



34.8 POUNDS LOST!



**August 20 – August 24, 2017 3 Pounds Lost
Total 34.8 Pounds Lost**

August 20, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
nescafe clasico - dark roast coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.77 oz. (240mL)	12	1g	0g	1g	2mg	12mg	1g	0g
Simply Nature - Ginger & Sesame dressing, 1 Tbsp	25	1g	3g	0g	0mg	70mg	1g	0g
Supremo - Queso Cotija, 4 tsp (5g)	40	0g	3g	2g	10mg	140mg	0g	0g
Egg - Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
salad 8.19.17, 1 serving(s)	39	9g	0g	2g	0mg	28mg	5g	3g
Lunch								
Spaghetti with meat sauce Pasta Bake, 1 serving(s)	344	45g	9g	22g	33mg	744mg	7g	5g
Spaghetti with meat sauce Pasta Bake, 0.25 serving(s)	86	11g	2g	5g	8mg	186mg	2g	1g
Dinner								
Jack's - 3 Piece Chicken Fingers and French Fries, 1 order	610	56g	27g	36g	35mg	1,490mg	0g	2g
Jack In the Box - Buttermilk Ranch Sauce, 25 g	130	3g	13g	0g	10mg	210mg	0g	0g
Jack In the Box - Buttermilk Ranch Sauce, 25 g	130	3g	13g	0g	10mg	210mg	0g	0g
TOTAL:	1,574	134g	80g	81g	480mg	3,232mg	20g	11g

	Calories	Minutes	Sets	Reps	Weight
Fitbit calorie adjustment	234	1			
TOTALS:	234	1	0	0	0

August 21, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Coffee - Brewed from grounds, 1 cup (8 fl oz)	2	0g	0g	0g	0mg	5mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 1.5 oz. (240mL)	23	2g	1g	2g	4mg	23mg	2g	0g
Lunch								
Generic - Baba Ganoush, 2 Tbsps	31	3g	2g	1g	0mg	73mg	0g	1g
Simply Nature - Spouted 7 Grain Bread, 2 slice	120	22g	0g	6g	0mg	140mg	2g	4g
Lunch Mate - Deli Style Mesquite Smoked Turkey Breast Grams, 56 g	60	2g	1g	10g	15mg	420mg	1g	0g
Tomato - Raw- Per Ounce, 2.29 ounce	9	2g	0g	0g	0mg	27mg	0g	0g
Aldi - Simply Nature - Organic Baby Arugula, 0.53 oz	4	1g	0g	0g	0mg	4mg	0g	0g
Happy Farms - Deli Sliced Muenster Cheese, 0.5 slice	40	0g	3g	3g	10mg	65mg	0g	0g
Dinner								
Ken's Steakhouse - Creamy Wisconsin Blue Cheese Dressing, 2 T.	150	3g	16g	1g	10mg	220mg	1g	0g
Kathy's Kitchen, Dilly Beans - Dill pickled green beans, 1.27 oz	64	10g	3g	0g	0mg	0mg	9g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Specially Selectex - Pitted Kalamata Olives, 8 olives	80	1g	8g	0g	0mg	500mg	0g	0g
Pinar - Beyaz, 68 gr	206	5g	18g	5g	0mg	0mg	0g	0g
Chicken Thigh - Boneless, Skinless (Roasted), 1.55 oz	93	0g	5g	11g	42mg	39mg	0g	0g
Snacks								
GV mini ice cream sandwich - ice cream, 1 sandwich	100	17g	4g	2g	10mg	70mg	8g	0g
Jolly Time Healthy Pop Butter 100 Cal Mini Bags - Popcorn, 1 bag	110	25g	2g	3g	0mg	250mg	0g	5g
Hershey Company - Reese's Pieces, 20 gram	100	13g	5g	2g	0mg	23mg	11g	1g
TOTAL:	1,207	110g	68g	46g	91mg	1,859mg	38g	11g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	719	1						
TOTALS:	719	1	0	0	0			

August 22, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Egg - Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
Pinar - Beyaz, 52 gr	158	4g	14g	4g	0mg	0mg	0g	0g
Tomato - Raw- Per Ounce, 4.94 ounce	20	5g	0g	0g	0mg	59mg	0g	0g
Generic - Young, Raw Green Onions by the Ounce, 0.49 ounce raw	4	1g	0g	0g	0mg	2mg	0g	0g
Great Value - Canola Oil Non Stick Cooking Spray, 1/4 of a spray	0	0g	0g	0g	0mg	0mg	0g	0g
Joseph's mini pita snacks - with flax, oat bran and whole wheat and ALA omega 3, 2 pitas	32	5g	1g	2g	0mg	56mg	0g	1g
stonemill - crushed red pepper, 0.06 tsp(s)	0	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Townhouse - Flipsides Pretzel Crackers, 15 g (5 crackers)	70	10g	4g	1g	0mg	190mg	1g	0g
Generic - Baba Ganoush, 3 Tbsps	47	5g	2g	2g	0mg	110mg	0g	2g
Dinner								
Kol Böreği - In The Kitchen With April, 1.5 serving(s)	592	38g	40g	21g	128mg	156mg	2g	1g
Twinings - Earl Gray Tea, 1 bag	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Snacks								
FrozFruit - Chunky Strawberry, 0.5 bar	65	16g	0g	0g	0mg	15mg	12g	1g
Jack Link's - Extra Tender Seasoned & Smoked Beef Steak Strips, 28 gram	69	6g	1g	9g	20mg	494mg	6g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	1,215	95g	72g	52g	520mg	1,224mg	25g	5g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	431	1						
TOTALS:	431	1	0	0	0			

August 23, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Electric Pressure Cooker Stuffed Zucchini - In The Kitchen With April, 1 serving(s)	511	35g	29g	29g	98mg	872mg	7g	4g
Fage - Fage Total 2% Greek Yogurt, 1.06 ounce	23	1g	1g	3g	3mg	10mg	1g	0g
Dinner								
Tomato - Raw- Per Ounce, 6.35 ounce	25	6g	0g	0g	0mg	76mg	0g	0g
Generic - Cucumber, 5.22 ounce	24	5g	0g	1g	0mg	3mg	3g	1g
Iodized Salt - Salt, 0.06 tsp	0	0g	0g	0g	0mg	146mg	0g	0g
Palermo Extra Virgin Olive Oil - Olive Oil, 0.15 Tablespoon	18	0g	2g	0g	0mg	0mg	0g	0g
Kol Böreği - In The Kitchen With April, 1 serving(s)	395	26g	26g	14g	85mg	104mg	2g	1g
Twinnings - Earl Gray Tea, 1 bag	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Snacks								
GV mini ice cream sandwich - ice cream, 1 sandwich	100	17g	4g	2g	10mg	70mg	8g	0g
Godiva - Milk Chocolate Bar, 9 grams (6 blocks)	48	5g	3g	1g	1mg	7mg	5g	0g
TOTAL:	1,159	99g	65g	50g	197mg	1,288mg	30g	6g

	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	556	1						
TOTALS:	556	1	0	0	0			

August 24, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Simply Nature - Spouted 7 Grain Bread, 1 slice	60	11g	0g	3g	0mg	70mg	1g	2g
happy farms - havarti cheese, 1 slice1	90	0g	7g	6g	25mg	140mg	0g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch Mate - Deli Style Mesquite Smoked Turkey Breast Grams, 56 g	60	2g	1g	10g	15mg	420mg	1g	0g
Lunch								
Simply Nature - Spouted 7 Grain Bread, 1 slice	60	11g	0g	3g	0mg	70mg	1g	2g
Starkist - Gourmet Selects Mediterranean Style Tuna, 37 g (2.6 oz)	75	1g	5g	7g	18mg	180mg	0g	0g
Generic - Cucumber, 1.25 ounce	6	1g	0g	0g	0mg	1mg	1g	0g
Tomato - Raw- Per Ounce, 2 ounce	8	2g	0g	0g	0mg	24mg	0g	0g
Aldi - Simply Nature - Organic Baby Arugula, 0.25 oz	2	0g	0g	0g	0mg	2mg	0g	0g
Wegmans Sunkist Lemons - Lemon, 0.25 lemon	4	1g	0g	0g	0mg	0mg	1g	1g
Dinner								
De Cecco - Enriched Egg Noodles, 2 oz.	200	38g	2g	8g	110mg	25mg	1g	2g
ribeye steak pasta sauce, 1 serving(s)	378	8g	27g	24g	85mg	656mg	4g	1g
tomato and cakes with kens litvolive oil vinaigrette, 1 serving(s)	71	8g	4g	2g	0mg	168mg	6g	2g
Snacks								
Cara Cara - Orange, 0.5 orange	40	10g	0g	1g	0mg	0mg	7g	2g
Boom Chick a Pop - Kettle Corn, 0.25 cups	18	2g	1g	0g	0mg	14mg	1g	0g
Yoplait - Greek 100 Black Cherry Yogurt, 1 container 150g	100	11g	0g	14g	4mg	55mg	7g	0g
Wonderful - Pistachios 1oz. Bag, 1 oz	80	4g	7g	3g	0mg	80mg	1g	2g
TOTAL:	1,252	110g	54g	81g	257mg	1,905mg	32g	14g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	470	1						
TOTALS:	470	1	0	0	0			