



# 31.8 POUNDS LOST!



**August 3 - August 19, 2017 5.8 Pounds Lost**  
**31.8 Total Pounds Lost**

August 3, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Joseph - Flax, Oat Bran & Whole Wheat Lavash Flat Bread, 32 grams 1/2 lavish	60	8g	2g	6g	0mg	280mg	0g	4g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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 - Swiss Cheese, Deli Sliced, 19 gram	70	0g	6g	5g	15mg	35mg	0g	0g
Red Sun - Grape Tomatoes, 1.38 fluid ounce	10	0g	0g	0g	0mg	0mg	0g	0g
Generic - Cucumber, 2.08 ounce	9	2g	0g	0g	0mg	1mg	1g	0g
Great Value - Canola Oil Non Stick Cooking Spray, 1/4 of a spray	0	0g	0g	0g	0mg	0mg	0g	0g

**Lunch**

Chobani Smooth - Yogurt, 1 container	120	16g	2g	11g	10mg	70mg	14g	0g
Madi K's - Almonds (Roasted Salted) 1 oz Pack, 0.5 oz	85	3g	8g	3g	0mg	48mg	1g	2g

**Dinner**

Red Sun - Grape Tomatoes, 2 fluid ounce	15	0g	0g	0g	0mg	0mg	0g	0g
Generic - Cucumber, 2.08 ounce	9	2g	0g	0g	0mg	1mg	1g	0g
Dole - Head of Iceberg Lettuce, 4.59 ounce	15	4g	0g	1g	0mg	15mg	3g	1g
Spinach - Raw, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Freshness - Green Bell Pepper, 2 oz	14	4g	0g	0g	0mg	0mg	0g	4g
Red Onion, 1 oz	16	4g	0g	0g	0mg	1mg	2g	1g
Western Sizzlers - Sirloin Steak - 8 oz, 4 unces	260	0g	18g	0g	0mg	0mg	0g	0g
Western Sizzler Salad Bar - Fried Catfish, 3.5 oz	245	5g	15g	20g	70mg	356mg	0g	1g
Sizzler - Blue Cheese Salad Dressing, 2 oz. (1/8 cup)	212	2g	22g	2g	18mg	312mg	2g	0g
<b>TOTAL:</b>	<b>1,269</b>	<b>54g</b>	<b>83g</b>	<b>56g</b>	<b>299mg</b>	<b>1,214mg</b>	<b>24g</b>	<b>16g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	-20	1			
<b>TOTALS:</b>	<b>-20</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

**August 4, 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
Bakers Corner - Light Brown Sugar, 1 Teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
<b>Dinner</b>								
yogurt blue cheese dressing, 1 serving(s)	106	4g	6g	9g	22mg	265mg	4g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
grilled chicken, 1 serving(s)	292	0g	6g	55g	180mg	487mg	0g	0g
Dandy - Hearts of Romaine Lettuce, 9.96 oz (85g)	50	10g	0g	3g	0mg	17mg	7g	3g
Sunset - English Cucumber, 1.06 ounces (100 grams)	3	1g	0g	0g	0mg	0mg	0g	0g
Tomato - Raw- Per Ounce, 5.86 ounce	23	6g	0g	0g	0mg	70mg	0g	0g
Broccolini - Steamed, 1.98 oz(s)	17	2g	0g	2g	0mg	14mg	0g	1g
Iodized Salt - Salt, 0.06 tsp	0	0g	0g	0g	0mg	148mg	0g	0g
Iodized Salt - Salt, 0.13 tsp	0	0g	0g	0g	0mg	295mg	0g	0g

**Snacks**

Jack Link's - Extra Tender Seasoned & Smoked Beef Steak Strips, 1 oz	70	6g	1g	9g	20mg	500mg	6g	0g
Yoplait - Oui French Style Yogurt - Peach, 1 Container(141g)	160	18g	7g	5g	25mg	80mg	15g	0g
Aldi Happy Farms Spiral String Cheese - Cheese Stick Mozzarella and Cheddar, 1 piece 24 g	70	0g	5g	5g	10mg	170mg	0g	0g
Benton's - Golden Oat Breakfast Biscuits, Aldi, (Chf), 0.5 pack (4 biscuits	115	18g	4g	2g	0mg	70mg	6g	2g
Halo Top - Chocolate Almond Crunch Correct Grams, 34 g	38	6g	1g	3g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,097</b>	<b>96g</b>	<b>35g</b>	<b>100g</b>	<b>267mg</b>	<b>2,179mg</b>	<b>49g</b>	<b>9g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	-52	1			
<b>TOTALS:</b>	<b>-52</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

**August 5, 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
Friendly Farms - Organic 2% Reduced Fat Milk (J), 1.41 oz. (240mL)	21	2g	1g	1g	4mg	22mg	2g	0g
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
Joseph's - Joseph's - Pita Bread, 1 pita	60	9g	2g	6g	0mg	280mg	0g	4g

**Dinner**

Rice, 1 serving(s)	160	36g	0g	3g	0mg	295mg	0g	0g
Olive oil Green beans eggplant okra, 1 serving(s)	268	36g	15g	8g	0mg	771mg	8g	14g

**Snacks**

Red Seedless - Grapes Usda, 2 ounce	39	10g	0g	0g	0mg	1mg	9g	0g
Jack Link's - Extra Tender Seasoned & Smoked Beef Steak Strips, 1 oz	70	6g	1g	9g	20mg	500mg	6g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Homemade - Fresh Strawberry Ice Cream, 0.5 cup	230	16g	18g	3g	140mg	70mg	0g	0g
SimplyNature - Raw Almonds, Pecans and Pistachio Kernels, 14 grams	85	3g	8g	3g	0mg	0mg	1g	2g
June's - Homemade Banana Pudding, 1 cup	332	57g	10g	6g	109mg	125mg	21g	2g
<b>TOTAL:</b>	<b>1,402</b>	<b>182g</b>	<b>65g</b>	<b>46g</b>	<b>459mg</b>	<b>2,135mg</b>	<b>51g</b>	<b>24g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	438	1			
<b>TOTALS:</b>	<b>438</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

August 6, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Onions, raw, 2.89 oz(s)	33	8g	0g	1g	0mg	3mg	3g	1g
Freshness - Green Bell Pepper, 1.41 oz	10	3g	0g	0g	0mg	0mg	0g	3g
Generic - Chile Poblano (Fresh), 2.47 ounce	28	6g	0g	1g	0mg	6mg	0g	1g
Happy Farms - Swiss Cheese, Deli Sliced, 19 gram	70	0g	6g	5g	15mg	35mg	0g	0g
Joseph's - Joseph's - Pita Bread, 1 pita	60	9g	2g	6g	0mg	280mg	0g	4g
<b>Lunch</b>								
Five Guys - Little Bacon Burger 'all the Way' Minus Mayo, 1 Burger	613	50g	33g	28g	80mg	1,257mg	15g	2g
<b>Snacks</b>								
Red Seedless - Grapes Usda, 2 ounce	39	10g	0g	0g	0mg	1mg	9g	0g
Happy Farms - Spirals String Cheese - Mozzarella & Cheddar, 1 piece	70	0g	5g	5g	10mg	170mg	0g	0g
Coldstone Creamery - Peach Ice Cream, 142 g	310	44g	15g	4g	55mg	45mg	39g	0g
<b>TOTAL:</b>	<b>1,305</b>	<b>130g</b>	<b>66g</b>	<b>56g</b>	<b>346mg</b>	<b>1,868mg</b>	<b>66g</b>	<b>11g</b>

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

August 7, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Joseph - Flax, Oat Bran & Whole Wheat Lavash Flat Bread, 32 grams 1/2	60	8g	2g	6g	0mg	280mg	0g	4g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>lavish</b>								
Lindsay - Spanish Manzanilla Olives, 6 olives	30	0g	3g	0g	0mg	288mg	0g	0g
Publix - Orange Blossom Honey, 0.5 Tbsp	30	9g	0g	0g	0mg	0mg	8g	0g
Generic - Cucumber, 3.28 ounce	15	3g	0g	1g	0mg	2mg	2g	0g
Tomato - Raw- Per Ounce, 6 ounce	24	6g	0g	0g	0mg	72mg	0g	0g
Trader Joe's - Feta Cheese, 30 g	75	1g	5g	5g	21mg	279mg	1g	0g
<b>Lunch</b>								
Yoplait - Oui, 1 container	160	18g	7g	5g	25mg	80mg	15g	0g
<b>Dinner</b>								
Popeyes - Mashed Potatoes No Gravy, 142 g	110	18g	4g	3g	0mg	590mg	1g	1g
Popeye's - Spicy Tenders (3pcs), 126 g	310	16g	15g	28g	80mg	1,240mg	0g	2g
Popeye's - Sweet Heat Sauce, 1 sauce (38g)	70	19g	0g	0g	0mg	160mg	14g	0g
<b>Snacks</b>								
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>TOTAL:</b>	<b>1,134</b>	<b>121g</b>	<b>53g</b>	<b>51g</b>	<b>126mg</b>	<b>3,101mg</b>	<b>41g</b>	<b>12g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	254	1			
<b>TOTALS:</b>	<b>254</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

**August 8, 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
Friendly Farms - Organic 2% Reduced Fat Milk (J), 3 oz. (240mL)	45	5g	2g	3g	8mg	47mg	5g	0g
Turkey Perky Jerky - Turkey Jerky, 1 oz	80	8g	1g	10g	20mg	350mg	7g	0g
Generic - Merve Ayran, 8 oz	126	4g	10g	6g	37mg	600mg	4g	0g
<b>Lunch</b>								
Generic - Merve Ayran, 8 oz	126	4g	10g	6g	37mg	600mg	4g	0g
Turkey Perky Jerky - Turkey Jerky, 1 oz	80	8g	1g	10g	20mg	350mg	7g	0g
<b>Dinner</b>								
Starkist - Gourmet Selects Mediterranean Style Tuna, 74 g (2.6 oz)	150	2g	9g	14g	35mg	360mg	1g	1g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Olive oil Green beans eggplant okra, 1 serving(s)	179	24g	10g	5g	0mg	514mg	5g	9g
Tomato - Raw- Per Ounce, 5.82 ounce	23	6g	0g	0g	0mg	70mg	0g	0g
Dandy - Hearts of Romaine Lettuce, 2.4 oz (85g)	12	2g	0g	1g	0mg	4mg	2g	1g
Generic - Cucumber, 3.28 ounce	15	3g	0g	1g	0mg	2mg	2g	0g
Wish Bone - Chunky Blue Cheese Salad Dressing, 2 tbsp	140	1g	14g	1g	5mg	240mg	1g	0g
<b>Snacks</b>								
Bolthouse - Carrot Chips, 3 oz	35	8g	0g	1g	0mg	65mg	5g	2g
The only Carrot Cake recipe you will ever want or need! - In The Kitchen With April, 0.5 serving(s)	261	31g	15g	3g	40mg	161mg	23g	1g
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), 2 oz. (240mL)	30	3g	1g	2g	5mg	31mg	3g	0g
<b>TOTAL:</b>	<b>1,334</b>	<b>117g</b>	<b>73g</b>	<b>63g</b>	<b>207mg</b>	<b>3,399mg</b>	<b>77g</b>	<b>14g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	205	1			
<b>TOTALS:</b>	<b>205</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

**August 9, 2017**

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Joseph - Flax, Oat Bran & Whole Wheat Lavash Flat Bread, 32 grams 1/2 lavish	60	8g	2g	6g	0mg	280mg	0g	4g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Happy Farms - Swiss Cheese, Deli Sliced, 19 gram	70	0g	6g	5g	15mg	35mg	0g	0g
Wholly Guacamole - Guacamole Dip, 1 oz	50	3g	5g	1g	0mg	0mg	0g	2g
<b>Lunch</b>								
Olive oil Green beans eggplant okra, 1 serving(s)	179	24g	10g	5g	0mg	514mg	5g	9g
Fage - Fage Total 2% Greek Yogurt, 0.5 cup (227g)	85	5g	2g	12g	10mg	38mg	5g	0g
stonemill - crushed red pepper, 0.25 tsp(s)	1	0g	0g	0g	0mg	0mg	0g	0g
Mrs Dash - Seasoning, 0.25 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
<b>Dinner</b>								
USDA - T bone Steak, 6.84 oz	376	0g	22g	38g	0mg	103mg	0g	0g
Potato - Microwave Ready Potato, 8 Ounces	110	26g	0g	4g	0mg	0mg	3g	2g
Kroger Brand - Unsalted Butter, 0.5 tbsp (14 grams)	50	0g	6g	0g	15mg	0mg	0g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Iodized Salt - Salt, 0.13 tsp	0	0g	0g	0g	0mg	295mg	0g	0g
Great Value - Cream - Sour, 2 Tbsp	60	2g	5g	1g	20mg	15mg	1g	0g
Iodized Salt - Salt, 0.06 tsp	0	0g	0g	0g	0mg	148mg	0g	0g
<b>TOTAL:</b>	<b>1,113</b>	<b>68g</b>	<b>63g</b>	<b>78g</b>	<b>246mg</b>	<b>1,499mg</b>	<b>14g</b>	<b>17g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	19	1			
<b>TOTALS:</b>	<b>19</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

**August 10, 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
Friendly Farms - Organic 2% Reduced Fat Milk (J), 1.55 oz. (240mL)	23	2g	1g	2g	4mg	24mg	2g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
<b>Lunch</b>								
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
<b>Dinner</b>								
Olive oil Green beans eggplant okra, 1 serving(s)	179	24g	10g	5g	0mg	514mg	5g	9g
USDA - T bone Steak, 6.82 oz	375	0g	22g	38g	0mg	102mg	0g	0g
Iodized Salt - Salt, 0.06 tsp	0	0g	0g	0g	0mg	146mg	0g	0g
<b>Snacks</b>								
Godiva - Milk chocolate hazelnut oysters, 2 blocks	92	10g	6g	1g	2mg	12mg	9g	0g
<b>TOTAL:</b>	<b>1,219</b>	<b>86g</b>	<b>65g</b>	<b>76g</b>	<b>71mg</b>	<b>2,433mg</b>	<b>25g</b>	<b>11g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Cleaning, light, moderate effort	273	60			
Fitbit calorie adjustment	-53	1			
<b>TOTALS:</b>	<b>220</b>	<b>61</b>	<b>0</b>	<b>0</b>	<b>0</b>

**Exercise notes**

I added 1 hour light cleaning because I left my fit bit at Lane Bryant and could not sync it.

**August 11, 2017**

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Wonderful - Pistachios 1oz. Bag, 1 oz	80	4g	7g	3g	0mg	80mg	1g	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), 2.05 oz. (240mL)	31	3g	1g	2g	5mg	32mg	3g	0g
Benton's - Golden Oat Breakfast Biscuits, Aldi, (Chf), 0.5 pack (4 biscuits)	115	18g	4g	2g	0mg	70mg	6g	2g
<b>Lunch</b>								
Starkist Selects - Yellowfin Marinated Tuna (Lemon Dill In Extra Virgin Olive Oil), 28 g	60	0g	4g	7g	13mg	125mg	0g	0g
Joseph - Flax, Oat Bran & Whole Wheat Lavash Flat Bread, 16 grams 1/2 lavish	30	4g	1g	3g	0mg	140mg	0g	2g
Duke's - Real Mayonnaise, 0.5 tablespoon	50	0g	6g	0g	5mg	38mg	0g	0g
<b>Dinner</b>								
Generic - Pimento Cheese Sandwich on White, 1/4 sandwich	100	9g	6g	5g	5mg	115mg	2g	0g
Homemade - Chicken Salad Filling 1/2 Sandwich, 0.25 cup	85	0g	8g	10g	0mg	0mg	0g	0g
Pita - Chips, 5 chips	65	10g	3g	2g	0mg	135mg	1g	1g
Kraft - Monterey Jack Cheese, 2.5 oz	250	3g	23g	15g	75mg	475mg	0g	0g
Quick Add - Myfitnesspal Premium, 1 serving(s)	50	0g	0g	0g	0mg	0mg	0g	0g
Fruit cup - Fruit Cup, 0.5 cup	35	9g	0g	1g	0mg	8mg	8g	1g
Starkist Selects - Yellowfin Marinated Tuna (Lemon Dill In Extra Virgin Olive Oil), 28 g	60	0g	4g	7g	13mg	125mg	0g	0g
Joseph - Flax, Oat Bran & Whole Wheat Lavash Flat Bread, 16 grams 1/2 lavish	30	4g	1g	3g	0mg	140mg	0g	2g
Duke's - Real Mayonnaise, 0.5 tablespoon	50	0g	6g	0g	5mg	38mg	0g	0g
<b>Snacks</b>								
Dunkin' Donuts - Original Blend Coffee, 16 ounces	10	1g	0g	1g	0mg	10mg	0g	0g
Dunkin Donuts - Liquid Coffee Creamer, 1 tbsp.	35	0g	2g	0g	0mg	5mg	6g	0g
Sugar - Sugar, 2 teaspoon	30	8g	0g	0g	0mg	0mg	8g	0g
<b>TOTAL:</b>	<b>1,196</b>	<b>81g</b>	<b>76g</b>	<b>61g</b>	<b>121mg</b>	<b>1,536mg</b>	<b>43g</b>	<b>10g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	193	1			
<b>TOTALS:</b>	<b>193</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

**August 12, 2017**

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Quick Add - Myfitnesspal Premium, 1 serving(s)	3,000	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>3,000</b>	<b>0g</b>	<b>0g</b>	<b>0g</b>	<b>0mg</b>	<b>0mg</b>	<b>0g</b>	<b>0g</b>

### Food Notes

This is a guesstimate because it was Stella's graduation party.

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	278	1			
<b>TOTALS:</b>	<b>278</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

### August 13, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Publix - Strawberry 1/8 Cake Slice W/ Cream Cheese Icing, 2 oz	221	31g	10g	2g	17mg	166mg	25g	0g
Publix - Red Velvet 8" Layer Cake With Cream Cheese Icing, 63 g / 3 oz	255	35g	12g	2g	19mg	218mg	29g	0g
<b>Lunch</b>								
Kofte - Meat Ball, 3 adet	207	0g	15g	18g	0mg	0mg	0g	0g
Home Grilled - Chicken Thighs, 200 g	354	0g	16g	48g	270mg	174mg	0g	0g
feta cute tomatoes salad, 1 serving(s)	170	13g	10g	8g	0mg	162mg	8g	3g
Lebanese Tabbouleh, 1 serving(s)	149	19g	7g	4g	0mg	120mg	4g	5g
<b>Snacks</b>								
Townhouse - Flipsides Pretzel Crackers, 15 g (5 crackers)	70	10g	4g	1g	0mg	190mg	1g	0g
Michigan Dining - Cheese Ball with Nuts, 2.72 Oz Serving	290	3g	25g	13g	59mg	315mg	1g	1g
Publix - Red Velvet 8" Layer Cake With Cream Cheese Icing, 63 g / 3 oz	255	35g	12g	2g	19mg	218mg	29g	0g
<b>TOTAL:</b>	<b>1,971</b>	<b>146g</b>	<b>111g</b>	<b>98g</b>	<b>384mg</b>	<b>1,563mg</b>	<b>97g</b>	<b>9g</b>

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

### August 14, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Yoplait - Oui French Style Yogurt - Peach, 1 Container(141g)	160	18g	7g	5g	25mg	80mg	15g	0g
<b>Lunch</b>								
Generic - Cucumber, 1 ounce	5	1g	0g	0g	0mg	1mg	0g	0g
Costco - Carrots, 0.5 ounce	6	1g	0g	0g	0mg	11mg	1g	0g
Salata - Spring Mix Lettuce, 2 Handful	20	0g	0g	0g	0mg	60mg	0g	0g
Red Onion, 0.25 oz	4	1g	0g	0g	0mg	0mg	0g	0g
Red Sun - Grape Tomatoes, 1 fluid ounce	8	0g	0g	0g	0mg	0mg	0g	0g
Green - Olives, 5.5 olives	13	1g	1g	0g	0mg	165mg	0g	0g
Shaw's - Sliced Black Olives, 8 grams	13	1g	1g	0g	0mg	63mg	0g	0g
Freshness - Green Bell Pepper, 0.5 oz	4	1g	0g	0g	0mg	0mg	0g	1g
Vlasic - Dill Pickle Spears, 2 oz., about 2/3 of a spear	10	2g	0g	0g	0mg	420mg	2g	0g
Hidden Valley Dressing - Blue Cheese, 3 oz	180	2g	20g	0g	8mg	570mg	0g	0g
Chicago town - Meat feast pizza, 2 piece	580	74g	22g	22g	0mg	4mg	0g	0g
<b>Dinner</b>								
Great Value - Canola Oil Non Stick Cooking Spray, 1/4 of a spray	0	0g	0g	0g	0mg	0mg	0g	0g
Happy Farms - Swiss Cheese, Deli Sliced, 19 gram	70	0g	6g	5g	15mg	35mg	0g	0g
Bland Farms - Vidalia Sweet Onions 148 g, 1.8 ounce	21	5g	0g	0g	0mg	3mg	2g	1g
Freshness - Green Bell Pepper, 2.93 oz	21	6g	0g	0g	0mg	0mg	0g	6g
Wegmans - Filet Mignon, 4.23 oz	169	0g	5g	31g	85mg	49mg	0g	0g
Kontos - Lavash - Roll Up Flat Bread (Corrected), 0.25 flatbread	55	11g	0g	2g	0mg	53mg	1g	1g
<b>Snacks</b>								
Kathy's Kitchen, Dilly Beans - Dill pickled green beans, 0.25 oz	13	2g	1g	0g	0mg	0mg	2g	0g
Generic - Pickle Juice, 0.75 cup (8 oz)	38	0g	0g	0g	0mg	75mg	0g	0g
Publix - Red Velvet 8" Layer Cake With Cream Cheese Icing, 131.88 g / 3 oz	534	74g	25g	5g	39mg	455mg	61g	0g
<b>TOTAL:</b>	<b>1,924</b>	<b>200g</b>	<b>88g</b>	<b>70g</b>	<b>172mg</b>	<b>2,044mg</b>	<b>84g</b>	<b>9g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	67	1			
<b>TOTALS:</b>	<b>67</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

August 15, 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

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Happy Farms - Swiss Cheese, Deli Sliced, 19 gram	70	0g	6g	5g	15mg	35mg	0g	0g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Sugar - Sugar, 2 teaspoon	30	8g	0g	0g	0mg	0mg	8g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 1.05 oz. (240mL)	16	2g	1g	1g	3mg	16mg	2g	0g
nescafe clasico - dark roast coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Cabot - Cabot Greek Lowfat Yogurt, 0.5 Cup	90	6g	3g	11g	18mg	70mg	3g	0g
Fruit - Usda Fresh Peach, 5.5 ounce	61	14g	1g	2g	0mg	0mg	12g	2g
Tostito's - Cantina Tortilla Chips, 0.5 oz (7 chips)	75	9g	4g	1g	0mg	55mg	0g	1g
Wholly - Gaucomole, 1 oz minicup	50	3g	5g	1g	0mg	100mg	0g	2g
<b>Dinner</b>								
filet with beans, 2 serving(s)	526	72g	5g	52g	55mg	1,230mg	6g	37g
<b>Snacks</b>								
Dole - Red Grapefruit Sunrise 4 oz Cup, 1 cup (113g)	80	19g	0g	1g	0mg	5mg	18g	1g
Godiva - Milk chocolate hazelnut oysters, 2 blocks	92	10g	6g	1g	2mg	12mg	9g	0g
Jolly Time - Air Popped White Popcorn, 1 cup popped	20	5g	0g	1g	0mg	0mg	0g	1g
<b>TOTAL:</b>	<b>1,232</b>	<b>155g</b>	<b>38g</b>	<b>87g</b>	<b>279mg</b>	<b>1,804mg</b>	<b>58g</b>	<b>47g</b>
	Calories	Minutes	Sets	Reps	Weight			
<b>Cardiovascular</b>								
Fitbit calorie adjustment	0	1						
<b>TOTALS:</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>			

**August 16, 2017**

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
nescafe clasico - dark roast 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), 1.05 oz. (240mL)	16	2g	1g	1g	3mg	16mg	2g	0g
Egg - Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
Joseph's mini pita snacks - with flax, oat bran and whole wheat and ALA omega 3, 2.5 pitas	40	6g	1g	3g	0mg	70mg	0g	2g
Tomato - Raw- Per Ounce, 4.2 ounce	17	4g	0g	0g	0mg	50mg	0g	0g
Generic - Cucumber, 4.94 ounce	22	5g	0g	1g	0mg	3mg	2g	1g
Supremo - Queso Cotija, 6 tsp (5g)	60	0g	5g	3g	15mg	210mg	0g	0g
<b>Lunch</b>								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lebanese Tabbouleh, 1 serving(s)	149	19g	7g	4g	0mg	120mg	4g	5g
Generic - Baba Ganoush, 4 Tbsps	62	6g	3g	2g	0mg	146mg	0g	2g
<b>Dinner</b>								
Dandy - Hearts of Romaine Lettuce, 3.21 oz (85g)	16	3g	0g	1g	0mg	5mg	2g	1g
Tomato - Raw- Per Ounce, 7.37 ounce	29	7g	0g	0g	0mg	88mg	0g	0g
Generic - Cucumber, 2.72 ounce	12	3g	0g	0g	0mg	2mg	1g	0g
Wegmans - Organic Baby Cut Carrots, 2.29 oz. (14 carrots)	27	6g	0g	1g	0mg	50mg	4g	2g
Wish Bone - Chunky Blue Cheese Salad Dressing, 2 tbsp	140	1g	14g	1g	5mg	240mg	1g	0g
Supremo - Queso Cotija, 3 tsp (5g)	30	0g	2g	2g	8mg	105mg	0g	0g
cornflakes chicken nuggets, 1 serving(s)	133	5g	4g	16g	48mg	673mg	0g	0g
<b>Snacks</b>								
Aldi Happy Farms Spiral String Cheese - Cheese Stick Mozzarella and Cheddar, 1 piece 24 g	70	0g	5g	5g	10mg	170mg	0g	0g
Bing - Cherries (With Pits), 0.5 cup (138g)	37	9g	0g	1g	0mg	0mg	8g	1g
Godiva - Milk chocolate hazelnut oysters, 2 blocks	92	10g	6g	1g	2mg	12mg	9g	0g
<b>TOTAL:</b>	<b>1,125</b>	<b>95g</b>	<b>58g</b>	<b>55g</b>	<b>463mg</b>	<b>2,102mg</b>	<b>41g</b>	<b>14g</b>

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

August 17, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Tomato - Raw- Per Ounce, 3.67 ounce	15	4g	0g	0g	0mg	44mg	0g	0g
Egg - Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
Supremo - Queso Cotija, 4 tsp (5g)	40	0g	3g	2g	10mg	140mg	0g	0g
Joseph's mini pita snacks - with flax, oat bran and whole wheat and ALA omega 3, 2.5 pitas	40	6g	1g	3g	0mg	70mg	0g	2g
<b>Lunch</b>								
Fruit - Usda Fresh Peach, 4 ounce	44	10g	1g	1g	0mg	0mg	9g	1g
Aldi Happy Farms Spiral String Cheese - Cheese Stick Mozzarella and Cheddar, 1 piece 24 g	70	0g	5g	5g	10mg	170mg	0g	0g
Jack Link's - Extra Tender Seasoned & Smoked Beef Steak Strips, 1 oz	70	6g	1g	9g	20mg	500mg	6g	0g
Madi K's - Almonds (Roasted Salted) 1 oz Pack, 0.5 oz	85	3g	8g	3g	0mg	48mg	1g	2g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Dinner</b>								
Generic - Chopped Sirloin, 4 oz. pattie	190	0g	11g	23g	0mg	0mg	0g	0g
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g
Dandy - Hearts of Romaine Lettuce, 0.85 oz (85g)	4	1g	0g	0g	0mg	1mg	1g	0g
Tomato - Raw- Per Ounce, 2 ounce	8	2g	0g	0g	0mg	24mg	0g	0g
Bland Farms - Vidalia Sweet Onions 148 g, 1.23 ounce	14	3g	0g	0g	0mg	2mg	1g	1g
Great Value - Canola Oil Non Stick Cooking Spray, 1/4 of a spray	0	0g	0g	0g	0mg	0mg	0g	0g
Ore Ida - Steak Fries, 3 ounces	110	19g	3g	2g	0mg	290mg	1g	2g
Supremo - Queso Cotija, 6 tsp (5g)	60	0g	5g	3g	15mg	210mg	0g	0g
Heinz - Tomato Ketchup 64oz, 1 Tbsp	20	5g	0g	0g	0mg	160mg	4g	0g
Wholly Guacamole - Guacamole Dip, 1 oz	50	3g	5g	1g	0mg	0mg	0g	2g
Iodized Salt - Salt, 0.06 tsp	0	0g	0g	0g	0mg	146mg	0g	0g

<b>Snacks</b>								
Philadelphia Cream Cheese - Chive & Onion 1/3 Less Fat, 1 Tbsp (31g)	35	2g	3g	1g	10mg	75mg	1g	0g
Wholly Guacamole - Spicy Guacamole Dip, 2 Tbsp	35	2g	3g	0g	0mg	115mg	0g	1g
Tostitos - Cantina Thin & Crispy - Tortilla Chips, 14 grams	75	9g	4g	1g	0mg	55mg	0g	1g
Wegmans - Organic Baby Cut Carrots, 1.94 oz. (14 carrots)	23	5g	0g	1g	0mg	42mg	3g	1g
Godiva - Milk chocolate hazelnut oysters, 2 blocks	92	10g	6g	1g	2mg	12mg	9g	0g
<b>TOTAL:</b>	<b>1,273</b>	<b>98g</b>	<b>71g</b>	<b>74g</b>	<b>439mg</b>	<b>2,456mg</b>	<b>36g</b>	<b>16g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	106	1			
<b>TOTALS:</b>	<b>106</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

**August 18, 2017**

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Great Value - Frozen Mango Chunks, 1 Cup	90	24g	0g	0g	0mg	0mg	21g	3g
Fage - Fage Total 2% Greek Yogurt, 0.25 cup (227g)	43	2g	1g	6g	5mg	19mg	2g	0g
Quaker - Oats, 0.25 cup	75	14g	2g	3g	0mg	0mg	1g	2g
nescafe clasico - dark roast 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), 3.15 oz. (240mL)	47	5g	2g	3g	8mg	49mg	5g	0g
<b>Lunch</b>								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Pinar - Beyaz, 52 gr	158	4g	14g	4g	0mg	0mg	0g	0g
Tomato - Raw- Per Ounce, 3.84 ounce	15	4g	0g	0g	0mg	46mg	0g	0g
Dandy - Hearts of Romaine Lettuce, 0.56 oz (85g)	3	1g	0g	0g	0mg	1mg	0g	0g
Generic - Cucumber, 2.15 ounce	10	2g	0g	0g	0mg	1mg	1g	0g
Simply Nature - Ginger & Sesame dressing, 1 Tbsp	25	1g	3g	0g	0mg	70mg	1g	0g

### Dinner

Electric Pressure Cooker Stuffed Zucchini - In The Kitchen With April, 1 serving(s)	511	35g	29g	29g	98mg	872mg	7g	4g
Cabot 2% garlic yogurt, 0.5 serving(s)	38	3g	1g	4g	7mg	58mg	1g	0g

### Snacks

Jack Link's - Extra Tender Seasoned & Smoked Beef Steak Strips, 28 gram	69	6g	1g	9g	20mg	494mg	6g	0g
English Tea Shop - Earl Grey, 1 cup	0	0g	0g	0g	0mg	0mg	0g	0g
Really Raw Honey - Honey, 0.33 Tbsp (21g)	23	6g	0g	0g	0mg	0mg	6g	0g
Madi K's - Almonds (Roasted Salted) 1 oz Pack, 0.5 oz	85	3g	8g	3g	0mg	48mg	1g	2g
<b>TOTAL:</b>	<b>1,222</b>	<b>118g</b>	<b>61g</b>	<b>61g</b>	<b>138mg</b>	<b>1,658mg</b>	<b>60g</b>	<b>11g</b>

	Calories	Minutes	Sets	Reps	Weight
Fitbit calorie adjustment	368	1			
<b>TOTALS:</b>	<b>368</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

August 19, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
(Lo Fria) Joseph's - Flax Oat Bran & Whole Wheat Pita Bread, 1 Pita	50	7g	2g	5g	0mg	210mg	0g	3g
Wholly Guacamole - Spicy Guacamole Dip, 2 Tbsp	35	2g	3g	0g	0mg	115mg	0g	1g
Tomato - Raw- Per Ounce, 8.99 ounce	36	9g	0g	0g	0mg	108mg	0g	0g
Happy Farms - Swiss Cheese, Deli Sliced, 19 gram	70	0g	6g	5g	15mg	35mg	0g	0g
nescafe clasico - dark roast coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Friendly Farms - Organic 2% Reduced Fat Milk (J), 1.05 oz. (240mL)	16	2g	1g	1g	3mg	16mg	2g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
<b>Lunch</b>								
Hormel Frank, Beef, 6 Inch, 8/1 - Hormel Frank, Beef, Hot Dog, 1 Frank	170	1g	15g	7g	35mg	560mg	1g	0g
White Hotdog Bun - Plain White Hotdog Buns, 1 bun	110	25g	2g	5g	0mg	290mg	2g	1g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Heinz - Tomato Ketchup 64oz, 0.5 Tbsp	10	3g	0g	0g	0mg	80mg	2g	0g
Mustard - Mustard, 0.25 tbs	0	0g	0g	0g	0mg	0mg	0g	0g
Quick Add - Myfitnesspal Premium, 1 serving(s)	10	0g	0g	0g	0mg	0mg	0g	0g
<b>Dinner</b>								
salad 8.19.17, 1 serving(s)	39	9g	0g	2g	0mg	28mg	5g	3g
Homemade - Oven Roasted Potatoes, 100 g	110	15g	3g	1g	0mg	205mg	1g	2g
Oven Roasted Chicken Thighs or Fırında Tavuk But - In The Kitchen With April, 1 serving(s)	327	2g	23g	28g	128mg	424mg	0g	0g
Simply Nature - Ginger & Sesame dressing, 1 Tbsp	25	1g	3g	0g	0mg	70mg	1g	0g
Generic - Chicken Thigh Fillet (Roasted, Skinless), 100 g	119	0g	10g	18g	83mg	300mg	0g	0g
<b>Snacks</b>								
Bing - Cherries, 1 cup	74	19g	0g	1g	0mg	0mg	15g	3g
<b>TOTAL:</b>	<b>1,288</b>	<b>99g</b>	<b>73g</b>	<b>79g</b>	<b>450mg</b>	<b>2,512mg</b>	<b>33g</b>	<b>13g</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	74	1			
<b>TOTALS:</b>	<b>74</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>TOTAL:</b>	<b>1,574</b>	<b>134g</b>	<b>80g</b>	<b>81g</b>	<b>480mg</b>

	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	234	1			
<b>TOTALS:</b>	<b>234</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>