



5 POUNDS LOST!



June 13, 2017 – June 19, 2017 Total of 5 Pounds Lost

June 13, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Snacks								
Snappy - Air Popped Popcorn, 1 Tbsp	37	10g	0g	1g	0mg	0mg	0g	2g
Generic - Dash of Ground Cinnamon, 1 dash	0	0g	0g	0g	0mg	0mg	0g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	37	10g	0g	1g	0mg	0mg	0g	2g

June 14, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
pb and honey sandwich, 1 serving(s)	255	36g	9g	8g	0mg	278mg	11g	3g
Great Value Vitamin D - Milk, 2 cup	300	24g	16g	16g	70mg	240mg	22g	0g
Dinner								
revitalize chicken cabbage and broccoli, 1 serving(s)	367	35g	15g	30g	70mg	1,242mg	11g	8g
mozzarella tomato and cucumber salad, 2 serving(s)	270	3g	24g	10g	40mg	1,229mg	1g	0g
Snacks								
trolli - sour gummy worms, 12 pieces	120	30g	0g	2g	0mg	20mg	25g	0g
Voortman - Chocolate Wafers, 4.5 cookies	210	30g	9g	2g	0mg	38mg	18g	2g
Generic - Cucumber, 200 g	32	7g	0g	1g	0mg	4mg	3g	1g
Red Sweet Bell Pepper - Raw, 0.5 medium (approx 2-3/4" long, 2-1/2 dia.) (119 g)	19	4g	0g	1g	0mg	3mg	3g	1g
Mezzetta - Italian Mix Giardiniera, 5 pieces	5	1g	0g	0g	0mg	410mg	0g	0g
Home - Watermelon, 2 cup	92	22g	0g	2g	0mg	4mg	18g	0g
Garlic Yogurt Sauce - In The Kitchen With April, 1 serving(s)	28	2g	2g	1g	6mg	22mg	1g	0g
hibiscus tea, 1 serving(s)	26	6g	0g	0g	0mg	0mg	6g	0g
TOTAL:	1,724	200g	75g	73g	186mg	3,490mg	119g	15g

June 15, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
pb and honey sandwich, 1 serving(s)	255	36g	9g	8g	0mg	278mg	11g	3g
Great Value Vitamin D - Milk, 1 cup	150	12g	8g	8g	35mg	120mg	11g	0g
April's coffee, 1 serving(s)	35	9g	0g	0g	1mg	5mg	9g	0g
Lunch								
Generic - Lettuce (Iceberg), 3 cup shredded (36g)	25	2g	0g	1g	0mg	7mg	1g	1g
Homegrown - Tomato-whole, Small, 2 Small	16	4g	0g	1g	0mg	5mg	0g	1g
Generic - Red Onion-raw, 1 oz	11	3g	0g	0g	0mg	1mg	1g	0g
Garlic Yogurt Sauce - In The Kitchen With April, 1 serving(s)	28	2g	2g	1g	6mg	22mg	1g	0g
Dinner								
Cowboy Chicken beans, 2 serving(s)	355	35g	9g	41g	85mg	543mg	9g	10g
Snacks								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Home - Watermelon, 2 cup	92	22g	0g	2g	0mg	4mg	18g	0g
Snappy - Air Popped Popcorn, 0.6 Tbsp	22	6g	0g	1g	0mg	0mg	0g	1g
Just A Pinch - Cinnamon Sugar, 1 tsp	15	4g	0g	0g	0mg	0mg	0g	0g
Voortman - Chocolate Wafers, 3 cookies	140	20g	6g	1g	0mg	25mg	12g	1g
TOTAL:	1,144	155g	34g	64g	127mg	1,010mg	73g	17g

June 16, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Great Value Vitamin D - Milk, 1 cup	150	12g	8g	8g	35mg	120mg	11g	0g
Sara Lee - Classic Butter Bread, 1 slice	70	13g	1g	2g	0mg	105mg	2g	1g
Jif - Creamy Peanut Butter_, 0.33 Tbsp	31	1g	3g	1g	0mg	22mg	0g	0g
Honey - Raw, 0.15 Tbsp	10	3g	0g	0g	0mg	0mg	3g	0g
Lunch								
Cabot - Cabot Greek - Greek-Style Yogurt - 10% Milkfat - Plain, 0.5 cup	155	6g	11g	8g	0mg	55mg	3g	0g
Blackberries - Raw, 0.5 cup	31	7g	0g	1g	0mg	1mg	4g	4g
Dinner								
tomato and cucumber salad, 1 serving(s)	107	10g	7g	2g	0mg	144mg	3g	1g
pressure cooker chicken, 1 serving(s)	175	3g	1g	36g	81mg	814mg	1g	1g
oven baked zucchini fries, 1 serving(s)	138	13g	6g	8g	11mg	507mg	5g	2g
Snacks								
Simply Nature - Raw Almonds, Pecans, and Pistachio Kernels, 0.25 Cup	170	6g	15g	5g	0mg	0mg	1g	3g
Hershey's - Nuggets - Hershey's Nuggets Milk Chocolate With Almonds, 4 pieces (38 g)	200	20g	13g	4g	10mg	25mg	18g	1g
Russell Stover - Peanut Butter Creme Egg, 1 egg	130	17g	6g	2g	0mg	45mg	16g	1g
TOTAL:	1,367	111g	71g	77g	137mg	1,838mg	67g	14g

June 17, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
General Mills - Apple Cinnamon Cheerios, 0.75 cup	120	24g	2g	2g	0mg	115mg	10g	2g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 4 oz. (240mL)	60	6g	3g	4g	10mg	63mg	6g	0g
Lunch								
One of my favorite Turkish comfort foods - Kiy mali Ispanak (Spinach with ground beef) - In The Kitchen With April, 0.5 serving(s)	190	8g	12g	16g	35mg	132mg	2g	3g
Garlic Yogurt Sauce - In The Kitchen With April, 1 serving(s)	28	2g	2g	1g	6mg	22mg	1g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Dinner								
artisan salad, 1 serving(s)	73	18g	4g	4g	0mg	300mg	1g	5g
ep steamed potatoes, 0.5 serving(s)	110	26g	0g	3g	0mg	0mg	1g	2g
salmon with brocolli, 1 serving(s)	210	22g	2g	29g	55mg	684mg	10g	6g
Snacks								
Honey - Raw, 0.15 Tbsp	10	3g	0g	0g	0mg	0mg	3g	0g
hibiscus tea, 1 serving(s)	26	6g	0g	0g	0mg	0mg	6g	0g
nutella and alone butter half sandwich, 1 serving(s)	165	21g	8g	4g	1mg	109mg	8g	2g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 4 oz. (240mL)	60	6g	3g	4g	10mg	63mg	6g	0g
banana with almond butter and nutella, 1 serving(s)	172	27g	7g	3g	1mg	4mg	20g	4g
Russell Stover - Peanut Butter Creme Egg, 1 egg	130	17g	6g	2g	0mg	45mg	16g	1g
TOTAL:	1,354	186g	49g	72g	118mg	1,537mg	90g	25g

June 18, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
General Mills - Apple Cinnamon Cheerios, 0.75 cup	120	24g	2g	2g	0mg	115mg	10g	2g
Del Monte - Organic Banana, 87 g	77	20g	0g	1g	0mg	0mg	14g	3g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 4 oz. (240mL)	60	6g	3g	4g	10mg	63mg	6g	0g
Dinner								
chicken with red beans, 1 serving(s)	230	40g	1g	15g	0mg	573mg	1g	13g
Rice for two, 1 serving(s)	160	36g	0g	3g	0mg	0mg	0g	0g
pressure cooker chicken, 1 serving(s)	175	3g	1g	36g	81mg	814mg	1g	1g
Snacks								
Sara Lee - Classic Butter Bread, 1 slice	70	13g	1g	2g	0mg	105mg	2g	1g
Nutella - Spread (Grams), 5 g	27	3g	2g	0g	1mg	2mg	3g	0g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.33 Tbsp [32g]	30	1g	3g	1g	0mg	0mg	0g	1g
Cabot - Cabot Greek - Greek-Style Yogurt - 10% Milkfat - Plain, 0.5 cup	155	6g	11g	8g	0mg	55mg	3g	0g
Pop-secret - Air Popped Popcorn, 1.0 tablespoons	40	8g	0g	1g	0mg	0mg	0g	2g
Raisinets - Raisinets, 0.4 ounces	48	8g	2g	1g	1mg	4mg	7g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 4 oz. (240mL)	60	6g	3g	4g	10mg	63mg	6g	0g
Hershey's - Nuggets - Hershey's Nuggets Milk Chocolate With Almonds, 4 pieces (38 g)	200	20g	13g	4g	10mg	25mg	18g	1g
Home - 5 Raw Almonds - 1 Tblsp, 5 pieces	35	2g	5g	2g	0mg	3mg	0g	1g
TOTAL:	1,487	196g	47g	84g	113mg	1,822mg	71g	25g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Under Armour calorie adjustment	0	1			
TOTALS:	0	1	0	0	0

June 19, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
oatmeal with bananas and nuts., 1 serving(s)	276	50g	7g	7g	0mg	1mg	15g	9g
Lunch								
Red Delicious - Medium Apple, 1 apple	80	22g	0g	0g	0mg	0mg	17g	5g
Sara Lee - Classic Butter Bread, 1 slice	70	13g	1g	2g	0mg	105mg	2g	1g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.5 Tbsp [32g]	45	2g	4g	2g	0mg	0mg	0g	1g
Dinner								
artisan salad, 1 serving(s)	76	19g	4g	4g	0mg	300mg	1g	5g
April's spaghetti, 1 serving(s)	146	8g	5g	16g	44mg	489mg	3g	2g
barilla bucatini - pasta, 2 oz	200	42g	1g	7g	0mg	0mg	2g	2g
Cheese - Parmesan, hard, 0.5 oz	55	0g	4g	5g	10mg	227mg	0g	0g
Snacks								
hibiscus tea, 1 serving(s)	26	6g	0g	0g	0mg	0mg	6g	0g
Specially Selected (Aldi) - Naan Crisps, 1 oz	120	19g	4g	3g	0mg	160mg	2g	1g
Pace Chunky Salsa - Med Salsa, 4 tbsp (30 ml)	20	6g	0g	0g	0mg	460mg	4g	2g
TOTAL:	1,114	187g	30g	46g	54mg	1,742mg	52g	28g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Under Armour calorie adjustment	0	1			
TOTALS:	0	1	0	0	0