



**36 POUNDS LOST!**



**August 25 – August 28, 2017 1.2 Pounds  
36 Total Pounds Lost**

**August 25, 2017**

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
nescafe clasico - dark roast coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 1.06 oz. (240mL)	16	2g	1g	1g	3mg	17mg	2g	0g
Post - Cinnamon Pebbles, 30 grams	120	26g	1g	1g	0mg	180mg	10g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 2.12 oz. (240mL)	32	3g	1g	2g	5mg	33mg	3g	0g
<b>Lunch</b>								
ribeye steak pasta sauce, 1 serving(s)	378	8g	27g	24g	85mg	656mg	4g	1g
De Cecco - Enriched Egg Noodles, 2 oz.	200	38g	2g	8g	110mg	25mg	1g	2g
<b>Dinner</b>								
conecuh sausage and peppets, 1 serving(s)	234	6g	17g	11g	43mg	623mg	2g	2g
Happy Farms - Swiss Cheese, Deli Sliced, 19 gram	70	0g	6g	5g	15mg	35mg	0g	0g
Simply Nature - Spouted 7 Grain Bread, 1 slice	60	11g	0g	3g	0mg	70mg	1g	2g
Grey Poupon - Dijon Mustard, 1 tsp (5g)	5	0g	0g	0g	0mg	120mg	0g	0g
Kathy's Kitchen, Dilly Beans - Dill pickled green beans, 1.05 oz	53	8g	2g	0g	0mg	0mg	7g	0g
Generic - Pickle Juice, 0.25 cup (8 oz)	13	0g	0g	0g	0mg	25mg	0g	0g
butter beans with garlic, 1 serving(s)	73	23g	0g	7g	0mg	477mg	1g	12g
<b>TOTAL:</b>	<b>1,269</b>	<b>129g</b>	<b>57g</b>	<b>62g</b>	<b>261mg</b>	<b>2,261mg</b>	<b>35g</b>	<b>19g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	0	1			
<b>TOTALS:</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

**August 26, 2017**

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Supremo - Queso Cotija, 2 tsp (5g)	20	0g	2g	1g	5mg	70mg	0g	0g
<b>Dinner</b>								
Wegmans - Filet Mignon, 2.57 oz	103	0g	3g	19g	51mg	30mg	0g	0g
Potatoes - Potatoes Steamed, 4 oz	113	20g	2g	2g	0mg	237mg	1g	2g
salad 8.19.17, 2 serving(s)	78	18g	0g	4g	0mg	56mg	11g	6g
Kroger Brand - Unsalted Butter, 0.5 tbsp (14 grams)	50	0g	6g	0g	15mg	0mg	0g	0g
Ken's Dressing - Lite Olive Oil Vinaigrette, 1 Tbsp	30	2g	3g	0g	0mg	120mg	1g	0g
Friendly Farms - Sour Cream, 1 tbsp	30	1g	3g	1g	10mg	8mg	1g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Homemade - Creamed Corn, 0.5 cup	107	18g	3g	4g	7mg	194mg	5g	2g
<b>Snacks</b>								
ayran, 1 serving(s)	85	4g	2g	11g	10mg	187mg	4g	0g
Madi K's - Almonds (Roasted Salted) 1 oz Pack, 0.5 oz	85	3g	8g	3g	0mg	48mg	1g	2g
Philadelphia Cream Cheese - Chive & Onion 1/3 Less Fat, 1 Tbsp (31g)	35	2g	3g	1g	10mg	75mg	1g	0g
Townhouse - Flipsides Pretzel Crackers, 15 g (5 crackers)	70	10g	4g	1g	0mg	190mg	1g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
English Tea Shop - Earl Grey, 1 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Happy Farms - Colby Jack Cheese Sticks, 1 piece	85	0g	7g	6g	25mg	135mg	0g	0g
Boom Chick a Pop - Kettle Corn, 0.5 cups	35	5g	2g	0g	0mg	28mg	2g	1g
<b>TOTAL:</b>	<b>1,063</b>	<b>94g</b>	<b>55g</b>	<b>64g</b>	<b>319mg</b>	<b>1,659mg</b>	<b>32g</b>	<b>16g</b>
	Calories	Minutes	Sets	Reps	Weight			
<b>Cardiovascular</b>								
Fitbit calorie adjustment	626	1						
<b>TOTALS:</b>	<b>626</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>			

August 27, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Kol Böreği - In The Kitchen With April, 0.5 serving(s)	197	13g	13g	7g	43mg	52mg	1g	0g
English Tea Shop - Earl Grey, 1 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
<b>Lunch</b>								
Generic - Shish Tawook Sandwich, 1 sandwich	259	2g	17g	24g	70mg	510mg	0g	0g
<b>Dinner</b>								
Philadelphia Cream Cheese - Chive & Onion 1/3 Less Fat, 1 Tbsp (31g)	35	2g	3g	1g	10mg	75mg	1g	0g
Lunch Mate - Deli Style Mesquite Smoked Turkey Breast Grams, 44.8 g	48	2g	1g	8g	12mg	336mg	1g	0g
Simply Nature - Spouted 7 Grain Bread, 2 slice	120	22g	0g	6g	0mg	140mg	2g	4g
salad 8.19.17, 1 serving(s)	39	9g	0g	2g	0mg	28mg	5g	3g
<b>Snacks</b>								
Yoplait - Oui French Style Yogurt - Peach, 1 Container(141g)	160	18g	7g	5g	25mg	80mg	15g	0g
Ludwick's - Sour Cream Donuts, 1 donut	230	25g	14g	3g	10mg	270mg	10g	1g
Krispy Kreme - Chocolate Glazed Donut, 1 donut (64g)	240	33g	11g	3g	0mg	80mg	20g	1g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>1,358</b>	<b>134g</b>	<b>66g</b>	<b>59g</b>	<b>170mg</b>	<b>1,571mg</b>	<b>63g</b>	<b>9g</b>
	Calories	Minutes	Sets	Reps	Weight			
<b>Cardiovascular</b>								
Walking, 3.0 mph, mod. pace, walking dog		234		40				
Fitbit calorie adjustment		-234		1				
<b>TOTALS:</b>		<b>0</b>		<b>41</b>		<b>0</b>	<b>0</b>	<b>0</b>

### Exercise notes

Left my fitbit at home so used pacer app

**August 28, 2017**

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
butter beans with garlic, 1.5 serving(s)	109	34g	0g	11g	0mg	715mg	2g	18g
Pınar - Beyaz, 30 gr	91	2g	8g	2g	0mg	0mg	0g	0g
<b>Lunch</b>								
Boar's Head - Hickory Smoked Black Forest Turkey Breast (Corrected), 1 oz	30	0g	0g	7g	13mg	195mg	0g	0g
Tomato - Raw- Per Ounce, 2 ounce	8	2g	0g	0g	0mg	24mg	0g	0g
Generic - Pita Wedges, 0.6 wedges	8	2g	0g	0g	0mg	15mg	0g	0g
Bread - Dave's Killer Bread, Good Seed Thin, 56 g	140	26g	3g	6g	0mg	230mg	4g	6g
Makarios Kabob & Grill, Birmingham, Al - Hommous , 0.06 cup	28	0g	0g	0g	0mg	0mg	0g	0g
Generic - Baba Ganoush, 2 Tbsps	31	3g	2g	1g	0mg	73mg	0g	1g
Makarios Kabob & Grill, Birmingham, Al - Hommous , 0.07 cup	29	0g	0g	0g	0mg	0mg	0g	0g
salad 8.19.17, 0.5 serving(s)	19	4g	0g	1g	0mg	14mg	3g	2g
<b>Dinner</b>								
salad 8.19.17, 1 serving(s)	39	9g	0g	2g	0mg	28mg	5g	3g
Ken's Steakhouse - Creamy Wisconsin Blue Cheese Dressing, 1 T.	75	2g	8g	1g	5mg	110mg	1g	0g
butter beans with garlic, 1 serving(s)	73	23g	0g	7g	0mg	477mg	1g	12g
ribeye steak pasta sauce, 0.5 serving(s)	189	4g	14g	12g	43mg	328mg	2g	1g
Joseph's mini pita snacks - with flax, oat bran and whole wheat and ALA omega 3, 3 pitas	48	7g	2g	4g	0mg	84mg	0g	2g
<b>Snacks</b>								
Fiber One - Chocolate Fudge Brownie Bar, 25 g (1 bar)	90	18g	3g	1g	0mg	80mg	7g	5g
Madi K's - Almonds (Roasted Salted) 1 oz Pack, 0.25 oz	43	1g	4g	2g	0mg	24mg	0g	1g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Gt's Enlightened - Kombucha - Gingerade, 8 oz.	30	7g	0g	0g	0mg	10mg	2g	0g
Ben and Jerry's - Pint Slice Chocolate Fudge a Brownie, 1 Bar	250	27g	16g	4g	35mg	60mg	22g	2g
<b>TOTAL:</b>	<b>1,330</b>	<b>171g</b>	<b>60g</b>	<b>61g</b>	<b>96mg</b>	<b>2,467mg</b>	<b>49g</b>	<b>53g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	628	1			
<b>TOTALS:</b>	<b>628</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>