



**24.2 POUNDS LOST!**

 myfitnesspal

**July 17 – July 31, 2017 3.8 Pounds Lost**  
**24.2 Total Pounds Lost**

July 17, 2017

|   | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>                                  |          |       |     |         |         |        |        |       |
| General Mills - Apple Cinnamon Cheerios, 0.75 cup | 120      | 24g   | 2g  | 2g      | 0mg     | 115mg  | 10g    | 2g    |

|  | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|--|--------------|-------------|------------|------------|--------------|----------------|------------|------------|
| Friendly Farms - Organic 2% Reduced Fat Milk (J), 4.27 oz. (240mL)   | 64           | 6g          | 3g         | 4g         | 11mg         | 67mg           | 6g         | 0g         |
| <b>Lunch</b>   |              |             |            |            |              |                |            |            |
| Campbell's - V8 Juice Low Sodium, 11.5 oz  | 70           | 15g         | 0g         | 3g         | 0mg          | 200mg          | 12g        | 3g         |
| Frito Lay - Munchies Sandwich Crackers - Peanut Butter - Peanut Butter Filling on Cheese Flavored Crackers, 1 package (1.42 oz./40.2g) | 200          | 24g         | 10g        | 5g         | 0mg          | 310mg          | 5g         | 2g         |
| <b>Dinner</b>  |              |             |            |            |              |                |            |            |
| pica de Gallo, 1 serving(s)  | 44           | 9g          | 0g         | 2g         | 0mg          | 118mg          | 5g         | 4g         |
| grouper tacos, 1 serving(s)  | 296          | 30g         | 2g         | 36g        | 81mg         | 631mg          | 0g         | 0g         |
| Joseph's - Joseph's - Pita Bread, 1 pita   | 60           | 9g          | 2g         | 6g         | 0mg          | 280mg          | 0g         | 4g         |
| Food Club - Sour Cream, 1 Tbsp   | 30           | 1g          | 3g         | 1g         | 10mg         | 8mg            | 1g         | 0g         |
| Happy Farms (Aldi) - Finely Shredded Taco Style Cheese, 0.13 cup(28g)  | 50           | 1g          | 4g         | 3g         | 13mg         | 110mg          | 0g         | 0g         |
| <b>Snacks</b>  |              |             |            |            |              |                |            |            |
| Godiva - Milk chocolate hazelnut oysters, 4 blocks   | 184          | 19g         | 11g        | 2g         | 4mg          | 24mg           | 18g        | 1g         |
| <b>TOTAL:</b>  | <b>1,118</b> | <b>138g</b> | <b>37g</b> | <b>64g</b> | <b>119mg</b> | <b>1,863mg</b> | <b>57g</b> | <b>16g</b> |

|                           | Calories   | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|------------|----------|----------|----------|----------|
| Fitbit calorie adjustment | -83        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>-83</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

**July 18, 2017**

|  | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>   |          |       |     |         |         |        |        |       |
| Maxwell House - Original Instant Coffee, 0.5 tsp                           | 0        | 0g    | 0g  | 0g      | 0mg     | 0mg    | 0g     | 0g    |
| 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    |
| chicken thighs with pairs and zucchini, 0.77 serving(s)                    | 299      | 29g   | 11g | 25g     | 100mg   | 637mg  | 2g     | 3g    |
| <b>Dinner</b>  |          |       |     |         |         |        |        |       |
| Generic - Chopped Sirloin, 6.53 oz. pattie                                 | 310      | 0g    | 18g | 38g     | 0mg     | 0mg    | 0g     | 0g    |
| (Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 2 Pita        | 100      | 14g   | 3g  | 10g     | 0mg     | 420mg  | 0g     | 6g    |
| Publix - Four Cheese Mexican Blend Fancy Shredded Cheese - Grams, 14 grams | 55       | 1g    | 5g  | 3g      | 13mg    | 100mg  | 0g     | 0g    |
| pica de Gallo, 1 serving(s)  | 44       | 9g    | 0g  | 2g      | 0mg     | 118mg  | 5g     | 4g    |
| Duke's - Real Mayonnaise, 0.5 tablespoon                                   | 50       | 0g    | 6g  | 0g      | 5mg     | 38mg   | 0g     | 0g    |
| Tomato - Raw- Per Ounce, 5.89 ounce  | 24       | 6g    | 0g  | 0g      | 0mg     | 71mg   | 0g     | 0g    |
| Real Salt - Salt, 0.13 tsp(s)  | 0        | 0g    | 0g  | 0g      | 0mg     | 265mg  | 0g     | 0g    |

|  | Calories     | Carbs      | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|--|--------------|------------|------------|------------|--------------|----------------|------------|------------|
| <b>Snacks</b>  |              |            |            |            |              |                |            |            |
| Yoplait - Oui French Style Yogurt - Peach, 1 Container(141g) | 160          | 18g        | 7g         | 5g         | 25mg         | 80mg           | 15g        | 0g         |
| Coffee - Brewed from grounds, 1 cup (8 fl oz)                | 2            | 0g         | 0g         | 0g         | 0mg          | 5mg            | 0g         | 0g         |
| Sugar - Sugar Packet, 1 packet (3.5g)                        | 15           | 4g         | 0g         | 0g         | 0mg          | 0mg            | 4g         | 0g         |
| Coffee Mate - 1 Packet Coffee Creamer, 1 packet              | 15           | 1g         | 1g         | 0g         | 0mg          | 0mg            | 0g         | 0g         |
| <b>TOTAL:</b>  | <b>1,100</b> | <b>87g</b> | <b>51g</b> | <b>84g</b> | <b>145mg</b> | <b>1,745mg</b> | <b>31g</b> | <b>13g</b> |

|                           | Calories    | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|-------------|----------|----------|----------|----------|
| <b>Cardiovascular</b>     |             |          |          |          |          |
| Fitbit calorie adjustment | -100        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>-100</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

**July 19, 2017**

|   | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium       | Sugars     | Fiber     |
|---|--------------|-------------|------------|------------|--------------|--------------|------------|-----------|
| <b>Breakfast</b>  |              |             |            |            |              |              |            |           |
| Quaker - Oats, 0.25 cup   | 75           | 14g         | 2g         | 3g         | 0mg          | 0mg          | 1g         | 2g        |
| Friendly Farms - Organic 2% Reduced Fat Milk (J), 3 oz. (240mL) | 45           | 5g          | 2g         | 3g         | 8mg          | 47mg         | 5g         | 0g        |
| Dole - Large Banana, 1 large (225g)                             | 121          | 31g         | 0g         | 2g         | 0mg          | 1mg          | 17g        | 4g        |
| Generic - Calorielab - Ground Cinnamon, 1 Teaspoon, 0.5 tsp     | 3            | 1g          | 0g         | 0g         | 0mg          | 0mg          | 0g         | 1g        |
| <b>Lunch</b>  |              |             |            |            |              |              |            |           |
| the Cheesecake Factory - Butter Pat, 0.5 pat                    | 28           | 0g          | 3g         | 0g         | 8mg          | 26mg         | 0g         | 0g        |
| Cheesecake Factory - Brown Bread, 1 slices (1 serving)          | 44           | 10g         | 1g         | 1g         | 0mg          | 142mg        | 1g         | 1g        |
| Quick Add - Myfitnesspal Premium, 1 serving(s)                  | 380          | 0g          | 0g         | 0g         | 0mg          | 0mg          | 0g         | 0g        |
| Quick Add - Myfitnesspal Premium, 1 serving(s)                  | 280          | 0g          | 0g         | 0g         | 0mg          | 0mg          | 0g         | 0g        |
| <b>Snacks</b>   |              |             |            |            |              |              |            |           |
| Algida - Mini Cornetto Chocolate, 38 g                          | 140          | 14g         | 8g         | 2g         | 0mg          | 0mg          | 0g         | 0g        |
| Figice Cream - Ice Cream - Fig (Anjeer), 125 g                  | 404          | 27g         | 33g        | 2g         | 122mg        | 34mg         | 25g        | 0g        |
| <b>TOTAL:</b>   | <b>1,520</b> | <b>102g</b> | <b>49g</b> | <b>13g</b> | <b>138mg</b> | <b>250mg</b> | <b>49g</b> | <b>8g</b> |

**Food Notes**

Ate at Cheesecake Factory. The 660 calorie quick add that I put in was for a Greek salad (380) and a tomato basil and cheese flatbread (280) the menu showed that to be the amounts but the amounts are showing more in other places so I'm not sure which is correct because the dates are outdated on the web sites also the ice cream was a guesstimate because I had a fig ice cream Sammie from Big Spoon Creamery in Birmingham and I don't know their nutritional value so this is a guesstimate only.

|  | Calories | Minutes | Sets | Reps | Weight |
|--|----------|---------|------|------|--------|
|--|----------|---------|------|------|--------|

|                           | Calories  | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|-----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>     |           |          |          |          |          |
| Fitbit calorie adjustment | 48        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>48</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

**July 20, 2017**

|  | Calories     | Carbs       | Fat        | Protein    | Cholest     | Sodium         | Sugars     | Fiber      |
|--|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| <b>Breakfast</b>   |              |             |            |            |             |                |            |            |
| Quaker - Oats, 0.25 cup  | 75           | 14g         | 2g         | 3g         | 0mg         | 0mg            | 1g         | 2g         |
| Friendly Farms - Organic 2% Reduced Fat Milk (J), 3.1 oz. (240mL)                    | 47           | 5g          | 2g         | 3g         | 8mg         | 48mg           | 5g         | 0g         |
| Generic - Calorielab - Ground Cinnamon, 1 Teaspoon, 0.5 tsp                          | 3            | 1g          | 0g         | 0g         | 0mg         | 0mg            | 0g         | 1g         |
| <b>Lunch</b>   |              |             |            |            |             |                |            |            |
| Joseph's - Joseph's - Pita Bread, 1 pita   | 60           | 9g          | 2g         | 6g         | 0mg         | 280mg          | 0g         | 4g         |
| Kraft Philadelphia 1/3 Less Fat - Garden Vegetable Cream Cheese Spread, 2 Tbsp (31g) | 60           | 3g          | 5g         | 2g         | 20mg        | 150mg          | 2g         | 0g         |
| <b>Dinner</b>  |              |             |            |            |             |                |            |            |
| spaghetti sauce with eggplant peppers carrots and chopped sirloin, 1 serving(s)      | 342          | 47g         | 9g         | 24g        | 0mg         | 646mg          | 20g        | 21g        |
| Reggano - Angel Hair Pasta, 2 oz   | 200          | 41g         | 1g         | 7g         | 0mg         | 0mg            | 2g         | 2g         |
| Iodized Salt - Salt, 0.06 tsp  | 0            | 0g          | 0g         | 0g         | 0mg         | 148mg          | 0g         | 0g         |
| <b>Snacks</b>  |              |             |            |            |             |                |            |            |
| Snack Pack - Chocolate & Vanilla Pudding Cup (5-8-2016), 1 cup (92 g)                | 100          | 20g         | 2g         | 1g         | 0mg         | 115mg          | 14g        | 1g         |
| Triscuit - Hint of Salt, 3 crackers (28g)  | 60           | 10g         | 2g         | 2g         | 0mg         | 25mg           | 0g         | 2g         |
| the Laughing Cow - Creamy Asiago Spreadable Cheese Wedges, 1 wedge                   | 35           | 1g          | 2g         | 2g         | 5mg         | 180mg          | 1g         | 0g         |
| Kathy's Kitchen, Dilly Beans - Dill pickled green beans, 2 oz                        | 100          | 16g         | 4g         | 0g         | 0mg         | 0mg            | 14g        | 0g         |
| <b>TOTAL:</b>  | <b>1,082</b> | <b>167g</b> | <b>31g</b> | <b>50g</b> | <b>33mg</b> | <b>1,592mg</b> | <b>59g</b> | <b>33g</b> |

|                           | Calories    | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|-------------|----------|----------|----------|----------|
| <b>Cardiovascular</b>     |             |          |          |          |          |
| Fitbit calorie adjustment | -100        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>-100</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

**July 21, 2017**

|  | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>   |          |       |     |         |         |        |        |       |
| General Mills - Apple Cinnamon Cheerios, 0.75 cup                  | 120      | 24g   | 2g  | 2g      | 0mg     | 115mg  | 10g    | 2g    |
| Friendly Farms - Organic 2% Reduced Fat Milk (J), 2.08 oz. (240mL) | 31       | 3g    | 1g  | 2g      | 5mg     | 33mg   | 3g     | 0g    |

|   | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|---|--------------|-------------|------------|------------|--------------|----------------|------------|------------|
| <b>Lunch</b>  |              |             |            |            |              |                |            |            |
| spaghetti sauce with eggplant peppers carrots and chopped sirloin, 0.5 serving(s) | 171          | 24g         | 4g         | 12g        | 0mg          | 323mg          | 10g        | 10g        |
| Joseph's - Joseph's - Pita Bread, 1 pita  | 60           | 9g          | 2g         | 6g         | 0mg          | 280mg          | 0g         | 4g         |
| <b>Dinner</b>   |              |             |            |            |              |                |            |            |
| air fryer chicken fingers, 1 serving(s)   | 278          | 12g         | 11g        | 36g        | 98mg         | 965mg          | 0g         | 0g         |
| air fryer potatoes, 1 serving(s)  | 280          | 59g         | 4g         | 7g         | 0mg          | 1,110mg        | 2g         | 5g         |
| Duke's - Real Mayonnaise, 0.5 tablespoon  | 50           | 0g          | 6g         | 0g         | 5mg          | 38mg           | 0g         | 0g         |
| chobani garlic dill sauce, 0.5 serving(s)   | 23           | 2g          | 1g         | 2g         | 5mg          | 159mg          | 1g         | 0g         |
| Iodized Salt - Salt, 0.03 tsp   | 0            | 0g          | 0g         | 0g         | 0mg          | 74mg           | 0g         | 0g         |
| <b>Snacks</b>   |              |             |            |            |              |                |            |            |
| Cabot - Cabot Greek Lowfat Yogurt, 2.12 fluid ounce                               | 48           | 3g          | 1g         | 6g         | 9mg          | 37mg           | 2g         | 0g         |
| Chobani - Greek Yogurt Whole Milk Large Container, 1.98 fluid ounce               | 47           | 2g          | 2g         | 5g         | 11mg         | 21mg           | 1g         | 0g         |
| Fruit - Usda Fresh Peach, 4.76 ounce  | 53           | 12g         | 1g         | 2g         | 0mg          | 0mg            | 11g        | 2g         |
| Godiva - Milk chocolate hazelnut oysters, 2 blocks                                | 92           | 10g         | 6g         | 1g         | 2mg          | 12mg           | 9g         | 0g         |
| <b>TOTAL:</b>   | <b>1,253</b> | <b>160g</b> | <b>41g</b> | <b>81g</b> | <b>135mg</b> | <b>3,167mg</b> | <b>49g</b> | <b>23g</b> |

|                           | Calories  | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|-----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>     |           |          |          |          |          |
| Fitbit calorie adjustment | 79        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>79</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

July 22, 2017

|   | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>  |          |       |     |         |         |        |        |       |
| General Mills - Apple Cinnamon Cheerios, 0.03 cup                   | 5        | 1g    | 0g  | 0g      | 0mg     | 4mg    | 0g     | 0g    |
| Friendly Farms - Organic 2% Reduced Fat Milk (J), 2.15 oz. (240mL)  | 32       | 3g    | 1g  | 2g      | 5mg     | 34mg   | 3g     | 0g    |
| (Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita | 50       | 7g    | 2g  | 5g      | 0mg     | 210mg  | 0g     | 3g    |
| Aldi - Hummus Regular, 1 tbsp                                       | 25       | 2g    | 2g  | 1g      | 0mg     | 75mg   | 1g     | 1g    |
| Happy Farms - Colby Jack Cheese Sticks, 1 piece                     | 85       | 0g    | 7g  | 6g      | 25mg    | 135mg  | 0g     | 0g    |
| <b>Lunch</b>  |          |       |     |         |         |        |        |       |
| Dole - Head of Iceberg Lettuce, 4.59 ounce                          | 15       | 4g    | 0g  | 1g      | 0mg     | 15mg   | 3g     | 1g    |
| Generic - Cucumber, 1.98 ounce                                      | 9        | 2g    | 0g  | 0g      | 0mg     | 1mg    | 1g     | 0g    |
| Tomato - Raw- Per Ounce, 5.36 ounce                                 | 21       | 5g    | 0g  | 0g      | 0mg     | 64mg   | 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    |
| Genova Tonno - Tuna Fish, 2 oz                                      | 90       | 0g    | 4g  | 13g     | 20mg    | 250mg  | 0g     | 0g    |

|  | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|--|--------------|-------------|------------|------------|--------------|----------------|------------|------------|
| <b>Dinner</b>  |              |             |            |            |              |                |            |            |
| grilled eggplant, 1 serving(s)   | 87           | 11g         | 5g         | 2g         | 0mg          | 4mg            | 5g         | 7g         |
| (Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 2 Pita                  | 100          | 14g         | 3g         | 10g        | 0mg          | 420mg          | 0g         | 6g         |
| Kraft Philadelphia 1/3 Less Fat - Garden Vegetable Cream Cheese Spread, 2 Tbsp (31g) | 60           | 3g          | 5g         | 2g         | 20mg         | 150mg          | 2g         | 0g         |
| pasta salad, 1 serving(s)  | 199          | 29g         | 6g         | 8g         | 9mg          | 432mg          | 3g         | 3g         |
| coconut macaroons, 1 serving(s)  | 30           | 5g          | 1g         | 0g         | 0mg          | 13mg           | 4g         | 0g         |
| Ball park - Beef Hotdog, 1 dog   | 190          | 4g          | 16g        | 7g         | 35mg         | 550mg          | 2g         | 0g         |
| Homemade - Pound Cake, 1 serving   | 230          | 33g         | 9g         | 3g         | 65mg         | 115mg          | 22g        | 0g         |
| chocolate rocks, 1 serving(s)  | 91           | 15g         | 3g         | 2g         | 6mg          | 21mg           | 9g         | 1g         |
| <b>TOTAL:</b>  | <b>1,324</b> | <b>140g</b> | <b>64g</b> | <b>62g</b> | <b>185mg</b> | <b>2,493mg</b> | <b>55g</b> | <b>22g</b> |

|                           | Calories | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>     |          |          |          |          |          |
| Fitbit calorie adjustment | 2        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>2</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

July 23, 2017

|   | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>  |          |       |     |         |         |        |        |       |
| 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), 0.53 oz. (240mL)          | 8        | 1g    | 0g  | 1g      | 1mg     | 8mg    | 1g     | 0g    |
| <b>Lunch</b>  |          |       |     |         |         |        |        |       |
| Joseph's - Joseph's - Pita Bread, 1 pita                                    | 60       | 9g    | 2g  | 6g      | 0mg     | 280mg  | 0g     | 4g    |
| Vii: Bananas - Medium Organic, 1 Medium Banana (118g)                       | 105      | 27g   | 1g  | 1g      | 0mg     | 1mg    | 14g    | 3g    |
| Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 1 Tbsp [32g] | 90       | 4g    | 8g  | 4g      | 0mg     | 0mg    | 1g     | 2g    |
| <b>Dinner</b>   |          |       |     |         |         |        |        |       |
| Tomato - Raw- Per Ounce, 4.59 ounce   | 18       | 5g    | 0g  | 0g      | 0mg     | 55mg   | 0g     | 0g    |
| Onions, raw, 2.08 oz(s)   | 24       | 6g    | 0g  | 1g      | 0mg     | 2mg    | 3g     | 1g    |
| spiced up pinto beans, 2 serving(s)   | 126      | 45g   | 0g  | 14g     | 0mg     | 346mg  | 2g     | 28g   |
| air fryer okra, 0.1 serving(s)  | 20       | 3g    | 1g  | 1g      | 0mg     | 31mg   | 0g     | 1g    |
| Tostitos - Cantina Thin & Crispy - Tortilla Chips, 28 grams                 | 150      | 18g   | 8g  | 2g      | 0mg     | 110mg  | 0g     | 2g    |
| Wholly Guacamole - Guacamole Dip, 2 oz                                      | 100      | 5g    | 9g  | 1g      | 0mg     | 0mg    | 0g     | 3g    |
| <b>Snacks</b>   |          |       |     |         |         |        |        |       |

|  | Calories     | Carbs       | Fat        | Protein    | Cholest     | Sodium       | Sugars     | Fiber      |
|--|--------------|-------------|------------|------------|-------------|--------------|------------|------------|
| Sugar - Sugar, 1 teaspoon                                    | 15           | 4g          | 0g         | 0g         | 0mg         | 0mg          | 4g         | 0g         |
| Coffee Mate - 1 Packet Coffee Creamer, 1 packet              | 15           | 1g          | 1g         | 0g         | 0mg         | 0mg          | 0g         | 0g         |
| Coffee - Brewed from grounds, 1 cup (8 fl oz)                | 2            | 0g          | 0g         | 0g         | 0mg         | 5mg          | 0g         | 0g         |
| Fruit - Usda Fresh Peach, 6.24 ounce                         | 69           | 16g         | 1g         | 2g         | 0mg         | 0mg          | 14g        | 2g         |
| Yoplait - Oui French Style Yogurt - Peach, 1 Container(141g) | 160          | 18g         | 7g         | 5g         | 25mg        | 80mg         | 15g        | 0g         |
| Godiva - Milk chocolate hazelnut oysters, 2 blocks           | 92           | 10g         | 6g         | 1g         | 2mg         | 12mg         | 9g         | 0g         |
| <b>TOTAL:</b>  | <b>1,069</b> | <b>176g</b> | <b>44g</b> | <b>39g</b> | <b>28mg</b> | <b>930mg</b> | <b>67g</b> | <b>46g</b> |

|                           | Calories    | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|-------------|----------|----------|----------|----------|
| <b>Cardiovascular</b>     |             |          |          |          |          |
| Fitbit calorie adjustment | -100        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>-100</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

July 24, 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    |
| Wholly Guacamole - Guacamole Dip, 1 oz   | 50       | 3g    | 5g  | 1g      | 0mg     | 0mg    | 0g     | 2g    |
| Happy Farms - Spirals String Cheese - Mozzarella & Cheddar, 1 piece            | 70       | 0g    | 5g  | 5g      | 10mg    | 170mg  | 0g     | 0g    |
| Generic - Pom Wonderful 8 Oz., 4 oz.   | 75       | 19g   | 0g  | 0g      | 0mg     | 0mg    | 16g    | 0g    |
| <b>Lunch</b>   |          |       |     |         |         |        |        |       |
| yoplait - oui plain , 1 container  | 130      | 8g    | 8g  | 5g      | 30mg    | 85mg   | 6g     | 0g    |
| Fruit - Usda Fresh Peach, 3 ounce  | 33       | 8g    | 1g  | 1g      | 0mg     | 0mg    | 7g     | 1g    |
| Happy Farms - Colby Jack Cheese Sticks, 1 piece                                | 85       | 0g    | 7g  | 6g      | 25mg    | 135mg  | 0g     | 0g    |
| Triscuit - Hint of Salt, 3 crackers (28g)                                      | 60       | 10g   | 2g  | 2g      | 0mg     | 25mg   | 0g     | 2g    |
| <b>Dinner</b>  |          |       |     |         |         |        |        |       |
| Wegmans - Filet Mignon, 8.85 oz  | 354      | 0g    | 10g | 65g     | 177mg   | 103mg  | 0g     | 0g    |
| Sweet cream - Unsalted Butter, 0.5 tbsp  | 50       | 0g    | 6g  | 0g      | 15mg    | 0mg    | 0g     | 0g    |
| Klondike Golddust Express - Baby Potatoes, 5.3 oz                              | 110      | 26g   | 0g  | 3g      | 0mg     | 0mg    | 1g     | 2g    |
| Iodized Salt - Salt, 0.13 tsp  | 0        | 0g    | 0g  | 0g      | 0mg     | 295mg  | 0g     | 0g    |
| countryside creamery - aldi spreadable butter olive oil and sea salt, 0.5 tbsp | 45       | 0g    | 5g  | 0g      | 5mg     | 45mg   | 0g     | 0g    |
| Friendly Farms - Sour Cream, 0.5 tbsp  | 15       | 1g    | 1g  | 0g      | 5mg     | 4mg    | 0g     | 0g    |
| <b>Snacks</b>  |          |       |     |         |         |        |        |       |
| Maxwell House - Original Instant Coffee, 0.5 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         |
| Wegmans - Non Dairy Creamer, 1 teaspoon | 10           | 1g         | 1g         | 0g         | 0mg          | 0mg            | 0g         | 0g         |
| <b>TOTAL:</b>                           | <b>1,224</b> | <b>87g</b> | <b>58g</b> | <b>99g</b> | <b>453mg</b> | <b>1,143mg</b> | <b>34g</b> | <b>10g</b> |

|                           | Calories    | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|-------------|----------|----------|----------|----------|
| <b>Cardiovascular</b>     |             |          |          |          |          |
| Fitbit calorie adjustment | -100        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>-100</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

**July 25, 2017**

|   | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>  |          |       |     |         |         |        |        |       |
| 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), 1.02 oz. (240mL)    | 15       | 2g    | 1g  | 1g      | 3mg     | 16mg   | 2g     | 0g    |
| (Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita   | 50       | 7g    | 2g  | 5g      | 0mg     | 210mg  | 0g     | 3g    |
| Wholly Guacamole - Guacamole Dip, 1 oz                                | 50       | 3g    | 5g  | 1g      | 0mg     | 0mg    | 0g     | 2g    |
| Egg - Egg, 1 large  | 72       | 0g    | 5g  | 6g      | 186mg   | 71mg   | 0g     | 0g    |
| Happy Farms - Spirals String Cheese - Mozzarella & Cheddar, 1 piece   | 70       | 0g    | 5g  | 5g      | 10mg    | 170mg  | 0g     | 0g    |
| <b>Lunch</b>  |          |       |     |         |         |        |        |       |
| Genova Tonno - Tuna Fish, 2 oz  | 90       | 0g    | 4g  | 13g     | 20mg    | 250mg  | 0g     | 0g    |
| Onions, raw, 1.2 oz(s)  | 14       | 3g    | 0g  | 0g      | 0mg     | 1mg    | 1g     | 1g    |
| spiced up pinto beans, 2 serving(s)                                   | 126      | 45g   | 0g  | 14g     | 0mg     | 346mg  | 2g     | 28g   |
| <b>Dinner</b>   |          |       |     |         |         |        |        |       |
| Kroger - Ground Chuck 80/20, 3.84 oz                                  | 278      | 0g    | 22g | 18g     | 77mg    | 72mg   | 0g     | 0g    |
| Tomato - Raw- Per Ounce, 1.16 ounce                                   | 5        | 1g    | 0g  | 0g      | 0mg     | 14mg   | 0g     | 0g    |
| Onions, raw, 0.32 oz(s)   | 4        | 1g    | 0g  | 0g      | 0mg     | 0mg    | 0g     | 0g    |
| Food Club Enriched - Hamburger Buns 8 Count 354g Bag, 1 bun           | 110      | 20g   | 1g  | 3g      | 0mg     | 180mg  | 2g     | 1g    |
| Wholly Guacamole - Guacamole Dip, 1 oz                                | 50       | 3g    | 5g  | 1g      | 0mg     | 0mg    | 0g     | 2g    |
| Ore Ida Frozen French Fries - Steak Fries, 3 oz                       | 110      | 19g   | 3g  | 2g      | 0mg     | 290mg  | 1g     | 2g    |
| Heinz - Tomato Ketchup 64oz, 1 Tbsp                                   | 20       | 5g    | 0g  | 0g      | 0mg     | 160mg  | 4g     | 0g    |
| Duke's - Real Mayonnaise, 0.5 tablespoon                              | 50       | 0g    | 6g  | 0g      | 5mg     | 38mg   | 0g     | 0g    |
| Kathy's Kitchen, Dilly Beans - Dill pickled green beans, 0.5 oz       | 25       | 4g    | 1g  | 0g      | 0mg     | 0mg    | 4g     | 0g    |
| <b>Snacks</b>   |          |       |     |         |         |        |        |       |
| Snack Pack - Chocolate & Vanilla Pudding Cup (5-8-2016), 1 cup (92 g) | 100      | 20g   | 2g  | 1g      | 0mg     | 115mg  | 14g    | 1g    |



|   | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|---|--------------|-------------|------------|------------|--------------|----------------|------------|------------|
| 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         |
| Wegmans - Non Dairy Creamer, 1 teaspoon       | 10           | 1g          | 1g         | 0g         | 0mg          | 0mg            | 0g         | 0g         |
| <b>TOTAL:</b>                                 | <b>1,281</b> | <b>142g</b> | <b>63g</b> | <b>70g</b> | <b>301mg</b> | <b>1,938mg</b> | <b>38g</b> | <b>40g</b> |

|                           | Calories  | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|-----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>     |           |          |          |          |          |
| Fitbit calorie adjustment | 11        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>11</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

**July 26, 2017**

|  | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>   |          |       |     |         |         |        |        |       |
| 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    |
| Sugar - Sugar, 1 teaspoon  | 15       | 4g    | 0g  | 0g      | 0mg     | 0mg    | 4g     | 0g    |
| Friendly Farms - Organic 2% Reduced Fat Milk (J), 1.55 oz. (240mL)                     | 23       | 2g    | 1g  | 2g      | 4mg     | 24mg   | 2g     | 0g    |
| (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    |
| Wholly Guacamole - Guacamole Dip, 0.5 oz   | 25       | 1g    | 2g  | 0g      | 0mg     | 0mg    | 0g     | 1g    |
| Happy Farms - Spirals String Cheese - Mozzarella & Cheddar, 1 piece                    | 70       | 0g    | 5g  | 5g      | 10mg    | 170mg  | 0g     | 0g    |
| <b>Lunch</b>   |          |       |     |         |         |        |        |       |
| Tostitos - Cantina Thin & Crispy - Tortilla Chips, 28 grams                            | 150      | 18g   | 8g  | 2g      | 0mg     | 110mg  | 0g     | 2g    |
| Aldi - Hummus Regular, 2 tbsp  | 50       | 4g    | 4g  | 2g      | 0mg     | 150mg  | 1g     | 1g    |
| Chi-chi's - Cilantro Salsa, 60 grams   | 20       | 4g    | 0g  | 0g      | 0mg     | 380mg  | 2g     | 0g    |
| Campbell's - V8 Juice Low Sodium, 11.5 oz  | 70       | 15g   | 0g  | 3g      | 0mg     | 200mg  | 12g    | 3g    |
| <b>Dinner</b>  |          |       |     |         |         |        |        |       |
| Slow Cooker Chicken Thighs With Saffron Rice - In The Kitchen With April, 1 serving(s) | 266      | 4g    | 9g  | 46g     | 175mg   | 471mg  | 1g     | 1g    |
| Ore Ida Frozen French Fries - Steak Fries, 3 oz  | 110      | 19g   | 3g  | 2g      | 0mg     | 290mg  | 1g     | 2g    |
| Heinz - Tomato Ketchup 64oz, 1 Tbsp  | 20       | 5g    | 0g  | 0g      | 0mg     | 160mg  | 4g     | 0g    |
| Friendly Farms - Sour Cream, 1 tbsp  | 30       | 1g    | 3g  | 1g      | 10mg    | 8mg    | 1g     | 0g    |
| <b>Snacks</b>  |          |       |     |         |         |        |        |       |
| Godiva - Milk Chocolate Caramel Lion of Belgium, 4.5 Blocks                            | 198      | 25g   | 11g | 3g      | 9mg     | 41mg   | 21g    | 1g    |
| Hapi Snacks - Hot Wasabi Coated Green Peas, 4.48 g (1 oz, about 55 pieces)             | 21       | 3g    | 1g  | 1g      | 0mg     | 14mg   | 1g     | 0g    |

|                           | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|---------------------------|--------------|-------------|------------|------------|--------------|----------------|------------|------------|
| <b>TOTAL:</b>             | <b>1,205</b> | <b>116g</b> | <b>54g</b> | <b>78g</b> | <b>394mg</b> | <b>2,299mg</b> | <b>54g</b> | <b>14g</b> |
|                           | Calories     | Minutes     | Sets       | Reps       | Weight       |                |            |            |
| <b>Cardiovascular</b>     |              |             |            |            |              |                |            |            |
| Fitbit calorie adjustment | -100         |             | 1          |            |              |                |            |            |
| <b>TOTALS:</b>            | <b>-100</b>  |             | <b>1</b>   | <b>0</b>   | <b>0</b>     | <b>0</b>       |            | <b>0</b>   |

**July 27, 2017**

|   | Calories     | Carbs       | Fat        | Protein    | Cholest     | Sodium         | Sugars     | Fiber      |
|---|--------------|-------------|------------|------------|-------------|----------------|------------|------------|
| <b>Breakfast</b>  |              |             |            |            |             |                |            |            |
| 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         |
| Generic - Calorielab - Ground Cinnamon, 1 Teaspoon, 0.5 tsp                 | 3            | 1g          | 0g         | 0g         | 0mg         | 0mg            | 0g         | 1g         |
| Vii: Bananas - Medium Organic, 0.5 Medium Banana (118g)                     | 53           | 13g         | 0g         | 1g         | 0mg         | 1mg            | 7g         | 2g         |
| <b>Lunch</b>  |              |             |            |            |             |                |            |            |
| Pepperidge Farm - Whole Grain Bread - 15 Grain**, 1 slice (43g/1.5oz.)      | 110          | 20g         | 2g         | 5g         | 0mg         | 115mg          | 3g         | 3g         |
| Great Value - Lowfat Cottage Cheese 80 Calories, 0.25 cup                   | 40           | 3g          | 1g         | 7g         | 5mg         | 205mg          | 3g         | 0g         |
| Tomato - Raw- Per Ounce, 2 ounce  | 8            | 2g          | 0g         | 0g         | 0mg         | 24mg           | 0g         | 0g         |
| <b>Dinner</b>   |              |             |            |            |             |                |            |            |
| Cabot Vermont - Greek Style Lowfat Yogurt - Plain (2% Milk), 56.5 g (1 cup) | 45           | 3g          | 1g         | 6g         | 9mg         | 35mg           | 2g         | 0g         |
| Iodized Salt - Salt, 0.06 tsp   | 0            | 0g          | 0g         | 0g         | 0mg         | 146mg          | 0g         | 0g         |
| beef and chickpeas soup, 1 serving(s)                                       | 286          | 44g         | 6g         | 14g        | 22mg        | 459mg          | 11g        | 11g        |
| <b>Snacks</b>   |              |             |            |            |             |                |            |            |
| Vii: Bananas - Medium Organic, 0.5 Medium Banana (118g)                     | 53           | 13g         | 0g         | 1g         | 0mg         | 1mg            | 7g         | 2g         |
| Generic - Cucumber, 1.59 ounce  | 7            | 2g          | 0g         | 0g         | 0mg         | 1mg            | 1g         | 0g         |
| 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         |
| Godiva - Milk Chocolate Caramel Lion of Belgium, 2 Blocks                   | 88           | 11g         | 5g         | 1g         | 4mg         | 18mg           | 9g         | 0g         |
| Wholly Guacamole - Guacamole - Classic, 1 mini cup                          | 100          | 5g          | 9g         | 1g         | 0mg         | 200mg          | 0g         | 3g         |
| Chi-chi's - Cilantro Salsa, 30 grams  | 10           | 2g          | 0g         | 0g         | 0mg         | 190mg          | 1g         | 0g         |
| Tostitos - Cantina Thin & Crispy - Tortilla Chips, 28 grams                 | 150          | 18g         | 8g         | 2g         | 0mg         | 110mg          | 0g         | 2g         |
| <b>TOTAL:</b>   | <b>1,105</b> | <b>161g</b> | <b>37g</b> | <b>45g</b> | <b>50mg</b> | <b>1,573mg</b> | <b>55g</b> | <b>26g</b> |

|                       | Calories | Minutes | Sets | Reps | Weight |  |  |  |
|-----------------------|----------|---------|------|------|--------|--|--|--|
| <b>Cardiovascular</b> |          |         |      |      |        |  |  |  |

|                           | Calories  | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|-----------|----------|----------|----------|----------|
| Fitbit calorie adjustment | 73        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>73</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

**July 28, 2017**

|  | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|--|--------------|-------------|------------|------------|--------------|----------------|------------|------------|
| <b>Breakfast</b>   |              |             |            |            |              |                |            |            |
| Tomato - Raw- Per Ounce, 5.29 ounce  | 21           | 5g          | 0g         | 0g         | 0mg          | 63mg           | 0g         | 0g         |
| Joseph's - Joseph's - Pita Bread, 1 pita   | 60           | 9g          | 2g         | 6g         | 0mg          | 280mg          | 0g         | 4g         |
| Egg - Egg, 1 large   | 72           | 0g          | 5g         | 6g         | 186mg        | 71mg           | 0g         | 0g         |
| Happy Farms - Colby Jack Cheese Sticks, 1 piece                                      | 85           | 0g          | 7g         | 6g         | 25mg         | 135mg          | 0g         | 0g         |
| Sugar - Sugar, 1 teaspoon  | 15           | 4g          | 0g         | 0g         | 0mg          | 0mg            | 4g         | 0g         |
| Friendly Farms - Organic 2% Reduced Fat Milk (J), 2.01 oz. (240mL)                   | 30           | 3g          | 1g         | 2g         | 5mg          | 31mg           | 3g         | 0g         |
| Maxwell House - Original Instant Coffee, 0.5 tsp                                     | 0            | 0g          | 0g         | 0g         | 0mg          | 0mg            | 0g         | 0g         |
| Great Value - Canola Oil Non Stick Cooking Spray, 1/4 of a spray                     | 0            | 0g          | 0g         | 0g         | 0mg          | 0mg            | 0g         | 0g         |
| <b>Lunch</b>   |              |             |            |            |              |                |            |            |
| beef and chicpeas soup, 1 serving(s)   | 286          | 44g         | 6g         | 14g        | 22mg         | 459mg          | 11g        | 11g        |
| <b>Dinner</b>  |              |             |            |            |              |                |            |            |
| teriyaki slow cooker chicken, 1 serving(s)   | 140          | 3g          | 4g         | 26g        | 65mg         | 401mg          | 3g         | 0g         |
| Corn, Fresh - (Usda) Corn on the Cob, 90 g (1 ear)                                   | 80           | 17g         | 1g         | 3g         | 0mg          | 10mg           | 3g         | 2g         |
| air fryer okra, 1 serving(s)   | 102          | 18g         | 2g         | 5g         | 62mg         | 111mg          | 3g         | 4g         |
| Iodized Salt - Salt, 0.06 tsp  | 0            | 0g          | 0g         | 0g         | 0mg          | 146mg          | 0g         | 0g         |
| <b>Snacks</b>  |              |             |            |            |              |                |            |            |
| Costco - Carrots, 2.15 ounce   | 25           | 6g          | 0g         | 1g         | 0mg          | 47mg           | 4g         | 1g         |
| Generic - Cucumber, 1.62 ounce   | 7            | 2g          | 0g         | 0g         | 0mg          | 1mg            | 1g         | 0g         |
| Kraft Philadelphia 1/3 Less Fat - Garden Vegetable Cream Cheese Spread, 1 Tbsp (31g) | 30           | 2g          | 3g         | 1g         | 10mg         | 75mg           | 1g         | 0g         |
| Wegmans Sunkist Lemons - Lemon, 1 lemon  | 15           | 5g          | 0g         | 0g         | 0mg          | 0mg            | 2g         | 5g         |
| Chobani Smooth - Yogurt, 1 container   | 120          | 16g         | 2g         | 11g        | 10mg         | 70mg           | 14g        | 0g         |
| strawberries for angelfood cake 2, 1 serving(s)                                      | 35           | 9g          | 0g         | 1g         | 0mg          | 0mg            | 7g         | 2g         |
| the Bakery at Walmart - Angel Food Cake (Ring), 38 grams                             | 115          | 24g         | 1g         | 3g         | 0mg          | 122mg          | 18g        | 0g         |
| Reddi Wip - Extra Creamy Dairy Whipped Topping Made W/Real Cream, 4 Tbs. (5 grams)   | 30           | 2g          | 2g         | 0g         | 8mg          | 0mg            | 2g         | 0g         |
| <b>TOTAL:</b>  | <b>1,268</b> | <b>169g</b> | <b>36g</b> | <b>85g</b> | <b>393mg</b> | <b>2,022mg</b> | <b>76g</b> | <b>29g</b> |

|                       | Calories | Minutes | Sets | Reps | Weight |
|-----------------------|----------|---------|------|------|--------|
| <b>Cardiovascular</b> |          |         |      |      |        |

|                           | Calories   | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|------------|----------|----------|----------|----------|
| Fitbit calorie adjustment | -44        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>-44</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

**July 29, 2017**

|   | Calories   | Carbs      | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|---|------------|------------|------------|------------|--------------|----------------|------------|------------|
| <b>Breakfast</b>  |            |            |            |            |              |                |            |            |
| Wholly Guacamole - Guacamole - Classic, 0.5 mini cup  | 50         | 3g         | 5g         | 1g         | 0mg          | 100mg          | 0g         | 2g         |
| Egg - Egg, 1 large  | 72         | 0g         | 5g         | 6g         | 186mg        | 71mg           | 0g         | 0g         |
| Food Club Enriched - Hamburger Buns 8 Count 354g Bag, 1 bun   | 110        | 20g        | 1g         | 3g         | 0mg          | 180mg          | 2g         | 1g         |
| Great Value - Canola Oil Non Stick Cooking Spray, 1/4 of a spray  | 0          | 0g         | 0g         | 0g         | 0mg          | 0mg            | 0g         | 0g         |
| 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         |
| Friendly Farms - Organic 2% Reduced Fat Milk (J), 1.02 oz. (240mL)  | 15         | 2g         | 1g         | 1g         | 3mg          | 16mg           | 2g         | 0g         |
| <b>Lunch</b>  |            |            |            |            |              |                |            |            |
| Frito Lay - Munchies Sandwich Crackers - Peanut Butter - Peanut Butter Filling on Cheese Flavored Crackers, 0.67 package (1.42 oz./40.2g) | 133        | 16g        | 7g         | 3g         | 0mg          | 206mg          | 3g         | 1g         |
| <b>Dinner</b>   |            |            |            |            |              |                |            |            |
| blackened snapper, 1 serving(s)   | 120        | 0g         | 2g         | 24g        | 44mg         | 398mg          | 0g         | 0g         |
| grouper throats, 1 serving(s)   | 177        | 5g         | 2g         | 25g        | 62mg         | 243mg          | 0g         | 0g         |
| pica de Gallo, 1 serving(s)   | 63         | 13g        | 1g         | 3g         | 0mg          | 100mg          | 6g         | 5g         |
| Friendly Farms - Sour Cream, 1 tbsp   | 30         | 1g         | 3g         | 1g         | 10mg         | 8mg            | 1g         | 0g         |
| Joseph's - Joseph's - Pita Bread, 1 pita  | 60         | 9g         | 2g         | 6g         | 0mg          | 280mg          | 0g         | 4g         |
| Wholly Guacamole - Guacamole Dip, 1 oz  | 50         | 3g         | 5g         | 1g         | 0mg          | 0mg            | 0g         | 2g         |
| <b>TOTAL:</b>   | <b>897</b> | <b>76g</b> | <b>34g</b> | <b>74g</b> | <b>305mg</b> | <b>1,607mg</b> | <b>18g</b> | <b>15g</b> |

|                           | Calories   | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|------------|----------|----------|----------|----------|
| Fitbit calorie adjustment | 251        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>251</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

**July 30, 2017**

|  | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>                         |          |       |     |         |         |        |        |       |
| Joseph's - Joseph's - Pita Bread, 1 pita | 60       | 9g    | 2g  | 6g      | 0mg     | 280mg  | 0g     | 4g    |
| Egg - Egg, 1 large                       | 72       | 0g    | 5g  | 6g      | 186mg   | 71mg   | 0g     | 0g    |
| Wholly Guacamole - Guacamole Dip, 1 oz   | 50       | 3g    | 5g  | 1g      | 0mg     | 0mg    | 0g     | 2g    |

|  | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|--|--------------|-------------|------------|------------|--------------|----------------|------------|------------|
| pica de Gallo, 0.5 serving(s)  | 32           | 7g          | 0g         | 1g         | 0mg          | 50mg           | 3g         | 3g         |
| 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), 1.02 oz. (240mL)       | 15           | 2g          | 1g         | 1g         | 3mg          | 16mg           | 2g         | 0g         |
| <b>Lunch</b>   |              |             |            |            |              |                |            |            |
| Cheese - Mini Babybel - Original, 1 piece (24g)                          | 70           | 0g          | 6g         | 5g         | 20mg         | 170mg          | 0g         | 0g         |
| Red Seedless - Grapes Usda, 2 ounce                                      | 39           | 10g         | 0g         | 0g         | 0mg          | 1mg            | 9g         | 0g         |
| Madi K's - Almonds (Roasted Salted) 1 oz Pack, 1 oz                      | 170          | 5g          | 15g        | 6g         | 0mg          | 95mg           | 1g         | 3g         |
| <b>Dinner</b>  |              |             |            |            |              |                |            |            |
| spaghetti meat sauce, 1 serving(s)                                       | 182          | 20g         | 5g         | 16g        | 33mg         | 747mg          | 9g         | 5g         |
| Reggano - Angel Hair Pasta, 2 oz   | 200          | 41g         | 1g         | 7g         | 0mg          | 0mg            | 2g         | 2g         |
| Kathy's Kitchen, Dilly Beans - Dill pickled green beans, 0.5 oz          | 25           | 4g          | 1g         | 0g         | 0mg          | 0mg            | 4g         | 0g         |
| Generic - Pickle Juice, 0.5 cup (8 oz)                                   | 25           | 0g          | 0g         | 0g         | 0mg          | 50mg           | 0g         | 0g         |
| Cheese - Parmesan, hard, 0.25 oz   | 28           | 0g          | 2g         | 3g         | 5mg          | 113mg          | 0g         | 0g         |
| <b>Snacks</b>  |              |             |            |            |              |                |            |            |
| Reese's Peanut Butter - Cake, 1 piece                                    | 310          | 31g         | 19g        | 5g         | 5mg          | 200mg          | 22g        | 1g         |
| Helados Mexico - Strawberry Fruit Bar, 1 popsicle/bar                    | 80           | 21g         | 0g         | 0g         | 0mg          | 15mg           | 21g        | 0g         |
| Hapi Snacks - Hot Wasabi Coated Green Peas, 14 g (1 oz, about 55 pieces) | 65           | 9g          | 2g         | 2g         | 0mg          | 43mg           | 2g         | 1g         |
| <b>TOTAL:</b>  | <b>1,438</b> | <b>166g</b> | <b>64g</b> | <b>59g</b> | <b>252mg</b> | <b>1,851mg</b> | <b>79g</b> | <b>21g</b> |

|                           | Calories   | Minutes  | Sets     | Reps     | Weight   |
|---------------------------|------------|----------|----------|----------|----------|
| <b>Cardiovascular</b>     |            |          |          |          |          |
| Fitbit calorie adjustment | 101        | 1        |          |          |          |
| <b>TOTALS:</b>            | <b>101</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

**July 31, 2017**

|  | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|--|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>   |          |       |     |         |         |        |        |       |
| Joseph's - Joseph's - Pita Bread, 1 pita                           | 60       | 9g    | 2g  | 6g      | 0mg     | 280mg  | 0g     | 4g    |
| Egg - Egg, 1 large   | 72       | 0g    | 5g  | 6g      | 186mg   | 71mg   | 0g     | 0g    |
| Wholly Guacamole - Guacamole Dip, 1 oz                             | 50       | 3g    | 5g  | 1g      | 0mg     | 0mg    | 0g     | 2g    |
| Maxwell House - Original Instant Coffee, 1 tsp                     | 0        | 0g    | 0g  | 0g      | 0mg     | 0mg    | 0g     | 0g    |
| Sugar - Sugar, 2 teaspoon  | 30       | 8g    | 0g  | 0g      | 0mg     | 0mg    | 8g     | 0g    |
| Friendly Farms - Organic 2% Reduced Fat Milk (J), 2.02 oz. (240mL) | 30       | 3g    | 1g  | 2g      | 5mg     | 32mg   | 3g     | 0g    |
| <b>Lunch</b>   |          |       |     |         |         |        |        |       |

|   | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|---|--------------|-------------|------------|------------|--------------|----------------|------------|------------|
| spaghetti meat sauce, 1 serving(s)                | 182          | 20g         | 5g         | 16g        | 33mg         | 747mg          | 9g         | 5g         |
| Barilla Ready Pasta - Pasta, 1/2 pouch            | 210          | 42g         | 2g         | 9g         | 0mg          | 210mg          | 1g         | 3g         |
| Generic - Pickle Juice, 0.75 cup (8 oz)           | 38           | 0g          | 0g         | 0g         | 0mg          | 75mg           | 0g         | 0g         |
| <b>Dinner</b>                                     |              |             |            |            |              |                |            |            |
| spinach with ground beef and onions, 1 serving(s) | 338          | 23g         | 9g         | 39g        | 95mg         | 682mg          | 3g         | 11g        |
| Cabot 2% garlic yogurt, 1 serving(s)              | 76           | 6g          | 2g         | 9g         | 14mg         | 116mg          | 2g         | 0g         |
| <b>Snacks</b>                                     |              |             |            |            |              |                |            |            |
| southern grove - coconut cashews, 0.5 oz          | 80           | 5g          | 7g         | 3g         | 0mg          | 50mg           | 1g         | 1g         |
| <b>TOTAL:</b>                                     | <b>1,166</b> | <b>119g</b> | <b>38g</b> | <b>91g</b> | <b>333mg</b> | <b>2,263mg</b> | <b>27g</b> | <b>26g</b> |
|   | Calories     | Minutes     | Sets       | Reps       | Weight       |                |            |            |
| <b>Cardiovascular</b>                             |              |             |            |            |              |                |            |            |
| Fitbit calorie adjustment                         | 175          | 1           |            |            |              |                |            |            |
| <b>TOTALS:</b>                                    | <b>175</b>   | <b>1</b>    | <b>0</b>   | <b>0</b>   | <b>0</b>     |                |            | <b>0</b>   |