



20.4 POUNDS LOST!



**July 14 – July 16, 2017 1.2 Pounds Lost
20.4 Pound Total Lost**

July 14, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Fruit - Apple - Red Delicious, 2.6 oz (242 g - 1 Large)	22	6g	0g	0g	0mg	0mg	4g	1g
Lunch								
Electric Pressure Cooker Stuffed Zucchini - In The Kitchen With April, 0.8 serving(s)	390	33g	16g	30g	84mg	700mg	5g	4g
Dinner								
chicken thighs with pairs and zucchini, 1 serving(s)	388	37g	14g	32g	131mg	828mg	3g	4g
Chobani - Greek Yogurt Whole Milk Large Container, 0.25 cup	48	2g	2g	5g	11mg	21mg	2g	0g
Quick Add - Myfitnesspal Premium, 1 serving(s)	100	0g	0g	0g	0mg	0mg	0g	0g
Snacks								
The Bakery - Angel Food Cake, 0.5 slice	75	16g	0g	2g	0mg	80mg	12g	0g
strawberries for Angel For cake, 1 serving(s)	36	9g	0g	1g	0mg	1mg	7g	2g
Reddi Wip - Extra Creamy Dairy Whipped Topping Made W/Real Cream, 4 Tbs. (5 grams)	30	2g	2g	0g	8mg	0mg	2g	0g
TOTAL:	1,224	125g	39g	77g	244mg	1,693mg	42g	13g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	-60	1			
TOTALS:	-60	1	0	0	0

July 15, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Quaker - Oats, 0.25 cup	75	14g	2g	3g	0mg	0mg	1g	2g
Generic - Calorielab - Ground Cinnamon, 1 Teaspoon, 0.5 tsp	3	1g	0g	0g	0mg	0mg	0g	1g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 0.7 oz. (240mL)	11	1g	0g	1g	2mg	11mg	1g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Fruit - Apple - Red Delicious, 1.8 oz (242 g - 1 Large)	15	4g	0g	0g	0mg	0mg	3g	1g
Lunch								
Yoplait - French style yogurt, 141 gram	160	18g	7g	5g	25mg	80mg	15g	0g
Dinner								
chicken eggplant zucchini noodless lasagna, 1 serving(s)	396	33g	14g	39g	59mg	1,199mg	18g	10g
Barilla - Gemelli Ready Pasta, 1 Cup	210	42g	2g	7g	0mg	210mg	2g	2g
Happy Farms (Aldi) - Finely Shredded Taco Style Cheese, 0.25 cup(28g)	100	1g	8g	6g	25mg	220mg	0g	0g
Snacks								
Fruit - Usda Fresh Peach, 4.51 ounce	50	12g	1g	2g	0mg	0mg	10g	2g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Reddi Wip - Extra Creamy Dairy Whipped Topping Made W/Real Cream, 6 Tbs. (5 grams)	45	3g	3g	0g	12mg	0mg	3g	0g
The Bakery - Angel Food Cake, 1.04 slice	156	32g	1g	4g	0mg	166mg	25g	0g
TOTAL:	1,236	165g	38g	67g	123mg	1,886mg	82g	18g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	67	1						
TOTALS:	67	1	0	0	0			0

July 16, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Fruit - Apple - Red Delicious, 1.8 oz (242 g - 1 Large)	15	4g	0g	0g	0mg	0mg	3g	1g
Quaker - Oats, 0.25 cup	75	14g	2g	3g	0mg	0mg	1g	2g
Generic - Calorielab - Ground Cinnamon, 1 Teaspoon, 0.5 tsp	3	1g	0g	0g	0mg	0mg	0g	1g
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
Lunch								
chicken eggplant zucchini noodless lasagna, 1 serving(s)	396	33g	14g	39g	59mg	1,199mg	18g	10g
Barilla - Gemelli Ready Pasta, 1 Cup	210	42g	2g	7g	0mg	210mg	2g	2g
Happy Farms (Aldi) - Finely Shredded Taco Style Cheese, 0.13 cup(28g)	50	1g	4g	3g	13mg	110mg	0g	0g
Dinner								
Godiva - Milk chocolate hazelnut oysters, 2 blocks	92	10g	6g	1g	2mg	12mg	9g	0g
Snacks								
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g
Aldi - Hummus Regular, 2 tbsp	50	4g	4g	2g	0mg	150mg	1g	1g
Mini Babybel White Cheddar - Cheese, 1 piece (20g)	70	0g	6g	4g	20mg	140mg	0g	0g
Mini Babybel White Cheddar - Cheese, 0.75 piece (20g)	53	0g	5g	3g	15mg	105mg	0g	0g
Triscuit - Hint of Salt, 3 crackers (28g)	60	10g	2g	2g	0mg	25mg	0g	2g
Helados Michoacan - Pineapple Popsicle, 1 Popsicle	65	17g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,264	153g	50g	73g	119mg	2,224mg	44g	22g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								

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