:	1,919	252g	65g	95g	299mg	1,743mg	80g	22g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general	628	96			
TOTALS:	628	96	0	0	0

Exercise notes

Circuit training 10-1's where you do 10 of an exercise/alternate and do 10 of the next, switch back and do 9 of the exercise and 9. (Push-ups and Bent over double row) (Squat Barbell overhead Press and Bicep Curls) Partner exercises: Wall sit while one lunged and switch. "Horse pulling" with gliders and yoga belt.

July 4, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sprouts - Mild cheddar sliced cheese, 1 oz	110	0g	9g	7g	0mg	0mg	0g	0g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Ezekiel - Muffin, 1/2 Muffin	80	15g	1g	4g	0mg	80mg	5g	3g
Lunch								
Califa - Unsweetened Almond Milk, 1 cup(s)	35	1g	3g	1g	0mg	160mg	0g	1g
Jamie Eason - Whey Protein Isolate - Chocolate, 40 gr	150	6g	3g	25g	17mg	150mg	3g	3g
Supermarket - Banana, 1 banana	105	27g	0g	0g	0mg	1mg	0g	3g
Dinner								
Ole - Flour Tortilla (Small), 1 Tortilla (33g)	90	15g	3g	2g	0mg	200mg	1g	1g
Carne asada - Carne Asada, 1 tajada	56	0g	4g	5g	16mg	46mg	0g	0g
Generic - Small Slice Chocolate Cake, 1/10 th slice of chocolate cake	270	33g	14g	2g	0mg	0mg	0g	2g
Annie's Homegrown - Creamy Deluxe Macaroni Dinner, 3 cup	990	144g	27g	36g	30mg	2,280mg	9g	9g
TOTAL:	2,168	267g	76g	100g	264mg	3,088mg	41g	22g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Snacks								
Chobani - Peanut Butter Dream Flip Yogurt, 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
TOTAL:	2,168	267g	76g	100g	264mg	3,088mg	41g	22g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Hiking, cross country		914	123		
TOTALS:	914	123	0	0	0

July 5, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Ezekiel - Muffin, 1/2 Muffin	80	15g	1g	4g	0mg	80mg	5g	3g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Sprouts - Mild cheddar sliced cheese, 1 oz	110	0g	9g	7g	0mg	0mg	0g	0g
Supermarket - Banana, 1 banana	105	27g	0g	0g	0mg	1mg	0g	3g
Dinner								
Lotus Foods - Organic: Millet & Brown Rice Ramen, 1 piece (35g)	260	48g	3g	8g	0mg	0mg	0g	4g
Tillamook - Shredded Medium Natural Cheddar Cheese, 0.5 cup	240	4g	20g	12g	70mg	380mg	0g	0g
Athenos - Fat Free Feta Cheese Crumbles, 0.25 cup	30	1g	0g	7g	5mg	430mg	0g	0g
salad and dressing - Salad and Dressing, 2.5 plate	250	0g	25g	3g	0mg	0mg	0g	0g
Snacks								
Chobani - Peanut Butter Dream Flip Yogurt, 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Kettle Brand - Baked Bbq Chips, 20 chips	120	15g	3g	2g	0mg	150mg	1g	2g
Imuraya - Mochi Ice Cream -vanilla, 1 piece	90	18g	2g	0g	5mg	10mg	12g	0g
TOTAL:	1,737	182g	78g	69g	296mg	1,372mg	68g	12g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general		415	75		
TOTALS:	415	75	0	0	0

July 6, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Foster Farms - Lean Ground Turkey 93/7 Cooked, 100 g cooked	134	0g	6g	20g	58mg	71mg	0g	0g
TOTAL:	1,876	255g	47g	112g	196mg	1,794mg	93g	22g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Red Skinned Potato - Cooked In Skin (Plain), 2 oz	50	10g	0g	2g	0mg	6mg	0g	2g
Kale, frozen, cooked, boiled, drained, without salt, 1 cup, chopped	39	7g	1g	4g	0mg	20mg	2g	3g
Lunch								
Chobani Flip - Peanut Caramel Satisfaction, 1 unit	200	22g	7g	12g	15mg	65mg	19g	0g
Cache Valley - Light String Cheese, 2 stick (24g)	100	2g	5g	12g	20mg	340mg	0g	0g
Mjk_fuji_apple - Apple Medium, 1 each	80	20g	0g	1g	0mg	0mg	17g	4g
Dinner								
Seeds of Change - Organic Quinoa & Brown Rice, 2 cup	480	94g	7g	12g	0mg	800mg	2g	6g
Vegetable - Asparagus In Grams, 100 grams	20	4g	0g	2g	0mg	2mg	2g	2g
Foster Farms - Lean Ground Turkey 93/7 Cooked, 125 g cooked	168	0g	8g	25g	73mg	89mg	0g	0g
Snacks								
Kettle Brand - Baked Bbq Chips, 20 chips	120	15g	3g	2g	0mg	150mg	1g	2g
Supermarket - Banana, 1 banana	105	27g	0g	0g	0mg	1mg	0g	3g
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Chobani - Peanut Butter Dream Flip Yogurt, 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
TOTAL:	1,876	255g	47g	112g	196mg	1,794mg	93g	22g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Bicycling, 12-14 mph, moderate (cycling, biking, bike riding)	560	71			
TOTALS:	560	71	0	0	0

July 7, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sprouts - Mild cheddar sliced cheese, 1 oz	110	0g	9g	7g	0mg	0mg	0g	0g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Ezekiel - Muffin, 1/2 Muffin	80	15g	1g	4g	0mg	80mg	5g	3g
Applegate - Peppered Turkey Breakfast Sausage Links, 2 Links	60	1g	3g	7g	30mg	293mg	0g	0g
Lunch								
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Cache Valley - Light String Cheese, 2 stick (24g)	100	2g	5g	12g	20mg	340mg	0g	0g
Dinner								
Southern Tsunami - Sushi - Dragon Roll, 5 pieces	211	27g	7g	7g	37mg	172mg	5g	2g
Southern Tsunami Sushi - Summer Roll, 255 g, 4 pieces	250	41g	4g	14g	59mg	972mg	3g	3g
Tsunami - Chicken Tempora Sushi, 4 pieces	177	27g	4g	8g	35mg	384mg	3g	1g
Ai Sushi - Tempura Veggies, 5 piece Variety	350	10g	10g	0g	0mg	200mg	0g	2g
TOTAL:	1,790	177g	58g	85g	397mg	2,762mg	66g	11g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Snacks								
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
TOTAL:	1,790	177g	58g	85g	397mg	2,762mg	66g	11g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Strength training (weight lifting, weight training)	308	64			
TOTALS:	308	64	0	0	0

July 8, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Applegate - Peppered Turkey Breakfast Sausage Links, 2 Links	60	1g	3g	7g	30mg	293mg	0g	0g
Califa - Unsweetened Almond Milk, 0.5 cup(s)	18	1g	2g	1g	0mg	80mg	0g	1g
Post - Grape Nuts Cereal, 0.5 cup	210	48g	2g	6g	0mg	270mg	8g	6g
Lunch								
MaraNatha - Organic Peanut Butter, 2 Tbsp	180	6g	16g	8g	0mg	65mg	3g	2g
Crofters Strawberry Spread - Jam, 3 tbsp	90	24g	0g	0g	0mg	15mg	24g	0g
Dave's Killer Bread - Thin Sliced, 2 slice	120	24g	2g	6g	0mg	210mg	6g	6g
Dinner								
Foster Farms - Lean Ground Turkey 93/7 Cooked, 125 g cooked	168	0g	8g	25g	73mg	89mg	0g	0g
Vegetable - Asparagus In Grams, 100 grams	20	4g	0g	2g	0mg	2mg	2g	2g
Seeds of Change - Organic Quinoa & Brown Rice, 2 cup	480	94g	7g	12g	0mg	800mg	2g	6g
salad and dressing - Salad and Dressing, 2.5 plate	250	0g	25g	3g	0mg	0mg	0g	0g
Snacks								
Chobani - Peanut Butter Dream Flip Yogurt, 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Mjk_fuji_apple - Apple Medium, 1 each	80	20g	0g	1g	0mg	0mg	17g	4g
String cheese - Reduced Fat, 1 stick	70	1g	4g	8g	10mg	180mg	0g	0g
TOTAL:	1,956	249g	76g	91g	128mg	2,104mg	85g	27g

July 9, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Cheerios - Dry, 1 cup cereal	100	20g	2g	3g	0mg	160mg	1g	3g
Califa - Unsweetened Almond Milk, 0.5 cup(s)	18	1g	2g	1g	0mg	80mg	0g	1g
Applegate Farms - Breakfast Sausage, Chicken & Sage, 3 links	110	1g	8g	9g	45mg	390mg	0g	0g
Nectarine - Nectarine, 250 gr	150	36g	1g	4g	0mg	0mg	27g	6g
TOTAL:	1,338	173g	54g	51g	135mg	1,170mg	82g	14g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Dinner								
Tillamook - Shredded Medium Natural Cheddar Cheese, 0.5 cup	240	4g	20g	12g	70mg	380mg	0g	0g
Lotus Foods - Organic: Millet & Brown Rice Ramen, 1 piece (35g)	260	48g	3g	8g	0mg	0mg	0g	4g
Snacks								
Chobani - Peanut Butter Dream Flip Yogurt, 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Milky Way - Simply Caramel, 1 Bar	250	37g	11g	2g	5mg	60mg	31g	0g
TOTAL:	1,338	173g	54g	51g	135mg	1,170mg	82g	14g

July 10, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Snacks								
Jello - Strawberry Jello, 1 snack(96g)	70	17g	0g	1g	0mg	40mg	16g	0g
Jello - Sugarfree Pudding, 2 container	120	20g	2g	2g	0mg	320mg	0g	0g
Papa Johns - Bbq Chicken Bacon Pizza, 1 Slice, 1 Slice	350	45g	12g	15g	35mg	1,030mg	4g	2g
Nectarine - Nectarine, 200 gr	120	29g	1g	3g	0mg	0mg	21g	5g
TOTAL:	660	111g	15g	21g	35mg	1,390mg	41g	7g

Food Notes

Had surgery this day, so was fasted in the morning (Food and water) and wasn't released and home from the hospital until 4 PM. Heavily sedated so slept most of this day also.

July 11, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Ezekiel - Muffin, 1/2 Muffin	80	15g	1g	4g	0mg	80mg	5g	3g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Tillamook - Cheddar Cheese Slices, 1 slice, oz	90	0g	7g	5g	20mg	125mg	0g	0g
Lunch								
Dave's Killer Bread - Thin Sliced, 2 slice	120	24g	2g	6g	0mg	210mg	6g	6g
Crofters Strawberry Spread - Jam, 1 tbsp	30	8g	0g	0g	0mg	5mg	8g	0g
MaraNatha - Organic Peanut Butter, 2 Tbsp	180	6g	16g	8g	0mg	65mg	3g	2g
Dinner								
Foster Farms - Lean Ground Turkey 93/7 Cooked, 100 g cooked	134	0g	6g	20g	58mg	71mg	0g	0g
Vegetable - Asparagus In Grams, 100 grams	20	4g	0g	2g	0mg	2mg	2g	2g
Imuraya - Mochi Ice Cream -strawberry, 1 piece	100	19g	2g	0g	5mg	15mg	13g	0g
Snacks								
Jello - Sugar Free Black Cherry Dessert Cup, 1 snack (89g)	10	0g	0g	1g	0mg	45mg	0g	0g
Nectarine - Nectarine, 200 gr	120	29g	1g	3g	0mg	0mg	21g	5g
TOTAL:	1,016	110g	42g	56g	269mg	859mg	58g	18g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Jello Sugar Free Pudding Snack - Chocolate Vanilla Swirls, 1 Snack (103g)	60	5g	2g	1g	0mg	170mg	0g	0g
TOTAL:	1,016	110g	42g	56g	269mg	859mg	58g	18g

July 12, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Tillamook - Cheddar Cheese Slices, 1 slice, oz	90	0g	7g	5g	20mg	125mg	0g	0g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Ezekiel - Muffin, 1/2 Muffin	80	15g	1g	4g	0mg	80mg	5g	3g
Lunch								
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Carrots - Baby-Cut, 6 oz (85g)	70	16g	0g	2g	0mg	130mg	10g	4g
Dinner								
Lotus Foods - Organic: Millet & Brown Rice Ramen, 1 piece (35g)	260	48g	3g	8g	0mg	0mg	0g	4g
Tillamook - Shredded Medium Natural Cheddar Cheese, 0.5 cup	240	4g	20g	12g	70mg	380mg	0g	0g
Athenos - Fat Free Feta Cheese Crumbles, 0.25 cup	30	1g	0g	7g	5mg	430mg	0g	0g
Jell-O - Cherry and Black Cherry Sugarfree, 1 snack (92g)	10	0g	0g	1g	0mg	45mg	0g	0g
Snacks								
Jello Sugar Free Pudding Snack - Chocolate Vanilla Swirls, 1 Snack (103g)	60	5g	2g	1g	0mg	170mg	0g	0g
Nectarine - Nectarine, 200 gr	120	29g	1g	3g	0mg	0mg	21g	5g
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Kettle Brand - Baked Bbq Chips, 20 chips	120	15g	3g	2g	0mg	150mg	1g	2g
Imuraya - Mochi Ice Cream -vanilla, 1 piece	90	18g	2g	0g	5mg	10mg	12g	0g
TOTAL:	1,622	205g	54g	71g	316mg	1,841mg	99g	18g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general	403	73			
TOTALS:	403	73	0	0	0

July 13, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Evol Lean & Fit - Egg White Kale, Roasted Tomato & Goat Cheese on Multi Grain Flatbread, 103 g (1 sandwich)	150	19g	4g	10g	10mg	410mg	1g	2g
Lunch								
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Mjk_fuji_apple - Apple Medium, 1 each	80	20g	0g	1g	0mg	0mg	17g	4g
TOTAL:	1,280	188g	32g	58g	75mg	1,700mg	91g	18g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
String cheese - Reduced Fat, 2 stick	140	2g	8g	16g	20mg	360mg	0g	0g
Carrots - Baby-Cut, 6 oz (85g)	70	16g	0g	2g	0mg	130mg	10g	4g
Dinner								
Nestle - Lean Pockets, Pepperoni Pizza, Reduced Fat, 1 sandwich (127g)	280	42g	7g	11g	25mg	490mg	5g	1g
Jell-O - Cherry and Black Cherry Sugarfree, 1 snack (92g)	10	0g	0g	1g	0mg	45mg	0g	0g
Snacks								
Kettle Brand - Baked Bbq Chips, 20 chips	120	15g	3g	2g	0mg	150mg	1g	2g
Nectarine - Nectarine, 200 gr	120	29g	1g	3g	0mg	0mg	21g	5g
Imuraya - Mochi Ice Cream -strawberry, 1 piece	100	19g	2g	0g	5mg	15mg	13g	0g
TOTAL:	1,280	188g	32g	58g	75mg	1,700mg	91g	18g

July 14, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Egg - Egg, 3 large	215	1g	14g	19g	558mg	213mg	1g	0g
Western Family - Tomato Ketchup, 1 Tbsp (15mL)	20	4g	0g	0g	0mg	170mg	4g	0g
Cache Valley Cheese - Cheese-Reduced Fat Cheddar & Monterey Jack, 0.25 cup	90	1g	6g	7g	20mg	230mg	0g	0g
Don Pancho - High Fiber Low Carb Wraps, 1 Wrap	70	10g	2g	5g	0mg	110mg	0g	4g
Lunch								
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Dinner								
Athenos - Fat Free Feta Cheese Crumbles, 0.25 cup	30	1g	0g	7g	5mg	430mg	0g	0g
Barilla - Whole Grain Spaghetti Cooked, 3 oz (56g)	270	59g	2g	12g	0mg	0mg	3g	9g
Quick Add - MyFitnessPal Premium, 1 serving(s)	174	0g	0g	0g	0mg	0mg	0g	0g
Snacks								
Mike's - Medium Raw Naval Orange, 1 medium orange	80	11g	0g	1g	0mg	0mg	9g	2g
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Halo Top - Oatmeal Cookie (Corrected), 66 grams	70	12g	2g	6g	40mg	110mg	5g	3g
Halo Top - Smores Ice Cream, 73 gram	80	14g	3g	5g	40mg	110mg	7g	3g
TOTAL:	1,479	167g	39g	82g	693mg	1,623mg	79g	21g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Strength training (weight lifting, weight training)	335	64			
TOTALS:	335	64	0	0	0

July 15, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
Organic Valley - 0% Fat Free Milk, 0.5 cup	45	6g	0g	4g	3mg	63mg	6g	0g
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Lunch								
La Tortilla Factory - Whole Wheat Low Carb Tortilla, 1 tortilla	90	19g	3g	8g	0mg	350mg	1g	13g
Handsome Brook Farm - Organic Pasture-raised Eggs, Large Grade A, 2 egg (50g)	140	0g	10g	12g	370mg	140mg	0g	0g
Western Family - Tomato Ketchup, 1 Tbsp (15mL)	20	4g	0g	0g	0mg	170mg	4g	0g
All Whites 100% Liquid Egg Whites - Eggwhites, 6 tbsp (46g)	50	0g	0g	10g	0mg	160mg	0g	0g
Dinner								
Barilla - Whole Grain Whole Wheat Penne Pasta, 2 container (2 oz)	360	78g	3g	16g	0mg	0mg	4g	12g
Athenos - Fat Free Feta Cheese Crumbles, 0.25 cup	30	1g	0g	7g	5mg	430mg	0g	0g
Quick Add - MyFitnessPal Premium, 1 serving(s)	174	0g	0g	0g	0mg	0mg	0g	0g
Snacks								
Mike's - Medium Raw Naval Orange, 1 medium orange	80	11g	0g	1g	0mg	0mg	9g	2g
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Pop Chips - Barbeque, 28 g	120	18g	4g	2g	0mg	200mg	3g	1g
Halo Top - Oatmeal Cookie (Corrected), 66 grams	70	12g	2g	6g	40mg	110mg	5g	3g
Halo Top - Smores Ice Cream, 73 gram	80	14g	3g	5g	40mg	110mg	7g	3g
TOTAL:	1,764	246g	34g	97g	473mg	2,231mg	92g	39g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Bicycling, 12-14 mph, moderate (cycling, biking, bike riding)	386	60			
TOTALS:	386	60	0	0	0

July 16, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
All Whites 100% Liquid Egg Whites - Eggwhites, 6 tbsp (46g)	50	0g	0g	10g	0mg	160mg	0g	0g
Western Family - Tomato Ketchup, 1 Tbsp (15mL)	20	4g	0g	0g	0mg	170mg	4g	0g
Handsome Brook Farm - Organic Pasture-raised Eggs, Large Grade A, 2 egg (50g)	140	0g	10g	12g	370mg	140mg	0g	0g
La Tortilla Factory - Whole Wheat Low Carb Tortilla, 1 tortilla	90	19g	3g	8g	0mg	350mg	1g	13g
Dinner								
Athenos - Fat Free Feta Cheese Crumbles, 0.25 cup	30	1g	0g	7g	5mg	430mg	0g	0g
Barilla - Whole Grain Whole Wheat Penne Pasta, 2 container (2 oz)	360	78g	3g	16g	0mg	0mg	4g	12g
TOTAL:	1,805	241g	40g	93g	490mg	1,965mg	100g	39g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Quick Add - MyFitnessPal Premium, 1 serving(s)	175	0g	0g	0g	0mg	0mg	0g	0g
Halo Top - Smores Ice Cream, 73 gram	80	14g	3g	5g	40mg	110mg	7g	3g
Halo Top - Oatmeal Cookie (Corrected), 66 grams	70	12g	2g	6g	40mg	110mg	5g	3g
Snacks								
Mike's - Medium Raw Naval Orange, 1 medium orange	80	11g	0g	1g	0mg	0mg	9g	2g
Kettle Brand - Baked Bbq Chips, 20 chips	120	15g	3g	2g	0mg	150mg	1g	2g
Carrots - Baby-Cut, 6 oz (85g)	70	16g	0g	2g	0mg	130mg	10g	4g
Imuraya - Mochi Ice Cream -strawberry, 1 piece	100	19g	2g	0g	5mg	15mg	13g	0g
Chobani - Flip Peanut Butter Dream (Corrected), 2 container	420	52g	14g	24g	30mg	200mg	46g	0g
TOTAL:	1,805	241g	40g	93g	490mg	1,965mg	100g	39g

July 17, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
La Tortilla Factory - Whole Wheat Low Carb Tortilla, 1 tortilla	90	19g	3g	8g	0mg	350mg	1g	13g
Handsome Brook Farm - Organic Pasture-raised Eggs, Large Grade A, 2 egg (50g)	140	0g	10g	12g	370mg	140mg	0g	0g
All Whites 100% Liquid Egg Whites - Eggwhites, 6 tbsp (46g)	50	0g	0g	10g	0mg	160mg	0g	0g
Lunch								
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Pop Chips - Barbeque, 28 g	120	18g	4g	2g	0mg	200mg	3g	1g
Dinner								
Athenos - Fat Free Feta Cheese Crumbles, 0.25 cup	30	1g	0g	7g	5mg	430mg	0g	0g
Barilla - Whole Grain Spaghetti Cooked, 4 oz (56g)	360	78g	3g	16g	0mg	0mg	4g	12g
Quick Add - MyFitnessPal Premium, 1 serving(s)	261	0g	0g	0g	0mg	0mg	0g	0g
Halo Top - Smores Ice Cream, 73 gram	80	14g	3g	5g	40mg	110mg	7g	3g
Snacks								
Supermarket - Banana, 1 banana	105	27g	0g	0g	0mg	1mg	0g	3g
Raw Fitness - Fresh Yellow Peach, 150 g - 1 medium	59	14g	0g	1g	0mg	0mg	13g	2g
Jello - Sugar Free Black Cherry Dessert Cup, 1 snack (89g)	10	0g	0g	1g	0mg	45mg	0g	0g
Carrots - Baby-Cut, 4.3 oz (85g)	50	11g	0g	1g	0mg	93mg	7g	3g
String cheese - Reduced Fat, 1 stick	70	1g	4g	8g	10mg	180mg	0g	0g
TOTAL:	1,805	237g	37g	91g	455mg	1,959mg	85g	37g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general					
TOTALS:	507	77	0	0	0

EXERCISES	Calories	Minutes	Sets	Reps	Weight
TOTALS:	507	77	0	0	0

July 18, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Organic Valley - 0% Fat Free Milk, 0.5 cup	45	6g	0g	4g	3mg	63mg	6g	0g
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
Lunch								
String cheese - Reduced Fat, 2 stick	140	2g	8g	16g	20mg	360mg	0g	0g
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Raw Fitness - Fresh Yellow Peach, 300 g - 1 medium	118	28g	1g	3g	0mg	0mg	26g	4g
Snacks								
Cinemark - Movie Theater Popcorn, 16 cup	800	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,608	119g	18g	49g	38mg	921mg	85g	9g

July 19, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
Organic Valley - 0% Fat Free Milk, 0.5 cup	45	6g	0g	4g	3mg	63mg	6g	0g
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Supermarket - Banana, 1 banana	105	27g	0g	0g	0mg	1mg	0g	3g
Lunch								
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Dinner								
Barilla - Whole Grain Whole Wheat Penne Pasta, 1.5 container (2 oz)	270	59g	2g	12g	0mg	0mg	3g	9g
Athenos - Fat Free Feta Cheese Crumbles, 0.38 cup	45	2g	0g	11g	8mg	645mg	0g	0g
Quick Add - MyFitnessPal Premium, 1 serving(s)	174	0g	0g	0g	0mg	0mg	0g	0g
Halo Top - Smores Ice Cream, 58.4 gram	64	11g	2g	4g	32mg	88mg	6g	2g
Halo Top - Mint Chip (Corrected), 0.5 cup	60	14g	2g	5g	40mg	110mg	5g	3g
Snacks								
Kettle Brand - Baked Bbq Chips, 20 chips	120	15g	3g	2g	0mg	150mg	1g	2g
Zipfizz - Drink, 1 cup	20	3g	0g	0g	0mg	0mg	0g	0g
Carrots - Baby-Cut, 4.5 oz (85g)	52	12g	0g	1g	0mg	97mg	7g	3g
Raw Fitness - Fresh Yellow Peach, 225 g - 1 medium	89	21g	1g	2g	0mg	0mg	20g	3g
TOTAL:	1,719	281g	22g	75g	113mg	1,802mg	128g	30g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general	560	71			
TOTALS:	560	71	0	0	0

July 20, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
All Whites 100% Liquid Egg Whites - Eggwhites, 6 tbsp (46g)	50	0g	0g	10g	0mg	160mg	0g	0g
Handsome Brook Farm - Organic Pasture-raised Eggs, Large Grade A, 2 egg (50g)	140	0g	10g	12g	370mg	140mg	0g	0g
La Tortilla Factory - Whole Wheat Low Carb Tortilla, 1 tortilla	90	19g	3g	8g	0mg	350mg	1g	13g
Lunch								
Kettle Brand - Baked Bbq Chips, 20 chips	120	15g	3g	2g	0mg	150mg	1g	2g
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
String cheese - Reduced Fat, 2 stick	140	2g	8g	16g	20mg	360mg	0g	0g
Dinner								
Good Food Made Simple - Turkey Sausage Breakfast Bowl, 1 bowl	225	13g	11g	18g	41mg	615mg	3g	1g
Halo Top Creamery - Strawberry Ice Cream, 1 Cup	140	24g	4g	12g	82mg	230mg	10g	6g
Snacks								
Mjk_fuji_apple - Apple Medium, 1 each	80	20g	0g	1g	0mg	0mg	17g	4g
Zipfizz - Drink, 1 cup	20	3g	0g	0g	0mg	0mg	0g	0g
Raw Fitness - Fresh Yellow Peach, 225 g - 1 medium	89	21g	1g	2g	0mg	0mg	20g	3g
TOTAL:	1,304	143g	47g	93g	528mg	2,105mg	75g	29g

July 21, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Organic Valley - 0% Fat Free Milk, 0.5 cup	45	6g	0g	4g	3mg	63mg	6g	0g
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
Raw Fitness - Fresh Yellow Peach, 225 g - 1 medium	89	21g	1g	2g	0mg	0mg	20g	3g
Dinner								
La Tortilla Factory - Whole Wheat Low Carb Tortilla, 1 tortilla	90	19g	3g	8g	0mg	350mg	1g	13g
Handsome Brook Farm - Organic Pasture-raised Eggs, Large Grade A, 2 egg (50g)	140	0g	10g	12g	370mg	140mg	0g	0g
All Whites 100% Liquid Egg Whites - Eggwhites, 6 tbsp (46g)	50	0g	0g	10g	0mg	160mg	0g	0g
Heinz - Sriracha Tomato Ketchup, 1 Tbsp	20	5g	0g	0g	0mg	160mg	4g	0g
Foster Farm - Ground Turkey Meat 93%/7%, 15 gram	21	0g	1g	3g	9mg	11mg	0g	0g
TOTAL:	1,414	215g	37g	83g	485mg	1,997mg	133g	31g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Halo Top - Peanut Butter Cup, 1 cup	160	28g	6g	10g	80mg	340mg	12g	6g
Snacks								
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Horizon Organic - Chocolate Milk Dha Omega-3, 0.5 Cup	85	14g	2g	4g	8mg	75mg	14g	0g
Pop Chips - Barbeque, 28 g	120	18g	4g	2g	0mg	200mg	3g	1g
Raw Fitness - Fresh Yellow Peach, 225 g - 1 medium	89	21g	1g	2g	0mg	0mg	20g	3g
TOTAL:	1,414	215g	37g	83g	485mg	1,997mg	133g	31g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Strength training (weight lifting, weight training)		300	60		
TOTALS:	300	60	0	0	0

July 22, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Special K - Special K Cereal Red Berries, 1 cup	110	27g	0g	2g	0mg	190mg	9g	3g
Organic Valley - 0% Fat Free Milk, 1 cup	90	12g	0g	8g	5mg	125mg	12g	0g
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Lunch								
Subway - Ziggification's Italian Bmt, 1 footlong	1,010	107g	45g	43g	90mg	2,620mg	24g	12g
watermelon - Watermelon slices, 1 cup	46	12g	0g	1g	0mg	2mg	10g	1g
Dinner								
Raw Fitness - Fresh Yellow Peach, 225 g - 1 medium	89	21g	1g	2g	0mg	0mg	20g	3g
La Tortilla Factory - Whole Wheat Low Carb Tortilla, 1 tortilla	90	19g	3g	8g	0mg	350mg	1g	13g
Halo Top - Smores Ice Cream, 146 gram	160	28g	5g	10g	80mg	220mg	14g	6g
Pc Blue Menu - Part Skim Mozerella Cheese Canadian, 0.33 cup (30g)	90	1g	5g	9g	20mg	220mg	0g	0g
TOTAL:	1,980	284g	61g	97g	195mg	4,125mg	120g	43g

July 23, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
Organic Valley - 0% Fat Free Milk, 1 cup	90	12g	0g	8g	5mg	125mg	12g	0g
Applegate Farms - Breakfast Sausage, Chicken & Sage, 2 links	73	1g	5g	6g	30mg	260mg	0g	0g
TOTAL:	1,688	207g	28g	80g	125mg	1,404mg	132g	17g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
String cheese - Reduced Fat, 1 stick	70	1g	4g	8g	10mg	180mg	0g	0g
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Dinner								
Organic Pork Chop Lean Top Loin - Organic, Humane., 1 pork chop	191	0g	9g	26g	65mg	48mg	0g	0g
Best Choice - Hotdog Bun, 1 bun	140	26g	2g	4g	0mg	240mg	3g	1g
Aladdin Food - Corn on the Cob, 1 Ear	70	17g	1g	2g	0mg	3mg	2g	2g
Quick Add - MyFitnessPal Premium, 1 serving(s)	300	0g	0g	0g	0mg	0mg	0g	0g
Snacks								
Raw Fitness - Fresh Yellow Peach, 225 g - 1 medium	89	21g	1g	2g	0mg	0mg	20g	3g
Washington State Northwest Cherries - Fresh, 42 cherries	200	44g	1g	2g	0mg	0mg	38g	6g
TOTAL:	1,688	207g	28g	80g	125mg	1,404mg	132g	17g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Strength training (weight lifting, weight training)					
	334	60			
TOTALS:	334	60	0	0	0

July 24, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Washington State Northwest Cherries - Fresh, 21 cherries	100	22g	1g	1g	0mg	0mg	19g	3g
Organic Valley - 0% Fat Free Milk, 1 cup	90	12g	0g	8g	5mg	125mg	12g	0g
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Lunch								
String cheese - Reduced Fat, 1 stick	70	1g	4g	8g	10mg	180mg	0g	0g
Raw Fitness - Fresh Yellow Peach, 225 g - 1 medium	89	21g	1g	2g	0mg	0mg	20g	3g
Carrots - Baby-Cut, 4 oz (85g)	47	11g	0g	1g	0mg	87mg	7g	3g
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Dinner								
Roundy's - Whole Wheat Rotini, 56 g	180	41g	1g	7g	0mg	0mg	2g	6g
Chicken Breast - Boneless Skinless Chicken Breasts, 50 g	76	0g	2g	15g	28mg	25mg	0g	0g
Applegate - Turkey Pepperoni, 1 oz	40	0g	2g	5g	20mg	360mg	0g	0g
Pc Blue Menu - Part Skim Mozerella Cheese Canadian, 0.33 cup (30g)	90	1g	5g	9g	20mg	220mg	0g	0g
Carrots - Baby-Cut, 3 oz (85g)	35	8g	0g	1g	0mg	65mg	5g	2g
Nature Sweet Glorys - Cherry Tomatoes, 2.5 oz	23	5g	0g	1g	0mg	0mg	4g	2g
TOTAL:	1,725	275g	32g	98g	153mg	2,500mg	179g	30g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Kraft - Free Zesty Italian (Fat Free Dressing), 4 Tbsp	30	6g	0g	0g	0mg	680mg	4g	0g
Halo Top - Smores Ice Cream, 73 gram	80	14g	3g	5g	40mg	110mg	7g	3g
Snacks								
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Washington State Northwest Cherries - Fresh, 21 cherries	100	22g	1g	1g	0mg	0mg	19g	3g
TOTAL:	1,725	275g	32g	98g	153mg	2,500mg	179g	30g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Hiking, cross country		952	88		
TOTALS:	952	88	0	0	0

July 25, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
365 - Organic Grade A Dark Amber Maple Syrup, 0.1 cup	84	21g	0g	0g	0mg	2mg	21g	0g
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
Califa - Unsweetened Almond Milk, 0.5 cup(s)	18	1g	2g	1g	0mg	80mg	0g	1g
Lunch								
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
String cheese - Reduced Fat, 1 stick	70	1g	4g	8g	10mg	180mg	0g	0g
Mjk_fuji_apple - Apple Medium, 1 each	80	20g	0g	1g	0mg	0mg	17g	4g
Dinner								
Kraft - Free Zesty Italian (Fat Free Dressing), 3 Tbsp	23	5g	0g	0g	0mg	510mg	3g	0g
Nature Sweet Glorys - Cherry Tomatoes, 2.5 oz	23	5g	0g	1g	0mg	0mg	4g	2g
Carrots - Baby-Cut, 1.5 oz (85g)	17	4g	0g	0g	0mg	32mg	2g	1g
Pc Blue Menu - Part Skim Mozerella Cheese Canadian, 0.33 cup (30g)	90	1g	5g	9g	20mg	220mg	0g	0g
Applegate - Turkey Pepperoni, 0.8 oz	32	0g	2g	4g	16mg	288mg	0g	0g
Chicken Breast - Boneless Skinless Chicken Breasts, 50 g	76	0g	2g	15g	28mg	25mg	0g	0g
Roundy's - Whole Wheat Rotini, 56 g	180	41g	1g	7g	0mg	0mg	2g	6g
Snacks								
Halo Top - Smores Ice Cream, 73 gram	80	14g	3g	5g	40mg	110mg	7g	3g
Washington State Northwest Cherries - Fresh, 21 cherries	100	22g	1g	1g	0mg	0mg	19g	3g
Pop Chips - Barbeque, 28 g	120	18g	4g	2g	0mg	200mg	3g	1g
Imuraya - Mochi Ice Cream -vanilla, 1 piece	90	18g	2g	0g	5mg	10mg	12g	0g
TOTAL:	1,483	227g	35g	80g	134mg	2,152mg	116g	26g

July 26, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Washington State Northwest Cherries - Fresh, 21 cherries	100	22g	1g	1g	0mg	0mg	19g	3g
Califa - Unsweetened Almond Milk, 0.5 cup(s)	18	1g	2g	1g	0mg	80mg	0g	1g
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Lunch								
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Carrots - Baby-Cut, 3 oz (85g)	35	8g	0g	1g	0mg	65mg	5g	2g
Dinner								
Carrots - Baby-Cut, 1.5 oz (85g)	17	4g	0g	0g	0mg	32mg	2g	1g
Roundy's - Whole Wheat Rotini, 56 g	180	41g	1g	7g	0mg	0mg	2g	6g
Chicken Breast - Boneless Skinless Chicken Breasts, 50 g	76	0g	2g	15g	28mg	25mg	0g	0g
Pc Blue Menu - Part Skim Mozerella Cheese Canadian, 0.4 cup (30g)	108	1g	6g	11g	24mg	264mg	0g	0g
Nature Sweet Glorys - Cherry Tomatoes, 2.5 oz	23	5g	0g	1g	0mg	0mg	4g	2g
Kraft - Free Zesty Italian (Fat Free Dressing), 2 Tbsp	15	3g	0g	0g	0mg	340mg	2g	0g
Lenny & Larry's - the Complete Cookie Birthday Cake - Correct, 4 oz	360	54g	8g	16g	0mg	380mg	30g	8g
Snacks								
Applegate - Turkey Pepperoni, 1 oz	40	0g	2g	5g	20mg	360mg	0g	0g
String cheese - Reduced Fat, 1 stick	70	1g	4g	8g	10mg	180mg	0g	0g
Nectarine - Nectarine, 200 gr	120	29g	1g	3g	0mg	0mg	21g	5g
TOTAL:	1,837	280g	39g	103g	112mg	2,374mg	165g	33g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general	484	83			
Bicycling, 12-14 mph, moderate (cycling, biking, bike riding)	220	35			
TOTALS:	704	118	0	0	0

July 27, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
Organic Valley - 0% Fat Free Milk, 0.5 cup	45	6g	0g	4g	3mg	63mg	6g	0g
Lunch								
Carrots - Baby-Cut, 3 oz (85g)	35	8g	0g	1g	0mg	65mg	5g	2g
TOTAL:	1,434	206g	33g	96g	139mg	1,803mg	104g	28g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Nectarine - Nectarine, 200 gr	120	29g	1g	3g	0mg	0mg	21g	5g
String cheese - Reduced Fat, 2 stick	140	2g	8g	16g	20mg	360mg	0g	0g
Applegate - Turkey Pepperoni, 1 oz	40	0g	2g	5g	20mg	360mg	0g	0g
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
Mjk_fuji_apple - Apple Medium, 1 each	80	20g	0g	1g	0mg	0mg	17g	4g
Dinner								
Kale, frozen, cooked, boiled, drained, without salt, 1 cup, chopped	39	7g	1g	4g	0mg	20mg	2g	3g
Red Skinned Potato - Cooked In Skin (Plain), 161 gram	142	28g	0g	6g	0mg	17mg	0g	6g
Foster Farms - Lean Ground Turkey 93/7 Cooked, 140 g cooked	188	0g	9g	27g	81mg	100mg	0g	0g
Snacks								
Popcorn - 100 Calorie Bags, 1 Bag	100	23g	3g	3g	0mg	320mg	0g	3g
TOTAL:	1,434	206g	33g	96g	139mg	1,803mg	104g	28g

July 28, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Quaker Quick Rolled Oats - Rolled Oats, 0.5 cup	150	27g	3g	5g	0mg	0mg	1g	4g
Grains - Premium Gold - Flaxseed, Cold Milled, 13 g	70	4g	5g	3g	0mg	0mg	0g	4g
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Lunch								
Mjk_fuji_apple - Apple Medium, 1 each	80	20g	0g	1g	0mg	0mg	17g	4g
Chobani - Flip Peanut Butter Dream (Corrected), 1 container	210	26g	7g	12g	15mg	100mg	23g	0g
String cheese - Reduced Fat, 2 stick	140	2g	8g	16g	20mg	360mg	0g	0g
Dinner								
Applegate - Turkey Pepperoni, 1 oz	40	0g	2g	5g	20mg	360mg	0g	0g
Kraft - Free Zesty Italian (Fat Free Dressing), 2 Tbsp	15	3g	0g	0g	0mg	340mg	2g	0g
Nature Sweet Glorys - Cherry Tomatoes, 2.5 oz	23	5g	0g	1g	0mg	0mg	4g	2g
Pc Blue Menu - Part Skim Mozerella Cheese Canadian, 0.33 cup (30g)	90	1g	5g	9g	20mg	220mg	0g	0g
Chicken Breast - Boneless Skinless Chicken Breasts, 50 g	76	0g	2g	15g	28mg	25mg	0g	0g
Roundy's - Whole Wheat Rotini, 56 g	180	41g	1g	7g	0mg	0mg	2g	6g
Snacks								
Applegate - Turkey Pepperoni, 1 oz	40	0g	2g	5g	20mg	360mg	0g	0g
Raw Fitness - Fresh Yellow Peach, 225 g - 1 medium	89	21g	1g	2g	0mg	0mg	20g	3g
Horizon Organic - Chocolate Milk Dha Omega-3, 1 Cup	170	28g	3g	8g	15mg	150mg	27g	0g
Halo Top - Smores Ice Cream, 146 gram	160	28g	5g	10g	80mg	220mg	14g	6g
TOTAL:	1,638	233g	44g	99g	218mg	2,138mg	137g	29g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Strength training (weight lifting, weight training)	440	71			
TOTALS:	440	71	0	0	0

July 29, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
365 - Organic Grade A Dark Amber Maple Syrup, 0.13 cup	105	27g	0g	0g	0mg	3mg	27g	0g
Organic Valley - 0% Fat Free Milk, 0.5 cup	45	6g	0g	4g	3mg	63mg	6g	0g
Kodiak Cakes - Power Cakes, 0.5 Cup	190	30g	2g	14g	0mg	395mg	3g	5g
TOTAL:	340	63g	2g	18g	3mg	461mg	36g	5g