



46.2 POUNDS LOST!



September 15 – September 27, 2017 6.2 Pounds Lost
 Total Loss 46.2

September 15, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Cottage Cheese Pancakes- Gluten Free and Delicious, 1 serving(s)	218	30g	8g	13g	152mg	391mg	12g	2g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.33	30	1g	3g	1g	0mg	0mg	0g	1g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Tbsp [32g]								
Publix - Orange Blossom Honey, 0.33 Tbsp	20	6g	0g	0g	0mg	0mg	5g	0g
Lunch								
Quick Add - Myfitnesspal Premium, 1 serving(s)	30	0g	0g	0g	0mg	0mg	0g	0g
Generic - Fried Yuca, 1.05 to 4 pieces	35	0g	4g	0g	11mg	28mg	0g	0g
Yoplait - Greek 100 Protein Peach, 1.33 ounces	25	3g	0g	4g	1mg	14mg	2g	0g
Jack's - Chicken Finger, 1 finger	110	5g	5g	13g	20mg	350mg	0g	1g
Dinner								
Mexican Red beans, 2 serving(s)	184	39g	1g	10g	0mg	1,578mg	12g	11g
Generic - Chopped Fresh Tomatoes, 2 tbsp(s)	4	1g	0g	0g	0mg	1mg	1g	0g
Food Club - Sour Cream, 1 Tbsp	30	1g	3g	1g	10mg	8mg	1g	0g
Supremo - Queso Cotija, 4 tsp (5g)	40	0g	3g	2g	10mg	140mg	0g	0g
flank steak for tacos, 1 serving(s)	248	1g	16g	25g	77mg	672mg	0g	0g
Snacks								
Madi K's - Almonds (Roasted Salted) 1 oz Pack, 0.5 oz	85	3g	8g	3g	0mg	48mg	1g	2g
TOTAL:	1,059	90g	51g	72g	281mg	3,230mg	34g	17g

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

September 16, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Skim Milk - Skim Milk, 4 fluid ounce	40	6g	0g	4g	3mg	55mg	6g	0g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.5 Tbsp [32g]	45	2g	4g	2g	0mg	0mg	0g	1g
Publix - Orange Blossom Honey, 0.5 Tbsp	30	9g	0g	0g	0mg	0mg	8g	0g
Cottage Cheese Pancakes- Gluten Free and Delicious, 1 serving(s)	218	30g	8g	13g	152mg	391mg	12g	2g
Dinner								
Casbah - Tabbouleh, 1/3 c dry	110	23g	1g	4g	0mg	400mg	0g	4g
Makaros Kabob & Grill, Birmingham, Al - Pita Bread, 0.8 medium pita, sliced in wedges	100	0g	0g	0g	0mg	0mg	0g	0g
Generic - Shish Tawook Sandwich, 1 sandwich	259	2g	17g	24g	70mg	510mg	0g	0g
Generic - Baba Ganoush, 0.3 cup(s)	74	7g	4g	2g	0mg	175mg	0g	2g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Makarios Kabob & Grill, Birmingham, Al - Hommous , 0.3 cup	132	0g	0g	0g	0mg	0mg	0g	0g
Snacks								
Boom Chick a Pop - Kettle Corn, 0.5 cups	35	5g	2g	0g	0mg	28mg	2g	1g
Godiva - Dark Chocolate Ice Cream, 1 cup	316	28g	20g	0g	0mg	194mg	23g	0g
Morgan Creek Vineyards - wine, 4.5 oz	83	0g	0g	0g	0mg	0mg	0g	0g
Conagra Fooks - Slim Jim, Smoked Snack Stick, .28 Oz., 2 sticks	80	3g	7g	4g	15mg	275mg	1g	0g
Jack Link's - Extra Tender Teriyaki , 1 oz	70	5g	1g	9g	20mg	560mg	5g	0g
TOTAL:	1,592	120g	64g	62g	260mg	2,588mg	57g	10g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	198	1			
TOTALS:	198	1	0	0	0

September 17, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sugar - Sugar, 2 teaspoon	30	8g	0g	0g	0mg	0mg	8g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 2 tsp. (2g)	20	2g	1g	0g	0mg	0mg	2g	0g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
Jack Link's - Extra Tender Teriyaki , 1 oz	70	5g	1g	9g	20mg	560mg	5g	0g
Hard Boiled - Eggs - Pickled, 1 large	72	1g	5g	6g	199mg	131mg	1g	0g
Dinner								
Annie's - Annie's Green Goddess Dressing Lite, 2 T	60	2g	6g	1g	0mg	240mg	0g	0g
Outtakes - Garden Salad (Large), 1 serving(s)	48	12g	0g	2g	0mg	15mg	4g	3g
Generic - Baba Ganoush, 0.3 cup(s)	74	7g	4g	2g	0mg	175mg	0g	2g
spaghetti meat sauce , 1.5 serving(s)	273	30g	7g	24g	49mg	1,120mg	13g	8g
Barilla - Cavatelli, 2 oz(s)	198	41g	1g	7g	0mg	0mg	1g	2g
Snacks								
Chips - Bagel, 1 serving	130	17g	5g	3g	0mg	0mg	1g	1g
Generic - Baba Ganoush, 0.25 cup(s)	62	6g	3g	2g	0mg	146mg	0g	2g
Lebanese Tabbouleh, 0.5 serving(s)	74	10g	4g	2g	0mg	60mg	2g	2g
Homemade - Chocolate Oatmeal No Bake Cookie, 1 Cookie	100	15g	4g	3g	0mg	38mg	6g	2g
Homemade - Chocolate Oatmeal No Bake Cookie, 1 Cookie	100	15g	4g	3g	0mg	38mg	6g	2g
TOTAL:	1,316	171g	45g	65g	268mg	2,532mg	49g	24g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	514	1			
TOTALS:	514	1	0	0	0

September 18, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Happy Farms - Finely Shredded Sharp Cheddar Cheese, 0.25 cup	83	1g	7g	5g	19mg	135mg	0g	0g
Golden Hen - Large Egg, 1 egg	70	0g	5g	6g	185mg	70mg	0g	0g
Food Club - White Soft Bread, 1 slices	60	12g	1g	2g	0mg	120mg	2g	1g
Lunch								
Aldi - Loven Fresh Spinach Herb Wrap, 0.5 wrap	100	17g	2g	3g	0mg	175mg	1g	1g
Mezeh - Lebanese Tabouleh, 4 oz	56	8g	3g	3g	0mg	405mg	3g	3g
Zeigler - Sliced Ham, Cooked, 1 slice, ounce	30	1g	1g	5g	15mg	310mg	1g	0g
Mixed Greens (Usda) - Lettuce, 3 cup	17	3g	0g	2g	0mg	30mg	0g	2g
Generic - Baba Ganoush, 2 Tbsps	31	3g	2g	1g	0mg	73mg	0g	1g
Dinner								
Generic - Baba Ganoush, 2 Tbsps	31	3g	2g	1g	0mg	73mg	0g	1g
Annie's - Annie's Green Goddess Dressing Lite, 2 T	60	2g	6g	1g	0mg	240mg	0g	0g
Outtakes - Garden Salad (Large), 1 serving(s)	48	12g	0g	2g	0mg	15mg	4g	3g
spaghetti meat sauce , 1 serving(s)	182	20g	5g	16g	33mg	747mg	9g	5g
Barilla - Cavatelli, 2 oz(s)	198	41g	1g	7g	0mg	0mg	1g	2g
Snacks								
Milky Way - Candy Bar, 0.92 oz	120	19g	5g	1g	5mg	38mg	16g	1g
Jack Link's - Turkey Snack Sticks, 0.5 stick (23g/.8oz)	35	1g	3g	3g	15mg	170mg	1g	0g
Nabisco - Newtons - Fig, 2 cookie	100	21g	2g	1g	0mg	95mg	12g	1g
TOTAL:	1,221	164g	45g	59g	272mg	2,696mg	50g	21g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	595	1			
TOTALS:	595	1	0	0	0

September 19, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Nestle Coffee-mate - the Original (Powdered Creamer), 2 tsp. (2g)	20	2g	1g	0g	0mg	0mg	2g	0g
Sugar - Sugar, 2 teaspoon	30	8g	0g	0g	0mg	0mg	8g	0g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
Aldi - Cashew's Lime and Chili, 0.02 Cup	12	1g	1g	0g	0mg	6mg	0g	0g
Madi K's - Almonds, 0.5 oz	80	3g	7g	3g	0mg	5mg	1g	2g
Fig Newtons - 2 1oz Bars, 0.5 package	100	20g	2g	1g	0mg	105mg	12g	1g
Lunch								
Subway - Autumn Carved Turkey Sub With Cranberry Mustard Dressing, 6 inch sub	430	54g	10g	30g	60mg	1,160mg	15g	5g
Dinner								
Popeye's - Biscuit (Side), 1 biscuit (60 g)	207	20g	13g	3g	0mg	435mg	1g	1g
Popeyes Fried Chicken - Spicy Breast, 179 grams	420	13g	27g	33g	110mg	830mg	0g	3g
Snacks								
Dr Pepper (12 oz Can) - Dr Pepper, 1 can	150	40g	0g	0g	0mg	55mg	40g	0g
TOTAL:	1,454	161g	61g	71g	170mg	2,605mg	79g	12g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stretching, hatha yoga	172	40			
Fitbit calorie adjustment	-22	1			
TOTALS:	150	41	0	0	0

September 20, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Fud - Queso Cotija (Mexican Style Parmesan Cheese), 0.3 oz	36	0g	3g	2g	9mg	144mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
Wholly Guacamole Mini - Guacamole, 0.5 cup (2 oz/57 g)	50	3g	5g	1g	0mg	100mg	0g	2g
Aldi Loven Fresh - Whole Wheat Mini Bagels, 1 bagel	100	20g	1g	5g	0mg	210mg	3g	3g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Lunch								
Northern Catch - Sardines in Spring Water (Drained), 55 Gram	100	0g	5g	13g	45mg	80mg	0g	0g
Jack's - Chicken Finger, 1 finger	110	5g	5g	13g	20mg	350mg	0g	1g
Dinner								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Annie's - Annie's Green Goddess Dressing Lite, 1 T	30	1g	3g	1g	0mg	120mg	0g	0g
Generic - Eggplant, Grilled, 1 ounces	18	2g	1g	0g	0mg	0mg	0g	0g
Generic - Baba Ganoush, 2 Tbsps	31	3g	2g	1g	0mg	73mg	0g	1g
PC - Lebanese Tabouleh, 50 gram	75	5g	6g	1g	0mg	195mg	1g	0g
Savory Pancakes for Bread, 1 serving(s)	154	17g	5g	12g	98mg	534mg	3g	2g
Chicken Thighs with Black Beans, 1 serving(s)	301	17g	9g	40g	140mg	770mg	2g	9g
Snacks								
Millville (Corrected) - Fiber Now Cinnamon Coffee Cake Bar, 1 Bar	90	18g	3g	1g	0mg	75mg	8g	5g
Millville - Fiber Now Lemon Bar, 1 bar	90	18g	3g	1g	0mg	80mg	7g	5g
Ricola - Lemon Mint Cough Drop, 1 drop	14	3g	0g	0g	0mg	0mg	3g	0g
TOTAL:	1,301	117g	57g	98g	498mg	2,811mg	32g	28g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stretching, hatha yoga	172	40			
Fitbit calorie adjustment	738	1			
TOTALS:	910	41	0	0	0

September 21, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Millville (Corrected) - Fiber Now Cinnamon Coffee Cake Bar, 1 Bar	90	18g	3g	1g	0mg	75mg	8g	5g
Fud - Queso Cotija (Mexican Style Parmesan Cheese), 0.17 oz	20	0g	2g	1g	5mg	79mg	0g	0g
Zeigler - Sliced Ham, Cooked, 1 slice, ounce	30	1g	1g	5g	15mg	310mg	1g	0g
Aldi - Spinach Herb Wrap, 0.5 Wrap	100	17g	2g	3g	0mg	175mg	1g	1g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Lunch								
Mt. Olive - Kosher Dill Petites (Pickle Pak), 1 PAK (51g/About 12 pickles)	5	1g	0g	0g	0mg	500mg	0g	0g
Alouette - Little Cheese Spread Cucumber and Dill, 1 portion	40	1g	3g	2g	10mg	70mg	0g	0g
Townhouse - Flipsides Pretzel Crackers, 15 g (5 crackers)	70	10g	4g	1g	0mg	190mg	1g	0g
Dinner								
Papa John's - The Works- Thin Crust, 3 Large	870	63g	45g	33g	105mg	2,010mg	6g	3g
Snacks								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Wine - Franzia Box Chardonnay, 4 ounces	96	4g	0g	0g	0mg	6mg	1g	0g
Kellogg's - Frosted Mini-wheats - Maple Brown Sugar, 55 grams	190	47g	1g	5g	0mg	0mg	12g	6g
Skim Milk - Skim Milk, 4.48 fluid ounce	45	6g	0g	4g	3mg	62mg	6g	0g
TOTAL:	1,586	173g	62g	56g	138mg	3,486mg	41g	15g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	148	1			
TOTALS:	148	1	0	0	0

September 22, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Pinar - Beyaz, 28.0 gr	85	2g	8g	2g	0mg	0mg	0g	0g
Supremo - Queso Cotija, 2 tsp (5g)	20	0g	2g	1g	5mg	70mg	0g	0g
Joseph's mini pita snacks - with flax, oat bran and whole wheat and ALA omega 3, 6 pitas	96	14g	3g	7g	0mg	168mg	0g	4g
Lindsay - Olives, 18 grams	25	1g	3g	0g	0mg	115mg	0g	0g
Aldi's Friendly Farms - Cottage Cheese Small Curd 4% Milkfat Minimum, 0.5 cup	100	5g	5g	11g	25mg	480mg	4g	0g
Dinner								
Ezo Gelin, 2 serving(s)	280	50g	1g	18g	0mg	504mg	4g	19g
Angel hair Spinach pasta with Chicken and cheese, 2 serving(s)	430	32g	16g	40g	109mg	1,266mg	2g	0g
Outback Copycat Brown Bread, 1 serving(s)	138	26g	3g	3g	0mg	88mg	5g	2g
Snacks								
GV mini ice cream sandwich - ice cream, 1 sandwich	100	17g	4g	2g	10mg	70mg	8g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Maxwell House - Original Instant Coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,299	152g	46g	84g	149mg	2,761mg	28g	25g

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

September 23, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Outback Copycat Brown Bread, 1 serving(s)	138	26g	3g	3g	0mg	88mg	5g	2g
Countryside Creamery - Spreadable Butter w/Olive Oil & Sea Salt, 0.5 tablespoon (14g)	45	0g	5g	0g	5mg	45mg	0g	0g
Publix - Orange Blossom Honey, 0.5 Tbsp	30	9g	0g	0g	0mg	0mg	8g	0g
Generic - Cucumber, 4.06 ounce	18	4g	0g	1g	0mg	2mg	2g	1g
Tomato - Raw- Per Ounce, 5.68 ounce	23	6g	0g	0g	0mg	68mg	0g	0g
Pinar - Beyaz, 42 gr	127	3g	11g	3g	0mg	0mg	0g	0g
Lunch								
Quick Add - Myfitnesspal Premium, 1 serving(s)	40	0g	0g	0g	0mg	0mg	0g	0g
Millville - Fiber Now Lemon Bar, 1 bar	90	18g	3g	1g	0mg	80mg	7g	5g
Dinner								
Popeyes - Leg, 1 Leg	160	5g	9g	14g	40mg	460mg	0g	1g
Popeyes - Mashed Potatoes No Gravy, 142 g	110	18g	4g	3g	0mg	590mg	1g	1g
Popeyes - Biscuit, 60 g	260	26g	15g	4g	0mg	450mg	1g	2g
Popeyes - Thigh, Bonafide Mild Chicken, 80 g	280	7g	21g	14g	50mg	640mg	0g	1g
Snacks								
Godiva - Milk Chocolate Bar, 22.5 grams (6 blocks)	120	14g	7g	2g	3mg	18mg	12g	1g
Tomasello Winery - Blueberry Moscato, 4 oz	80	10g	0g	0g	0mg	0mg	9g	0g
Aldi's Friendly Farms - Cottage Cheese Small Curd 4% Milkfat Minimum, 0.5 cup	100	5g	5g	11g	25mg	480mg	4g	0g
Walnut Creek Foods - Chocolate Fudge, 2 ounce	100	52g	12g	2g	10mg	40mg	44g	0g
TOTAL:	1,721	203g	95g	58g	133mg	2,961mg	93g	14g
	Calories		Minutes	Sets		Reps		Weight
Cardiovascular								
Fitbit calorie adjustment	812		1					
TOTALS:	812		1	0		0		0

September 24, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
nescafe clasico - dark roast coffee, 2 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Outback Copycat Brown Bread, 1 serving(s)	138	26g	3g	3g	0mg	88mg	5g	2g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Publix - Orange Blossom Honey, 0.5 Tbsp	30	9g	0g	0g	0mg	0mg	8g	0g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.5 Tbsp [32g]	45	2g	4g	2g	0mg	0mg	0g	1g
Lunch								
Ezo Gelin, 1 serving(s)	140	25g	1g	9g	0mg	252mg	2g	10g
Dinner								
Supremo - Queso Cotija, 3 tsp (5g)	30	0g	2g	2g	8mg	105mg	0g	0g
Food Club - Deli-style Sliced Pepper Jack Cheese, 1 slice (23g)	90	0g	7g	6g	25mg	140mg	0g	0g
Cobblestone Mill - Philly Style Hoagies, 1 roll	210	41g	2g	6g	0mg	410mg	6g	1g
Meatballs for subs, 4 serving(s)	314	5g	23g	21g	81mg	520mg	3g	1g
Snacks								
Outback Copycat Brown Bread, 1 serving(s)	138	26g	3g	3g	0mg	88mg	5g	2g
Publix - Orange Blossom Honey, 0.3 Tbsp	18	5g	0g	0g	0mg	0mg	5g	0g
English Luxury - Clotted Cream, 0.5 oz	70	0g	8g	0g	23mg	3mg	0g	0g
Flav-o-rich - 2% Milk, 0.5 cup	60	6g	3g	4g	10mg	63mg	6g	0g
Nutella - Spread (Grams), 18.5 g	100	12g	6g	1g	3mg	8mg	11g	1g
Nabisco - Mini Vanilla Wafers, 20 wafers	140	21g	6g	1g	5mg	115mg	11g	0g
TOTAL:	1,548	183g	69g	58g	155mg	1,792mg	67g	18g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	486	1			
TOTALS:	486	1	0	0	0

September 25, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Publix - Orange Blossom Honey, 0.3 Tbsp	18	5g	0g	0g	0mg	0mg	5g	0g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.5 Tbsp [32g]	45	2g	4g	2g	0mg	0mg	0g	1g
high protein pancakes for one, 1 serving(s)	197	17g	9g	14g	199mg	831mg	2g	2g
Lunch								
Jack's - Chicken Finger, 3 finger	330	15g	15g	39g	60mg	1,050mg	0g	3g
Dinner								
Ken's Dressing - Lite Olive Oil Vinaigrette, 2 Tbsp	60	3g	6g	0g	0mg	240mg	2g	0g
Outtakes - Garden Salad (Large), 1 serving(s)	48	12g	0g	2g	0mg	15mg	4g	3g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Food Club - Deli-style Sliced Pepper Jack Cheese, 1 slice (23g)	90	0g	7g	6g	25mg	140mg	0g	0g
Cobblestone Mill - Philly Style Hoagies, 0.5 roll burger cheese steak, 1 serving(s)	105	21g	1g	3g	0mg	205mg	3g	1g
	331	6g	20g	30g	0mg	683mg	1g	3g
Snacks								
Millville - Fiber Now Lemon Bar, 1 bar	90	18g	3g	1g	0mg	80mg	7g	5g
Madi K's - Almonds (Roasted Salted) 1 oz Pack, 0.5 oz	85	3g	8g	3g	0mg	48mg	1g	2g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
TOTAL:	1,429	107g	74g	101g	284mg	3,301mg	30g	20g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	368	1			
TOTALS:	368	1	0	0	0

September 26, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kelloggs - Frosted Mini Wheats Maple Brown Sugar, 55 grams (25 biscuits)	190	47g	1g	5g	0mg	0mg	12g	6g
Skim Milk - Skim Milk, 5.22 fluid ounce	52	7g	0g	5g	3mg	72mg	7g	0g
Lunch								
Almond Nut-Thins, Blue Diamond - Hint of Salt, 9.5 crackers	65	12g	1g	2g	0mg	40mg	0g	1g
Starkist Selects - Solid White Tuna In Water, 4 oz 1/4 cup	120	0g	1g	30g	50mg	420mg	0g	0g
Dinner								
mojito lime pork loin, 3.5 serving(s)	145	1g	4g	20g	63mg	229mg	1g	0g
Ken's Dressing - Lite Olive Oil Vinaigrette, 1 Tbsp	30	2g	3g	0g	0mg	120mg	1g	0g
Outtakes - Garden Salad (Large), 1 serving(s)	48	12g	0g	2g	0mg	15mg	4g	3g
farfalle Mac n cheese, 1 serving(s)	365	43g	16g	13g	57mg	511mg	2g	2g
Snacks								
General Mills - Chex Mix (Traditional), 29 g	120	22g	4g	2g	0mg	230mg	2g	1g
Millville (Corrected) - Fiber Now Cinnamon Coffee Cake Bar, 1 Bar	90	18g	3g	1g	0mg	75mg	8g	5g
Almonds Bd Sea Salt 1 oz - Almonds Bd Sea Salt 1 oz, 0.5 oz	85	3g	8g	3g	0mg	68mg	0g	2g
TOTAL:	1,310	167g	41g	83g	173mg	1,780mg	37g	20g


	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	426	1			
TOTALS:	426	1	0	0	0

September 27, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Generic - Bell Pepper - Orange, 1.76 ounce	13	2g	0g	0g	0mg	2mg	1g	1g
Pinar - Beyaz, 35 gr	106	3g	9g	3g	0mg	0mg	0g	0g
Egg - Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
Dinner								
Black beans, 1 serving(s)	139	41g	0g	15g	0mg	805mg	5g	24g
Black beans, 1 serving(s)	139	41g	0g	15g	0mg	805mg	5g	24g
Sea Queen - Wild Caught Pink Salmon Filets, 3.75 oz	103	0g	2g	22g	61mg	159mg	0g	0g
Snacks								
Oatmeal Peanut Butter Cookies, 2 serving(s)	194	17g	12g	7g	31mg	106mg	8g	2g
Skim Milk - Skim Milk, 4 fluid ounce	40	6g	0g	4g	3mg	55mg	6g	0g
General Mills - Chex Mix (Traditional), 14.5 g	60	11g	2g	1g	0mg	115mg	1g	1g
Happy Farms - Part Skim Mozzarella, 1 oz	80	1g	6g	8g	15mg	170mg	0g	0g
Millville - Fiber Now Lemon Bar, 1 bar	90	18g	3g	1g	0mg	80mg	7g	5g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
nescafe clasico - dark roast coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Swee Tango - Apple, 1 Medium Apple 154g	80	22g	0g	0g	0mg	0mg	16g	5g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.5 Tbsp [32g]	45	2g	4g	2g	0mg	0mg	0g	1g
TOTAL:	1,257	170g	49g	91g	482mg	2,439mg	54g	63g


	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	308	1			
TOTALS:	308	1	0	0	0

Printable Diary for Awatts68

1. From: 

Show:

Food Diary

- Food Notes
- 2. To: 
- Exercise Diary
- Exercise notes

[change report](#)

September 15, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Cottage Cheese Pancakes- Gluten Free and Delicious, 1 serving(s)	218	30g	8g	13g	152mg	391mg	12g	2g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.33 Tbsp [32g]	30	1g	3g	1g	0mg	0mg	0g	1g
Publix - Orange Blossom Honey, 0.33 Tbsp	20	6g	0g	0g	0mg	0mg	5g	0g
Lunch								
Quick Add - Myfitnesspal Premium, 1 serving(s)	30	0g	0g	0g	0mg	0mg	0g	0g
Generic - Fried Yuca, 1.05 to 4 pieces	35	0g	4g	0g	11mg	28mg	0g	0g
Yoplait - Greek 100 Protein Peach, 1.33 ounces	25	3g	0g	4g	1mg	14mg	2g	0g
Jack's - Chicken Finger, 1 finger	110	5g	5g	13g	20mg	350mg	0g	1g
Dinner								
Mexican Red beans, 2 serving(s)	184	39g	1g	10g	0mg	1,578mg	12g	11g
Generic - Chopped Fresh Tomatoes, 2 tbsp(s)	4	1g	0g	0g	0mg	1mg	1g	0g
Food Club - Sour Cream, 1 Tbsp	30	1g	3g	1g	10mg	8mg	1g	0g
Supremo - Queso Cotija, 4 tsp (5g)	40	0g	3g	2g	10mg	140mg	0g	0g
flank steak for tacos, 1 serving(s)	248	1g	16g	25g	77mg	672mg	0g	0g
Snacks								
Madi K's - Almonds (Roasted Salted) 1 oz Pack, 0.5 oz	85	3g	8g	3g	0mg	48mg	1g	2g
TOTAL:	1,059	90g	51g	72g	281mg	3,230mg	34g	17g

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

September 16, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Skim Milk - Skim Milk, 4 fluid ounce	40	6g	0g	4g	3mg	55mg	6g	0g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.5 Tbsp [32g]	45	2g	4g	2g	0mg	0mg	0g	1g
Publix - Orange Blossom Honey, 0.5 Tbsp	30	9g	0g	0g	0mg	0mg	8g	0g
Cottage Cheese Pancakes- Gluten Free and Delicious, 1 serving(s)	218	30g	8g	13g	152mg	391mg	12g	2g
Dinner								
Casbah - Tabbouleh, 1/3 c dry	110	23g	1g	4g	0mg	400mg	0g	4g
Makarios Kabob & Grill, Birmingham, Al - Pita Bread, 0.8 medium pita, sliced in wedges	100	0g	0g	0g	0mg	0mg	0g	0g
Generic - Shish Tawook Sandwich, 1 sandwich	259	2g	17g	24g	70mg	510mg	0g	0g
Generic - Baba Ganoush, 0.3 cup(s)	74	7g	4g	2g	0mg	175mg	0g	2g
Makarios Kabob & Grill, Birmingham, Al - Hommous , 0.3 cup	132	0g	0g	0g	0mg	0mg	0g	0g
Snacks								
Boom Chick a Pop - Kettle Corn, 0.5 cups	35	5g	2g	0g	0mg	28mg	2g	1g
Godiva - Dark Chocolate Ice Cream, 1 cup	316	28g	20g	0g	0mg	194mg	23g	0g
Morgan Creek Vineyards - wine, 4.5 oz	83	0g	0g	0g	0mg	0mg	0g	0g
Conagra Foods - Slim Jim, Smoked Snack Stick, .28 Oz., 2 sticks	80	3g	7g	4g	15mg	275mg	1g	0g
Jack Link's - Extra Tender Teriyaki , 1 oz	70	5g	1g	9g	20mg	560mg	5g	0g
TOTAL:	1,592	120g	64g	62g	260mg	2,588mg	57g	10g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	198	1			
TOTALS:	198	1	0	0	0

September 17, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sugar - Sugar, 2 teaspoon	30	8g	0g	0g	0mg	0mg	8g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 2 tsp. (2g)	20	2g	1g	0g	0mg	0mg	2g	0g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
Jack Link's - Extra Tender Teriyaki , 1 oz	70	5g	1g	9g	20mg	560mg	5g	0g
Hard Boiled - Eggs - Pickled, 1 large	72	1g	5g	6g	199mg	131mg	1g	0g
Dinner								
Annie's - Annie's Green Goddess Dressing Lite, 2 T	60	2g	6g	1g	0mg	240mg	0g	0g
Outtakes - Garden Salad (Large), 1 serving(s)	48	12g	0g	2g	0mg	15mg	4g	3g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Generic - Baba Ganoush, 0.3 cup(s)	74	7g	4g	2g	0mg	175mg	0g	2g
spaghetti meat sauce , 1.5 serving(s)	273	30g	7g	24g	49mg	1,120mg	13g	8g
Barilla - Cavatelli, 2 oz(s)	198	41g	1g	7g	0mg	0mg	1g	2g
Snacks								
Chips - Bagel, 1 serving	130	17g	5g	3g	0mg	0mg	1g	1g
Generic - Baba Ganoush, 0.25 cup(s)	62	6g	3g	2g	0mg	146mg	0g	2g
Lebanese Tabbouleh, 0.5 serving(s)	74	10g	4g	2g	0mg	60mg	2g	2g
Homemade - Chocolate Oatmeal No Bake Cookie, 1 Cookie	100	15g	4g	3g	0mg	38mg	6g	2g
Homemade - Chocolate Oatmeal No Bake Cookie, 1 Cookie	100	15g	4g	3g	0mg	38mg	6g	2g
TOTAL:	1,316	171g	45g	65g	268mg	2,532mg	49g	24g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	514	1						
TOTALS:	514	1	0	0	0			0

September 18, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Happy Farms - Finely Shredded Sharp Cheddar Cheese, 0.25 cup	83	1g	7g	5g	19mg	135mg	0g	0g
Golden Hen - Large Egg, 1 egg	70	0g	5g	6g	185mg	70mg	0g	0g
Food Club - White Soft Bread, 1 slices	60	12g	1g	2g	0mg	120mg	2g	1g
Lunch								
Aldi - Loven Fresh Spinach Herb Wrap, 0.5 wrap	100	17g	2g	3g	0mg	175mg	1g	1g
Mezeh - Lebanese Tabouleh, 4 oz	56	8g	3g	3g	0mg	405mg	3g	3g
Zeigler - Sliced Ham, Cooked, 1 slice, ounce	30	1g	1g	5g	15mg	310mg	1g	0g
Mixed Greens (Usda) - Lettuce, 3 cup	17	3g	0g	2g	0mg	30mg	0g	2g
Generic - Baba Ganoush, 2 Tbsps	31	3g	2g	1g	0mg	73mg	0g	1g
Dinner								
Generic - Baba Ganoush, 2 Tbsps	31	3g	2g	1g	0mg	73mg	0g	1g
Annie's - Annie's Green Goddess Dressing Lite, 2 T	60	2g	6g	1g	0mg	240mg	0g	0g
Outtakes - Garden Salad (Large), 1 serving(s)	48	12g	0g	2g	0mg	15mg	4g	3g
spaghetti meat sauce , 1 serving(s)	182	20g	5g	16g	33mg	747mg	9g	5g
Barilla - Cavatelli, 2 oz(s)	198	41g	1g	7g	0mg	0mg	1g	2g
Snacks								

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Milky Way - Candy Bar, 0.92 oz	120	19g	5g	1g	5mg	38mg	16g	1g
Jack Link's - Turkey Snack Sticks, 0.5 stick (23g/.8oz)	35	1g	3g	3g	15mg	170mg	1g	0g
Nabisco - Newtons - Fig, 2 cookie	100	21g	2g	1g	0mg	95mg	12g	1g
TOTAL:	1,221	164g	45g	59g	272mg	2,696mg	50g	21g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	595	1			
TOTALS:	595	1	0	0	0

September 19, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Nestle Coffee-mate - the Original (Powdered Creamer), 2 tsp. (2g)	20	2g	1g	0g	0mg	0mg	2g	0g
Sugar - Sugar, 2 teaspoon	30	8g	0g	0g	0mg	0mg	8g	0g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
Aldi - Cashew's Lime and Chili, 0.02 Cup	12	1g	1g	0g	0mg	6mg	0g	0g
Madi K's - Almonds, 0.5 oz	80	3g	7g	3g	0mg	5mg	1g	2g
Fig Newtons - 2 1oz Bars, 0.5 package	100	20g	2g	1g	0mg	105mg	12g	1g
Lunch								
Subway - Autumn Carved Turkey Sub With Cranberry Mustard Dressing, 6 inch sub	430	54g	10g	30g	60mg	1,160mg	15g	5g
Dinner								
Popeye's - Biscuit (Side), 1 biscuit (60 g)	207	20g	13g	3g	0mg	435mg	1g	1g
Popeyes Fried Chicken - Spicy Breast, 179 grams	420	13g	27g	33g	110mg	830mg	0g	3g
Snacks								
Dr Pepper (12 oz Can) - Dr Pepper, 1 can	150	40g	0g	0g	0mg	55mg	40g	0g
TOTAL:	1,454	161g	61g	71g	170mg	2,605mg	79g	12g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stretching, hatha yoga	172	40			
Fitbit calorie adjustment	-22	1			
TOTALS:	150	41	0	0	0

September 20, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Fud - Queso Cotija (Mexican Style Parmesan Cheese), 0.3 oz	36	0g	3g	2g	9mg	144mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
Wholly Guacamole Mini - Guacamole, 0.5 cup (2 oz/57 g)	50	3g	5g	1g	0mg	100mg	0g	2g
Aldi Loven Fresh - Whole Wheat Mini Bagels, 1 bagel	100	20g	1g	5g	0mg	210mg	3g	3g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Lunch								
Northern Catch - Sardines in Spring Water (Drained), 55 Gram	100	0g	5g	13g	45mg	80mg	0g	0g
Jack's - Chicken Finger, 1 finger	110	5g	5g	13g	20mg	350mg	0g	1g
Dinner								
Annie's - Annie's Green Goddess Dressing Lite, 1 T	30	1g	3g	1g	0mg	120mg	0g	0g
Generic - Eggplant, Grilled, 1 ounces	18	2g	1g	0g	0mg	0mg	0g	0g
Generic - Baba Ganoush, 2 Tbsps	31	3g	2g	1g	0mg	73mg	0g	1g
PC - Lebanese Tabouleh, 50 gram	75	5g	6g	1g	0mg	195mg	1g	0g
Savory Pancakes for Bread, 1 serving(s)	154	17g	5g	12g	98mg	534mg	3g	2g
Chicken Thighs with Black Beans, 1 serving(s)	301	17g	9g	40g	140mg	770mg	2g	9g
Snacks								
Millville (Corrected) - Fiber Now Cinnamon Coffee Cake Bar, 1 Bar	90	18g	3g	1g	0mg	75mg	8g	5g
Millville - Fiber Now Lemon Bar, 1 bar	90	18g	3g	1g	0mg	80mg	7g	5g
Ricola - Lemon Mint Cough Drop, 1 drop	14	3g	0g	0g	0mg	0mg	3g	0g
TOTAL:	1,301	117g	57g	98g	498mg	2,811mg	32g	28g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stretching, hatha yoga	172	40			
Fitbit calorie adjustment	738	1			
TOTALS:	910	41	0	0	0

September 21, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Millville (Corrected) - Fiber Now Cinnamon Coffee Cake Bar, 1 Bar	90	18g	3g	1g	0mg	75mg	8g	5g
Fud - Queso Cotija (Mexican Style Parmesan Cheese), 0.17 oz	20	0g	2g	1g	5mg	79mg	0g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Zeigler - Sliced Ham, Cooked, 1 slice, ounce	30	1g	1g	5g	15mg	310mg	1g	0g
Aldi - Spinach Herb Wrap, 0.5 Wrap	100	17g	2g	3g	0mg	175mg	1g	1g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Lunch								
Mt. Olive - Kosher Dill Petites (Pickle Pak), 1 PAK (51g/About 12 pickles)	5	1g	0g	0g	0mg	500mg	0g	0g
Alouette - Little Cheese Spread Cucumber and Dill, 1 portion	40	1g	3g	2g	10mg	70mg	0g	0g
Townhouse - Flipsides Pretzel Crackers, 15 g (5 crackers)	70	10g	4g	1g	0mg	190mg	1g	0g
Dinner								
Papa John's - The Works- Thin Crust, 3 Large	870	63g	45g	33g	105mg	2,010mg	6g	3g
Snacks								
Wine - Franzia Box Chardonnay, 4 ounces	96	4g	0g	0g	0mg	6mg	1g	0g
Kellogg's - Frosted Mini-wheats - Maple Brown Sugar, 55 grams	190	47g	1g	5g	0mg	0mg	12g	6g
Skim Milk - Skim Milk, 4.48 fluid ounce	45	6g	0g	4g	3mg	62mg	6g	0g
TOTAL:	1,586	173g	62g	56g	138mg	3,486mg	41g	15g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	148	1			
TOTALS:	148	1	0	0	0

September 22, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Pinar - Beyaz, 28.0 gr	85	2g	8g	2g	0mg	0mg	0g	0g
Supremo - Queso Cotija, 2 tsp (5g)	20	0g	2g	1g	5mg	70mg	0g	0g
Joseph's mini pita snacks - with flax, oat bran and whole wheat and ALA omega 3, 6 pitas	96	14g	3g	7g	0mg	168mg	0g	4g
Lindsay - Olives, 18 grams	25	1g	3g	0g	0mg	115mg	0g	0g
Aldi's Friendly Farms - Cottage Cheese Small Curd 4% Milkfat Minimum, 0.5 cup	100	5g	5g	11g	25mg	480mg	4g	0g
Dinner								
Ezo Gelin, 2 serving(s)	280	50g	1g	18g	0mg	504mg	4g	19g
Angel hair Spinach pasta with Chicken and cheese, 2 serving(s)	430	32g	16g	40g	109mg	1,266mg	2g	0g
Outback Copycat Brown Bread, 1 serving(s)	138	26g	3g	3g	0mg	88mg	5g	2g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Snacks								
GV mini ice cream sandwich - ice cream, 1 sandwich	100	17g	4g	2g	10mg	70mg	8g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Maxwell House - Original Instant Coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,299	152g	46g	84g	149mg	2,761mg	28g	25g

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

September 23, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Outback Copycat Brown Bread, 1 serving(s)	138	26g	3g	3g	0mg	88mg	5g	2g
Countryside Creamery - Spreadable Butter w/Olive Oil & Sea Salt, 0.5 tablespoon (14g)	45	0g	5g	0g	5mg	45mg	0g	0g
Publix - Orange Blossom Honey, 0.5 Tbsp	30	9g	0g	0g	0mg	0mg	8g	0g
Generic - Cucumber, 4.06 ounce	18	4g	0g	1g	0mg	2mg	2g	1g
Tomato - Raw- Per Ounce, 5.68 ounce	23	6g	0g	0g	0mg	68mg	0g	0g
Pinar - Beyaz, 42 gr	127	3g	11g	3g	0mg	0mg	0g	0g
Lunch								
Quick Add - Myfitnesspal Premium, 1 serving(s)	40	0g	0g	0g	0mg	0mg	0g	0g
Millville - Fiber Now Lemon Bar, 1 bar	90	18g	3g	1g	0mg	80mg	7g	5g
Dinner								
Popeyes - Leg, 1 Leg	160	5g	9g	14g	40mg	460mg	0g	1g
Popeyes - Mashed Potatoes No Gravy, 142 g	110	18g	4g	3g	0mg	590mg	1g	1g
Popeyes - Biscuit, 60 g	260	26g	15g	4g	0mg	450mg	1g	2g
Popeyes - Thigh, Bonafide Mild Chicken, 80 g	280	7g	21g	14g	50mg	640mg	0g	1g
Snacks								
Godiva - Milk Chocolate Bar, 22.5 grams (6 blocks)	120	14g	7g	2g	3mg	18mg	12g	1g
Tomasello Winery - Blueberry Moscato, 4 oz	80	10g	0g	0g	0mg	0mg	9g	0g
Aldi's Friendly Farms - Cottage Cheese Small Curd 4% Milkfat Minimum, 0.5 cup	100	5g	5g	11g	25mg	480mg	4g	0g
Walnut Creek Foods - Chocolate Fudge, 2 ounce	100	52g	12g	2g	10mg	40mg	44g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
TOTAL:	1,721	203g	95g	58g	133mg	2,961mg	93g	14g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	812		1					
TOTALS:	812		1	0	0	0	0	0

September 24, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
nescafe clasico - dark roast coffee, 2 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Outback Copycat Brown Bread, 1 serving(s)	138	26g	3g	3g	0mg	88mg	5g	2g
Publix - Orange Blossom Honey, 0.5 Tbsp	30	9g	0g	0g	0mg	0mg	8g	0g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.5 Tbsp [32g]	45	2g	4g	2g	0mg	0mg	0g	1g
Lunch								
Ezo Gelin, 1 serving(s)	140	25g	1g	9g	0mg	252mg	2g	10g
Dinner								
Supremo - Queso Cotija, 3 tsp (5g)	30	0g	2g	2g	8mg	105mg	0g	0g
Food Club - Deli-style Sliced Pepper Jack Cheese, 1 slice (23g)	90	0g	7g	6g	25mg	140mg	0g	0g
Cobblestone Mill - Philly Style Hoagies, 1 roll	210	41g	2g	6g	0mg	410mg	6g	1g
Meatballs for subs, 4 serving(s)	314	5g	23g	21g	81mg	520mg	3g	1g
Snacks								
Outback Copycat Brown Bread, 1 serving(s)	138	26g	3g	3g	0mg	88mg	5g	2g
Publix - Orange Blossom Honey, 0.3 Tbsp	18	5g	0g	0g	0mg	0mg	5g	0g
English Luxury - Clotted Cream, 0.5 oz	70	0g	8g	0g	23mg	3mg	0g	0g
Flav-o-rich - 2% Milk, 0.5 cup	60	6g	3g	4g	10mg	63mg	6g	0g
Nutella - Spread (Grams), 18.5 g	100	12g	6g	1g	3mg	8mg	11g	1g
Nabisco - Mini Vanilla Wafers, 20 wafers	140	21g	6g	1g	5mg	115mg	11g	0g
TOTAL:	1,548	183g	69g	58g	155mg	1,792mg	67g	18g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	486		1					

	Calories	Minutes	Sets	Reps	Weight
TOTALS:	486	1	0	0	0

September 25, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Publix - Orange Blossom Honey, 0.3 Tbsp	18	5g	0g	0g	0mg	0mg	5g	0g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.5 Tbsp [32g]	45	2g	4g	2g	0mg	0mg	0g	1g
high protein pancakes for one, 1 serving(s)	197	17g	9g	14g	199mg	831mg	2g	2g
Lunch								
Jack's - Chicken Finger, 3 finger	330	15g	15g	39g	60mg	1,050mg	0g	3g
Dinner								
Ken's Dressing - Lite Olive Oil Vinaigrette, 2 Tbsp	60	3g	6g	0g	0mg	240mg	2g	0g
Outtakes - Garden Salad (Large), 1 serving(s)	48	12g	0g	2g	0mg	15mg	4g	3g
Food Club - Deli-style Sliced Pepper Jack Cheese, 1 slice (23g)	90	0g	7g	6g	25mg	140mg	0g	0g
Cobblestone Mill - Philly Style Hoagies, 0.5 roll	105	21g	1g	3g	0mg	205mg	3g	1g
burger cheese steak, 1 serving(s)	331	6g	20g	30g	0mg	683mg	1g	3g
Snacks								
Millville - Fiber Now Lemon Bar, 1 bar	90	18g	3g	1g	0mg	80mg	7g	5g
Madi K's - Almonds (Roasted Salted) 1 oz Pack, 0.5 oz	85	3g	8g	3g	0mg	48mg	1g	2g
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
TOTAL:	1,429	107g	74g	101g	284mg	3,301mg	30g	20g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	368	1			
TOTALS:	368	1	0	0	0

September 26, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kelloggs - Frosted Mini Wheats Maple Brown Sugar, 55 grams (25 biscuits)	190	47g	1g	5g	0mg	0mg	12g	6g
Skim Milk - Skim Milk, 5.22 fluid ounce	52	7g	0g	5g	3mg	72mg	7g	0g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Almond Nut-Thins, Blue Diamond - Hint of Salt, 9.5 crackers	65	12g	1g	2g	0mg	40mg	0g	1g
Starkist Selects - Solid White Tuna In Water, 4 oz 1/4 cup	120	0g	1g	30g	50mg	420mg	0g	0g
Dinner								
mojito lime pork loin, 3.5 serving(s)	145	1g	4g	20g	63mg	229mg	1g	0g
Ken's Dressing - Lite Olive Oil Vinaigrette, 1 Tbsp	30	2g	3g	0g	0mg	120mg	1g	0g
Outtakes - Garden Salad (Large), 1 serving(s)	48	12g	0g	2g	0mg	15mg	4g	3g
farfalle Mac n cheese, 1 serving(s)	365	43g	16g	13g	57mg	511mg	2g	2g
Snacks								
General Mills - Chex Mix (Traditional), 29 g	120	22g	4g	2g	0mg	230mg	2g	1g
Millville (Corrected) - Fiber Now Cinnamon Coffee Cake Bar, 1 Bar	90	18g	3g	1g	0mg	75mg	8g	5g
Almonds Bd Sea Salt 1 oz - Almonds Bd Sea Salt 1 oz, 0.5 oz	85	3g	8g	3g	0mg	68mg	0g	2g
TOTAL:	1,310	167g	41g	83g	173mg	1,780mg	37g	20g
	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
Fitbit calorie adjustment	426	1						
TOTALS:	426	1	0	0	0			

September 27, 2017

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Generic - Bell Pepper - Orange, 1.76 ounce	13	2g	0g	0g	0mg	2mg	1g	1g
Pinar - Beyaz, 35 gr	106	3g	9g	3g	0mg	0mg	0g	0g
Egg - Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
Dinner								
Black beans, 1 serving(s)	139	41g	0g	15g	0mg	805mg	5g	24g
Black beans, 1 serving(s)	139	41g	0g	15g	0mg	805mg	5g	24g
Sea Queen - Wild Caught Pink Salmon Filets, 3.75 oz	103	0g	2g	22g	61mg	159mg	0g	0g
Snacks								
Oatmeal Peanut Butter Cookies, 2 serving(s)	194	17g	12g	7g	31mg	106mg	8g	2g
Skim Milk - Skim Milk, 4 fluid ounce	40	6g	0g	4g	3mg	55mg	6g	0g
General Mills - Chex Mix (Traditional), 14.5 g	60	11g	2g	1g	0mg	115mg	1g	1g
Happy Farms - Part Skim Mozzarella, 1 oz	80	1g	6g	8g	15mg	170mg	0g	0g
Millville - Fiber Now Lemon Bar, 1 bar	90	18g	3g	1g	0mg	80mg	7g	5g

	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Sugar - Sugar, 1 teaspoon	15	4g	0g	0g	0mg	0mg	4g	0g
nescafe clasico - dark roast coffee, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Nestle Coffee-mate - the Original (Powdered Creamer), 1 tsp. (2g)	10	1g	1g	0g	0mg	0mg	1g	0g
Swee Tango - Apple, 1 Medium Apple 154g	80	22g	0g	0g	0mg	0mg	16g	5g
Barney Butter - Almond Butter, Smooth, No Added Salt or Sugar, 0.5 Tbsp [32g]	45	2g	4g	2g	0mg	0mg	0g	1g
TOTAL:	1,257	170g	49g	91g	482mg	2,439mg	54g	63g

	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	308	1			
TOTALS:	308	1	0	0	0