



40 POUNDS LOST!



**September 2 – September 13, 2017 2.2 Pounds Lost
Total Loss 40 Pounds**

September 2, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Carr's - Table Water Crackers Baked With Roasted Garlic & Herbs, 4 crackers	50	10g	1g	1g	0mg	115mg	0g	1g
Genova Tonno - Tuna Fish, 2 oz	90	0g	4g	13g	20mg	250mg	0g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Heinz - Real Mayonnaise Packet, 0.5 packet (12g)	39	0g	5g	0g	5mg	30mg	0g	0g
Dinner								
Quick Add - Myfitnesspal Premium, 1 serving(s)	1,200	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,379	10g	10g	14g	25mg	395mg	0g	1g

Food Notes

Was at casino, ate buffet but threw up and had diarrhea immediately after eating. So did not log food

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	291	1			
TOTALS:	291	1	0	0	0

September 3, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
IHOP - 2 Bacon Strips, 2 serving(s)	180	0g	14g	12g	40mg	780mg	0g	0g
IHOP - 3 Buttermilk Pancakes, 0.67 serving(s)	315	46g	10g	9g	47mg	1,065mg	9g	3g
Syrups - Maple, 0.25 cup	210	54g	0g	0g	0mg	7mg	48g	0g
Whipped - Butter, 4 tbs	200	0g	24g	0g	60mg	200mg	0g	0g
Dinner								
Pizza Hut - Large 14" Pan Pizza - Supreme, 4 slice (146g)	1,560	148g	80g	60g	140mg	3,360mg	8g	8g
Dr. Pepper - Soda 12 Oz., 1 Can (12 fl oz)	150	40g	0g	0g	0mg	55mg	40g	0g
Snacks								
Mt. Olive Kosher Dill Portable Pickle Pack - 1 pack, 1 pack	5	1g	0g	0g	0mg	560mg	0g	0g
Mr. Cheese O's - Parmesan, 0.75 oz (28g)	113	5g	7g	8g	23mg	195mg	0g	0g
Snyder's of Hanover - Jalapeño Pretzel Pieces, 0.5 oz. (28g/ about 1/3 cup)	70	10g	3g	1g	0mg	185mg	1g	1g
Southern Grove - Almonds & Walnuts, 1 pack	100	3g	9g	3g	0mg	0mg	0g	2g
TOTAL:	2,903	307g	147g	93g	310mg	6,407mg	106g	14g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	261	1			
TOTALS:	261	1	0	0	0

September 4, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
J. Skinner - Cinnamon Craver's Roll (Corrected), 1 roll (78g)	250	45g	7g	4g	10mg	220mg	29g	2g
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
N'joy Coffee Creamer - Powdered Coffee Creamer, 1 teaspoon	10	1g	0g	0g	0mg	0mg	0g	0g
Lunch								
Opaa - Cucumber Dill Dip (Tzatziki), 2 Tbsp	20	1g	1g	2g	5mg	170mg	0g	0g
Lay's - Crispy Taco Chips, 28 grams (15 chips)	150	15g	10g	2g	0mg	160mg	1g	0g
Heinz - Yellow Mustard, 1 Tsp (5g)	0	0g	0g	0g	0mg	65mg	0g	0g
Food Club - White Soft Bread, 4 slices	240	48g	4g	8g	0mg	480mg	6g	2g
Tomato - Raw- Per Ounce, 4 ounce	16	4g	0g	0g	0mg	48mg	0g	0g
Borden - Swiss Cheese Singles, 2 slice	120	2g	9g	8g	30mg	520mg	0g	0g
Kroger - Lunchmeat - Cooked Ham, 3 Slices	105	2g	4g	14g	38mg	1,110mg	2g	0g
Dinner								
Oscar Meyer - Deli Fresh Smoked Turkey Breast, 2 oz	50	1g	1g	9g	25mg	510mg	0g	0g
Sabra - Olive Tapenade Hummus, 1 tbsp	40	2g	3g	1g	0mg	80mg	0g	1g
Tomato - Raw- Per Ounce, 2 ounce	8	2g	0g	0g	0mg	24mg	0g	0g
Food Club - White Soft Bread, 2 slices	120	24g	2g	4g	0mg	240mg	3g	1g
Snacks								
Tomato - Raw- Per Ounce, 8.71 ounce	35	9g	0g	0g	0mg	105mg	0g	0g
Generic - Cucumber, 3.14 ounce	14	3g	0g	1g	0mg	2mg	2g	0g
Pinar - Beyaz, 63 gr	191	5g	17g	5g	0mg	0mg	0g	0g
Ken's Dressing - Lite Olive Oil Vinaigrette, 2 Tbsp	60	3g	6g	0g	0mg	240mg	2g	0g
Talenti - Belgian Milk Chocolate Gelato, 101 g	220	30g	9g	4g	90mg	45mg	29g	0g
TOTAL:	1,666	201g	73g	62g	198mg	4,024mg	78g	6g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	848	1			
TOTALS:	848	1	0	0	0

September 5, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Egg - Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Supremo - Queso Cotija, 4 tsp (5g)	40	0g	3g	2g	10mg	140mg	0g	0g
N'joy Coffee Creamer - Powdered Coffee Creamer, 1 teaspoon	10	1g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Coffee - Brewed from grounds, 1 cup (8 fl oz)	2	0g	0g	0g	0mg	5mg	0g	0g

Lunch

Pita Basket - Chicken Shwarma, 1 Order	359	41g	38g	39g	0mg	0mg	0g	0g
Outtakes - Tabbouleh, 0.5 cup	87	15g	2g	3g	0mg	225mg	1g	4g
Sabra - Olive Tapenade Hummus, 1 tbsp	40	2g	3g	1g	0mg	80mg	0g	1g
Generic - Baba Ganoush, 2 Tbsps	31	3g	2g	1g	0mg	73mg	0g	1g
Generic - Pita Wedges, 3 wedges	38	8g	1g	2g	0mg	75mg	0g	1g

Dinner

salad 8.19.17, 2 serving(s)	78	18g	0g	4g	0mg	56mg	11g	6g
Ken's Dressing - Lite Olive Oil Vinaigrette, 2 Tbsp	60	3g	6g	0g	0mg	240mg	2g	0g
Mashed - Potatoes, 200 g	226	34g	8g	4g	22mg	574mg	3g	3g
Oven Roasted Asparagus - Home Cooked Asparagus, 2 oz	62	3g	0g	2g	1mg	0mg	0g	1g
Allrecipes - Meatloaf, 1 l slice	372	19g	25g	18g	101mg	335mg	0g	1g

Snacks

Aladdin - Angel Food Cake, 1 Slice	123	28g	0g	3g	0mg	244mg	15g	0g
Homemade - Whipped Cream Topping, 2 Tbsps	85	8g	6g	2g	0mg	0mg	0g	0g
Strawberries - Strawberry, 0.25 cup sliced	12	1g	0g	0g	0mg	0mg	1g	0g

TOTAL: 1,783 189g 104g 94g 506mg 2,189mg 37g 18g

	Calories	Minutes	Sets	Reps	Weight
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Cardiovascular

Fitbit calorie adjustment	144	1			
TOTALS:	144	1	0	0	0

September 6, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
salad 8.19.17, 1 serving(s)	39	9g	0g	2g	0mg	28mg	5g	3g
Ken's Dressing - Lite Olive Oil Vinaigrette, 1 Tbsp	30	2g	3g	0g	0mg	120mg	1g	0g
Iodized Salt - Salt, 0.03 tsp	0	0g	0g	0g	0mg	74mg	0g	0g
Lunch								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Starkist Selects - Solid Light Yellowfin Tuna - Evoo - 3/20/2017, 4 oz	260	0g	18g	28g	50mg	380mg	0g	0g
Townhouse - Flipsides Pretzel Crackers, 15 g (5 crackers)	70	10g	4g	1g	0mg	190mg	1g	0g
Heinz - Real Mayonnaise Packet, 1 packet (12g)	77	0g	9g	0g	9mg	60mg	0g	0g
Dinner								
garden peas, 1 serving(s)	104	16g	1g	9g	0mg	396mg	0g	0g
Doritos - Loaded Cheese Snack (Cool Ranch), 1.98 pieces	178	15g	11g	5g	20mg	455mg	1g	3g
conecuh sausage and peppets, 2 serving(s)	468	12g	34g	22g	85mg	1,246mg	5g	5g
Homemade - Pigs In A Blanket, 3 each	246	35g	36g	7g	1mg	648mg	3g	0g
Snacks								
Boom Chick a Pop - Kettle Corn, 0.5 cups	35	5g	2g	0g	0mg	28mg	2g	1g
Southern Grove - Almonds & Walnuts, 0.5 pack	50	2g	5g	2g	0mg	0mg	0g	1g
Maxwell House - Original Instant Coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
GV mini ice cream sandwich - ice cream, 1 sandwich	100	17g	4g	2g	10mg	70mg	8g	0g
TOTAL:	1,754	128g	133g	84g	361mg	3,766mg	31g	13g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	292	1			
TOTALS:	292	1	0	0	0

September 7, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kelloggs - Frosted Mini Wheats Maple Brown Sugar, 55 grams (25 biscuits)	190	47g	1g	5g	0mg	0mg	12g	6g
Great Value - Vita D Milk, 0.5 cup	75	6g	4g	4g	18mg	60mg	6g	0g
Maxwell House - Original Instant Coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
N'joy Coffee Creamer - Powdered Coffee Creamer, 1.5 teaspoon	15	2g	0g	0g	0mg	0mg	0g	0g
Lunch								
garden peas, 1.5 serving(s)	188	29g	1g	16g	0mg	712mg	0g	0g
Dinner								
Outtakes - Garden Salad (Large), 1 serving(s)	48	12g	0g	2g	0mg	15mg	4g	3g
Home Shredded Cheddar Cheese - Generic - Shredded, 0.5 cup	220	0g	12g	14g	60mg	348mg	0g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Ken's Ranch Salad Dressing - Salad Dressing, 2 fluid ounce	280	4g	30g	0g	20mg	580mg	2g	0g
Snacks								
Homemade - Chex Mix, 1 cup	140	16g	7g	3g	10mg	280mg	2g	1g
Madi K's - Almonds (Roasted Salted) 1 oz Pack, 0.5 oz	85	3g	8g	3g	0mg	48mg	1g	2g
Talenti - Belgian Milk Chocolate Gelato, 0.5 ounce	31	4g	1g	1g	13mg	6mg	4g	0g
TOTAL:	1,287	127g	64g	48g	121mg	2,049mg	35g	12g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	0	1						
TOTALS:	0	1	0	0	0			0

September 8, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Maxwell House - Original Instant Coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Homemade - Hamburger Vegetable Soup, 1.5 cup	227	20g	7g	20g	42mg	762mg	0g	5g
Lunch								
Gt's Enlightened - Kombucha - Gingerade, 8 oz.	30	7g	0g	0g	0mg	10mg	2g	0g
Joseph's mini pita snacks - with flax, oat bran and whole wheat and ALA omega 3, 5 pitas	80	12g	3g	6g	0mg	140mg	0g	3g
Sargento - Aged Swiss - Thin Slice, 1 Slice	70	0g	5g	5g	20mg	40mg	0g	0g
Dinner								
Kofte - Meat Ball, 5 adet	345	0g	25g	30g	0mg	0mg	0g	0g
Potato - Russet - Baked, 4 oz	220	45g	0g	5g	0mg	0mg	2g	4g
Generic - Baba Ganoush, 8 Tbsps	124	12g	6g	4g	0mg	292mg	0g	4g
Cabot 2% garlic yogurt, 1 serving(s)	76	6g	2g	9g	14mg	116mg	2g	0g
tomato and cuke with olive oil, 1 serving(s)	51	8g	2g	2g	0mg	155mg	5g	2g
Pinar - Beyaz, 15 gr	45	1g	4g	1g	0mg	0mg	0g	0g
Home - Large Corn on Cob, 1 cob	100	19g	1g	3g	0mg	195mg	2g	2g
Supremo - Queso Cotija, 8 tsp (5g)	80	0g	6g	4g	20mg	280mg	0g	0g
Townhouse - Flipsides Pretzel Crackers, 15 g (5 crackers)	70	10g	4g	1g	0mg	190mg	1g	0g
Sabra - Olive Tapenade Hummus, 2 tbps	80	4g	6g	2g	0mg	160mg	0g	1g
Olivery Winery - Blackberry Wine, 12 oz.	360	0g	0g	0g	0mg	0mg	0g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Seagram's - Ginger Ale, 8.04 oz. can	67	17g	0g	0g	0mg	23mg	17g	0g
Dekuyper - Peach Schnapps, 8.5 oz	612	60g	0g	0g	0mg	0mg	0g	0g
Snacks								
Howe - Gummy Strawberry Rings, 3 Rings	96	22g	0g	1g	0mg	6mg	11g	0g
TOTAL:	2,758	248g	72g	93g	96mg	2,369mg	47g	21g

	Calories	Minutes	Sets	Reps	Weight
Fitbit calorie adjustment	995	1			
TOTALS:	995	1	0	0	0

September 9, 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
Skim Milk - Skim Milk, 0.12 cup	10	1g	0g	1g	1mg	13mg	1g	0g
Gawith (Homemade) - Zucchini Bread, 1 slice	149	24g	6g	2g	25mg	11mg	0g	0g
Lunch								
Kofte - Meat Ball, 4 adet	276	0g	20g	24g	0mg	0mg	0g	0g
feta cute tomatoes salad, 1 serving(s)	170	13g	10g	8g	0mg	162mg	8g	3g
Dinner								
conecuh sausage and peppets, 1 serving(s)	234	6g	17g	11g	43mg	623mg	2g	2g
Beans, snap, green, raw, 1 cup	34	8g	0g	2g	0mg	7mg	4g	3g
Generic - Baba Ganoush, 4 Tbsps	62	6g	3g	2g	0mg	146mg	0g	2g
Sodexo Campus - Scalloped Potatoes - homemade, 12 oz	330	42g	15g	12g	30mg	750mg	6g	3g
Snacks								
St. Dalfour - Giant French Pitted Prunes, 31 gram	75	17g	0g	0g	0mg	1mg	11g	2g
Choceur - Dark Chocolate Covered Almonds, 0.13 cup (9 pieces)	105	10g	8g	2g	0mg	0mg	8g	2g
Homemade - Zuchinni Bread With Nuts, 1 slice	150	19g	7g	2g	26mg	115mg	10g	1g
TOTAL:	1,612	150g	86g	66g	125mg	1,833mg	54g	18g

	Calories	Minutes	Sets	Reps	Weight
Fitbit calorie adjustment	617	1			
TOTALS:	617	1	0	0	0

September 10, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Egg - Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
Supremo - Queso Cotija, 4 tsp (5g)	40	0g	3g	2g	10mg	140mg	0g	0g
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
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Gt's Enlightened - Kombucha - Gingerade, 8 oz.	30	7g	0g	0g	0mg	10mg	2g	0g
Lunch								
Guthrie's - Chicken Finger One, 2 Chicken Finger	254	12g	14g	18g	0mg	0mg	0g	0g
Dinner								
Kelloggs - Frosted Mini Wheats Maple Brown Sugar, 55 grams (25 biscuits)	190	47g	1g	5g	0mg	0mg	12g	6g
Flav-o-rich - 2% Milk, 4.02 fluid ounce	60	6g	3g	4g	10mg	63mg	6g	0g
Sargento - Aged Swiss - Thin Slice, 2 Slice	140	0g	10g	10g	30mg	70mg	0g	0g
Oscar Mayer - Delifresh Oven Roasted Turkey Breast, 2 oz	50	2g	1g	9g	20mg	540mg	0g	0g
Almond Nut-Thins, Blue Diamond - Hint of Salt, 9.5 crackers	65	12g	1g	2g	0mg	40mg	0g	1g
Kathy's Kitchen, Dilly Beans - Dill pickled green beans, 0.3 oz	15	2g	1g	0g	0mg	0mg	2g	0g
Snacks								
Helados Mexico - Creamy Strawberry, 1 bar	150	20g	7g	2g	25mg	55mg	14g	1g
GV mini ice cream sandwich - ice cream, 1 sandwich	100	17g	4g	2g	10mg	70mg	8g	0g
TOTAL:	1,262	131g	56g	67g	477mg	1,130mg	49g	8g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	50	1						
TOTALS:	50	1	0	0	0			

September 11, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Homemade - Vegetable Beef Soup, 2 cup	190	36g	2g	12g	2mg	300mg	4g	6g
Dinner								
Ribeye Steak Creamy Pasta Bake, 2 serving(s)	586	53g	29g	30g	83mg	1,965mg	15g	8g
Snacks								
Almond Nut-Thins, Blue Diamond - Hint of Salt, 9.5 crackers	65	12g	1g	2g	0mg	40mg	0g	1g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Philadelphia Cream Cheese - Chive & Onion 1/3 Less Fat, 1 Tbsp (31g)	35	2g	3g	1g	10mg	75mg	1g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
nescafe clasico - dark roast coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Coffee Mate - Butter Pecan, 0.33 Tablespoon	12	2g	0g	0g	0mg	2mg	2g	0g
Boom Chick a Pop - Kettle Corn, 0.5 cups	35	5g	2g	0g	0mg	28mg	2g	1g
Southern Grove - Almonds & Walnuts, 0.5 pack	50	2g	5g	2g	0mg	0mg	0g	1g
English Tea Shop - Earl Grey, 1 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Publix - Orange Blossom Honey, 0.3 Tbsp	18	5g	0g	0g	0mg	0mg	5g	0g
Godiva - Milk Chocolate Bar, 22.5 grams (6 blocks)	120	14g	7g	2g	3mg	18mg	12g	1g
TOTAL:	1,136	136g	50g	49g	98mg	2,428mg	46g	18g

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

September 12, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Quaker - Oats, 0.25 cup	75	14g	2g	3g	0mg	0mg	1g	2g
Skim Milk - Skim Milk, 0.25 cup	20	3g	0g	2g	1mg	28mg	3g	0g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.5 Tbsp [32g]	45	2g	4g	2g	0mg	0mg	0g	1g
Nutella - Spread (Grams), 9.25 g	50	6g	3g	1g	1mg	4mg	5g	0g
nescafe clasico - dark roast coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Lunch								
Happy Farms Aldi - Gouda Slice, 20 grams	70	0g	5g	5g	25mg	160mg	0g	0g
Oscar Meyer - Deli Fresh Honey Ham, 2 oz	60	1g	2g	10g	25mg	560mg	2g	0g
Great Value - Canola Oil Non Stick Cooking Spray, 1/2 of a spray	0	0g	0g	0g	0mg	0mg	0g	0g
Food Club (Food City Brand) - King - Enriched White Bread 20 oz (1 lb 4 oz) 567g, 2 Slice (26g/0.9oz)	140	28g	1g	4g	0mg	280mg	4g	0g
Dinner								
Easy Cube Steak Recipe - Food.com, 1 serving(s)	370	9g	21g	32g	121mg	149mg	0g	1g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
steamed cabbage, 1 serving(s)	104	17g	4g	3g	0mg	349mg	10g	7g
mashed potatoes, 1 serving(s)	243	32g	12g	4g	32mg	485mg	2g	2g
Snacks								
Triscuit - Hint of Salt, 3 crackers (28g)	60	10g	2g	2g	0mg	25mg	0g	2g
the Laughing Cow - White Cheddar Triangles, 1 triangles	35	1g	2g	2g	5mg	180mg	1g	0g
Skim Milk - Skim Milk, 1 cup	80	11g	0g	8g	5mg	110mg	11g	0g
Chocolate Chip Cookies, 6 serving(s)	565	84g	26g	8g	88mg	444mg	58g	4g
TOTAL:	1,942	223g	85g	86g	303mg	2,774mg	102g	19g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	212	1						
TOTALS:	212	1	0	0	0			0

September 13, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kelloggs - Frosted Mini Wheats Maple Brown Sugar, 55 grams (25 biscuits)	190	47g	1g	5g	0mg	0mg	12g	6g
Skim Milk - Skim Milk, 5.08 fluid ounce	51	7g	0g	5g	3mg	70mg	7g	0g
Snacks								
Wonderful - Pistachios 1oz. Bag, 2.8 gram	8	0g	1g	0g	0mg	8mg	0g	0g
yoplait french style yogurt OUI - Yogurt (French style yogurt), 5 oz	160	18g	7g	5g	0mg	80mg	15g	0g
TOTAL:	409	72g	9g	15g	3mg	158mg	34g	6g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	0	1						
TOTALS:	0	1	0	0	0			0