



26 POUNDS LOST!



**August 1 – August 2, 2017 1.8 Pounds Lost
Total 26 Pounds Lost**

August 1, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Yoplait OUI Strawberry - French Style Yogurt , 5 oz	160	18g	7g	5g	25mg	80mg	15g	0g
Lunch								
spinach with ground beef and onions, 1 serving(s)	338	23g	9g	39g	95mg	682mg	3g	11g
Dinner								
Generic - Chopped Sirloin, 5.22 oz. pattie	248	0g	14g	30g	0mg	0mg	0g	0g
Joseph's - Joseph's - Pita Bread, 1 pita	60	9g	2g	6g	0mg	280mg	0g	4g
Tomato - Raw- Per Ounce, 3.07 ounce	12	3g	0g	0g	0mg	37mg	0g	0g
Wholly Guacamole - Guacamole Dip, 1 oz	50	3g	5g	1g	0mg	0mg	0g	2g
Snacks								
June's - Homemade Banana Pudding, 1 cup	332	57g	10g	6g	109mg	125mg	21g	2g
Cheese - Mini Babybel - Original, 0.5 piece (24g)	35	0g	3g	3g	10mg	85mg	0g	0g
TOTAL:	1,235	113g	50g	90g	239mg	1,289mg	39g	19g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	-6		1					
TOTALS:	-6		1	0	0	0	0	0

August 2, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Great Value - Canola Oil Non Stick Cooking Spray, 1/4 of a spray		0	0g	0g	0g	0mg	0g	0g
Egg - Egg, 1 large		72	0g	5g	6g	186mg	71mg	0g
Wholly Guacamole - Guacamole Dip, 1 oz		50	3g	5g	1g	0mg	0mg	2g
Tomato - Raw- Per Ounce, 3 ounce		12	3g	0g	0g	0mg	36mg	0g
Joseph's - Joseph's - Pita Bread, 1 pita		60	9g	2g	6g	0mg	280mg	4g
Lunch								
feta cute tomatoes salad, 1 serving(s)		170	13g	10g	8g	0mg	162mg	8g
Dinner								
Cabot 2% garlic yogurt, 0.5 serving(s)		38	3g	1g	4g	7mg	58mg	1g
chopped sirloin pinto beans, 2 serving(s)		505	45g	17g	47g	0mg	925mg	17g
Iodized Salt - Salt, 0.03 tsp		0	0g	0g	0g	0mg	74mg	0g
Snacks								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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
Godiva - Milk chocolate hazelnut oysters, 2 blocks	92	10g	6g	1g	2mg	12mg	9g	0g
TOTAL:	1,199	110g	56g	78g	195mg	1,928mg	23g	28g

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