



19.2 POUNDS LOST!



**July 7 – July 13, 2017 4.2 Pounds Lost
Total of 19.2 Pounds Lost**

July 7, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
chicken for salad, 1 serving(s)	100	1g	3g	17g	42mg	175mg	0g	0g
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Mini Babybel White Cheddar - Cheese, 1 piece (20g)	70	0g	6g	4g	20mg	140mg	0g	0g
Lunch								
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g
Tomato - Raw- Per Ounce, 8.29 ounce	33	8g	0g	0g	0mg	99mg	0g	0g
Genova Tonno Per Label - Solid White Tuna In Olive Oil, 4 oz Drained/56gm	180	0g	8g	26g	40mg	280mg	0g	0g
Duke's - Real Mayonnaise, 1 tablespoon	100	0g	12g	0g	10mg	75mg	0g	0g
Dinner								
fusia teriyaki sauce - teriyaki sauce, 1 tablespoon	20	5g	0g	0g	0mg	260mg	5g	0g
salad with peaches for salmon, 1 serving(s)	65	8g	4g	1g	0mg	76mg	5g	2g
Bakers Corner - Light Brown Sugar, 1 Teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Sweet cream - Unsalted Butter, 0.5 tbsp	50	0g	6g	0g	15mg	0mg	0g	0g
Sweet potato, baked in skin - Sweet Potato, Baked in Skin, 3.67 ounce	94	22g	0g	2g	0mg	37mg	6g	3g
Fresh - Salmon - Atlantic Farm Raised, 3.67 oz	191	0g	11g	22g	62mg	62mg	0g	0g
Snacks								
Godiva - Milk chocolate hazelnut oysters, 5 blocks	230	24g	14g	3g	5mg	30mg	22g	1g
TOTAL:	1,248	86g	68g	85g	194mg	1,654mg	42g	12g

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

July 8, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Lebanese Tabbouleh, 1 serving(s)	149	19g	7g	4g	0mg	120mg	4g	5g
Breakstones - 2% Milkfat Lowfat Cottage Cheese, 0.5 cup	90	5g	3g	10g	15mg	340mg	5g	0g
Fruit - Usda Fresh Peach, 3.67 ounce	41	9g	1g	1g	0mg	0mg	8g	1g
Lunch								
Costco - Carrots, 0.67 ounce	8	2g	0g	0g	0mg	15mg	1g	0g
Tomato - Raw- Per Ounce, 6.21 ounce	25	6g	0g	0g	0mg	75mg	0g	0g
Kraft Philadelphia 1/3 Less Fat - Garden Vegetable Cream Cheese Spread, 1 Tbsp (31g)	30	2g	3g	1g	10mg	75mg	1g	0g
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g
Sweet potato, baked in skin - Sweet Potato, Baked in Skin, 3.1 ounce	79	18g	0g	2g	0mg	32mg	5g	3g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Bakers Corner - Light Brown Sugar, 0.5 Teaspoon	8	2g	0g	0g	0mg	0mg	2g	0g
Sweet cream - Unsalted Butter, 0.25 tbsp	25	0g	3g	0g	8mg	0mg	0g	0g
Dinner								
grilled chicken, 1 serving(s)	103	0g	1g	22g	45mg	191mg	0g	0g
creamy pasta, 1 serving(s)	454	48g	23g	16g	35mg	412mg	3g	3g
Snacks								
Generic - Pom Wonderful 8 Oz., 4 oz.	75	19g	0g	0g	0mg	0mg	16g	0g
TOTAL:	1,137	137g	43g	61g	113mg	1,470mg	45g	15g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	192	1						
TOTALS:	192	1	0	0	0			

July 9, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Quaker - Oats, 0.25 cup	75	14g	2g	3g	0mg	0mg	1g	2g
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
Cheese - Mini Babybel - Original, 1 piece (24g)	70	0g	6g	5g	20mg	170mg	0g	0g
Lunch								
Wegmans - Filet Mignon, 4.8 oz	192	0g	6g	35g	96mg	56mg	0g	0g
Sweet cream - Unsalted Butter, 0.5 tbsp	50	0g	6g	0g	15mg	0mg	0g	0g
Bakers Corner - Light Brown Sugar, 1 Teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
zucchini and squash in oven, 1 serving(s)	81	13g	4g	4g	0mg	219mg	8g	4g
Sweet potato, baked in skin - Sweet Potato, Baked in Skin, 5.43 ounce	139	32g	0g	3g	0mg	55mg	9g	5g
Dinner								
Godiva - Milk chocolate hazelnut oysters, 3 blocks	138	14g	8g	2g	3mg	18mg	13g	1g
Snacks								
Triscuit - Hint of Salt, 3 crackers (28g)	60	10g	2g	2g	0mg	25mg	0g	2g
Cheese - Mini Babybel - Original, 1 piece (24g)	70	0g	6g	5g	20mg	170mg	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), 0.7 oz. (240mL)	11	1g	0g	1g	2mg	11mg	1g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	1,097	129g	43g	66g	166mg	788mg	63g	18g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	-89	1						
TOTALS:	-89	1	0	0	0			

July 10, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Quaker - Oats, 0.25 cup	75	14g	2g	3g	0mg	0mg	1g	2g
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
Lunch								
Genova Premium - Solid Light Tuna - In Olive Oil (Premium Yellowfin Tuna), 2 oz Drained (56g)	130	0g	8g	14g	20mg	250mg	0g	0g
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 2 Pita	100	14g	3g	10g	0mg	420mg	0g	6g
Duke's - Real Mayonnaise, 1 tablespoon	100	0g	12g	0g	10mg	75mg	0g	0g
Dinner								
pica de Gallo, 1 serving(s)	45	10g	0g	2g	0mg	9mg	5g	3g
Lettuce - Lettuce, 0.33 head	18	5g	0g	0g	0mg	0mg	0g	2g
fried ocean perch for tacos, 1 serving(s)	388	21g	21g	30g	60mg	666mg	0g	0g
Dole - Arugula, 1 cups	7	1g	0g	1g	0mg	8mg	1g	0g
Happy Farms (Aldi) - Finely Shredded Taco Style Cheese, 0.13 cup(28g)	50	1g	4g	3g	13mg	110mg	0g	0g
Food Club - Sour Cream, 1 Tbsp	30	1g	3g	1g	10mg	8mg	1g	0g
Snacks								
Fruit - Usda Fresh Peach, 2.68 ounce	30	7g	0g	1g	0mg	0mg	6g	1g
Reddi Wip - Extra Creamy Dairy Whipped Topping Made W/Real Cream, 2 Tbs. (5 grams)	15	1g	1g	0g	4mg	0mg	1g	0g
The Bakery - Angel Food Cake, 0.8 slice	120	25g	0g	3g	0mg	128mg	19g	0g
TOTAL:	1,289	137g	57g	74g	127mg	1,738mg	57g	18g

	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	-100	1						
TOTALS:	-100	1	0	0	0			

July 11, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Quaker - Oats, 0.25 cup	75	14g	2g	3g	0mg	0mg	1g	2g
Dole - Large Banana, 1 large (225g)	121	31g	0g	2g	0mg	1mg	17g	4g
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), 1 oz. (240mL)	15	2g	1g	1g	3mg	16mg	2g	0g
Cheese - Mini Babybel - Original, 1 piece (24g)	70	0g	6g	5g	20mg	170mg	0g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 4 oz. (240mL)	60	6g	3g	4g	10mg	63mg	6g	0g
Generic - Calorielab - Ground Cinnamon, 1 Teaspoon, 0.5 tsp	3	1g	0g	0g	0mg	0mg	0g	1g
Lunch								
Chick Fil A - Spicy Chicken Sandwich, 1 sandwich	490	45g	21g	30g	60mg	1,600mg	5g	2g
Chick-Fil-A - Mayonnaise, 0.5 packet	45	1g	5g	0g	5mg	35mg	0g	0g
Dinner								
Generic - Cucumber, 6 ounce	27	6g	0g	1g	0mg	3mg	3g	1g
Bolthouse Farms - Raw Whole Carrots, 110 g	42	10g	0g	1g	0mg	85mg	7g	3g
Aldi - Hummus Regular, 2 tbsp	50	4g	4g	2g	0mg	150mg	1g	1g
Lebanese Tabbouleh, 1 serving(s)	149	19g	7g	4g	0mg	120mg	4g	5g
Snacks								
Godiva - Milk chocolate hazelnut oysters, 2 blocks	92	10g	6g	1g	2mg	12mg	9g	0g
TOTAL:	1,254	153g	55g	54g	100mg	2,255mg	59g	19g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	113	1						
TOTALS:	113	1	0	0	0			

July 12, 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), 2.05 oz. (240mL)	31	3g	1g	2g	5mg	32mg	3g	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), 0.67 oz. (240mL)	10	1g	0g	1g	2mg	10mg	1g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Tomato - Raw- Per Ounce, 3.7 ounce	15	4g	0g	0g	0mg	44mg	0g	0g
Genova Premium - Solid Light Tuna - In Olive Oil (Premium Yellowfin Tuna), 2 oz Drained (56g)	130	0g	8g	14g	20mg	250mg	0g	0g
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g
Dinner								
Electric Pressure Cooker Stuffed Zucchini - In The Kitchen With April, 1 serving(s)	487	41g	21g	38g	105mg	875mg	7g	4g
chobani whole milk garlic yogurt, 0.5 serving(s)	50	2g	2g	5g	11mg	96mg	2g	0g
Snacks								
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 1 Tbsp [32g]	90	4g	8g	4g	0mg	0mg	1g	2g
Fruit - Apple - Red Delicious, 6 oz (242 g - 1 Large)	51	13g	0g	0g	0mg	1mg	10g	2g
TOTAL:	1,049	103g	44g	71g	143mg	1,633mg	38g	13g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	-100	1			
TOTALS:	-100	1	0	0	0

July 13, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Fruit - Apple - Red Delicious, 2.6 oz (242 g - 1 Large)	22	6g	0g	0g	0mg	0mg	4g	1g
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
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), 0.7 oz. (240mL)	11	1g	0g	1g	2mg	11mg	1g	0g
Lunch								
Genova Tonno Per Label - Solid White Tuna In Olive Oil, 2 oz Drained/56gm	90	0g	4g	13g	20mg	140mg	0g	0g
Tomato - Raw- Per Ounce, 4.48 ounce	18	4g	0g	0g	0mg	54mg	0g	0g
Generic - Cucumber, 2.86 ounce	13	3g	0g	0g	0mg	2mg	1g	0g
Duke's - Real Mayonnaise, 1 tablespoon	100	0g	12g	0g	10mg	75mg	0g	0g
Dinner								
rice for four, 1 serving(s)	185	36g	3g	3g	8mg	592mg	0g	0g

