



11.8 POUNDS LOST!

 myfitnesspal

**June 27 – July 2, 2017 2.8 Pounds Lost
Total of 11.8 Pounds Lost**

June 27, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Quaker - Oats, 0.5 cup	150	27g	3g	5g	0mg	0mg	1g	4g
Bananna - Bananna, 1 whole Medium	105	27g	0g	1g	0mg	1mg	14g	3g
Generic - Calorielab - Ground Cinnamon, 1 Teaspoon, 0.13 tsp	1	0g	0g	0g	0mg	0mg	0g	0g
Maxwell House - Original Instant Coffee, 0.5 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.17 oz. (240mL)	3	0g	0g	0g	0mg	3mg	0g	0g
Lunch								
Fage - Total 2%, 7 oz (200g)	150	8g	4g	20g	20mg	65mg	8g	0g
Mini Babybel White Cheddar - Cheese, 1 piece (20g)	70	0g	6g	4g	20mg	140mg	0g	0g
Triscuit - Hint of Salt, 3 crackers (28g)	60	10g	2g	2g	0mg	25mg	0g	2g
Dinner								
sirloin burgers, 1 serving(s)	412	20g	19g	35g	113mg	526mg	2g	1g
Generic - Onion Yellow Sweet 1 Med Slice, 1 slice	15	1g	0g	0g	0mg	0mg	0g	1g
tomato, avocado and cuke salad, 1 serving(s)	206	19g	15g	4g	0mg	313mg	8g	8g
Generic - Pickle Juice, 1 cup (8 oz)	50	0g	0g	0g	0mg	100mg	0g	0g
Great Gherkins (Aldi) - Kosher Baby Dills, 0.5 Pickle	3	1g	0g	0g	0mg	130mg	0g	0g
Generic - Dijon Mustard W/ White Wine, 0.5 tsp (5 g)	3	0g	0g	0g	0mg	60mg	0g	0g
Heinz - Tomato Ketchup 64oz, 0.17 Tbsp	3	1g	0g	0g	0mg	27mg	1g	0g
Snacks								
the Laughing Cow - Creamy Asiago Spreadable Cheese Wedges, 1 wedge	35	1g	2g	2g	5mg	180mg	1g	0g
TOTAL:	1,281	119g	51g	73g	158mg	1,570mg	39g	19g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Under Armour calorie adjustment	54	1			
TOTALS:	54	1	0	0	0

June 28, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Pane Turano - Corrected - Aldi - Italian Bread, 0.5 slice(50 g /1.8 oz)	65	13g	0g	3g	0mg	150mg	1g	1g
chopped sirloin with spinach, 0.5 serving(s)	118	11g	4g	10g	25mg	626mg	0g	1g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Cabot 2% Yogurt, 0.25 serving(s)	45	3g	1g	6g	9mg	35mg	2g	0g
Lunch								
green beans, 1 serving(s)	167	34g	3g	5g	0mg	240mg	2g	6g
Genova Tonno Per Label - Solid White Tuna In Olive Oil, 2 oz Drained/56gm	90	0g	4g	13g	20mg	140mg	0g	0g
josephs oat bran and whole wheat pita - pita bread, 1 pita	50	7g	2g	5g	0mg	210mg	0g	3g
Dinner								
chicken eggplant okra turlu, 1 serving(s)	227	25g	5g	27g	57mg	759mg	8g	9g
Pane Turano - Corrected - Aldi - Italian Bread, 1 slice(50 g /1.8 oz)	130	26g	0g	5g	0mg	300mg	1g	1g
Snacks								
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
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.17 oz. (240mL)	3	0g	0g	0g	0mg	3mg	0g	0g
Great Value - Lowfat Cottage Cheese 80 Calories, 0.25 cup	40	3g	1g	7g	5mg	205mg	3g	0g
Fruit - Usda Fresh Peach, 4.67 ounce	52	12g	1g	2g	0mg	0mg	10g	2g
Home Made - Mint Tea, 1 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 2 teaspoon	30	8g	0g	0g	0mg	0mg	8g	0g
TOTAL:	1,032	146g	21g	83g	116mg	2,668mg	39g	23g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Under Armour calorie adjustment	468	1			
TOTALS:	468	1	0	0	0

June 29, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Quaker - Oats, 0.5 cup	150	27g	3g	5g	0mg	0mg	1g	4g
Dole - Large Banana, 1 large (225g)	121	31g	0g	2g	0mg	1mg	17g	4g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 4 oz. (240mL)	60	6g	3g	4g	10mg	63mg	6g	0g
coffee with 1 tsp sugar 4 tsp 2% milk, 0.25 serving(s)	6	1g	0g	0g	0mg	3mg	1g	0g
Lunch								
josephs oat bran and whole wheat pita - pita bread, 1 pita	50	7g	2g	5g	0mg	210mg	0g	3g
Genova Tonno Per Label - Solid White Tuna In Olive Oil, 2 oz Drained/56gm	90	0g	4g	13g	20mg	140mg	0g	0g
Dinner								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Homemade - Boston Butt, 3 oz	168	19g	4g	13g	35mg	666mg	15g	1g
Food Club Enriched - Hamburger Buns 8 Count 354g Bag, 1 bun	110	20g	1g	3g	0mg	180mg	2g	1g
Duke's - Real Mayonnaise, 0.5 tablespoon	50	0g	6g	0g	5mg	38mg	0g	0g
Garlic Yogurt Sauce blue cheese coleslaw - In The Kitchen With April, 1 serving(s)	113	7g	7g	6g	19mg	365mg	2g	1g

Snacks

Great Value - Lowfat Cottage Cheese 80 Calories, 0.25 cup	40	3g	1g	7g	5mg	205mg	3g	0g
Fruit - Usda Fresh Peach, 3.6 ounce	40	9g	1g	1g	0mg	0mg	8g	1g
Aldi - Hummus Regular, 2 tbsp	50	4g	4g	2g	0mg	150mg	1g	1g
Bolthouse Farms - Raw Whole Carrots, 83 g	32	7g	0g	1g	0mg	64mg	5g	2g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 4 oz. (240mL)	60	6g	3g	4g	10mg	63mg	6g	0g
Voortman - Chocolate Wafers, 3 cookies	140	20g	6g	1g	0mg	25mg	12g	1g
TOTAL:	1,280	167g	45g	67g	104mg	2,173mg	79g	19g

	Calories	Minutes	Sets	Reps	Weight
Under Armour calorie adjustment	291		1		
TOTALS:	291		1	0	0

June 30, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
josephs oat bran and whole wheat pita - pita bread, 2 pita	100	14g	3g	10g	0mg	420mg	0g	6g
Aldi - Hummus Regular, 2 tbsp	50	4g	4g	2g	0mg	150mg	1g	1g
Honey-clover - Honey, 1 Tbsp	60	16g	0g	0g	0mg	1mg	16g	0g
Maxwell House - Original Instant Coffee, 0.5 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Sugar - Sugar, 0.5 teaspoon	8	2g	0g	0g	0mg	0mg	2g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.67 oz. (240mL)	10	1g	0g	1g	2mg	10mg	1g	0g
Trader Joe's - Feta Cheese, 18 g	45	1g	3g	3g	13mg	167mg	1g	0g

Lunch

Tomato - Raw- Per Ounce, 8.29 ounce	33	8g	0g	0g	0mg	99mg	0g	0g
Cucumber - Cucumbers, 4.27 ounce	19	4g	0g	1g	0mg	2mg	2g	1g
Genova Tonno Per Label - Solid White Tuna In Olive Oil, 2 oz Drained/56gm	90	0g	4g	13g	20mg	140mg	0g	0g
Usda - Juice of Half of A Lemon (1/2 of A Lemon), 1/2 lemon	5	2g	0g	0g	0mg	0mg	0g	0g

Dinner

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
cornbread, 1 serving(s)	188	22g	9g	4g	46mg	449mg	0g	2g
Generic - Fresh Tomato, In Ounces, 7.65 oz	38	8g	0g	2g	0mg	8mg	5g	2g
Onions, raw, 0.5 cup, chopped	32	7g	0g	1g	0mg	3mg	3g	1g
Usda - Juice of Half of A Lemon (1/2 of A Lemon), 1/2 lemon	5	2g	0g	0g	0mg	0mg	0g	0g
garden peas, 1.5 serving(s)	199	28g	4g	11g	0mg	180mg	10g	9g
Snacks								
Triscuit - Hint of Salt, 3 crackers (28g)	60	10g	2g	2g	0mg	25mg	0g	2g
Mini Babybel White Cheddar - Cheese, 1 piece (20g)	70	0g	6g	4g	20mg	140mg	0g	0g
Dole - Large Banana, 1 large (225g)	121	31g	0g	2g	0mg	1mg	17g	4g
Lighter version of Chocolate Cupcakes, 1 serving(s)	109	25g	0g	2g	0mg	154mg	13g	1g
Nutella - Spread (Grams), 9.25 g	50	6g	3g	1g	1mg	4mg	5g	0g
TOTAL:	1,292	191g	38g	59g	102mg	1,953mg	76g	29g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Under Armour calorie adjustment	332		1					
TOTALS:	332		1	0	0	0		

July 1, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Generic - Dash of Ground Cinnamon, 1 dash	0	0g	0g	0g	0mg	0mg	0g	0g
Maxwell House - Original Instant Coffee, 0.5 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Cheese - Mini Babybel - Original, 1 piece (24g)	70	0g	6g	5g	20mg	170mg	0g	0g
Red Delicious - Medium Apple, 0.5 apple	40	11g	0g	0g	0mg	0mg	9g	3g
Quaker - Oats, 0.25 cup	75	14g	2g	3g	0mg	0mg	1g	2g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 4 oz. (240mL)	60	6g	3g	4g	10mg	63mg	6g	0g
Sugar - Sugar, 0.25 teaspoon	4	1g	0g	0g	0mg	0mg	1g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.17 oz. (240mL)	3	0g	0g	0g	0mg	3mg	0g	0g
Lunch								
garden peas, 1 serving(s)	133	19g	3g	8g	0mg	120mg	6g	6g
cornbread, 0.5 serving(s)	94	11g	5g	2g	23mg	224mg	0g	1g
Dinner								
salmon with brocolli and squash, 1 serving(s)	198	20g	2g	27g	55mg	662mg	12g	4g
tomato and cucumber salad, 1 serving(s)	88	12g	4g	3g	0mg	148mg	5g	2g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Snacks								
Smartfood Delight - White Cheddar Diet Popcorn, 1 Cup	35	5g	2g	1g	0mg	65mg	0g	1g
Campbell's - V8 Juice Low Sodium, 5.75 oz	35	8g	0g	2g	0mg	100mg	6g	2g
Breakstones - 2% Milkfat Lowfat Cottage Cheese, 0.5 cup	90	5g	3g	10g	15mg	340mg	5g	0g
Mainland Farms - Blackberries, 1 oz	12	3g	0g	0g	0mg	0mg	1g	2g
Fruit - Usda Fresh Peach, 3.81 ounce	42	10g	1g	1g	0mg	0mg	8g	1g
Nut Harvest - in shell Pistachios salted, 16 gram	90	4g	7g	3g	0mg	102mg	1g	1g
Snack Pack - Chocolate & Vanilla Pudding Cup (5-8-2016), 1 cup (92 g)	100	20g	2g	1g	0mg	115mg	14g	1g
TOTAL:	1,169	149g	40g	70g	123mg	2,112mg	75g	26g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Under Armour calorie adjustment	364		1					
TOTALS:	364		1	0	0	0	0	0

July 2, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
coffee with 1 tsp sugar 4 tsp 2% milk, 1 serving(s)	25	5g	0g	1g	2mg	10mg	5g	0g
Generic - Dash of Ground Cinnamon, 1 dash	0	0g	0g	0g	0mg	0mg	0g	0g
Cheese - Mini Babybel - Original, 1 piece (24g)	70	0g	6g	5g	20mg	170mg	0g	0g
Red Delicious - Medium Apple, 0.5 apple	40	11g	0g	0g	0mg	0mg	9g	3g
Quaker - Oats, 0.25 cup	75	14g	2g	3g	0mg	0mg	1g	2g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 4 oz. (240mL)	60	6g	3g	4g	10mg	63mg	6g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.5 oz. (240mL)	8	1g	0g	1g	1mg	8mg	1g	0g
Lunch								
Tuscan Garden - Hot Jalepeno Slices, 0.5 oz	0	0g	0g	0g	0mg	0mg	0g	0g
Generic - Fresh Tomato, In Ounces, 4.66 oz	23	5g	0g	1g	0mg	5mg	3g	1g
Onions, raw, 1.66 oz(s)	19	4g	0g	1g	0mg	2mg	2g	1g
garden peas, 1 serving(s)	133	19g	3g	8g	0mg	120mg	6g	6g
cornbread, 0.5 serving(s)	94	11g	5g	2g	23mg	224mg	0g	1g
Iodized Salt - Salt, 0.06 tsp	0	0g	0g	0g	0mg	148mg	0g	0g
Dinner								
Chicken Salad with Sweet Ginger Chili Lime Dressing, 1 serving(s)	296	25g	9g	31g	74mg	767mg	9g	5g
Snacks								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
josephs oat bran and whole wheat pita - pita bread, 1 pita	50	7g	2g	5g	0mg	210mg	0g	3g
Kraft Philadelphia 1/3 Less Fat - Garden Vegetable Cream Cheese Spread, 1 Tbsp (31g)	30	2g	3g	1g	10mg	75mg	1g	0g
Campbell's - V8 Juice Low Sodium, 5.75 oz	35	8g	0g	2g	0mg	100mg	6g	2g
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
the Laughing Cow - Creamy Asiago Spreadable Cheese Wedges, 1 wedge	35	1g	2g	2g	5mg	180mg	1g	0g
Triscuit - Hint of Salt, 1.8 crackers (28g)	36	6g	1g	1g	0mg	15mg	0g	1g
chocolate won tons, 1 serving(s)	241	32g	12g	4g	11mg	126mg	19g	2g
TOTAL:	1,285	161g	48g	72g	156mg	2,223mg	73g	27g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Under Armour calorie adjustment	23		1		
TOTALS:	23		1	0	0