

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	611	20.48	47.23	59.17
Lunch	571	20.52	45.46	54.15
Dinner	584	21.09	41.13	60.12
Snacks/Other	634	20.33	56.36	63.1
Total	2400	82.42	190.18	236.53

Wednesday, July 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 48 g	43	0.16	0.054	10.96	1.2	5.87	0.52	0	0	172
Nature's Place All Natural Creamy Peanut Butter 18 g	107	8.99	1.12	3.93	1.69	0.56	4.5	70.25	0	
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Kroger Break-Free 100% Liquid Egg Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Total	622	20.19	2.934	49.45	7.89	9.47	59.38	641.05	83.6	512
Lunch										
Chicken Seasoning 1/4 x 2 tsp, 1 g	4	0	0	0.75	0	0	0	95	0	0
99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Quinoa Traditional 49 g	187	3.04	0	33.7	3.26	3.26	6.52	1.09	0	0

Wednesday, July 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Avocados 94 g	150	13.78	1.998	8.02	6.3	0.62	1.88	7	0	456
Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	0
Total	583	20.75	2.301	45.09	9.56	3.88	55.39	117.09	0	618

Dinner

Wholly Guacamole Classic Guacamole 2 tbsp, 30 g	60	5	1	3	2	0	1	105	0	170
Avocados 65 g	104	9.53	1.382	5.54	4.4	0.43	1.3	5	0	315
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 38 g	89	0.56	0	16.77	3.35	0	4.47	0	0	83.85
Broccoli Flower Clusters 100 g	28	0.35	0.054	5.24			2.98	27	0	325
Egg Beaters Egg Beaters - Original 3 x 3 tbsp, 138 g	75	0	0	0	0	0	15	270	0	210
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
Total	499	20.63	3.986	31.89	9.75	1.75	45.43	696	212	1385.85

Snacks/Other

Milk (1% Lowfat with Added Vitamin A)	26	0.59	0.386	3.04	0	3.17	2.06	27	3	92
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Wednesday, July 1, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup										
MyProtein Protein Cookie - Chocolate Orange	320	10	4	20	1	7	37.5	200	0	
1 cookie , 75 g										
Kind Strong & Kind Honey Smoked BBQ	345	24	2.25	22.5	4.5	9	15	180	0	330
1 1/2 x 1 bar, 67.5 g										
Total	691	34.59	6.636	45.54	5.5	19.17	54.56	407	3	422
Total	2395	96.16	15.857	171.97	32.7	34.27	214.76	1861.14	298.6	2937.85

Thursday, July 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Place All Natural Creamy Peanut Butter 1/4 x 2 tbsp, 8 g	48	4	0.5	1.75	0.75	0.25	2	31.25	0	
Egg White 1 large	17	0.06	0	0.24	0	0.23	3.6	55	0	54
Avocados 71 g	114	10.41	1.509	6.06	4.8	0.47	1.42	5	0	344
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
Kroger Break-Free 100% Liquid Egg Whites 140 g	76	0	0	0	0	0	15.22	228.22	0	
MyProtein Impact Whey Protein - Cookies & Creme 45 g	180	3.6	0.9	5.4	0	3.6	32.4	72	99	
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Total	655	26.07	3.909	43.45	10.55	4.55	61.64	601.47	99	738
Lunch										
Chicken Seasoning 1/4 x 2 tsp, 1 g	4	0	0	0.75	0	0	0	95	0	0
99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	

Thursday, July 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Quinoa Traditional 49 g	187	3.04	0	33.7	3.26	3.26	6.52	1.09	0	0
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	0
Total	593	21.63	2.429	45.6	9.96	3.92	55.51	117.09	0	647
Dinner										
Oscar Mayer Deli Fresh Rotisserie Seasoned Chicken Breast 1/2 x 2 oz, 28 g	25	0.5	0	0.5			5	220	15	
Egg White 1 large	17	0.06	0	0.24	0	0.23	3.6	55	0	54
Emerald Sea Salt & Pepper Cashews 1/4 x 1 oz, 7 g	40	3.25	0.62	2	0.5	0.5	1	67.5	0	35
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Avocados 81 g	130	11.87	1.722	6.91	5.4	0.53	1.62	6	0	393
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Sweet Potato 180 g	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
Total	651	22.49	3.924	46.25	11.3	9.16	65.84	517.5	227	1156

Thursday, July 2, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Myprotein Whey Protein Isolate 2 x 1 scoop, 50 g	180	0		0			42			
Kroger Carbmaster Vanilla Yogurt (Container) 1 container, 6 oz	60	1.5	1	4	0	3	9	105	5	25
Quest Mint Chocolate Chunk 1 bar, 60 g	190	9	4	21	15		20	210	5	125
Great Value Non-Dairy Coffee Creamer 1 tsp, 2 g	10	0.5	0	1	0	0	0	0	0	20
Kind Strong & Kind Honey Smoked BBQ 1 1/4 x 1 bar, 56 g	288	20	1.88	18.75	3.75	7.5	12.5	150	0	275
Total	833	31.39	7.012	71.7	21.85	24.93	84.79	466	10	867
Total	2732	101.58	17.274	207	53.66	42.56	267.78	1702.06	336	3408

Friday, July 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Place All Natural Creamy Peanut Butter 25 g	148	12.5	1.56	5.47	2.34	0.78	6.25	97.62	0	
Egg White 6 large	103	0.34	0	1.45	0	1.41	21.58	329	0	323
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Total	608	22.38	3.32	41.48	7.34	5.23	62.19	697.42	83.6	663
Lunch										
99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Sweet Potato 180 g	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Total	557	18.68	2.461	47.37	12.1	8.18	51.82	120	0	1254

Friday, July 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dinner										
Heinz One Carb Reduced Sugar Tomato Ketchup	10	0	0	2	0	2	0	380	0	
2 x 1 tbsp, 32 g										
Oscar Mayer Deli Fresh Rotisserie Seasoned Chicken Breast	50	1	0	1			10	440	30	
2 oz, 56 g										
Blue Diamond Unsweetened Vanilla Almond Coconut Milk	90	7	2	4	2	0	2	260	0	360
2 x 1 cup, 480 ml										
Avocados	147	13.49	1.956	7.85	6.2	0.61	1.84	6	0	446
92 g										
Sweet Potato	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
180 g										
Perdue 99% fat free boneless skinless chicken breast	210	1.75		0	0	0	45.5	0	0	
1 3/4 x 1 serving, 7 oz										
Total	662	23.33	3.988	51.07	13.6	10.13	62.17	1185	30	1413
Snacks/Other										
Myprotein Whey Protein Isolate	180	0		0			42			
2 x 1 scoop, 50 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Dry Roasted Almonds (with Salt Added)	85	7.49	0.574	2.73	1.7	0.69	3.13	48	0	106
1/2 oz (22 whole kernels)										
Premier Nutrition Chocolate Peanut Butter Protein Bar	290	8	4	25	3	8	30	440	0	240
1 bar, 59 g										

Friday, July 3, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Rockstar Inc Recovery 2 x 8 fl oz, 480 ml	20	0	0	2	0	2	0	10	0	0
International Delight Fat Free French Vanilla Coffee Creamer 1 tbsp, 15 ml	30	0	0	7	0	5	0	5	0	0
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	915	18.27	5.338	93.63	10.9	46.55	95.71	545	55	1190
Total	2742	82.66	15.107	233.55	43.94	70.09	271.89	2547.42	168.6	4520

Saturday, July 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blueberries 40 g	23	0.13	0.011	5.8	1	3.98	0.3	0	0	31
Egg Beaters Egg Beaters - Original 113 g	61	0	0	0	0	0	12.28	221.13	0	171.99
Avocados 27 g	43	3.96	0.574	2.3	1.8	0.18	0.54	2	0	131
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar 1 packet, 45 g	160	3	0.5	29	6	1	7	290	0	150
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 1/2 x 1 cup, 360 ml	68	5.25	1.5	3	1.5	0	1.5	195	0	270
Total	596	21.85	4.895	45.04	10.3	8.58	55.27	838.93	295.6	820.99
Lunch										
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Perdue 99% fat free boneless skinless chicken breast	210	1.75		0	0	0	45.5	0	0	

Saturday, July 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 3/4 x 1 serving, 7 oz										
Extra Virgin Olive Oil	18	2	0.276	0	0	0	0	0	0	
2 g										
Sweet Potato	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
180 g										
Total	557	18.68	2.461	47.37	12.1	8.18	51.82	120	0	1254
Dinner										
Heinz One Carb Reduced Sugar Tomato Ketchup	5	0	0	1	0	1	0	190	0	
1 tbsp, 16 g										
Philadelphia Fat Free Cream Cheese	15	0	0	1.5	0	1	2	100	2.5	0
1/2 x 2 tbsp, 16.5 g										
Kroger Carbmaster Peach Yogurt	107	2.66	1.78	7.1	0	5.33	15.98	186.48	8.88	44.4
302 g										
Avocados	86	7.92	1.148	4.61	3.6	0.36	1.08	4	0	262
54 g										
Broccoli Flower Clusters	17	0.22	0.033	3.25			1.85	17	0	202
62 g										
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread	96	0.6	0	18.09	3.62	0	4.82	0	0	90.45
41 g										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Egg White	103	0.34	0	1.45	0	1.41	21.58	329	0	323
6 large										
Total	576	21.68	6.06	37.77	7.22	9.87	59.89	966.48	434.38	1055.85

Snacks/Other

Saturday, July 4, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Rockstar Inc Recovery 2 x 8 fl oz, 480 ml	20	0	0	2	0	2	0	10	0	0
Dry Roasted Almonds (with Salt Added) 1 1/2 oz (22 whole kernels)	254	22.47	1.721	8.2	5	2.08	9.39	144	0	317
Kroger Greek Original Plain Nonfat Yogurt 1 container, 150 g	90	0	0	6	0	6	16	80	5	
International Delight Fat Free French Vanilla Coffee Creamer 1 tbsp, 15 ml	30	0	0	7	0	5	0	5	0	0
Total	599	24.86	2.353	53.15	8.1	31.51	44.68	280	60	739
Total	2328	87.07	15.769	183.33	37.72	58.14	211.66	2205.41	789.98	3869.84

Sunday, July 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapes 6 seedless	21	0.05	0.016	5.43	0.3	4.64	0.22	1	0	57
Kroger Break-Free 100% Liquid Egg Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	
Nature's Place All Natural Creamy Peanut Butter 18 g	107	8.99	1.12	3.93	1.69	0.56	4.5	70.25	0	
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar 1 packet, 45 g	160	3	0.5	29	6	1	7	290	0	150
Total	600	20.08	3.396	44.92	8.99	9.24	60.08	852.05	83.6	387
Lunch										
Bananas 57 g	51	0.19	0.064	13.02	1.5	6.97	0.62	1	0	204
MyProtein Impact Whey Protein - Cookies & Creme 12 g	46	0.92	0.23	1.38	0	0.92	8.28	18.4	25.3	
Navitas Naturals Organic Raw Cacao Powder 1/2 x 2 1/2 tbsp, 7.5 g	30	0.75	0.5	4.5	2	0	1.5	5	0	

Sunday, July 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nature's Place All Natural Creamy Peanut Butter 17 g	101	8.5	1.06	3.72	1.59	0.53	4.25	66.38	0	
Kroger Carbmaster Peach Yogurt 230 g	81	2.03	1.35	5.41	0	4.06	12.18	142.06	6.76	33.82
Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	167
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Wholly Guacamole Classic Guacamole 2 tbsp, 30 g	60	5	1	3	2	0	1	105	0	170
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 40 g	94	0.59	0	17.64	3.53	0	4.7	0	0	88.2
Oscar Mayer Deli Fresh Rotisserie Seasoned Chicken Breast 120 g	107	2.14	0	2.14			21.43	942.92	64.29	
Total	622	23.74	5.223	53.9	12.32	12.61	55.82	1434.76	96.35	843.02
Dinner										
Nature's Place All Natural Creamy Peanut Butter 3 g	18	1.5	0.19	0.66	0.28	0.09	0.75	11.75	0	
Kroger Canned Pumpkin 87 g	36	0	0	7.98	2.18	2.9	1.45	7.25	0	
Kroger Carbmaster Peach Yogurt 153 g	54	1.35	0.9	3.6	0	2.7	8.1	94.5	4.5	22.5

Sunday, July 5, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Polaner Sugar Free Concord Grape Jelly with Fiber 1 tbsp, 17 g	5	0	0	5	3	0	0	0	0	0
Broccoli Flower Clusters 44 g	12	0.15	0.024	2.31			1.31	12	0	143
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 41 g	96	0.6	0	18.09	3.62	0	4.82	0	0	90.45
Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	0
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Avocados 95 g	152	13.93	2.02	8.1	6.4	0.63	1.9	7	0	461
Total	601	21.28	3.41	45.74	15.48	6.32	63.83	132.5	4.5	716.95
Snacks/Other										
Myprotein Whey Protein Isolate 1 1/2 x 1 scoop, 37.5 g	135	0		0			31.5			
MyProtein Protein Cookie - Chocolate Orange 1 cookie , 75 g	320	10	4	20	1	7	37.5	200	0	
Grapes 10 seedless	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
Total	489	10.08	4.027	29.05	1.4	14.74	69.36	201	0	96
Total	2312	75.18	16.056	173.61	38.19	42.91	249.09	2620.31	184.45	2042.97

Monday, July 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapes 10 seedless	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
Avocados 71 g	114	10.41	1.509	6.06	4.8	0.47	1.42	5	0	344
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Kroger Break-Free 100% Liquid Egg Whites 191 g	104	0	0	0	0	0	20.76	311.4	0	
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar 1 packet, 45 g	160	3	0.5	29	6	1	7	290	0	150
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Total	624	21.53	3.796	50.67	12.2	12.25	57.9	798.2	83.6	770
Lunch										
99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Sweet Potato	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607

Monday, July 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
180 g										
Avocados	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
100 g										
Total	557	18.68	2.461	47.37	12.1	8.18	51.82	120	0	1254
Dinner										
Blue Diamond Unsweetened Vanilla Almond Coconut Milk	45	3.5	1	2	1	0	1	130	0	180
1 cup, 240 ml										
Avocados	64	5.86	0.85	3.41	2.7	0.26	0.8	3	0	194
40 g										
Nature's Place All Natural Creamy Peanut Butter	107	8.99	1.12	3.93	1.69	0.56	4.5	70.25	0	
18 g										
Spinach	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	167
1 cup										
Kroger Carbmaster Peach Yogurt	70	1.74	1.16	4.64	0	3.48	10.43	121.7	5.8	28.98
197 g										
Perdue 99% fat free boneless skinless chicken breast	180	1.5		0	0	0	39	0	0	
1 1/2 x 1 serving, 6 oz										
Sweet Potato	106	0.06	0.022	24.75	3.7	5.14	1.93	68	0	415
123 g										
Olive Oil	35	4	0.552	0	0	0	0	0	0	0
4 g										
Broccoli Flower Clusters	46	0.57	0.088	8.54			4.86	44	0	530
163 g										
Total	660	26.34	4.811	48.36	9.79	9.57	63.38	460.95	5.8	1514.98

Snacks/Other

Monday, July 6, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Quest Mint Chocolate Chunk 1 bar, 60 g	190	9	4	21	15		20	210	5	125
Cashew Nuts 1 oz	157	12.43	2.206	8.56	0.9	1.68	5.17	3	0	187
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Total	447	23.43	6.706	32.56	15.9	3.68	43.17	253	60	312
Total	2288	89.98	17.774	178.96	49.99	33.68	216.27	1632.15	149.4	3850.98

Tuesday, July 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 33 g	29	0.11	0.037	7.54	0.9	4.04	0.36	0	0	118
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Kroger Break-Free 100% Liquid Egg Whites 191 g	104	0	0	0	0	0	20.76	311.4	0	
Avocados 61 g	98	8.94	1.297	5.2	4.1	0.4	1.22	4	0	296
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar 1 packet, 45 g	160	3	0.5	29	6	1	7	290	0	150
Total	603	20.09	3.594	48.3	12	8.48	57.7	796.2	83.6	744
Lunch										
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Extra Virgin Olive Oil	18	2	0.276	0	0	0	0	0	0	

Tuesday, July 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 g										
Sweet Potato	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
180 g										
Total	557	18.68	2.461	47.37	12.1	8.18	51.82	120	0	1254
Dinner										
Fage Total 0% Greek Yogurt (Container)	100	0	0	7	0	7	18	65	0	0
3/4 cup, 170 g										
Strawberries	32	0.3	0.015	7.68	2	4.66	0.67	1	0	153
100 g										
Avocados	107	9.82	1.424	5.72	4.5	0.44	1.34	5	0	325
67 g										
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread	94	0.59	0	17.64	3.53	0	4.7	0	0	88.2
40 g										
Jimmy Dean Turkey Sausage Patty	100	7	2	1	0	1	11	420	70	
1 patties, 52 g										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Broccoli Flower Clusters	28	0.35	0.054	5.24			2.98	27	0	325
100 g										
Olive Oil	18	2	0.276	0	0	0	0	0	0	0
2 g										
Egg Beaters Egg Beaters - Original	104	0	0	0	0	0	20.76	373.68	0	290.64
191 g										
Egg White	69	0.22	0	0.96	0	0.94	14.39	219	0	215
4 large										
Total	726	25.25	5.319	45.62	10.03	14.42	80.13	1180.68	282	1463.84

Tuesday, July 7, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Myprotein Whey Protein Isolate 2 x 1 scoop, 50 g	180	0		0			42			
Kroger Greek Original Plain Nonfat Yogurt 1 container, 150 g	90	0	0	6	0	6	16	80	5	
MyProtein Protein Cookie - Chocolate Orange 1 cookie , 75 g	320	10	4	20	1	7	37.5	200	0	
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Kind Strong & Kind Honey Smoked BBQ 1 bar, 45 g	230	16	1.5	15	3	6	10	120	0	220
Great Value Non-Dairy Coffee Creamer 1 tsp, 2 g	10	0.5	0	1	0	0	0	0	0	20
Total	1035	28.89	6.132	71.95	7.1	35.43	124.79	441	60	662
Total	2921	92.91	17.506	213.24	41.23	66.51	314.44	2537.88	425.6	4123.84

Wednesday, July 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 34 g	30	0.11	0.038	7.77	0.9	4.16	0.37	0	0	122
Avocados 56 g	90	8.21	1.191	4.78	3.8	0.37	1.12	4	0	272
Kroger Break-Free 100% Liquid Egg Whites 191 g	104	0	0	0	0	0	20.76	311.4	0	
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Total	596	19.36	2.989	47.11	9.7	7.57	56.61	586.2	83.6	734
Lunch										
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Extra Virgin Olive Oil	18	2	0.276	0	0	0	0	0	0	

Wednesday, July 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 g										
Sweet Potato	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
180 g										
Total	557	18.68	2.461	47.37	12.1	8.18	51.82	120	0	1254
Dinner										
Kroger Break-Free 100% Liquid Egg Whites	66	0	0	0	0	0	13.26	198.9	0	
122 g										
Blueberries	28	0.16	0.014	7.24	1.2	4.98	0.37	0	0	38
50 g										
Chicken Seasoning	4	0	0	0.75	0	0	0	95	0	0
1/4 x 2 tsp, 1 g										
99% fat free boneless skinless chicken breast	210	1.75		0	0	0	45.5	0	0	
1 3/4 x 1 serving, 7 oz										
Quinoa Traditional	150	2.44	0	26.97	2.61	2.61	5.22	0.87	0	0
39 g										
Broccoli Flower Clusters	14	0.18	0.027	2.62			1.49	14	0	162
50 g										
Avocados	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
100 g										
Olive Oil	18	2	0.276	0	0	0	0	0	0	0
2 g										
Total	650	21.19	2.443	46.11	10.51	8.25	67.84	315.77	0	685
Snacks/Other										
Egg Beaters Egg Beaters - Original	75	0	0	0	0	0	15	270	0	210
3 x 3 tbsp, 138 g										

Wednesday, July 8, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Fage Total 0% Greek Yogurt (Container) 3/4 cup, 170 g	100	0	0	7	0	7	18	65	0	0
Premier Nutrition Chocolate Peanut Butter Protein Bar 1 bar, 59 g	290	8	4	25	3	8	30	440	0	240
Myprotein Whey Protein Isolate 2 x 1 scoop, 50 g	180	0		0			42			
Roasted Salted Cashew Nuts 1/2 oz (18 kernels)	82	6.77	1.202	4.28	0.5	0.71	2.39	44	0	90
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Bananas 2 medium (7" to 7-7/8" long)	210	0.78	0.264	53.9	6.1	28.86	2.57	2	0	845
Total	1037	17.55	5.966	93.18	9.6	46.57	127.96	861	55	1385
Total	2840	76.78	13.859	233.77	41.91	70.57	304.23	1882.97	138.6	4058

Thursday, July 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Bananas 52 g	46	0.17	0.058	11.88	1.4	6.36	0.57	1	0	186
MyProtein Impact Whey Protein - Cookies & Creme 40 g	160	3.2	0.8	4.8	0	3.2	28.8	64	88	
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
Kroger Break-Free 100% Liquid Egg Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	
Avocados 70 g	112	10.26	1.488	5.97	4.7	0.46	1.4	5	0	340
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Total	638	21.63	3.346	52.65	11.1	10.02	57.77	580	88	866
Lunch										
Bananas 41 g	36	0.14	0.046	9.36	1.1	5.01	0.45	0	0	147
MyProtein Impact Whey Protein - Cookies & Creme 8 g	32	0.64	0.16	0.96	0	0.64	5.76	12.8	17.6	
Kroger Carbmaster Peach Yogurt 218 g	77	1.92	1.28	5.13	0	3.85	11.54	134.61	6.41	32.05

Thursday, July 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Navitas Naturals Organic Raw Cacao Powder 1/2 x 2 1/2 tbsp, 7.5 g	30	0.75	0.5	4.5	2	0	1.5	5	0	
Avocados 93 g	149	13.63	1.977	7.93	6.2	0.61	1.86	7	0	451
Baby Carrots 50 g	18	0.06	0.012	4.12	0.9	2.38	0.32	39	0	118
Sweet Potato 38 g	33	0.02	0.007	7.65	1.1	1.59	0.6	21	0	128
Broccoli Flower Clusters 60 g	17	0.21	0.032	3.14			1.79	16	0	195
Spinach 1 cup	7	0.12	0.019	1.09	0.7	0.13	0.86	24	0	167
Beef Eye Of Round (Lean Only, Trimmed to 1/8" Fat, Choice Grade) 6 oz	218	5.75	1.97	0	0	0	38.92	97	78	597
Total	617	23.24	6.003	43.88	12	14.21	63.6	356.41	102.01	1835.05
Dinner										
Butterball Everyday Turkey Bacon 3 x 1 slice , 33 g	75	6	1.5	0	0	0	6	405	30	0
Egg Beaters Egg Beaters - Original 61 g	33	0	0	0	0	0	6.63	119.34	0	92.82
Kroger Carbmaster Peach Yogurt 227 g	80	2	1.34	5.34	0	4	12.02	140.18	6.68	33.38
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Egg White	69	0.22	0	0.96	0	0.94	14.39	219	0	215

Thursday, July 9, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
4 large										
Perdue 99% fat free boneless skinless chicken breast	90	0.75		0	0	0	19.5	0	0	
3/4 x 1 serving, 3 oz										
Avocados	102	9.38	1.361	5.46	4.3	0.42	1.28	4	0	310
64 g										
Van's 8 whole grains multigrain	75	2.5		12.5	3.5	1	2.5	155		
1/2 x 2 waffles , 38 g										
Total	598	25.82	5.751	24.64	7.8	6.74	68.61	1112.52	248.68	718.2
Snacks/Other										
Peanuts in Shell (Shell Not Eaten)	305	26.78	4.423	7.78	4.8	2.13	14.3	163	0	370
1 cup, in shell, edible yield										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Myprotein Whey Protein Isolate	180	0		0			42			
2 x 1 scoop, 50 g										
Total	590	27.17	4.555	34.73	7.9	16.56	57.59	164	0	792
Total	2443	97.86	19.655	155.9	38.8	47.53	247.57	2212.93	438.69	4211.25

Friday, July 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blueberries 65 g	37	0.21	0.018	9.42	1.6	6.47	0.48	1	0	50
Avocados 60 g	96	8.8	1.276	5.12	4	0.4	1.2	4	0	291
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Kroger Break-Free 100% Liquid Egg Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Total	605	20.05	3.054	49.1	10.6	9.91	56.04	575.8	83.6	681
Lunch										
99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Sweet Potato	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607

Friday, July 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
180 g										
Avocados	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
100 g										
Total	557	18.68	2.461	47.37	12.1	8.18	51.82	120	0	1254
Dinner										
Post Honey Bunches of Oats Honey Roasted	16	0.2	0	3.32	0.27	0.8	0.27	18.62	0	7.32
5 g										
Kroger Carbmaster Carrot Cake Yogurt	60	1.5	1	4	0	3	9	100	10	10
1 container										
Hungry Jack Sugar Free Breakfast Syrup	10	0		4	0	0	0	70	0	
1/2 x 1/4 cup, 30 ml										
Egg White	34	0.11	0	0.48	0	0.47	7.19	110	0	108
2 large										
Avocados	118	10.85	1.573	6.31	5	0.49	1.48	5	0	359
74 g										
Kroger Fat Free Swiss Cheese Singles	15	0	0	1	0	1	2.5	180	2.5	
1/2 x 1 slice, 10.5 g										
Spinach	12	0.2	0.032	1.85	1.1	0.21	1.46	40	0	285
51 g										
Beef Eye Of Round (Lean Only, Trimmed to 1/8" Fat, Choice Grade)	181	4.79	1.641	0	0	0	32.43	81	65	498
5 oz										
Butterball Everyday Turkey Bacon	25	2	0.5	0	0	0	2	135	10	0
1 slice , 11 g										

Friday, July 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 44 g	104	0.65	0	19.41	3.88	0	5.18	0	0	97.05
Broccoli Flower Clusters 183 g	51	0.64	0.099	9.59			5.45	49	0	595
Total	626	20.94	4.845	49.96	10.25	5.97	66.96	788.62	87.5	1959.37

Snacks/Other

Myprotein Whey Protein Isolate 2 x 1 scoop, 50 g	180	0		0			42			
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Kroger Greek Original Plain Nonfat Yogurt 1 container, 150 g	90	0	0	6	0	6	16	80	5	
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Cashew Nuts 1/2 oz	78	6.22	1.103	4.28	0.5	0.84	2.58	2	0	94
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Dry Roasted Almonds (with Salt Added) 1/2 oz (22 whole kernels)	85	7.49	0.574	2.73	1.7	0.69	3.13	48	0	106
Kind Strong & Kind Honey Smoked BBQ 1 bar, 45 g	230	16	1.5	15	3	6	10	120	0	220
Coffee-Mate Original Liquid Coffee Creamer 2 tbsp, 15 ml	20	1	0	2	0	0	0	0	0	

Friday, July 10, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	993	33.49	3.941	86.91	11.4	44.39	94.29	292	60	1264
Total	2781	93.16	14.301	233.34	44.35	68.45	269.11	1776.42	231.1	5158.37

Saturday, July 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blueberries 52 g	30	0.17	0.015	7.53	1.2	5.18	0.38	1	0	40
MyProtein Impact Whey Protein - Cookies & Creme 39 g	156	3.12	0.78	4.68	0	3.12	28.08	62.4	85.8	
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
Kroger Break-Free 100% Liquid Egg Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	
Avocados 64 g	102	9.38	1.361	5.46	4.3	0.42	1.28	4	0	310
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Total	608	20.67	3.156	47.67	10.5	8.72	56.74	577.4	85.8	690
Lunch										
Strawberries 10 small (1" dia)	22	0.21	0.01	5.38	1.4	3.26	0.47	1	0	107
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Perdue 99% fat free boneless skinless chicken breast	210	1.75		0	0	0	45.5	0	0	

Saturday, July 11, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 3/4 x 1 serving, 7 oz										
Extra Virgin Olive Oil	18	2	0.276	0	0	0	0	0	0	
2 g										
Sweet Potato	129	0.08	0.027	30.18	4.5	6.27	2.36	82	0	506
150 g										
Total	553	18.88	2.466	46.71	12.6	10.19	51.82	104	0	1260

Dinner

Snacks/Other

1% Fat Milk	77	1.78	1.158	9.13	0	9.52	6.17	81	9	274
3/4 cup										
Emerald Deluxe Mixed Nuts	340	32	4	12	4	2	10	190	0	340
2 x 3 tbsp, 56 g										
Kroger Carbmaster Key Lime Yogurt	60	1.5	1	4	0	3	9	150	5	25
1 container, 6 oz										
Navels Oranges	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
1 fruit (2-7/8" dia)										
Coffee-Mate Original Liquid Coffee Creamer	60	3	0	6	0	0	0	0	0	
3 x 2 tbsp, 45 ml										
MyProtein Protein Cookie - Chocolate Orange	320	10	4	20	1	7	37.5	200	0	
1 cookie , 75 g										
Roasted Salted Cashew Nuts	82	6.77	1.202	4.28	0.5	0.71	2.39	44	0	90
1/2 oz (18 kernels)										
Total	1008	55.26	11.384	72.97	8.6	34.13	66.33	666	14	961

Total	2169	94.81	17.006	167.35	31.7	53.04	174.89	1347.4	99.8	2911
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Sunday, July 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Nonfat Light Greek Yogurt - Strawberry 1 container, 6 oz	90	0	0	8	0	6	16	75	5	
Strawberries 4 small (1" dia)	9	0.08	0.004	2.15	0.6	1.3	0.19	0	0	43
Nature's Place All Natural Creamy Peanut Butter 18 g	107	8.99	1.12	3.93	1.69	0.56	4.5	70.25	0	
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Better Oats Oat Fit - Maple & Brown Sugar 1 pouch, 28 g	100	2	0	18	3	0	4	220	0	
Total	406	13.07	1.624	35.08	5.29	9.86	42.69	405.25	60	43
Lunch										
MyProtein Impact Whey Protein - Cookies & Creme 3 g	12	0.24	0.06	0.36	0	0.24	2.16	4.8	6.6	
Hungry Jack Sugar Free Breakfast Syrup 1/4 cup, 60 ml	20	0		8	0	0	0	140	0	
Dannon Oikos Greek Nonfat Yogurt - Plain 1/2 x 3/4 cup, 85 g	60	0	0	4.5	0	4.5	11	40	7.5	120
Kroger Carbmaster Peach Yogurt 227 g	80	2	1.34	5.34	0	4	12.02	140.18	6.68	33.38
Broccoli Flower Clusters 133 g	37	0.47	0.072	6.97			3.96	36	0	432

Sunday, July 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Avocados 64 g	102	9.38	1.361	5.46	4.3	0.42	1.28	4	0	310
Egg White 5 large	86	0.28	0	1.2	0	1.17	17.98	274	0	269
Egg 1 1/2 large	110	7.46	2.324	0.58	0	0.58	9.44	105	317	100
Van's 8 whole grains multigrain 1/2 x 2 waffles , 38 g	75	2.5		12.5	3.5	1	2.5	155		
Total	582	22.33	5.157	44.91	7.8	11.91	60.34	898.98	337.78	1264.38
Dinner										
MyProtein Impact Whey Protein - Cookies & Creme 8 g	32	0.64	0.16	0.96	0	0.64	5.76	12.8	17.6	
Navitas Naturals Organic Raw Cacao Powder 1/2 x 2 1/2 tbsp, 7.5 g	30	0.75	0.5	4.5	2	0	1.5	5	0	
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Kroger Carbmaster Peach Yogurt 261 g	92	2.3	1.54	6.14	0	4.6	13.82	161.18	7.68	38.38
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 11 g	26	0.16	0	4.86	0.97	0	1.3	0	0	24.3
Beef Eye Of Round (Lean Only, Trimmed to 1/8" Fat, Choice Grade) 5 1/2 oz	200	5.27	1.806	0	0	0	35.68	89	72	547
Avocados 59 g	94	8.65	1.254	5.03	4	0.39	1.18	4	0	286

Sunday, July 12, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Olive Oil 4 g	35	4	0.552	0	0	0	0	0	0	0
Baby Carrots 60 g	21	0.08	0.014	4.94	1.1	2.86	0.38	47	0	142
Broccoli Flower Clusters 120 g	34	0.42	0.065	6.29			3.58	32	0	390
Total	609	25.77	6.891	34.72	9.07	8.49	64.2	480.98	97.28	1607.68
Snacks/Other										
Pure Protein Chocolate Peanut Butter High Protein Bar (Small) 1 bar, 50 g	200	6	3	16	1	2	20	200	10	140
Total	1797	67.17	16.672	130.71	23.16	32.26	187.23	1985.21	505.06	3055.06

Monday, July 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
MyProtein Protein Cookie - Chocolate Orange <small>1/2 x 1 cookie , 37.5 g</small>	160	5	2	10	0.5	3.5	18.75	100	0	
Avocados <small>54 g</small>	86	7.92	1.148	4.61	3.6	0.36	1.08	4	0	262
Kroger Break-Free 100% Liquid Egg Whites <small>4 x 3 tbsps, 184 g</small>	100	0	0	0	0	0	20	300	0	
MyProtein Impact Whey Protein - Cookies & Creme <small>38 g</small>	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar <small>1 packet, 45 g</small>	160	3	0.5	29	6	1	7	290	0	150
GNC Triple Strength Fish Oil <small>1 softgel capsule, 1.5 g</small>	15	1.5	0	0	0	0	0	0	0	0
Blue Diamond Unsweetened Vanilla Almond Coconut Milk <small>1 1/2 x 1 cup, 360 ml</small>	68	5.25	1.5	3	1.5	0	1.5	195	0	270
Total	741	25.71	5.908	51.17	11.6	7.9	75.69	949.8	83.6	682
Lunch										
Grapes <small>15 seedless</small>	52	0.12	0.04	13.58	0.7	11.61	0.54	2	0	143
Cracked Nut Butter Cracked Nut Butter - Cookie Dough <small>1/4 x 2 Tbsp, 7 g</small>	53	3.75	1	1.75	0.5	0.25	2.75			
Broccoli Flower Clusters <small>50 g</small>	14	0.18	0.027	2.62			1.49	14	0	162

Monday, July 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	
Sweet Potato 140 g	120	0.07	0.025	28.17	4.2	5.85	2.2	77	0	472
Nature's Place All Natural Creamy Peanut Butter 2 g	12	0.99	0.12	0.43	0.19	0.06	0.5	7.75	0	
Total	639	23.52	3.614	55.08	12.29	18.43	54.98	107.75	0	1262
Dinner										
Fontova Pico De Gallo 2 tbsp, 30 g	10	0		2	0	1	0	200	0	
Mixed Salad Greens 4 cups shredded or chopped	37	0.53	0.084	7.04	4.4	1.94	3.34	64	0	640
Hidden Valley Buttermilk Ranch Dressing 6 ml	28	1.8	0.3	0.4	0	0.2	0	48	3	
Black Beans (Canned) 1/4 cup	55	0.17	0.045	9.94	4.1		3.62	230	0	
Perdue 99% fat free boneless skinless chicken breast 3/4 x 1 serving, 3 oz	90	0.75		0	0	0	19.5	0	0	
Total	220	3.25	0.429	19.38	8.5	3.14	26.46	542	3	640
Snacks/Other										
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96

Monday, July 13, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
10 seedless										
Quest Mint Chocolate Chunk	190	9	4	21	15		20	210	5	125
1 bar, 60 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Myprotein Whey Protein Isolate	180	0		0			42			
2 x 1 scoop, 50 g										
Total	509	9.47	4.159	57	18.5	22.17	63.65	212	5	643
Total	2109	61.95	14.11	182.63	50.89	51.64	220.78	1811.55	91.6	3227

Tuesday, July 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapes 25 seedless	86	0.2	0.068	22.62	1.1	19.35	0.9	2	0	239
Avocados 65 g	104	9.53	1.382	5.54	4.4	0.43	1.3	5	0	315
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Kroger Break-Free 100% Liquid Egg Whites 3 3/4 x 3 tbsps, 172 g	94	0	0	0	0	0	18.75	281.25	0	
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar 1 packet, 45 g	160	3	0.5	29	6	1	7	290	0	150
Total	656	20.77	3.71	63.72	12.5	23.82	56.31	769.05	83.6	884
Lunch										
Nature's Place All Natural Creamy Peanut Butter 5 g	30	2.5	0.31	1.09	0.47	0.16	1.25	19.5	0	
MyProtein Impact Whey Protein - Cookies & Creme 11 g	44	0.88	0.22	1.32	0	0.88	7.92	17.6	24.2	
Bananas 85 g	76	0.28	0.095	19.41	2.2	10.4	0.93	1	0	304

Tuesday, July 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 11 g	26	0.16	0	4.86	0.97	0	1.3	0	0	24.3
Wholly Guacamole 100 Calorie Snack Pack 1 pouch, 57 g	100	9	1.5	5	3	0	1	200	0	330
josephs Joseph's flatbread multi-grain 1 flatbread (2 oz.)	90	2.5	1	13	3	1	7	240	0	0
Beef Eye Of Round (Lean Only, Trimmed to 1/8" Fat, Choice Grade) 5 3/4 oz	209	5.51	1.888	0	0	0	37.3	93	75	572
Total	620	24.33	6.013	46.68	10.64	12.44	57.7	701.1	99.2	1410.3
Dinner										
Oscar Mayer Deli Fresh Rotisserie Seasoned Chicken Breast 20 g	18	0.36	0	0.36			3.57	157.08	10.71	
Avocados 51 g	82	7.48	1.084	4.35	3.4	0.34	1.02	4	0	247
Kroger Fat Free Swiss Cheese Singles 1/2 x 1 slice, 10.5 g	15	0	0	1	0	1	2.5	180	2.5	
Wholly Guacamole 100 Calorie Snack Pack 1 pouch, 57 g	100	9	1.5	5	3	0	1	200	0	330
Kroger Light Salted Butter 1/2 x 1 tbsp, 7 g	25	3	1.75	0			0	50	7.5	

Tuesday, July 14, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 57 g	134	0.84	0	25.14	5.03	0	6.7	0	0	125.7
Broccoli Flower Clusters 97 g	27	0.34	0.052	5.08			2.89	26	0	315
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Total	611	22.77	4.386	40.93	11.43	1.34	63.18	617.08	20.71	1017.7
Snacks/Other										
Grapes 29 seedless	100	0.23	0.078	26.24	1.3	22.45	1.04	3	0	277
Myprotein Whey Protein Isolate 2 x 1 scoop, 50 g	180	0		0			42			
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	385	0.62	0.21	53.19	4.4	36.88	44.33	4	0	699
Total	2272	68.49	14.319	204.52	38.97	74.48	221.52	2091.23	203.51	4011

Wednesday, July 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Hungry Jack Sugar Free Breakfast Syrup	10	0		4	0	0	0	70	0	
1/2 x 1/4 cup, 30 ml										
Cracked Nut Butter Cracked Nut Butter - Cookie Dough	159	11.25	3	5.25	1.5	0.75	8.25			
3/4 x 2 Tbsp, 21 g										
MyProtein Impact Whey Protein - Cookies & Creme	160	3.2	0.8	4.8	0	3.2	28.8	64	88	
40 g										
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare	160	3	0	28	4	0	6	80	0	160
1 pouch, 42 g										
GNC Triple Strength Fish Oil	15	1.5	0	0	0	0	0	0	0	0
1 softgel capsule, 1.5 g										
Egg White	103	0.34	0	1.45	0	1.41	21.58	329	0	323
6 large										
Total	607	19.29	3.8	43.5	5.5	5.36	64.63	543	88	483
Lunch										
Ancient Harvest Quinoa Traditional	172	2.8	0	31	3	3	6	1	0	0
1/4 cup dry, 45 g										
Avocados	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
100 g										
Broccoli Flower Clusters	14	0.18	0.027	2.62			1.49	14	0	162
50 g										
Perdue 99% fat free boneless skinless chicken breast	210	1.75		0	0	0	45.5	0	0	
1 3/4 x 1 serving, 7 oz										

Wednesday, July 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	
Total	574	21.39	2.429	42.15	9.7	3.66	54.99	22	0	647
Dinner										
Oscar Mayer Deli Fresh Rotisserie Seasoned Chicken Breast 2 oz, 56 g	50	1	0	1			10	440	30	
Avocados 46 g	74	6.74	0.978	3.92	3.1	0.3	0.92	3	0	223
Polaner Sugar Free Concord Grape Jelly with Fiber 1 tbsp, 17 g	5	0	0	5	3	0	0	0	0	0
Broccoli Flower Clusters 148 g	41	0.52	0.08	7.76			4.41	40	0	481
Jimmy Dean Turkey Sausage Patty 1 patties, 52 g	100	7	2	1	0	1	11	420	70	
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 38 g	89	0.56	0	16.77	3.35	0	4.47	0	0	83.85
Egg White 6 large	103	0.34	0	1.45	0	1.41	21.58	329	0	323
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Total	609	26.1	6.157	37.67	9.45	3.48	64.96	1372	523	1244.85
Snacks/Other										
Grapes 29 seedless	100	0.23	0.078	26.24	1.3	22.45	1.04	3	0	277

Wednesday, July 15, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Dannon Oikos Greek Nonfat Yogurt - Plain (Container) 1 container, 150 g	80	0	0	6	0	6	15	50	10	160
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Kind Strong & Kind Honey Smoked BBQ 1 bar, 45 g	230	16	1.5	15	3	6	10	120	0	220
Avocados 88 g	141	12.9	1.871	7.51	5.9	0.58	1.76	6	0	427
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Myprotein Whey Protein Isolate 1 1/2 x 1 scoop, 37.5 g	135	0		0			31.5			
Total	860	29.73	3.605	99.26	16.4	61.36	61.86	181	10	1738
Total	2650	96.51	15.991	222.58	41.05	73.86	246.44	2118	621	4112.85

Thursday, July 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapes 3 seedless	10	0.02	0.008	2.72	0.1	2.32	0.11	0	0	29
Bananas 38 g	34	0.13	0.043	8.68	1	4.65	0.41	0	0	136
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
Avocados 57 g	91	8.36	1.212	4.86	3.8	0.38	1.14	4	0	276
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Egg White 6 large	103	0.34	0	1.45	0	1.41	21.58	329	0	323
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Total	610	19.89	3.023	52.27	9.9	11.8	57.6	603.8	83.6	1104
Lunch										
99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162

Thursday, July 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sweet Potato 190 g	163	0.1	0.034	38.23	5.7	7.94	2.98	104	0	640
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Total	565	18.69	2.463	49.38	12.4	8.6	51.97	125	0	1287
Dinner										
Kroger Carbmaster Peach Yogurt 227 g	80	2	1.34	5.34	0	4	12.02	140.18	6.68	33.38
Avocados 80 g	128	11.73	1.701	6.82	5.4	0.53	1.6	6	0	388
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 33 g	78	0.49	0	14.56	2.91	0	3.88	0	0	72.82
Broccoli Flower Clusters 163 g	46	0.57	0.088	8.54			4.86	44	0	530
Beef Eye Of Round (Lean Only, Trimmed to 1/8" Fat, Choice Grade) 6 1/2 oz	236	6.23	2.134	0	0	0	42.16	105	85	647
Total	568	21.02	5.263	35.26	8.31	4.53	64.52	295.18	91.68	1671.2
Snacks/Other										
1% Fat Milk 3/4 cup	77	1.78	1.158	9.13	0	9.52	6.17	81	9	274
Nature's Place All Natural Creamy Peanut Butter 1/2 x 2 tbsp, 16 g	95	8	1	3.5	1.5	0.5	4	62.5	0	
Grapes 14 seedless	48	0.11	0.038	12.67	0.6	10.84	0.5	1	0	134

Thursday, July 16, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
MyProtein Protein Cookie - Chocolate Orange	320	10	4	20	1	7	37.5	200	0	
1 cookie , 75 g										
Total	540	19.89	6.196	45.3	3.1	27.86	48.17	344.5	9	408
Total	2283	79.49	16.945	182.21	33.71	52.79	222.26	1368.48	184.28	4470.2

Friday, July 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapes 10 seedless	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
Nature's Place All Natural Creamy Peanut Butter 1/2 x 2 tbsp, 16 g	95	8	1	3.5	1.5	0.5	4	62.5	0	
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Kroger Break-Free 100% Liquid Egg Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar 1 packet, 45 g	160	3	0.5	29	6	1	7	290	0	150
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Amazing Grass Organic Wheat Grass 3/4 x 1 tbsp, 6 g	26	0	0	3	1.5	0	1.5	1.5	0	172.5
Total	627	19.12	3.287	51.11	10.4	12.28	61.22	845.8	83.6	598.5
Lunch										
Ancient Harvest Quinoa Traditional 1/4 cup dry, 45 g	172	2.8	0	31	3	3	6	1	0	0
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485

Friday, July 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	
Total	574	21.39	2.429	42.15	9.7	3.66	54.99	22	0	647
Dinner										
Nature's Place All Natural Creamy Peanut Butter 10 g	59	4.99	0.62	2.18	0.94	0.31	2.5	39	0	
Blueberries 50 g	28	0.16	0.014	7.24	1.2	4.98	0.37	0	0	38
Spinach 50 g	12	0.2	0.032	1.82	1.1	0.21	1.43	40	0	279
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Wholly Guacamole 100 Calorie Snack Pack 1 pouch, 57 g	100	9	1.5	5	3	0	1	200	0	330
Sweet Potato 100 g	86	0.05	0.018	20.12	3	4.18	1.57	55	0	337
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Total	656	26.27	5.31	39.75	9.24	10.45	66.44	488	423	1280

Friday, July 17, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Myprotein Whey Protein Isolate 2 x 1 scoop, 50 g	180	0		0			42			
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Coffee-Mate Original Liquid Coffee Creamer 3 x 2 tbsp, 45 ml	60	3	0	6	0	0	0	0	0	
Kind Strong & Kind Honey Smoked BBQ 2 x 1 bar, 90 g	460	32	3	30	6	12	20	240	0	440
Dannon Oikos Greek Nonfat Yogurt - Plain (Container) 2 x 1 container, 300 g	160	0	0	12	0	12	30	100	20	320
Total	965	35.39	3.132	74.95	9.1	38.43	93.29	341	20	1182
Total	2822	102.17	14.158	207.96	38.44	64.82	275.94	1696.8	526.6	3707.5

Saturday, July 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Place All Natural Creamy Peanut Butter 21 g	125	10.5	1.31	4.59	1.97	0.66	5.25	82	0	
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
Kroger Break-Free 100% Liquid Egg Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Total	597	21.54	3.07	39.15	6.97	3.7	59.61	652.8	83.6	340
Lunch										
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	

Saturday, July 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sweet Potato 190 g	163	0.1	0.034	38.23	5.7	7.94	2.98	104	0	640
Total	565	18.69	2.463	49.38	12.4	8.6	51.97	125	0	1287
Dinner										
Nature's Place All Natural Creamy Peanut Butter 11 g	65	5.5	0.69	2.41	1.03	0.34	2.75	43	0	
Arriba Fire Roasted Mexican Red Salsa 80 g	17	0	0	3.47	0	0	0	216.62	0	0
Kroger Carbmaster Peach Yogurt 227 g	80	2	1.34	5.34	0	4	12.02	140.18	6.68	33.38
Avocados 67 g	107	9.82	1.424	5.72	4.5	0.44	1.34	5	0	325
Spinach 50 g	12	0.2	0.032	1.82	1.1	0.21	1.43	40	0	279
Sweet Potato 100 g	86	0.05	0.018	20.12	3	4.18	1.57	55	0	337
Beef Eye Of Round (Lean Only, Trimmed to 1/8" Fat, Choice Grade) 6 oz	218	5.75	1.97	0	0	0	38.92	97	78	597
Broccoli Flower Clusters 122 g	34	0.43	0.066	6.39			3.64	33	0	396
Total	619	23.75	5.54	45.27	9.63	9.17	61.67	629.8	84.68	1967.38
Snacks/Other										
Quest Mint Chocolate Chunk 1 bar, 60 g	190	9	4	21	15		20	210	5	125

Saturday, July 18, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Nature's Place All Natural Creamy Peanut Butter <small>1/2 x 2 tbsp, 16 g</small>	95	8	1	3.5	1.5	0.5	4	62.5	0	
Dannon Oikos Greek Nonfat Yogurt - Plain (Container) <small>1 container, 150 g</small>	80	0	0	6	0	6	15	50	10	160
1% Fat Milk <small>3/4 cup</small>	77	1.78	1.158	9.13	0	9.52	6.17	81	9	274
Total	442	18.78	6.158	39.63	16.5	16.02	45.17	403.5	24	559
Total	2223	82.76	17.231	173.43	45.5	37.49	218.42	1811.1	192.28	4153.38

Sunday, July 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Spectrum Organic Virgin Coconut Oil	77	9	7.72	0	0	0	0	0	0	
9 g										
MyProtein Impact Whey Protein - Cookies & Creme	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
38 g										
Kroger Break-Free 100% Liquid Egg Whites	100	0	0	0	0	0	20	300	0	
4 x 3 tbsp, 184 g										
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare	160	3	0	28	4	0	6	80	0	160
1 pouch, 42 g										
Grapes	34	0.08	0.027	9.05	0.4	7.74	0.36	1	0	96
10 seedless										
GNC Triple Strength Fish Oil	15	1.5	0	0	0	0	0	0	0	0
1 softgel capsule, 1.5 g										
Blue Diamond Unsweetened Vanilla Almond Coconut Milk	45	3.5	1	2	1	0	1	130	0	180
1 cup, 240 ml										
Total	583	20.12	9.507	43.61	5.4	10.78	54.72	571.8	83.6	436
Lunch										
Log Cabin Sugar Free Syrup	15	0		6	0	5.25	0	112.5	0	
3/4 x 1/4 cup, 45 ml										
Avocados	99	9.09	1.318	5.29	4.2	0.41	1.24	4	0	301
62 g										
Kroger Carbmaster Peach Yogurt	63	1.57	1.05	4.19	0	3.14	9.42	109.94	5.24	26.18
178 g										

Sunday, July 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Egg White 6 large	103	0.34	0	1.45	0	1.41	21.58	329	0	323
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Olive Oil 1/4 tbsp	30	3.38	0.466	0	0	0	0	0	0	0
Silk Pure Almond Milk - Unsweetened Vanilla 45 ml	6	0.47		0.09	0.09	0	0.19	30.08	0	6.58
Egg 1/2 large	37	2.48	0.775	0.19	0	0.19	3.14	35	106	34
Bob's Red Mill All Purpose Whole Grain Low-Carb Baking Mix 1/4 cup, 30 g	120	2	0	13	5	1	12	110	0	
Total	547	24.3	5.159	30.59	9.29	11.78	53.86	800.52	323.24	757.76
Dinner										
Log Cabin Sugar Free Syrup 3/4 x 1/4 cup, 45 ml	15	0		6	0	5.25	0	112.5	0	
Egg 1/2 large	37	2.48	0.775	0.19	0	0.19	3.14	35	106	34
Kroger Break-Free 100% Liquid Egg Whites 4 x 3 tbsp, 184 g	100	0	0	0	0	0	20	300	0	
MyProtein Impact Whey Protein - Cookies & Creme 15 g	60	1.2	0.3	1.8	0	1.2	10.8	24	33	
Nature's Place All Natural Creamy Peanut Butter 17 g	101	8.5	1.06	3.72	1.59	0.53	4.25	66.38	0	
Spinach	12	0.2	0.032	1.82	1.1	0.21	1.43	40	0	279

Sunday, July 19, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
50 g										
Kroger Carbmaster Peach Yogurt	69	1.73	1.15	4.61	0	3.46	10.38	121.06	5.76	28.82
196 g										
Egg White	34	0.11	0	0.48	0	0.47	7.19	110	0	108
2 large										
Olive Oil	53	6	0.828	0	0	0	0	0	0	0
6 g										
Bob's Red Mill All Purpose Whole Grain Low-Carb Baking Mix	120	2	0	13	5	1	12	110	0	
1/4 cup, 30 g										
Silk Pure Almond Milk - Unsweetened Vanilla	30	2.5		0.5	0.5	0	1	160	0	35
1 cup, 240 ml										
Total	631	24.72	4.145	32.12	8.19	12.31	70.19	1078.94	144.76	484.82
Snacks/Other										
Grapes	138	0.32	0.108	36.2	1.8	30.96	1.44	4	0	382
40 seedless										
Grapes	86	0.2	0.068	22.62	1.1	19.35	0.9	2	0	239
25 seedless										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Myprotein Whey Protein Isolate	180	0		0			42			
2 x 1 scoop, 50 g										
Total	509	0.91	0.308	85.77	6	64.74	45.63	7	0	1043
Total	2270	70.05	19.119	192.09	28.88	99.61	224.4	2458.26	551.6	2721.58

Monday, July 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Place All Natural Creamy Peanut Butter 6 g	36	3.01	0.38	1.32	0.56	0.19	1.5	23.5	0	
Spectrum Organic Virgin Coconut Oil 8 g	69	7.99	6.85	0	0	0	0	0	0	
Silk Pure Almond Milk - Unsweetened Vanilla 271 ml	34	2.82		0.56	0.56	0	1.13	180.64	0	39.52
MyProtein Impact Whey Protein - Cookies & Creme 40 g	160	3.2	0.8	4.8	0	3.2	28.8	64	88	
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
Kroger Break-Free 100% Liquid Egg Whites 203 g	110	0	0	0	0	0	22.06	330.98	0	
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Grapes 5 seedless	17	0.04	0.014	4.52	0.2	3.87	0.18	0	0	48
Total	601	21.56	8.044	39.2	5.32	7.26	59.67	679.12	88	247.52
Lunch										
Nature's Place All Natural Creamy Peanut Butter 10 g	59	4.99	0.62	2.18	0.94	0.31	2.5	39	0	
Dannon Oikos Greek Nonfat Yogurt - Plain (Container)	80	0	0	6	0	6	15	50	10	160

Monday, July 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 container, 150 g										
Peaches	58	0.38	0.028	14.31	2.2	12.58	1.36	0	0	285
150 g										
Wholly Guacamole 100 Calorie Snack Pack	100	9	1.5	5	3	0	1	200	0	330
1 pouch, 57 g										
Kraft Natural Shredded Fat Free Cheddar Cheese	22	0	0	1	0	0	4.5	140	2	
1/2 x 1/4 cup, 14 g										
Egg White	69	0.22	0	0.96	0	0.94	14.39	219	0	215
4 large										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Oscar Mayer Deli Fresh Rotisserie Seasoned Chicken Breast	70	1.39	0	1.39			13.93	612.92	41.79	
78 g										
josephs Joseph's flatbread multi-grain	90	2.5	1	13	3	1	7	240	0	0
1 flatbread (2 oz.)										
Total	622	23.45	4.698	44.22	9.14	21.21	65.97	1570.92	265.79	1057
Dinner										
Nature's Place All Natural Creamy Peanut Butter	48	4	0.5	1.75	0.75	0.25	2	31.25	0	
1/4 x 2 tbsp, 8 g										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Avocados	134	12.31	1.786	7.17	5.6	0.55	1.68	6	0	407
84 g										
Perdue 99% fat free boneless skinless chicken breast	210	1.75		0	0	0	45.5	0	0	

Monday, July 20, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1 3/4 x 1 serving, 7 oz										
Broccoli Flower Clusters	14	0.18	0.027	2.62			1.49	14	0	162
50 g										
Sweet Potato	161	0.09	0.034	37.62	5.6	7.82	2.94	103	0	630
187 g										
Total	641	23.3	3.897	49.54	11.95	9	59.9	224.25	212	1266
Snacks/Other										
Kind Strong & Kind Honey Smoked BBQ	115	8	0.75	7.5	1.5	3	5	60	0	110
1/2 x 1 bar, 22.5 g										
Myprotein Whey Protein Isolate	180	0		0			42			
2 x 1 scoop, 50 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Quest Mint Chocolate Chunk	190	9	4	21	15		20	210	5	125
1 bar, 60 g										
Total	590	17.39	4.882	55.45	19.6	17.43	68.29	271	5	657
Total	2454	85.7	21.521	188.41	46.01	54.9	253.83	2745.29	570.79	3227.52

Tuesday, July 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Nature's Place All Natural Creamy Peanut Butter 6 g	36	3.01	0.38	1.32	0.56	0.19	1.5	23.5	0	
Avocados 47 g	75	6.89	0.999	4.01	3.1	0.31	0.94	3	0	228
MyProtein Impact Whey Protein - Cookies & Creme 46 g	184	3.68	0.92	5.52	0	3.68	33.12	73.6	101.2	
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
Silk Pure Almond Milk - Unsweetened Vanilla 259 ml	32	2.7		0.54	0.54	0	1.08	172.64	0	37.76
Egg White 6 large	103	0.34	0	1.45	0	1.41	21.58	329	0	323
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Total	605	21.12	2.299	40.84	8.2	5.59	64.22	681.74	101.2	748.76
Lunch										
Chicken Seasoning 1/4 x 2 tsp, 1 g	4	0	0	0.75	0	0	0	95	0	0
99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Cut Green Beans 1/2 cup, 121 g	20	0	0	3	1	1	1	380	0	100
Quinoa Traditional	172	2.8	0	31	3	3	6	1	0	0

Tuesday, July 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
1/4 cup dry, 45 g										
Avocados	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
100 g										
Olive Oil	18	2	0.276	0	0	0	0	0	0	0
2 g										
Total	584	21.21	2.402	43.28	10.7	4.66	54.5	483	0	585
Dinner										
Dry Roasted Almonds (with Salt Added)	125	11.09	0.85	4.05	2.5	1.03	4.64	71	0	157
21 g										
Avocados	86	7.92	1.148	4.61	3.6	0.36	1.08	4	0	262
54 g										
Sweet Potato	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
180 g										
Broccoli Flower Clusters	14	0.18	0.027	2.62			1.49	14	0	162
50 g										
Perdue 99% fat free boneless skinless chicken breast	210	1.75		0	0	0	45.5	0	0	
1 3/4 x 1 serving, 7 oz										
Total	590	21.03	2.057	47.5	11.5	8.91	55.54	188	0	1188
Snacks/Other										
Grapes	48	0.11	0.038	12.67	0.6	10.84	0.5	1	0	134
14 seedless										
Myprotein Whey Protein Isolate	180	0		0			42			
2 x 1 scoop, 50 g										
Nature's Place All Natural Creamy Peanut Butter	95	8	1	3.5	1.5	0.5	4	62.5	0	
1/2 x 2 tbsp, 16 g										
Quest Mint Chocolate Chunk	380	18	8	42	30		40	420	10	250

Tuesday, July 21, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
2 x 1 bar, 120 g										
Premier Nutrition Chocolate Peanut Butter Protein Bar	145	4	2	12.5	1.5	4	15	220	0	120
1/2 x 1 bar, 29.5 g										
Total	848	30.11	11.038	70.67	33.6	15.34	101.5	703.5	10	504
Total	2627	93.47	17.796	202.29	64	34.5	275.76	2056.24	111.2	3025.76

Wednesday, July 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Amazing Grass Organic Wheat Grass	26	0	0	3	1.5	0	1.5	1.5	0	172.5
3/4 x 1 tbsp, 6 g										
Avocados	96	8.8	1.276	5.12	4	0.4	1.2	4	0	291
60 g										
Kroger Break-Free 100% Liquid Egg Whites	102	0	0	0	0	0	20.44	306.52	0	
188 g										
Grapes	52	0.12	0.04	13.58	0.7	11.61	0.54	2	0	143
15 seedless										
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar	160	3	0.5	29	6	1	7	290	0	150
1 packet, 45 g										
MyProtein Impact Whey Protein - Cookies & Creme	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
38 g										
Silk Pure Almond Milk - Unsweetened Vanilla	32	2.7		0.54	0.54	0	1.08	172.64	0	37.76
259 ml										
GNC Triple Strength Fish Oil	15	1.5	0	0	0	0	0	0	0	0
1 softgel capsule, 1.5 g										
Total	635	19.16	2.576	55.8	12.74	16.05	59.12	837.46	83.6	794.26
Lunch										
Clif Bar Mojo Bar - Cranberry Almond	180	10	1	22	4	11	5	110	0	160
1 bar, 40 g										
Kroger Greek Original Plain Nonfat Yogurt	90	0	0	6	0	6	16	80	5	
1 container, 150 g										

Wednesday, July 22, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
MyProtein Impact Whey Protein - Cookies & Creme	100	2	0.5	3	0	2	18	40	55	
1 scoop, 25 g										
Silk Pure Almond Milk - Unsweetened Vanilla	15	1.25		0.25	0.25	0	0.5	80	0	17.5
1/2 x 1 cup, 120 ml										
Total	385	13.25	1.5	31.25	4.25	19	39.5	310	60	177.5
Dinner										
Perdue 99% fat free boneless skinless chicken breast	210	1.75		0	0	0	45.5	0	0	
1 3/4 x 1 serving, 7 oz										
Sweet Potato	200	0.12	0.042	46.68	7	9.7	3.64	128	0	782
232 g										
Jack Daniel's EZ Marinader - Mesquite	30	0	0	7	0	5	0	230	0	
1 tbsp, 15 g										
Total	440	1.87	0.042	53.68	7	14.7	49.14	358	0	782
Snacks/Other										
Dry Roasted Almonds (with Salt Added)	508	44.93	3.442	16.41	10	4.17	18.79	288	0	634
3 oz (22 whole kernels)										
Dry Roasted Almonds (with Salt Added)	90	7.92	0.607	2.89	1.8	0.74	3.31	51	0	112
15 g										
Grapes	104	0.24	0.081	27.15	1.4	23.22	1.08	3	0	286
30 seedless										
Total	702	53.09	4.13	46.45	13.2	28.13	23.18	342	0	1032
Total	2162	87.37	8.248	187.18	37.19	77.88	170.94	1847.46	143.6	2785.76

Thursday, July 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blue Diamond Roasted Salted Almonds 8 g	49	4.58	0.29	1.43	0.86	0.29	1.72	24.31	0	54.34
Avocados 52 g	83	7.62	1.106	4.44	3.5	0.34	1.04	4	0	252
MyProtein Impact Whey Protein - Cookies & Creme 40 g	160	3.2	0.8	4.8	0	3.2	28.8	64	88	
Kroger Break-Free 100% Liquid Egg Whites 188 g	102	0	0	0	0	0	20.44	306.52	0	
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar 1 packet, 45 g	160	3	0.5	29	6	1	7	290	0	150
Total	614	23.4	3.696	41.67	11.36	4.83	60	818.83	88	636.34
Lunch										
Chicken Seasoning 1/4 x 2 tsp, 1 g	4	0	0	0.75	0	0	0	95	0	0
99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Cut Green Beans 1/2 cup, 121 g	20	0	0	3	1	1	1	380	0	100

Thursday, July 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Quinoa Traditional 1/4 cup dry, 45 g	172	2.8	0	31	3	3	6	1	0	0
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	0
Total	584	21.21	2.402	43.28	10.7	4.66	54.5	483	0	585
Dinner										
Dry Roasted Almonds (with Salt Added) 17 g	101	8.98	0.688	3.28	2	0.83	3.76	58	0	127
Blueberries 50 g	28	0.16	0.014	7.24	1.2	4.98	0.37	0	0	38
Spinach 50 g	12	0.2	0.032	1.82	1.1	0.21	1.43	40	0	279
Avocados 86 g	138	12.61	1.828	7.34	5.8	0.57	1.72	6	0	417
Sweet Potato 100 g	86	0.05	0.018	20.12	3	4.18	1.57	55	0	337
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Total	575	23.75	2.58	39.8	13.1	10.77	54.35	159	0	1198
Snacks/Other										
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Myprotein Whey Protein Isolate 2 x 1 scoop, 50 g	180	0		0			42			

Thursday, July 23, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
MyProtein Protein Cookie - Chocolate Orange	320	10	4	20	1	7	37.5	200	0	
1 cookie , 75 g										
1% Fat Milk	77	1.78	1.158	9.13	0	9.52	6.17	81	9	274
3/4 cup										
Total	682	12.17	5.29	56.08	4.1	30.95	86.96	282	9	696
Total	2455	80.53	13.968	180.83	39.26	51.21	255.81	1742.83	97	3115.34

Friday, July 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Amazing Grass Organic Wheat Grass	26	0	0	3	1.5	0	1.5	1.5	0	172.5
3/4 x 1 tbsp, 6 g										
Nature's Place All Natural Creamy Peanut Butter	95	8	1	3.5	1.5	0.5	4	62.5	0	
1/2 x 2 tbsp, 16 g										
MyProtein Impact Whey Protein - Cookies & Creme	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
38 g										
Kroger Break-Free 100% Liquid Egg Whites	102	0	0	0	0	0	20.44	306.52	0	
188 g										
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar	160	3	0.5	29	6	1	7	290	0	150
1 packet, 45 g										
GNC Triple Strength Fish Oil	15	1.5	0	0	0	0	0	0	0	0
1 softgel capsule, 1.5 g										
Blue Diamond Unsweetened Vanilla Almond Coconut Milk	45	3.5	1	2	1	0	1	130	0	180
1 cup, 240 ml										
Total	595	19.04	3.26	42.06	10	4.54	61.3	851.32	83.6	502.5
Lunch										
McCormick Chicken Seasoning	4	0	0	0.75	0	0	0	95	0	0
1/4 x 2 tsp, 1 g										
Ancient Harvest Quinoa Traditional	172	2.8	0	31	3	3	6	1	0	0
1/4 cup dry, 45 g										
Del Monte Cut Green Beans	20	0	0	3	1	1	1	380	0	100
1/2 cup, 121 g										

Friday, July 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Perdue 99% fat free boneless skinless chicken breast	210	1.75		0	0	0	45.5	0	0	
1 3/4 x 1 serving, 7 oz										
Olive Oil	18	2	0.276	0	0	0	0	0	0	0
2 g										
Avocados	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
100 g										
Total	584	21.21	2.402	43.28	10.7	4.66	54.5	483	0	585
Dinner										
Heinz One Carb Reduced Sugar Tomato Ketchup	10	0	0	2	0	2	0	380	0	
2 x 1 tbsps, 32 g										
Wholly Guacamole 100 Calorie Snack Pack	100	9	1.5	5	3	0	1	200	0	330
1 pouch, 57 g										
Avocados	118	10.85	1.573	6.31	5	0.49	1.48	5	0	359
74 g										
Carrots	16	0.1	0.015	3.83	1.1	1.82	0.37	28	0	128
40 g										
Broccoli Flower Clusters	11	0.14	0.022	2.1			1.19	11	0	130
40 g										
Beef Eye Of Round (Lean Only, Trimmed to 1/8" Fat, Choice Grade)	73	1.92	0.657	0	0	0	12.97	32	26	199
2 oz										
Perdue 99% fat free boneless skinless chicken breast	150	1.25		0	0	0	32.5	0	0	
1 1/4 x 1 serving, 5 oz										
Sweet Potato	126	0.07	0.026	29.58	4.4	6.14	2.31	81	0	495
147 g										
Total	604	23.33	3.793	48.82	13.5	10.45	51.82	737	26	1641

Friday, July 24, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Publix Skim Milk 3/4 x 1 cup, 180 ml	68	0		9.75	0	9	6.75	97.5	3.75	315
Nature's Place All Natural Creamy Peanut Butter 1/2 x 2 tbsp, 16 g	95	8	1	3.5	1.5	0.5	4	62.5	0	
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Pure Protein Chocolate Peanut Butter High Protein Bar (Small) 1 1/2 x 1 bar, 75 g	300	9	4.5	24	1.5	3	30	300	15	210
Total	563	19	6	40.25	3	14.5	58.75	500	73.75	525
Total	2346	82.58	15.455	174.41	37.2	34.15	226.37	2571.32	183.35	3253.5

Saturday, July 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Avocados 61 g	98	8.94	1.297	5.2	4.1	0.4	1.22	4	0	296
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Kroger Break-Free 100% Liquid Egg Whites 188 g	102	0	0	0	0	0	20.44	306.52	0	
Amazing Grass Organic Wheat Grass 3/4 x 1 tbsp, 6 g	26	0	0	3	1.5	0	1.5	1.5	0	172.5
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar 1 packet, 45 g	160	3	0.5	29	6	1	7	290	0	150
Total	598	19.98	3.557	43.76	12.6	4.44	58.52	792.82	83.6	798.5
Lunch										
99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162

Saturday, July 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Sweet Potato 180 g	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Total	557	18.68	2.461	47.37	12.1	8.18	51.82	120	0	1254

Dinner

Heinz One Carb Reduced Sugar Tomato Ketchup 2 x 1 tbsp, 32 g	10	0	0	2	0	2	0	380	0	
Egg White 4 large	69	0.22	0	0.96	0	0.94	14.39	219	0	215
Spinach 50 g	12	0.2	0.032	1.82	1.1	0.21	1.43	40	0	279
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Avocados 94 g	150	13.78	1.998	8.02	6.3	0.62	1.88	7	0	456
Sweet Potato 180 g	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
Total	620	16.22	2.089	51.64	12.8	11.29	67.52	759	0	1719

Snacks/Other

Dole Pineapple Slices 1 1/2 x 2 slices, 171 g	90	0	0	22.5	1.5	19.5	0	15	0	0
MyProtein Protein Cookie - Chocolate Orange 1/2 x 1 cookie , 37.5 g	160	5	2	10	0.5	3.5	18.75	100	0	

Saturday, July 25, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Navels Oranges 1 fruit (2-7/8" dia)	69	0.21	0.024	17.56	3.1	11.9	1.27	1	0	232
Dannon Oikos Greek Nonfat Yogurt - Plain (Container) 1 container, 150 g	80	0	0	6	0	6	15	50	10	160
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Publix Skim Milk 1/2 x 1 cup, 120 ml	45	0		6.5	0	6	4.5	65	2.5	210
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Nature's Place All Natural Creamy Peanut Butter 1 1/4 x 2 tbsp, 40 g	238	20	2.5	8.75	3.75	1.25	10	156.25	0	
Total	887	27.6	5.156	101.26	11.95	64.58	68.81	428.25	67.5	1024
Total	2662	82.48	13.263	244.03	49.45	88.49	246.67	2100.07	151.1	4795.5

Sunday, July 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Kroger Break-Free 100% Liquid Egg Whites 205 g	111	0	0	0	0	0	22.28	334.28	0	
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar 1 packet, 45 g	160	3	0.5	29	6	1	7	290	0	150
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
Avocados 61 g	98	8.94	1.297	5.2	4.1	0.4	1.22	4	0	296
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Amazing Grass Organic Wheat Grass 3/4 x 1 tbsp, 6 g	26	0	0	3	1.5	0	1.5	1.5	0	172.5
Total	607	19.98	3.557	43.76	12.6	4.44	60.36	820.58	83.6	798.5
Lunch										
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Perdue 99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	

Sunday, July 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	
Sweet Potato 180 g	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
Total	557	18.68	2.461	47.37	12.1	8.18	51.82	120	0	1254
Dinner										
Grapes 38 seedless	131	0.3	0.103	34.39	1.7	29.41	1.37	4	0	363
Avocados 46 g	74	6.74	0.978	3.92	3.1	0.3	0.92	3	0	223
Kroger Carbmaster Peach Yogurt 272 g	96	2.4	1.6	6.4	0	4.8	14.4	168	8	40
Carrots 48 g	20	0.12	0.018	4.6	1.3	2.18	0.45	33	0	154
Broccoli Flower Clusters 65 g	18	0.23	0.035	3.41			1.94	18	0	211
Egg White 6 large	103	0.34	0	1.45	0	1.41	21.58	329	0	323
Egg 2 large	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
Butterball Everyday Turkey Bacon 1 slice , 11 g	25	2	0.5	0	0	0	2	135	10	0
Jimmy Dean Turkey Sausage Patty 1/2 x 1 patties, 26 g	50	3.5	1	0.5	0	0.5	5.5	210	35	
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 37 g	87	0.54	0	16.32	3.26	0	4.35	0	0	81.6

Sunday, July 26, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Total	751	26.11	7.333	71.76	9.36	39.37	65.09	1040	476	1529.6
Snacks/Other										
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Publix Skim Milk 1/2 x 1 cup, 120 ml	45	0		6.5	0	6	4.5	65	2.5	210
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Nature's Place All Natural Creamy Peanut Butter 1 1/4 x 2 tbsp, 40 g	238	20	2.5	8.75	3.75	1.25	10	156.25	0	
Total	488	22.39	3.132	45.2	6.85	23.68	33.79	262.25	57.5	632
Total	2403	87.16	16.483	208.09	40.91	75.67	211.06	2242.83	617.1	4214.1

Monday, July 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Grapes	172	0.4	0.135	45.25	2.2	38.7	1.8	5	0	478
50 seedless										
Spectrum Organic Virgin Coconut Oil	77	9	7.72	0	0	0	0	0	0	
9 g										
Blue Diamond Unsweetened Vanilla Almond Coconut Milk	45	3.5	1	2	1	0	1	130	0	180
1 cup, 240 ml										
Amazing Grass Organic Wheat Grass	26	0	0	3	1.5	0	1.5	1.5	0	172.5
3/4 x 1 tbsp, 6 g										
Egg White	87	0.29	0	1.23	0	1.19	18.31	279	0	274
168 g										
GNC Triple Strength Fish Oil	15	1.5	0	0	0	0	0	0	0	0
1 softgel capsule, 1.5 g										
MyProtein Impact Whey Protein - Cookies & Creme	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
38 g										
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar	160	3	0.5	29	6	1	7	290	0	150
1 packet, 45 g										
Total	734	20.73	10.115	85.04	10.7	43.93	56.97	766.3	83.6	1254.5
Lunch										
Kroger Greek Lite Vanilla Yogurt	80	0	0	7	0	5	14	75	5	0
1 container, 150 g										
MyProtein Impact Whey Protein - Cookies & Creme	75	1.5	0.38	2.25	0	1.5	13.5	30	41.25	
3/4 x 1 scoop, 19 g										

Monday, July 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Oscar Mayer Deli Fresh Rotisserie Seasoned Chicken Breast 2 x 2 oz, 112 g	100	2	0	2			20	880	60	
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 57 g	134	0.84	0	25.14	5.03	0	6.7	0	0	125.7
Total	594	22.5	3.506	46.92	12.73	7.16	57.2	1122	106.25	790.7
Dinner										
Hungry Jack Sugar Free Breakfast Syrup 3/4 x 1/4 cup, 45 ml	15	0		6	0	0	0	105	0	
Kroger Greek Lite Vanilla Yogurt 1 container, 150 g	80	0	0	7	0	5	14	75	5	0
Avocados 49 g	78	7.18	1.042	4.18	3.3	0.32	0.98	3	0	238
Egg White 7 large	120	0.39	0	1.69	0	1.64	25.18	383	0	377
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 45 ml	8	0.66	0.19	0.38	0.19	0	0.19	24.44	0	33.84
Olive Oil 5 g	44	5	0.69	0	0	0	0	0	0	0
Egg 1 1/2 large	110	7.46	2.324	0.58	0	0.58	9.44	105	317	100

Monday, July 27, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Bob's Red Mill All Purpose Whole Grain Low-Carb Baking Mix 1/4 cup, 30 g	120	2	0	13	5	1	12	110	0	
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 19 g	45	0.28	0	8.38	1.68	0	2.24	0	0	41.92
Total	620	22.97	4.246	41.21	10.17	8.54	64.03	805.44	322	790.76
Snacks/Other										
Myprotein Whey Protein Isolate 2 x 1 scoop, 50 g	180	0		0			42			
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	285	0.39	0.132	26.95	3.1	14.43	43.29	1	0	422
Total	2233	66.59	17.999	200.12	36.7	74.06	221.49	2694.74	511.85	3257.96

Tuesday, July 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
Avocados 51 g	82	7.48	1.084	4.35	3.4	0.34	1.02	4	0	247
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar 1 packet, 45 g	160	3	0.5	29	6	1	7	290	0	150
MyProtein Impact Whey Protein - Cookies & Creme 38 g	152	3.04	0.76	4.56	0	3.04	27.36	60.8	83.6	
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Egg White 200 g	104	0.34	0	1.46	0	1.42	21.8	332	0	326
Total	558	18.86	3.344	41.37	10.4	5.8	58.18	816.8	83.6	903
Lunch										
Nature's Place All Natural Creamy Peanut Butter 15 g	89	7.5	0.94	3.28	1.41	0.47	3.75	58.62	0	
MyProtein Impact Whey Protein - Cookies & Creme 1/2 x 1 scoop, 12.5 g	50	1	0.25	1.5	0	1	9	20	27.5	
Spinach 56 g	13	0.22	0.035	2.03	1.2	0.24	1.6	44	0	312
Silk Pure Almond Milk - Unsweetened Vanilla 1 cup, 240 ml	30	2.5		0.5	0.5	0	1	160	0	35

Tuesday, July 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Kroger Greek Lite Vanilla Yogurt 1 container, 150 g	80	0	0	7	0	5	14	75	5	0
Wholly Guacamole 100 Calorie Snack Pack 1 pouch, 57 g	100	9	1.5	5	3	0	1	200	0	330
Oscar Mayer Deli Fresh Rotisserie Seasoned Chicken Breast 2 x 2 oz, 112 g	100	2	0	2			20	880	60	
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 74 g	174	1.09	0	32.64	6.53	0	8.7	0	0	163.2
Total	636	23.31	2.725	53.95	12.64	6.71	59.05	1437.62	92.5	840.2
Dinner										
Navitas Naturals Organic Raw Cacao Powder 6 g	24	0.6	0.4	3.6	1.6	0	1.2	4	0	
Amazing Grass Green SuperFood Drink Powder 3/8 x 1 scoop, 3 g	11	0.38		1.5	0.75	0.19	0.75	3	0	
MyProtein Impact Whey Protein - Cookies & Creme 8 g	32	0.64	0.16	0.96	0	0.64	5.76	12.8	17.6	
Libby's 100% Pure Pumpkin 100 g	41	0.41	0	8.2	2.46	3.28	0.82	4.1	0	0
Silk Pure Almond Milk - Unsweetened Vanilla 1 cup, 240 ml	30	2.5		0.5	0.5	0	1	160	0	35
Kroger Fat Free Cottage Cheese 100 g	71	0		4.42	0	2.66	13.28	345.15	8.85	

Tuesday, July 28, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Avocados 68 g	109	9.97	1.446	5.8	4.6	0.45	1.36	5	0	330
Broccoli Flower Clusters 150 g	42	0.52	0.081	7.86			4.47	40	0	488
Carrots 100 g	41	0.24	0.037	9.58	2.8	4.54	0.93	69	0	320
Beef Eye Of Round (Lean Only, Trimmed to 1/8" Fat, Choice Grade) 6 3/4 oz	245	6.47	2.216	0	0	0	43.78	109	88	672
Total	646	21.73	4.34	42.42	12.71	11.76	73.35	752.05	114.45	1845
Snacks/Other										
MyProtein Protein Cookie - Chocolate Orange 1 cookie , 75 g	320	10	4	20	1	7	37.5	200	0	
Bananas 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Myprotein Whey Protein Isolate 2 x 1 scoop, 50 g	180	0		0			42			
Total	605	10.39	4.132	46.95	4.1	21.43	80.79	201	0	422
Total	2445	74.29	14.541	184.69	39.85	45.7	271.37	3207.47	290.55	4010.2

Wednesday, July 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Silk Pure Almond Milk - Unsweetened Vanilla	32	2.7		0.54	0.54	0	1.08	172.64	0	37.76
259 ml										
Egg White	103	0.34	0	1.45	0	1.41	21.58	329	0	323
6 large										
MyProtein Impact Whey Protein - Cookies & Creme	156	3.12	0.78	4.68	0	3.12	28.08	62.4	85.8	
39 g										
Quaker Instant Oatmeal Weight Control - Maple & Brown Sugar	160	3	0.5	29	6	1	7	290	0	150
1 packet, 45 g										
Avocados	104	9.53	1.382	5.54	4.4	0.43	1.3	5	0	315
65 g										
Amazing Grass Organic Wheat Grass	26	0	0	3	1.5	0	1.5	1.5	0	172.5
3/4 x 1 tbsp, 6 g										
GNC Triple Strength Fish Oil	15	1.5	0	0	0	0	0	0	0	0
1 softgel capsule, 1.5 g										
Total	596	20.19	2.662	44.21	12.44	5.96	60.54	860.54	85.8	998.26
Lunch										
Blueberries	27	0.16	0.013	6.96	1.2	4.78	0.36	0	0	37
48 g										
Strawberries	34	0.32	0.016	8.06	2.1	4.89	0.7	1	0	161
105 g										
MyProtein Impact Whey Protein - Cookies & Creme	100	2	0.5	3	0	2	18	40	55	
1 scoop, 25 g										

Wednesday, July 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Heinz One Carb Reduced Sugar Tomato Ketchup 1 tbsp, 16 g	5	0	0	1	0	1	0	190	0	
Avocados 68 g	109	9.97	1.446	5.8	4.6	0.45	1.36	5	0	330
Midwest Country Fare Chunk Light Tuna in Water 90 g	96	0.8	0	0	0	0	20.89	401.75	48.21	
Joseph's Flatbread Multi-Grain 1 flatbread, 56 g	90	2.5	1	13	3	1	7	240	0	0
Total	461	15.75	2.975	37.82	10.9	14.12	48.31	877.75	103.21	528

Dinner

Polaner Sugar Free Concord Grape Jelly with Fiber 1 1/2 x 1 tbsp, 25.5 g	8	0	0	7.5	4.5	0	0	0	0	0
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 33 g	78	0.49	0	14.56	2.91	0	3.88	0	0	72.82
Avocados 80 g	128	11.73	1.701	6.82	5.4	0.53	1.6	6	0	388
Perdue 99% fat free boneless skinless chicken breast 1 serving, 4 oz	120	1		0	0	0	26	0	0	
Olive Oil 8 g	71	8	1.105	0	0	0	0	0	0	0
Broccoli Flower Clusters 107 g	30	0.37	0.058	5.61			3.19	29	0	348
Beef Eye Of Round (Lean Only, Trimmed to 1/8" Fat, Choice Grade) 3 1/2 oz	127	3.35	1.149	0	0	0	22.7	57	46	348

Wednesday, July 29, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Carrots	29	0.17	0.026	6.8	2	3.22	0.66	49	0	227
71 g										
Total	591	25.11	4.039	41.29	14.81	3.75	58.03	141	46	1383.82
Snacks/Other										
Quest Mint Chocolate Chunk	190	9	4	21	15		20	210	5	125
1 bar, 60 g										
Total	1838	70.05	13.676	144.32	53.15	23.83	186.88	2089.29	240.01	3035.08

Thursday, July 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Amazing Grass Organic Wheat Grass	26	0	0	3	1.5	0	1.5	1.5	0	172.5
3/4 x 1 tbsp, 6 g										
Nature's Place All Natural Creamy Peanut Butter	48	4	0.5	1.75	0.75	0.25	2	31.25	0	
1/4 x 2 tbsp, 8 g										
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare	160	3	0	28	4	0	6	80	0	160
1 pouch, 42 g										
Egg	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
1 large										
Egg White	86	0.28	0	1.2	0	1.17	17.98	274	0	269
5 large										
Silk Pure Almond Milk - Unsweetened Vanilla	32	2.7		0.54	0.54	0	1.08	172.64	0	37.76
259 ml										
GNC Triple Strength Fish Oil	15	1.5	0	0	0	0	0	0	0	0
1 softgel capsule, 1.5 g										
MyProtein Impact Whey Protein - Cookies & Creme	156	3.12	0.78	4.68	0	3.12	28.08	62.4	85.8	
39 g										
Total	597	19.57	2.83	39.55	6.79	4.92	62.93	691.79	297.8	706.26
Lunch										
Egg White	34	0.11	0	0.48	0	0.47	7.19	110	0	108
2 large										
La Tourangelle Coconut Oil	51	6.01	5.58	0	0	0	0	0	0	0
6 g										

Thursday, July 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
MyProtein Impact Whey Protein - Cookies & Creme 1 scoop, 25 g	100	2	0.5	3	0	2	18	40	55	
Silk Pure Almond Milk - Unsweetened Vanilla 262 ml	33	2.73		0.55	0.55	0	1.09	174.72	0	38.22
Heinz One Carb Reduced Sugar Tomato Ketchup 1 tbsp, 16 g	5	0	0	1	0	1	0	190	0	
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 70 g	165	1.03	0	30.88	6.18	0	8.24	0	0	154.42
Oscar Mayer Deli Fresh Rotisserie Seasoned Chicken Breast 2 x 2 oz, 112 g	100	2	0	2			20	880	60	
Avocados 64 g	102	9.38	1.361	5.46	4.3	0.42	1.28	4	0	310
Total	590	23.26	7.441	43.37	11.03	3.89	55.8	1398.72	115	610.64
Dinner										
Hungry Jack Sugar Free Breakfast Syrup 1/4 x 1/4 cup, 15 ml	5	0		2	0	0	0	35	0	
Avocados 44 g	70	6.45	0.935	3.75	2.9	0.29	0.88	3	0	213
Blueberries 52 g	30	0.17	0.015	7.53	1.2	5.18	0.38	1	0	40
Broccoli Flower Clusters 100 g	28	0.35	0.054	5.24			2.98	27	0	325
Perdue 99% fat free boneless skinless chicken breast	105	0.88		0	0	0	22.75	0	0	

Thursday, July 30, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
7/8 x 1 serving, 4 oz										
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread	92	0.57	0	17.2	3.44	0	4.59	0	0	86.02
39 g										
Egg White	86	0.28	0	1.2	0	1.17	17.98	274	0	269
5 large										
Egg	147	9.94	3.099	0.77	0	0.77	12.58	140	423	134
2 large										
Butterball Everyday Turkey Bacon	50	4	1	0	0	0	4	270	20	0
2 x 1 slice , 22 g										
Total	613	22.64	5.103	37.69	7.54	7.41	66.14	750	443	1067.02
Snacks/Other										
Miller Brewing Company Genuine Draft 64	128	0		4.8	0	0	2	0	0	
2 x 1 bottle, 24 oz										
Grapes	24	0.06	0.019	6.34	0.3	5.42	0.25	1	0	67
7 seedless										
Myprotein Whey Protein Isolate	180	0		0			42			
2 x 1 scoop, 50 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Total	437	0.45	0.151	38.09	3.4	19.85	45.54	2	0	489
Total	2237	65.92	15.525	158.7	28.76	36.07	230.41	2842.51	855.8	2872.92

Friday, July 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
La Tourangelle Coconut Oil 6 g	56	6.5	6.03	0	0	0	0	0	0	0
Amazing Grass Organic Wheat Grass 3/4 x 1 tbsp, 6 g	26	0	0	3	1.5	0	1.5	1.5	0	172.5
Kroger Break-Free 100% Liquid Egg Whites 195 g	106	0	0	0	0	0	21.2	317.92	0	
Kiwi Fruit 66 g	40	0.34	0.019	9.68	2	5.93	0.75	2	0	206
GNC Triple Strength Fish Oil 1 softgel capsule, 1.5 g	15	1.5	0	0	0	0	0	0	0	0
Better Oats RAW Pure & Simple Multigrain Hot Cereal - Bare 1 pouch, 42 g	160	3	0	28	4	0	6	80	0	160
Blue Diamond Unsweetened Vanilla Almond Coconut Milk 1 cup, 240 ml	45	3.5	1	2	1	0	1	130	0	180
MyProtein Impact Whey Protein - Cookies & Creme 39 g	156	3.12	0.78	4.68	0	3.12	28.08	62.4	85.8	
Total	604	17.96	7.829	47.36	8.5	9.05	58.53	593.82	85.8	718.5
Lunch										
99% fat free boneless skinless chicken breast 1 3/4 x 1 serving, 7 oz	210	1.75		0	0	0	45.5	0	0	
Extra Virgin Olive Oil 2 g	18	2	0.276	0	0	0	0	0	0	

Friday, July 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Broccoli Flower Clusters 50 g	14	0.18	0.027	2.62			1.49	14	0	162
Sweet Potato 180 g	155	0.09	0.032	36.22	5.4	7.52	2.83	99	0	607
Avocados 100 g	160	14.66	2.126	8.53	6.7	0.66	2	7	0	485
Total	557	18.68	2.461	47.37	12.1	8.18	51.82	120	0	1254
Dinner										
Smucker's Natural Creamy Peanut Butter 6 g	38	3.01	0.47	1.13	0.38	0.19	1.5	19.74	0	
Kroger Carbmaster Vanilla Yogurt 219 g	78	1.94	0.97	4.84	0	3.88	11.63	125.97	4.84	29.07
Egg 1 large	74	4.97	1.55	0.38	0	0.38	6.29	70	212	67
Egg White 3 large	51	0.17	0	0.72	0	0.7	10.79	164	0	161
Food For Life Baking Company Ezekiel 4:9 Low Sodium Sprouted Grain Bread 32 g	75	0.47	0	14.12	2.82	0	3.76	0	0	70.58
Target 93/7 Ground Beef 1 1/2 x 4 oz, 168 g	255	12	4.5	0	0	0	34.5	105	97.5	
Carrots 100 g	41	0.24	0.037	9.58	2.8	4.54	0.93	69	0	320
Broccoli Flower Clusters 120 g	34	0.42	0.065	6.29			3.58	32	0	390
Total	646	23.22	7.592	37.06	6	9.69	72.98	585.71	314.34	1037.65

Friday, July 31, 2015

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
Kroger Greek Original Plain Nonfat Yogurt	90	0	0	6	0	6	16	80	5	
1 container, 150 g										
Publix Skim Milk	45	0		6.5	0	6	4.5	65	2.5	210
1/2 x 1 cup, 120 ml										
MyProtein Impact Whey Protein - Cookies & Creme	100	2	0.5	3	0	2	18	40	55	
1 scoop, 25 g										
Bananas	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
1 medium (7" to 7-7/8" long)										
Total	340	2.39	0.632	42.45	3.1	28.43	39.79	186	62.5	632

Total	2147	62.25	18.514	174.24	29.7	55.35	223.12	1485.53	462.64	3642.15
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