

Printable Diary for Jeffz99

From: **Show:** Food Diary Food Notes

To: Exercise Diary Exercise notes

November 20, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Island Farms - 2% Cottage Cheese, 0.5 Cup	100	3g	3g	14g	15mg	420mg	3g	0g
Upgraded Coffee - Coffee, 22 oz	2	0g	0g	0g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g
Half & Half - Half & Half, 2 tbsp	35	1g	3g	1g	15mg	15mg	1g	0g
John McCann's - Steel Cut Oat Meal, 40 g dry	150	27g	3g	4g	0mg	0mg	1g	3g
Craisins - Craisins, 2 tbsp(s)	49	12g	0g	0g	0mg	0mg	11g	1g
Lunch								
Tim Hortons - Large Double Double, 1 cup	270	30g	14g	2g	60mg	60mg	30g	0g
Tim Hortons Chicken Wrap Chipotle - Chicken Wrap - Chipotle, 1 wrap	200	22g	7g	12g	25mg	600mg	1g	3g
Kroger Hash Brown Patties - Hash Brown Patties, 63 g (1 patty)	130	15g	7g	2g	0mg	300mg	0g	2g
Dinner								
Omaha Steaks - Beef Pot Roast - Jg, 8 oz	293	0g	11g	44g	127mg	67mg	0g	0g
Dynamite - Cabernet, 10 oz	250	8g	0g	0g	0mg	20mg	2g	0g
Cauliflower - Raw, 200 g	50	11g	0g	4g	0mg	60mg	5g	5g
Heb - Grilled Asparagus Spears, 4 spears	19	2g	0g	2g	0mg	216mg	2g	2g
Carrots - Carrots, 1 cup	50	12g	0g	1g	0mg	84mg	6g	3g
Brussels Sprouts - Brussels Sprouts, 10 sprouts	90	16g	0g	6g	0mg	30mg	4g	6g
Snacks								
Grapes - Raw, 1 cup	62	16g	0g	1g	0mg	2mg	15g	1g
Kirkland (Costco Canada) - Banana Nut Loaf, 0.5 slice	112	18g	5g	2g	28mg	113mg	0g	0g
Pie fillings, blueberry, canned, 0.5 serving	137	34g	0g	0g	0mg	9mg	29g	2g
TOTAL:	2,014	231g	53g	95g	270mg	1,996mg	114g	28g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					

Walking, 3.0 mph, mod. pace	374	74			
Walking, 3.0 mph, mod. pace	430	46			
MFP iOS calorie adjustment	0	1			
TOTALS:	804	121	0	0	0

November 21, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Silver Hills Sprouted Bakery - Little Big Bread, 2 slices	110	19g	1g	7g	0mg	160mg	1g	5g
Dairy - Butter - 1 Pat, 1 pat	36	0g	4g	0g	11mg	29mg	0g	0g
Eggs - Egg, 3 large egg (50g)	210	0g	15g	18g	555mg	210mg	0g	0g
herdez - salsa casra, 1/2 container (14,00 cucharada)	22	4g	0g	1g	0mg	833mg	4g	1g
Upgraded Coffee - Coffee, 22 oz	2	0g	0g	0g	0mg	0mg	0g	0g
Half & Half - Half & Half, 2 tbsp	35	1g	3g	1g	15mg	15mg	1g	0g
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g
Lunch								
Little Big Bread, 2 slices	110	19g	1g	7g	0mg	160mg	1g	5g
Gorton's - Pot Roast, 3 ounces	138	2g	7g	16g	51mg	270mg	1g	0g
Grapes - Grapes, 1 cup	62	6g	0g	1g	0mg	2mg	15g	1g
Dinner								
Protein - Tyson Chicken Breast, 6 oz	283	0g	6g	53g	146mg	127mg	0g	0g
Carrots - Carrots, 1 cup	50	12g	0g	1g	0mg	84mg	6g	3g
Broccoli - Cooked, 1.5 cup	47	9g	0g	4g	0mg	45mg	2g	4g
Aladdin Food - Blueberry Crumble, 0.5 Cut	156	31g	4g	1g	8mg	132mg	21g	2g
Snacks								
Core Power - Chocolate, 1 container	240	28g	4g	26g	15mg	140mg	26g	2g
Coffee bean - Rumble, 355 ml	240	26g	8g	20g	10mg	55mg	11g	7g
TOTAL:	1,756	161g	53g	156g	811mg	2,262mg	93g	30g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
MFP iOS calorie adjustment	32	1			
TOTALS:	32	1	0	0	0

November 22, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								

Island Farms - 2% Cottage Cheese, 1 Cup	200	6g	5g	28g	30mg	840mg	6g	0g
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)	30	8g	0g	0g	0mg	0mg	8g	0g
Kirkland - Premium Chunk Chicken Breast, 2 oz	60	0g	1g	13g	45mg	270mg	0g	0g
Lunch								
Island Farms - 2% Cottage Cheese, 1 Cup	200	6g	5g	28g	30mg	840mg	6g	0g
Homemade - Homemade Chicken Sandwich, 1 sandwich	300	20g	4g	28g	70mg	250mg	4g	3g
Dinner								
Dynamite - Cabernet, 10 oz	250	8g	0g	0g	0mg	20mg	2g	0g
Texas Roadhouse - Green Beans, 0.5 cup	50	0g	0g	0g	0mg	0mg	0g	0g
Butternut Squash Soup - Roasted Butternut Squash Soup, 2 cup	180	36g	2g	6g	20mg	500mg	14g	4g
Spaghetti, Cooked, 1 cup, cooked	220	43g	1g	8g	0mg	1mg	1g	3g
Generic - Homemade Meat Sauce, 1.5 Cup	276	14g	9g	30g	0mg	0mg	0g	0g
Aladdin Food - Blueberry Crumble, 0.5 Cut	156	31g	4g	1g	8mg	132mg	21g	2g
Snacks								
Egg - Egg, Hard-Boiled, 2 large	140	0g	10g	12g	390mg	130mg	0g	0g
Grapes - Raw, 1 cup	62	16g	0g	1g	0mg	2mg	15g	1g
TOTAL:	2,174	189g	44g	158g	605mg	2,997mg	77g	13g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				383	69			
Walking, 3.0 mph, mod. pace				246	54			
MFP iOS calorie adjustment				0	1			
TOTALS:				629	124	0	0	0

November 23, 2016

FOODS				Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast											
Island Farms - 2% Cottage Cheese, 1 Cup				200	6g	5g	28g	30mg	840mg	6g	0g
Starbucks - Grande Bold Coffee, 32 oz				10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp				40	1g	3g	1g	12mg	12mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)				30	8g	0g	0g	0mg	0mg	8g	0g
Eggs - Egg, 1 large egg (50g)				70	0g	5g	6g	185mg	70mg	0g	0g
Kirkland - Premium Chunk Chicken Breast, 1.5 oz				45	0g	1g	10g	34mg	203mg	0g	0g
Lunch											

Cactus Club Cafe - the Feenie Burger, 525 G	1,110	58g	77g	54g	230mg	1,980mg	21g	3g
Dinner								
Avacado - Avacado, 0.25 medium	59	3g	5g	1g	0mg	3mg	0g	3g
SAMs salmon - Salmon, 6 ounces	270	0g	14g	35g	85mg	70mg	0g	0g
Brussels Sprouts - Brussels Sprouts, 10 sprouts	90	16g	0g	6g	0mg	30mg	4g	6g
FitzVogt - Apple Brown Betty, 1 Cut	142	29g	2g	1g	0mg	103mg	26g	0g
Snacks								
Grapes - Raw, 0.5 cup	31	8g	0g	0g	0mg	1mg	7g	0g
TOTAL:	2,097	129g	112g	144g	576mg	3,312mg	72g	12g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				288	64			
Walking, 3.0 mph, mod. pace				111	40			
MFP iOS calorie adjustment				13	1			
TOTALS:				412	105	0	0	0

November 24, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Island Farms - 2% Cottage Cheese, 1 Cup		200	6g	5g	28g	30mg	840mg	6g	0g
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp		40	1g	3g	1g	12mg	12mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)		30	8g	0g	0g	0mg	0mg	8g	0g
Salmon, 1 ounce		25	1g	0g	5g	11mg	60mg	0g	0g
Lunch									
Kirkland - Premium Chunk Chicken Breast, 1 oz		30	0g	1g	7g	23mg	135mg	0g	0g
Generic - Homemade Meat Sauce, 1.5 Cup		276	14g	9g	30g	0mg	0mg	0g	0g
FitzVogt - Apple Brown Betty, 1 Cut		142	29g	2g	1g	0mg	103mg	26g	0g
Dinner									
Outback Steakhouse - Seasonal Mixed Vegetables, 1 cup		96	11g	3g	3g	0mg	153mg	5g	6g
Pc - Yellow Mini Potatoes, 4 potatoes		90	19g	0g	3g	0mg	0mg	1g	2g
Gravy - Gravy, 0.5 cup		50	0g	0g	0g	0mg	0mg	0g	0g
Turkey - Turkey, 7 OZ		203	0g	3g	34g	84mg	1,988mg	0g	0g
Bells stuffing - Stuffing, 0.5 cup		150	32g	2g	5g	0mg	795mg	3g	2g
Homemade - Cranberry Sauce, 2 tablespoons		51	13g	0g	0g	0mg	0mg	0g	0g
Apollo - Pandan Layer Cake, 36 g		148	19g	7g	3g	0mg	42mg	9g	0g

Snacks								
Oh Yeah - Chocolate Milkshake, 14 oz	200	6g	6g	32g	20mg	350mg	3g	3g
TOTAL:	1,741	159g	41g	154g	180mg	4,478mg	61g	13g

EXERCISES					Calories	Minutes	Sets	Reps	Weight
Cardiovascular									
MFP iOS calorie adjustment					70	1			
TOTALS:					70	1	0	0	0

November 25, 2016

FOODS				Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast											
Starbucks - Grande Bold Coffee, 32 oz				10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp				40	1g	3g	1g	12mg	12mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)				30	8g	0g	0g	0mg	0mg	8g	0g
Island Farms - 2% Cottage Cheese, 1.2 Cup				240	7g	6g	34g	36mg	1,008mg	7g	0g
Eggs - Egg, 1 large egg (50g)				70	0g	5g	6g	185mg	70mg	0g	0g
Silver Hills Sprouted Bakery - Little Big Bread, 1 slices				55	10g	0g	4g	0mg	80mg	1g	3g
Dairy - Butter - 1 Pat, 1 pat				36	0g	4g	0g	11mg	29mg	0g	0g
Lunch											
Salmon, 1 ounce				25	1g	0g	5g	11mg	60mg	0g	0g
Homemade - Italian Wedding Soup, 1.5 cups				263	22g	14g	14g	47mg	228mg	0g	4g
Rice - White, long-grain, regular, cooked, 0.5 cup				103	22g	0g	2g	0mg	1mg	0g	0g
Restaurant - Tortillas Chips and Salsa, 10 Chips				146	19g	7g	2g	0mg	119mg	0g	2g
banana bread - Bread, 0.5 slice				100	18g	3g	2g	0mg	67mg	0g	1g
Dinner											
Kroger - Chicken Stir-Fry, 2 cups				240	33g	3g	20g	27mg	1,147mg	25g	5g
Island Farms - 2% Cottage Cheese, 1 Cup				200	6g	5g	28g	30mg	840mg	6g	0g
Snacks											
Ansi - Protein Ice, 20 FL OZ				170	0g	0g	42g	0mg	160mg	0g	0g
Trader Joes - Organic Popcorn With Olive Oil, 4 cups				260	36g	12g	6g	0mg	340mg	0g	6g
TOTAL:	1,988	183g	62g	168g	359mg	4,161mg	47g	21g			

EXERCISES					Calories	Minutes	Sets	Reps	Weight
Cardiovascular									
Walking, 3.0 mph, mod. pace					335	64			
MFP iOS calorie adjustment					41	1			

TOTALS:

376

65

0

0

0

November 26, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)	30	8g	0g	0g	0mg	0mg	8g	0g
Eggs - Egg, 1 large egg (50g)	70	0g	5g	6g	185mg	70mg	0g	0g
Silver Hills Sprouted Bakery - Little Big Bread, 1 slices	55	10g	0g	4g	0mg	80mg	1g	3g
Dairy - Butter - 1 Pat, 1 pat	36	0g	4g	0g	11mg	29mg	0g	0g
Costco Kirkland - 100% Maple Syrup, Canada Grade A Dark, 0.5 fluid ounce	54	13g	0g	0g	0mg	0mg	13g	0g
Homemade Whole Wheat Waffles - Whole Wheat Waffles, 1.5 waffles	210	45g	6g	30g	0mg	525mg	6g	1g
Lunch								
Progresso - Chicken and Wild Rice Soup, 2.5 cup	250	38g	4g	15g	38mg	1,625mg	3g	3g
Restaurant - Tortillas Chips and Salsa, 10 Chips	146	19g	7g	2g	0mg	119mg	0g	2g
Dinner								
Dynamite - Cabernet, 10 oz	250	8g	0g	0g	0mg	20mg	2g	0g
Poached Cod - Poached Cod, 6.34 oz	187	0g	2g	41g	0mg	0mg	0g	0g
Outback Steakhouse - Seasonal Mixed Vegetables, 3 cup	288	33g	9g	9g	0mg	459mg	15g	18g
Near East - Rice Pilaf, 0.25 cup prepared	55	11g	1g	1g	3mg	195mg	0g	0g
Mini Sweets Grape Tomatoes - Grape Tomatoes, 1 cup	27	6g	0g	1g	0mg	36mg	4g	2g
FitzVogt - Apple Brown Betty, 1 Cut	142	29g	2g	1g	0mg	103mg	26g	0g
Snacks								
Great Value Chunch Chicken Breast 12.5 Oz/56g - Canned Chicken Rib Meat In Water, 0.5 container (12 oz drained ea.)	135	0g	3g	27g	105mg	780mg	0g	0g
TOTAL:	1,985	221g	46g	140g	354mg	4,053mg	78g	29g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	350	62			
Walking, 3.0 mph, mod. pace	41	15			
MFP iOS calorie adjustment	0	1			
TOTALS:	391	78	0	0	0

November 27, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)	30	8g	0g	0g	0mg	0mg	8g	0g
Island Farms - 2% Cottage Cheese, 1 Cup	200	6g	5g	28g	30mg	840mg	6g	0g
minsley - Cooked Steelcut Oatmeal, 0.5 cup	85	16g	2g	3g	0mg	0mg	0g	2g
Lunch								
Progresso - Chicken and Wild Rice Soup, 1 cup	100	15g	2g	6g	15mg	650mg	1g	1g
Oh Yeah - Chocolate Milkshake, 14 oz	200	6g	6g	32g	20mg	350mg	3g	3g
Great Value canned chicken - Canned Chicken, 0.5 container (12.00 oz)	135	0g	3g	27g	75mg	780mg	0g	0g
Restaurant - Tortillas Chips and Salsa, 5 Chips	73	9g	4g	1g	0mg	60mg	0g	1g
Dinner								
Omaha Steaks - Beef Pot Roast - Jg, 8 oz	293	0g	11g	44g	127mg	67mg	0g	0g
Outback Steakhouse - Seasonal Mixed Vegetables, 1 cup	96	11g	3g	3g	0mg	153mg	5g	6g
Texas Roadhouse - Green Beans, 0.5 cup	50	0g	0g	0g	0mg	0mg	0g	0g
Dynamite - Cabernet, 6.5 oz	163	5g	0g	0g	0mg	13mg	1g	0g
Snacks								
Albertson's - Yellow Kernel Popcorn, 0.25 cup	120	26g	2g	4g	0mg	10mg	0g	5g
Grapes - Raw, 0.5 cup	31	8g	0g	0g	0mg	1mg	7g	0g
TOTAL:	1,626	111g	41g	151g	279mg	2,936mg	31g	18g

EXERCISES			Calories	Minutes	Sets	Reps	Weight
Cardiovascular							
Walking, 3.0 mph, mod. pace			119	33			
Walking, 3.0 mph, mod. pace			43	16			
MFP iOS calorie adjustment			0	1			
TOTALS:			162	50	0	0	0

November 28, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp		40	1g	3g	1g	12mg	12mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)		30	8g	0g	0g	0mg	0mg	8g	0g
Island Farms - 2% Cottage Cheese, 1 Cup		200	6g	5g	28g	30mg	840mg	6g	0g
Fresh Generic - Cherry Tomatoe, 10 Cherry Tomatoe		30	7g	0g	0g	0mg	10mg	0g	1g

Lunch								
Outtakes - Egg Salad Tea Sandwich, 1/2 sandwich	167	13g	11g	5g	78mg	197mg	2g	1g
Progresso - Chicken and Wild Rice Soup, 2 cup	200	30g	3g	12g	30mg	1,300mg	2g	2g
Great Value canned chicken - Canned Chicken, 1 container (12.00 oz)	270	0g	6g	54g	150mg	1,560mg	0g	0g
Reggano - Egg Noodles, 0.75 cup	165	30g	2g	6g	49mg	11mg	2g	1g
Dinner								
Dynamite - Cabernet, 10 oz	250	8g	0g	0g	0mg	20mg	2g	0g
Texas Roadhouse - Green Beans, 0.5 cup	50	0g	0g	0g	0mg	0mg	0g	0g
Outback Steakhouse - Seasonal Mixed Vegetables, 1.5 cup	144	17g	5g	5g	0mg	230mg	8g	9g
Protein - Tyson Chicken Breast, 8 oz	377	0g	8g	71g	194mg	169mg	0g	0g
FitzVogt - Apple Brown Betty, 1 Cut	142	29g	2g	1g	0mg	103mg	26g	0g
Snacks								
Avacado - Medium Avacado, 0.5 Avacado (150g)	125	6g	11g	0g	0mg	0mg	0g	5g
Grapes - Raw, 0.5 cup	31	8g	0g	0g	0mg	1mg	7g	0g
TOTAL:	2,231	163g	56g	185g	543mg	4,453mg	63g	19g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				344	65			
Walking, 3.0 mph, mod. pace				259	31			
MFP iOS calorie adjustment				0	1			
TOTALS:				603	97	0	0	0

November 29, 2016

FOODS			Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast										
Starbucks - Grande Bold Coffee, 32 oz			10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)			15	4g	0g	0g	0mg	0mg	4g	0g
Starbucks - Half & Half, 1 tbsp			20	1g	2g	0g	6mg	6mg	0g	0g
Island Farms - 2% Cottage Cheese, 0.5 Cup			100	3g	3g	14g	15mg	420mg	3g	0g
Kirkland - Premium Chunk Chicken Breast, 1 oz			30	0g	1g	7g	23mg	135mg	0g	0g
Boudin - Sourdough, 1 slice			90	19g	0g	3g	0mg	190mg	0g	0g
Lunch										
Tim Horton - English Muffin With Bacon Egg Cheeze, 1 size			290	31g	10g	17g	25mg	730mg	1g	1g
Tim Hortons - Medium Double Double, 1 Cup			210	22g	12g	2g	50mg	50mg	22g	0g
Tim Hortons - Hash Brown, 1 hash brown			100	12g	5g	1g	0mg	210mg	0g	1g
Tim Hortons - Smile Cookie, 0.5 Cookie			115	18g	5g	1g	10mg	130mg	10g	1g

Dinner								
Carl's Jr. - Big Hamburger, 1 Hamburger	480	56g	18g	25g	50mg	870mg	13g	3g
Lay's - Salt N Vinegar, 1 package	430	42g	27g	4g	0mg	620mg	2g	3g
Snacks								
jack links - peppered jerky, 1 container (80.00 gram)	240	20g	4g	32g	80mg	1,240mg	16g	0g
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g
TOTAL:	2,200	238g	90g	108g	259mg	4,661mg	81g	9g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				62	20			
MFP iOS calorie adjustment				32	1			
TOTALS:				94	21	0	0	0

November 30, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Abb - Pure Pro Chocolate 35g, 1 Bottle 12oz		170	5g	1g	35g	15mg	45mg	1g	3g
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
splenda - Splenda, 2 pkg		8	2g	0g	0g	0mg	0mg	0g	0g
Starbucks - Half & Half, 3 tbsp		60	2g	5g	1g	18mg	18mg	0g	0g
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich		230	28g	6g	13g	20mg	560mg	3g	2g
Lunch									
Denny's - Bacon, 2 Slices		70	1g	5g	5g	15mg	230mg	0g	0g
Denny's - Chicken Sausage Patty, 1 Patty		115	0g	9g	7g	45mg	260mg	1g	0g
Denny's - Eggs, Scrambled (2), 2 eggs (4 oz)		250	1g	21g	13g	450mg	235mg	0g	0g
Denny's - 2 Sausage Links, 2 links		160	1g	15g	5g	30mg	325mg	0g	1g
Dinner									
President's Choice - Homestyle Meat Balls, 6 Meatballs(85g)		480	14g	36g	26g	80mg	880mg	4g	2g
Texas Roadhouse - 10 Oz Ribeye, 8 OZ		291	0g	18g	30g	94mg	62mg	0g	0g
Barilla - Farfalle Bowtie Pasta, 56 g		200	42g	1g	7g	0mg	0mg	2g	2g
Snacks									
Muscle Milk - Muscle Milk Chocolate 17oz, 17 oz		320	13g	15g	34g	20mg	360mg	4g	2g
TOTAL:	2,364	109g	132g	178g	787mg	2,975mg	15g	12g	

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								

MFP iOS calorie adjustment				30	1				
TOTALS:				30	1	0	0	0	0

December 1, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g
Starbucks - Half & Half, 3 tbsp	60	2g	5g	1g	18mg	18mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g
Generic - Denver Omelette, 3 eggs	448	10g	28g	33g	621mg	658mg	3g	2g
Lunch								
Burger King - Flame-grilled Chicken Burger, 1 burger	480	42g	25g	22g	5mg	1,160mg	10g	0g
Burger King - Med Fry, 1 med fry	410	58g	18g	4g	0mg	570mg	0g	0g
Dinner								
Carl's Jr - Low Carb Six Dollar Burger With No Cheese, 1 sandwich	440	8g	32g	32g	90mg	830mg	6g	1g
Snacks								
This bar saves lives - Vanilla almond honey bar, 1 bar	180	22g	9g	4g	0mg	70mg	6g	7g
TOTAL:	2,051	148g	117g	98g	734mg	3,306mg	29g	10g

EXERCISES	Calories	Minutes	Sets	Reps	Weight			
Cardiovascular								
MFP iOS calorie adjustment								
	11	1						
TOTALS:				11	1	0	0	0

December 2, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)	30	8g	0g	0g	0mg	0mg	8g	0g
Starbucks - Half & Half, 4 tbsp	80	2g	7g	2g	24mg	24mg	0g	0g
Lunch								
Denny's - 2 Sausage Links, 2 links	160	1g	15g	5g	30mg	325mg	0g	1g
Denny's - Chicken Sausage Patty, 1 Patty	115	0g	9g	7g	45mg	260mg	1g	0g
Denny's - Eggs, Scrambled (2), 2 eggs (4 oz)	250	1g	21g	13g	450mg	235mg	0g	0g

Denny's - Bacon, 2 Slices	70	1g	5g	5g	15mg	230mg	0g	0g
Dinner								
Carl's Jr - Low Carb Six Dollar Burger With No Cheese, 1.5 sandwich	660	12g	48g	48g	135mg	1,245mg	9g	2g
Dynamite - Cabernet, 10 oz	250	8g	0g	0g	0mg	20mg	2g	0g
Snacks								
Jack Links - Original Beef Stick (Super Size), 1 stick	160	2g	13g	9g	40mg	690mg	1g	0g
TOTAL:	2,027	66g	124g	104g	759mg	3,589mg	24g	5g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				138	31			
Walking, 3.0 mph, mod. pace				190	42			
MFP iOS calorie adjustment				0	1			
TOTALS:				328	74	0	0	0

December 3, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
splenda - Splenda, 3 pkg		12	3g	0g	0g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)		30	8g	0g	0g	0mg	0mg	8g	0g
Starbucks - Half & Half, 4 tbsp		80	2g	7g	2g	24mg	24mg	0g	0g
Beyond Bread - Bct Omelet - No Side, 1 Omelet		419	12g	29g	27g	264mg	754mg	0g	0g
Lunch									
Eggs - Egg, 3 large egg (50g)		210	0g	15g	18g	555mg	210mg	0g	0g
Vita - Wild Lox Salmon, 3 oz		80	0g	1g	17g	30mg	1,080mg	0g	0g
Island Farms - 2% Cottage Cheese, 1 Cup		200	6g	5g	28g	30mg	840mg	6g	0g
American Cameo - Medium Red Apple, 1 medium red apple		80	22g	0g	0g	0mg	0mg	16g	5g
Dinner									
Dicky's Barbeque Pit - Brisket, 7.5 oz		463	0g	21g	64g	0mg	0mg	0g	0g
Texas Roadhouse - Green Beans, 0.5 cup		50	0g	0g	0g	0mg	0mg	0g	0g
Outtakes - Coleslaw with Vinegar Dressing, 0.5 cup		50	12g	0g	1g	0mg	225mg	10g	2g
Coors - Coors Light 12 oz, 2 can		204	10g	0g	0g	0mg	22mg	0g	0g
Snacks									
Muscle Milk - Pro Series 40g Knockout Chocolate (Silver Top), 14 oz		200	10g	3g	40g	25mg	290mg	1g	5g
Hampton's - Roasted Unshelled Peanuts, 1 z 1/2 cup unshelled		170	6g	13g	7g	0mg	0mg	0g	3g

TOTAL:		2,258	91g	94g	206g	928mg	3,445mg	41g	15g
EXERCISES				Calories	Minutes	Sets	Reps	Weight	
Cardiovascular									
Walking, 3.0 mph, mod. pace				176	43				
Walking, 3.0 mph, mod. pace				42	16				
Walking, 3.0 mph, mod. pace				194	44				
Walking, 3.0 mph, mod. pace				194	48				
MFP iOS calorie adjustment				0	1				
TOTALS:				606	152	0	0	0	0

December 4, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 4 tbsp		80	2g	7g	2g	24mg	24mg	0g	0g
Beyond Bread - Bct Omelet - No Side, 1 Omelet		419	12g	29g	27g	264mg	754mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)		15	4g	0g	0g	0mg	0mg	4g	0g
splenda - Splenda, 2 pkg		8	2g	0g	0g	0mg	0mg	0g	0g
Lunch									
Falafel King - Beef Shawarma, 1.5 serving		555	62g	9g	55g	0mg	0mg	0g	0g
Dinner									
Yard House - Surf & Turf Burger, 1 burger		980	48g	59g	63g	275mg	1,330mg	7g	3g
Wine - Cabernet, 10 oz.		244	10g	0g	2g	0mg	0mg	0g	0g
Snacks									
Muscle Milk - Ald - Muscle Milk Pro - Chocolate 32g, 11 fl oz		160	7g	2g	32g	20mg	230mg	1g	4g
GNC Pro Performance - Pure isolate, 1 Scoop		120	5g	1g	25g	5mg	100mg	1g	1g
Albertson's - Yellow Kernel Popcorn, 0.5 cup		240	52g	3g	8g	0mg	20mg	0g	10g
TOTAL:		2,831	204g	110g	216g	588mg	2,458mg	13g	18g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				215	65			
Walking, 3.0 mph, mod. pace				29	6			
Running (jogging), 8.6 mph (7 min mile)				195	12			
Walking, 3.0 mph, mod. pace				158	36			
Walking, 3.0 mph, mod. pace				130	36			

Walking, 3.0 mph, mod. pace	58	16						
MFP iOS calorie adjustment	0	1						
TOTALS:	785	172	0	0	0	0	0	0

December 5, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g
Lunch								
Carl's Jr - Low Carb Six Dollar Burger With No Cheese, 1 sandwich	440	8g	32g	32g	90mg	830mg	6g	1g
Dinner								
Wine - Cabernet, 10 oz.	244	10g	0g	2g	0mg	0mg	0g	0g
Tilapia - Tilapia, 4 oz	100	0g	3g	20g	40mg	75mg	0g	0g
Cooked - Scallops, 4 oz	78	4g	1g	14g	27mg	445mg	0g	0g
Bread - Italian, 1 oz	77	14g	1g	2g	0mg	165mg	0g	1g
Cheese - Hard, 1 oz	120	0g	10g	8g	0mg	0mg	0g	0g
Couscous, cooked, 0.5 cup, cooked	88	18g	0g	3g	0mg	4mg	0g	1g
Snacks								
GNC Pro Performance - Pure isolate, 1 Scoop	120	5g	1g	25g	5mg	100mg	1g	1g
Nut Harvest - Deluxe Mixed Nuts, 1 container (3 oz (28g/about 1/4 cup) ea.)	510	18g	45g	15g	0mg	405mg	3g	6g
TOTAL:	2,080	112g	102g	137g	194mg	2,596mg	17g	12g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	73	18			
Walking, 3.0 mph, mod. pace	89	30			
MFP iOS calorie adjustment	0	1			
TOTALS:	162	49	0	0	0

December 6, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								

Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g
Lunch								
Denny's - Eggs, Scrambled (2), 2 eggs (4 oz)	250	1g	21g	13g	450mg	235mg	0g	0g
Spacebar - Chorizio, 1 ounce	224	7g	11g	24g	0mg	0mg	0g	0g
Island Farms - 2% Cottage Cheese, 0.75 Cup	150	5g	4g	21g	23mg	630mg	5g	0g
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g
Dinner								
Gyro - Gyro, 1 Gyro	593	74g	12g	44g	82mg	874mg	8g	4g
Snacks								
Kirkland - Almonds, Dry Roasted & Salted 2 Oz. Size, 1.6 oz.	270	10g	23g	9g	0mg	180mg	2g	5g
GNC Pro Performance - Pure isolate, 2 Scoop	240	10g	1g	50g	10mg	200mg	2g	2g
TOTAL:	1,870	124g	78g	164g	577mg	2,191mg	31g	11g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
MFP iOS calorie adjustment				43	1			
TOTALS:				43	1	0	0	0

December 7, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)		15	4g	0g	0g	0mg	0mg	4g	0g
Starbucks - Half & Half, 2 tbsp		40	1g	3g	1g	12mg	12mg	0g	0g
splenda - Splenda, 2 pkg		8	2g	0g	0g	0mg	0mg	0g	0g
Homemade - Sausage, Egg, Cheese Bagel, 1 sandwich		390	61g	15g	17g	210mg	628mg	2g	5g
Lunch									
Emerald - Sea Salt & Pepper Cashews, 1 package 1.25oz/35.4g		200	10g	16g	6g	0mg	200mg	2g	1g
Dinner									
Eggs - Egg, 4 large egg (50g)		280	0g	20g	24g	740mg	280mg	0g	0g
Sprouts Farmers Market - Colby Jack Cheese (Sliced), 1 slice		110	0g	9g	7g	25mg	170mg	0g	0g
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp		60	0g	7g	0g	0mg	0mg	0g	0g
Snacks									
Orgain Protein Powder - Chocolate, 2 scoops		150	13g	4g	21g	0mg	180mg	1g	5g

GNC Pro Performance - Pure isolate, 1 Scoop	120	5g	1g	25g	5mg	100mg	1g	1g
Generic - 1 Cup Popcorn Plain, 1 cup	40	0g	0g	0g	0mg	0mg	0g	0g
Trader Joe's Ridge Cut Salt & Pepper Potato Chips - Potato Chip, 1 oz	150	16g	9g	2g	0mg	160mg	0g	1g
Walnuts - Walnuts, 0.25 cup	200	4g	20g	5g	0mg	1mg	1g	2g
TOTAL:	1,773	116g	104g	110g	992mg	1,731mg	11g	15g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
MFP iOS calorie adjustment	26	1			
TOTALS:	26	1	0	0	0

December 8, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
Lunch								
Carl's Jr - Big Carl Low Carb Lettuce Wrapped, 1 Sandwich	670	8g	55g	39g	140mg	880mg	5g	1g
Eggs - Egg, 1 large egg (50g)	70	0g	5g	6g	185mg	70mg	0g	0g
Dinner								
Homemade - Greek Gyro Salad, 1 Medium Salad	324	7g	23g	21g	0mg	0mg	0g	2g
Wine - Cabernet, 5 oz.	122	5g	0g	1g	0mg	0mg	0g	0g
Pepitas - Raw, 0.2 cup	57	7g	2g	2g	0mg	2mg	0g	2g
Snacks								
Pure Protein - Frosty Chocolate Shake - 35g, 1 Can	170	4g	2g	35g	15mg	150mg	1g	1g
Orgain Protein Powder - Chocolate, 4 scoops	300	26g	8g	42g	0mg	360mg	2g	10g
Walnuts - Walnuts, 0.25 cup	200	4g	20g	5g	0mg	1mg	1g	2g
TOTAL:	2,336	99g	125g	191g	402mg	2,095mg	17g	20g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	139	40			

Walking, 3.0 mph, mod. pace	45	16						
MFP iOS calorie adjustment	3	1						
TOTALS:	187	57	0	0	0	0	0	0

December 9, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
Lunch								
Carl's Jr - Big Carl Low Carb Lettuce Wrapped, 1 Sandwich	670	8g	55g	39g	140mg	880mg	5g	1g
Dinner								
Dynamite - Cabernet, 10 oz	250	8g	0g	0g	0mg	20mg	2g	0g
Carl's Jr - Low Carb Six Dollar Burger With No Cheese, 1 sandwich	440	8g	32g	32g	90mg	830mg	6g	1g
Pizza Hutt - Vegetarian Pizza, 2 Slice	386	44g	15g	20g	0mg	818mg	0g	0g
Bread - Italian, 1 oz	77	14g	1g	2g	0mg	165mg	0g	1g
Snacks								
Cytosport - Muscle Milk Chocolate Shake, 14 oz	160	9g	5g	25g	15mg	300mg	0g	5g
TOTAL:	2,406	129g	118g	158g	307mg	3,645mg	21g	10g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	179	43			
Walking, 3.0 mph, mod. pace	43	13			
Walking, 3.0 mph, mod. pace	50	14			
MFP iOS calorie adjustment	23	1			
TOTALS:	295	71	0	0	0

December 10, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g

splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g
Get go - Sausage egg & cheese biscuit, 1 sandwich	520	36g	33g	18g	90mg	1,320mg	3g	2g
International Delight - French Vanilla, 2 Tbsp (15 mL)	70	12g	3g	0g	0mg	4mg	12g	0g
Lunch								
Golden Nuts - Cacahuete Salado , 43 gr	261	7g	21g	11g	0mg	256mg	2g	4g
Core Power® - Elite Chocolate, 14 fl oz	240	11g	4g	42g	15mg	130mg	7g	6g
Dinner								
Rally's - Double Rally Burger With Cheese, 230 g	530	31g	33g	27g	100mg	1,130mg	2g	7g
Beer - Tecate, 12 oz.	138	12g	0g	0g	0mg	0mg	0g	0g
Snacks								
Orgain Protein Powder - Chocolate, 2 scoops	150	13g	4g	21g	0mg	180mg	1g	5g
Heineken - Beer, 816.5 ml (12 ounces)	327	26g	0g	3g	0mg	17mg	29g	0g
Indio - Beer, 1 bottle	135	0g	0g	0g	0mg	0mg	0g	0g
Corona Extra - Beer, 24 oz bottle(355ml)	298	28g	0g	2g	0mg	0mg	0g	0g
TOTAL:	2,687	178g	98g	126g	205mg	3,037mg	56g	24g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				242	70			
MFP iOS calorie adjustment				0	1			
TOTALS:				242	71	0	0	0

December 11, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Kirkland - Premium Chunk Chicken Breast, 2 oz		60	0g	1g	13g	45mg	270mg	0g	0g
Ortega - Flour Tortillas 8", 1 tortilla 40g		120	22g	2g	3g	0mg	210mg	0g	0g
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop		120	3g	1g	24g	30mg	60mg	1g	0g
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bowl		510	15g	38g	29g	98mg	1,365mg	6g	5g
Dinner									
Doney, 2 serving(s)		453	66g	15g	39g	62mg	575mg	6g	7g
Ortega - Flour Tortillas 8", 1 tortilla 40g		120	22g	2g	3g	0mg	210mg	0g	0g
Beef - Carne Asada Meat, 2 oz		90	1g	4g	11g	30mg	195mg	1g	0g
Rosas - Queso, 1 oz		50	10g	4g	3g	3mg	160mg	0g	0g
Snacks									
GNC Pro Performance - Pure isolate, 1 Scoop		120	5g	1g	25g	5mg	100mg	1g	1g

Pure Protein - Frosty Chocolate Shake - 35g, 1 Can	170	4g	2g	35g	15mg	150mg	1g	1g
TOTAL:	1,813	148g	70g	185g	288mg	3,295mg	16g	14g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	64	22			
Walking, 3.0 mph, mod. pace	42	13			
MFP iOS calorie adjustment	50	1			
TOTALS:	156	36	0	0	0

December 12, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Centrum - Multivitamin (Men under 50), 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 4 Tbsp	140	20g	6g	0g	0mg	120mg	20g	0g
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cooked	340	4g	18g	15g	0mg	580mg	0g	0g
Eurest - Frijoles de Olla, 0.5 cup	137	25g	0g	8g	0mg	84mg	1g	6g
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
Lunch								
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bowl	510	15g	38g	29g	98mg	1,365mg	6g	5g
Dinner								
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g
Snacks								
GNC Pro Performance - Pure isolate, 1 Scoop	120	5g	1g	25g	5mg	100mg	1g	1g
Bohemia - Beer, 24 oz	270	23g	0g	2g	0mg	0mg	0g	0g
TOTAL:	2,135	170g	79g	144g	195mg	2,884mg	40g	19g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	52	19			
Walking, 3.0 mph, mod. pace	150	35			
MFP iOS calorie adjustment	47	1			
TOTALS:	249	55	0	0	0

December 13, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
Breakfast									
Centrum - Multivitamin (Men under 50), 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cooked	340	4g	18g	15g	0mg	580mg	0g	0g	
Eurest - Frijoles de Olla, 0.5 cup	137	25g	0g	8g	0mg	84mg	1g	6g	
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g	
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g	
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g	
Lunch									
Rally's - Double Rally Burger With Cheese, 230 g	530	31g	33g	27g	100mg	1,130mg	2g	7g	
Dinner									
Generic - Half Roast Chicken, 1/2 cooked	457	0g	18g	80g	0mg	500mg	0g	0g	
Ortega - Flour Tortillas 8", 4 tortilla 40g	480	88g	8g	12g	0mg	840mg	0g	0g	
Carne Asada - Homemade 4oz, 2 oz	73	1g	3g	14g	28mg	114mg	0g	1g	
Snacks									
GNC Pro Performance - Pure isolate, 1 Scoop	120	5g	1g	25g	5mg	100mg	1g	1g	
TOTAL:		2,297	166g	82g	206g	163mg	3,408mg	10g	15g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	65	18			
Walking, 3.0 mph, mod. pace	255	64			
MFP iOS calorie adjustment	0	1			
TOTALS:		320	83	0	0

December 14, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Centrum - Multivitamin (Men under 50), 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cooked	340	4g	18g	15g	0mg	580mg	0g	0g
Eurest - Frijoles de Olla, 0.5 cup	137	25g	0g	8g	0mg	84mg	1g	6g
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
Nestle - Coffe-Mate Original (4g), 1 sobre de 4 g.	21	2g	1g	0g	0mg	3mg	0g	0g
Lunch								

Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bowl	510	15g	38g	29g	98mg	1,365mg	6g	5g
Dinner								
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g
Carne Asada - Homemade 4oz, 4 oz	145	2g	6g	28g	56mg	227mg	0g	1g
Ortega - Flour Tortillas 8", 2 tortilla 40g	240	44g	4g	6g	0mg	420mg	0g	0g
Rosas - Queso, 1 oz	50	10g	4g	3g	3mg	160mg	0g	0g
Snacks								
GNC Pro Performance - Pure isolate, 1 Scoop	120	5g	1g	25g	5mg	100mg	1g	1g
TOTAL:	2,176	185g	88g	178g	254mg	3,574mg	20g	20g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	55	16			
MFP iOS calorie adjustment	80	1			
TOTALS:	135	17	0	0	0

December 15, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Centrum - Multivitamin (Men under 50), 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cooked	340	4g	18g	15g	0mg	580mg	0g	0g
Eurest - Frijoles de Olla, 0.5 cup	137	25g	0g	8g	0mg	84mg	1g	6g
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 5 Tbsp	175	25g	8g	0g	0mg	150mg	25g	0g
Splenda - No Calorie Sweetener Packet, 2 packet (1g)	0	1g	0g	0g	0mg	0mg	0g	0g
Lunch								
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bowl	510	15g	38g	29g	98mg	1,365mg	6g	5g
Dinner								
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g
Carne Asada - Homemade 4oz, 2 oz	73	1g	3g	14g	28mg	114mg	0g	1g
Ortega - Flour Tortillas 8", 1 tortilla 40g	120	22g	2g	3g	0mg	210mg	0g	0g
Snacks								
GNC Pro Performance - Pure isolate, 2 Scoop	240	10g	1g	50g	10mg	200mg	2g	2g
TOTAL:	2,208	181g	86g	183g	228mg	3,338mg	46g	21g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
MFP iOS calorie adjustment	78	1			
TOTALS:	78	1	0	0	0

December 16, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Centrum - Multivitamin (Men under 50), 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cooked	340	4g	18g	15g	0mg	580mg	0g	0g
Eurest - Frijoles de Olla, 0.5 cup	137	25g	0g	8g	0mg	84mg	1g	6g
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
Splenda - No Calorie Sweetener Packet, 2 packet (1g)	0	1g	0g	0g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 4 Tbsp	140	20g	6g	0g	0mg	120mg	20g	0g
Lunch								
Rally's - Double Rally Burger With Cheese, 230 g	530	31g	33g	27g	100mg	1,130mg	2g	7g
Mcdonald's - French Fries Small, 2.5 oz 71 g	230	29g	11g	3g	0mg	160mg	3g	3g
Dinner								
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g
Carne Asada - Homemade 4oz, 2 oz	73	1g	3g	14g	28mg	114mg	0g	1g
Ortega - Flour Tortillas 8", 1 tortilla 40g	120	22g	2g	3g	0mg	210mg	0g	0g
Dolores - Atún al pibil, 100 gr	109	2g	5g	16g	31mg	254mg	0g	0g
Snacks								
GNC Pro Performance - Pure isolate, 2 Scoop	240	10g	1g	50g	10mg	200mg	2g	2g
TOTAL:	2,497	214g	95g	200g	261mg	3,487mg	35g	26g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	66	22			
Walking, 3.0 mph, mod. pace	114	27			
Walking, 3.0 mph, mod. pace	94	22			
MFP iOS calorie adjustment	0	1			
TOTALS:	274	72	0	0	0

December 17, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Centrum - Multivitamin (Men under 50), 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cooked	340	4g	18g	15g	0mg	580mg	0g	0g
Eurest - Frijoles de Olla, 0.5 cup	137	25g	0g	8g	0mg	84mg	1g	6g
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g
Nestle - Coffe-Mate Original (4g), 1 sobre de 4 g.	21	2g	1g	0g	0mg	3mg	0g	0g
Lunch								
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
Homemade - Greek Gyro Salad, 1 Medium Salad	324	7g	23g	21g	0mg	0mg	0g	2g
Dinner								
Pork Ribs - Country Style, 7 oz	532	0g	35g	49g	203mg	112mg	0g	0g
Generic - Coleslaw, 0.5 Cup	41	7g	2g	1g	5mg	14mg	0g	1g
Carne Asada - Homemade 4oz, 2 oz	73	1g	3g	14g	28mg	114mg	0g	1g
Ortega - Flour Tortillas 8", 1 tortilla 40g	120	22g	2g	3g	0mg	210mg	0g	0g
Wine - Cabernet, 5 oz.	122	5g	0g	1g	0mg	0mg	0g	0g
Outback Steakhouse - Seasonal Mixed Vegetables, 0.5 cup	48	6g	2g	2g	0mg	77mg	3g	3g
Rosas - Queso, 1 oz	50	10g	4g	3g	3mg	160mg	0g	0g
Snacks								
Barcel - Golden Nuts, 1 bag - 43 g	261	7g	21g	11g	0mg	257mg	2g	4g
GNC Pro Performance - Pure isolate, 1 Scoop	120	5g	1g	25g	5mg	100mg	1g	1g
TOTAL:	2,469	116g	114g	202g	304mg	1,831mg	14g	18g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace		58		14	
Walking, 3.0 mph, mod. pace		87		33	
Walking, 3.0 mph, mod. pace		113		32	
Walking, 3.0 mph, mod. pace		200		74	
Walking, 3.0 mph, mod. pace		53		15	
MFP iOS calorie adjustment		0		1	
TOTALS:		511		169	0
				0	0

December 18, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
mazatun - lomo de atun aleta amarilla con verduras en agua, 100 gr	114	2g	2g	20g	31mg	322mg	0g	1g
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g
Nestle - Coffee-mate: the Orginal, 2 tsp	20	2g	1g	0g	0mg	0mg	0g	0g
Frutos Secos - Almendras, 100 g	631	17g	51g	22g	0mg	1mg	49g	10g
Lunch								
Dolores - Atún Con Verduras, 100 g	114	2g	2g	20g	31mg	322mg	0g	1g
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
Stacy's - Ham and Cheese Sandwhich, 1 sandwhich	230	0g	0g	0g	0mg	0mg	0g	0g
Dinner								
Dolores - Atun aleta amarilla con jalapeño, 100 gramo	114	0g	4g	19g	43mg	333mg	0g	3g
Plain Unbuttered - Popcorn, 4 cups popped	124	24g	1g	4g	0mg	0mg	0g	5g
Planters - Packets - Peanuts, 2 oz	340	10g	28g	14g	0mg	200mg	2g	4g
Snacks								
GNC Pro Performance - Pure isolate, 2 Scoop	240	10g	1g	50g	10mg	200mg	2g	2g
TOTAL:	2,180	75g	92g	198g	175mg	1,498mg	55g	26g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace		217	62		
MFP iOS calorie adjustment		0	1		
TOTALS:		217	63	0	0

December 19, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Cytosport - Muscle Milk Chocolate Shake, 14 oz	160	9g	5g	25g	15mg	300mg	0g	5g
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g

Orgain Protein Powder - Chocolate, 2 scoops	150	13g	4g	21g	0mg	180mg	1g	5g
Hayden Valley Foods - Chocolate Pretzels, 9 pieces	180	28g	8g	3g	0mg	150mg	13g	1g
Lunch								
Carl's Jr - Low Carb Six Dollar Burger With No Cheese, 1.5 sandwich	660	12g	48g	48g	135mg	1,245mg	9g	2g
Dinner								
Dynamite - Cabernet, 10 oz	250	8g	0g	0g	0mg	20mg	2g	0g
Bread - Italian, 1 oz	77	14g	1g	2g	0mg	165mg	0g	1g
Butter - 1 Pat Aj - Dairy, 1 pat	36	0g	4g	0g	11mg	29mg	0g	0g
Fogo De Chao - Ancho Beef - Ny Strip, 4 oz	275	0g	18g	30g	93mg	125mg	0g	0g
SAMs salmon - Salmon, 2 ounces	90	0g	5g	12g	28mg	23mg	0g	0g
Snacks								
Orgain Protein Powder - Chocolate, 2 scoops	150	13g	4g	21g	0mg	180mg	1g	5g
GNC Pro Performance - Pure isolate, 1 Scoop	120	5g	1g	25g	5mg	100mg	1g	1g
TOTAL:	2,451	137g	107g	203g	319mg	3,089mg	34g	22g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				97	32			
Walking, 3.0 mph, mod. pace				57	15			
Walking, 3.0 mph, mod. pace				63	15			
MFP iOS calorie adjustment				4	1			
TOTALS:				221	63	0	0	0

December 20, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
splenda - Splenda, 2 pkg		8	2g	0g	0g	0mg	0mg	0g	0g
Half & Half - Half & Half, 2 tbsp		35	1g	3g	1g	15mg	15mg	1g	0g
Appletree - Denver Omlet, 1 omelet		390	15g	20g	40g	525mg	1,758mg	5g	2g
Old Wisconsin - Turkey Sausage, 4 stick		180	0g	12g	16g	60mg	640mg	0g	0g
Lunch									
GNC - Wheyboldic RTD, 1 bottle		190	2g	2g	40g	0mg	170mg	2g	1g
Steak - Grilled, 4 oz		160	0g	6g	23g	22mg	3mg	0g	0g
Salmon, 2 ounce		50	1g	1g	11g	23mg	120mg	0g	1g
Grandy's - Dinner Roll, 1 roll		89	14g	3g	3g	8mg	79mg	0g	0g
Dairy - Butter - 1 Pat, 1 pat		36	0g	4g	0g	11mg	29mg	0g	0g

Dinner								
Homemade - Caprisi Salad, 1 cup	120	7g	7g	7g	15mg	290mg	4g	0g
Pizza Hutt - Vegetarian Pizza, 3 Slice	579	66g	23g	30g	0mg	1,227mg	0g	0g
Wine - Cabernet, 5 oz.	122	5g	0g	1g	0mg	0mg	0g	0g
TOTAL:	1,969	113g	81g	174g	679mg	4,331mg	12g	4g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				57	19			
Walking, 3.0 mph, mod. pace				232	71			
MFP iOS calorie adjustment				0	1			
TOTALS:				289	91	0	0	0

December 21, 2016

FOODS				Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast											
Naturally Good Kosher - Swiss Cheese Slices, 1 slice	85	0g	7g	6g	20mg	40mg	0g	0g			
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g			
Eggs - Egg, 4 large egg (50g)	280	0g	20g	24g	740mg	280mg	0g	0g			
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g			
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g			
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g			
Orgain - Organic Protein Powder - Creamy Chocolate Fudge, 2 Rounded Scoops (46G)	150	13g	4g	21g	0mg	180mg	1g	5g			
Lunch											
Homemade Outside Grill - Grilled Hamburger, 9 oz	675	0g	45g	63g	105mg	113mg	0g	0g			
Marzetti - Balsamic, 2 tbsp	90	4g	9g	0g	5mg	230mg	3g	0g			
Dinner											
Pizza Hutt - Vegetarian Pizza, 3 Slice	579	66g	23g	30g	0mg	1,227mg	0g	0g			
Snacks											
GNC Pro Performance - Pure isolate, 2 Scoop	240	10g	1g	50g	10mg	200mg	2g	2g			
TOTAL:	2,196	100g	116g	196g	880mg	2,270mg	10g	7g			

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				58	17			
MFP iOS calorie adjustment				34	1			

TOTALS:

92

18

0

0

0

December 22, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Naturally Good Kosher - Swiss Cheese Slices, 1 slice	85	0g	7g	6g	20mg	40mg	0g	0g
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Eggs - Egg, 4 large egg (50g)	280	0g	20g	24g	740mg	280mg	0g	0g
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g
Gnc Optimum 100% Whey Gold Standard Vanilla Ice Cream Protein - Whey Protein, 1 Rounded Scoop	120	3g	1g	24g	30mg	60mg	1g	0g
Trader Joe's - California Walnut Halves & Pieces, 0.33 cup (30g)	266	5g	27g	7g	0mg	0mg	1g	3g
Lunch								
Carl's Jr - Low Carb Six Dollar Burger With No Cheese, 1 sandwich	440	8g	32g	32g	90mg	830mg	6g	1g
Dinner								
Protein - Tyson Chicken Breast, 3 oz	141	0g	3g	27g	73mg	63mg	0g	0g
Generic - ++ Cooked Penne Pasta ++, 1 cup (56 g) cooked (no salt)	267	55g	1g	9g	0mg	0mg	3g	3g
Plain Unbuttered - Popcorn, 6 cups popped	186	36g	2g	6g	0mg	0mg	0g	7g
Snacks								
GNC Pro Performance - Pure isolate, 2 Scoop	240	10g	1g	50g	10mg	200mg	2g	2g
TOTAL:	2,122	124g	101g	187g	963mg	1,473mg	17g	16g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	53	20			
MFP iOS calorie adjustment	9	1			
TOTALS:	62	21	0	0	0

December 23, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Muscle Milk - Muscle Milk - Banana Creme, 14 fl. oz. - 1 Bottle	160	8g	5g	25g	15mg	250mg	0g	5g
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g

Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g
Lunch								
Carl's Jr - Big Carl Low Carb Lettuce Wrapped, 1 Sandwich	670	8g	55g	39g	140mg	880mg	5g	1g
Walnuts - Walnuts, 0.33 cup	264	5g	26g	7g	0mg	1mg	1g	3g
Dinner								
Sprouts Farmers Market - Colby Jack Cheese (Sliced), 1 slice	110	0g	9g	7g	25mg	170mg	0g	0g
Wine - Cabernet, 5 oz.	122	5g	0g	1g	0mg	0mg	0g	0g
Carl's Jr - Low Carb Six Dollar Burger With No Cheese, 1 sandwich	440	8g	32g	32g	90mg	830mg	6g	1g
Snacks								
Hayden Valley Foods - Chocolate Pretzels, 9 pieces	180	28g	8g	3g	0mg	150mg	13g	1g
GNC Pro Performance - Pure isolate, 1 Scoop	120	5g	1g	25g	5mg	100mg	1g	1g
Orgain Protein Powder - Chocolate, 2 scoops	150	13g	4g	21g	0mg	180mg	1g	5g
TOTAL:	2,539	120g	149g	176g	307mg	3,133mg	35g	19g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				164	36			
Walking, 3.0 mph, mod. pace				69	17			
Walking, 3.0 mph, mod. pace				84	22			
Walking, 3.0 mph, mod. pace				74	17			
MFP iOS calorie adjustment				0	1			
TOTALS:				391	93	0	0	0

December 24, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp		40	1g	3g	1g	12mg	12mg	0g	0g
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g		35	9g	0g	0g	0mg	0mg	5g	0g
Eggs - Egg, 4 large egg (50g)		280	0g	20g	24g	740mg	280mg	0g	0g
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp		60	0g	7g	0g	0mg	0mg	0g	0g
Naturally Good Kosher - Swiss Cheese Slices, 1 slice		85	0g	7g	6g	20mg	40mg	0g	0g
splenda - Splenda, 3 pkg		12	3g	0g	0g	0mg	0mg	0g	0g
International Delight - French Vanilla, 2 Tbsp (15 mL)		70	12g	3g	0g	0mg	4mg	12g	0g
Lunch									

Eggs - Egg, 2 large egg (50g)	140	0g	10g	12g	370mg	140mg	0g	0g
Ihop Turkey - Turkey Bacon 2, 3 slices	105	2g	8g	8g	38mg	495mg	2g	0g
Ihop - Turkey Sausage Patties, 3 patties	210	0g	15g	18g	83mg	870mg	15g	0g
Ihop - Buttermilk Pancakes (3), 1.5 Pancake	235	34g	7g	6g	35mg	795mg	6g	2g
Dinner								
Protein - Tyson Chicken Breast, 6 oz	283	0g	6g	53g	146mg	127mg	0g	0g
Pc - Yellow Mini Potatoes, 2 potatoes	45	10g	0g	2g	0mg	0mg	1g	1g
Generic - Superfood Kale Salad, 1 cup	140	16g	7g	3g	0mg	41mg	11g	2g
Snacks								
Orgain Protein Powder - Chocolate, 2 scoops	150	13g	4g	21g	0mg	180mg	1g	5g
GNC Pro Performance - Pure isolate, 1 Scoop	120	5g	1g	25g	5mg	100mg	1g	1g
Jacks Links Original - Beef Jerkey, 2.85 oz	228	14g	3g	34g	86mg	1,682mg	11g	0g
United Airlines - Savory Snack Mix, 1 pack (14g)	60	10g	2g	1g	0mg	120mg	1g	0g
TOTAL:	2,308	129g	103g	216g	1,535mg	4,886mg	66g	11g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
MFP iOS calorie adjustment				67	1			
TOTALS:				67	1	0	0	0

December 25, 2016

FOODS			Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast										
Starbucks - Grande Bold Coffee, 32 oz			10	0g	0g	2g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 4 Tbsp			140	20g	6g	0g	0mg	120mg	20g	0g
Domino's - Sugar Packets, 1 packet (3.5g)			15	4g	0g	0g	0mg	0mg	4g	0g
Ghirardelli - Square Milk and White With Assorted Xmas Design and Color, 1 square			70	8g	5g	1g	5mg	10mg	7g	0g
Kirkland - Bacon, 4 slice(s)			160	0g	12g	12g	40mg	700mg	0g	0g
Lunch										
Eggs - Egg, 3 large egg (50g)			210	0g	15g	18g	555mg	210mg	0g	0g
Ihop - Buttermilk Pancakes (3), 1 Pancake			157	23g	5g	4g	23mg	530mg	4g	1g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g			153	2g	1g	34g	35mg	90mg	0g	1g
Dinner										
Vodka - Vodka Tonic-diet, 1 drink-1.5 oz vodka + diet tonic			150	0g	0g	0g	0mg	0mg	0g	0g
Tuna Brunswick Aceite - Canned Tuna Fish Vegetable Oil 2oz, 0.5 container (4 oz ea.)			80	0g	10g	9g	20mg	170mg	0g	0g

N/a - New York Strip Roast, 6 ounce	342	0g	11g	57g	0mg	109mg	0g	0g
Pc - Yellow Mini Potatoes, 2 potatoes	45	10g	0g	2g	0mg	0mg	1g	1g
Brussels Sprouts - Brussels Sprouts, 15 sprouts	135	24g	0g	9g	0mg	45mg	6g	9g
Yorkshire pudding - Yorkshire Pudding, 2 small	116	13g	5g	3g	0mg	0mg	0g	0g
Gravy - Gravy, 0.5 cup	50	0g	0g	0g	0mg	0mg	0g	0g
Costco - Pumpkin Pie, 0.05 slice	115	18g	4g	3g	25mg	110mg	12g	1g
Snacks								
Russell Stover - Candy, 2 Pieces	160	23g	7g	1g	5mg	45mg	0g	1g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Cuties - California Clementine Mandarins (Raw - Whole Fruit), 3 Clementines (168g)	120	26g	1g	2g	0mg	0mg	20g	6g
TOTAL:	2,381	173g	83g	191g	743mg	2,229mg	74g	21g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
MFP iOS calorie adjustment				7	1			
TOTALS:				7	1	0	0	0

December 26, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)		15	4g	0g	0g	0mg	0mg	4g	0g
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp		70	10g	3g	0g	0mg	60mg	10g	0g
Nestle - Coffee-mate: the Original, 2 tsp		20	2g	1g	0g	0mg	0mg	0g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g		153	2g	1g	34g	35mg	90mg	0g	1g
Eggs - Egg, 4 large egg (50g)		280	0g	20g	24g	740mg	280mg	0g	0g
Avacado - Avacado, 0.25 medium		59	3g	5g	1g	0mg	3mg	0g	3g
Island Farms - 2% Cottage Cheese, 0.5 Cup		100	3g	3g	14g	15mg	420mg	3g	0g
Lunch									
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g		153	2g	1g	34g	35mg	90mg	0g	1g
Jimmy John's - #8 Billy Club Unwich, 1 unwich		450	5g	32g	32g	105mg	1,605mg	0g	0g
Jimmy Johns - Salt and Vinger Chips, 28 g		140	17g	8g	1g	0mg	190mg	1g	1g
Dinner									
Tuna Brunswick Aceite - Canned Tuna Fish Vegetable Oil 2oz, 3 oz		120	0g	15g	14g	30mg	255mg	0g	0g

Brussels Sprouts - Brussels Sprouts, 10 sprouts	90	16g	0g	6g	0mg	30mg	4g	6g
Cheese, brie, 1 oz	95	0g	8g	6g	28mg	178mg	0g	0g
Bread - Italian, 1 oz	77	14g	1g	2g	0mg	165mg	0g	1g
Wine - Cabernet, 5 oz.	122	5g	0g	1g	0mg	0mg	0g	0g
Kirkland Signature - Tuna - Solid White Albacore - Packed In Water, 0.5 container (168 gs ea.)	120	0g	2g	24g	30mg	270mg	0g	0g
La Brea Bakery - Costco Torta Bread, 0.5 roll	130	24g	2g	4g	0mg	245mg	2g	1g
Best Foods - Real Mayo, 1 Tbsp (15g)	89	1g	9g	0g	7mg	117mg	0g	0g
Snacks								
Riegelein - Weihnachtsmann, 0.5 Stück	273	29g	16g	3g	0mg	0mg	28g	0g
TOTAL:	2,566	137g	127g	202g	1,025mg	3,998mg	52g	14g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				128	34			
Walking, 3.0 mph, mod. pace				110	27			
MFP iOS calorie adjustment				12	1			
TOTALS:				250	62	0	0	0

December 27, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)		15	4g	0g	0g	0mg	0mg	4g	0g
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp		70	10g	3g	0g	0mg	60mg	10g	0g
Nestle - Coffee-mate: the Orginal, 2 tsp		20	2g	1g	0g	0mg	0mg	0g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g		153	2g	1g	34g	35mg	90mg	0g	1g
Avacado - Avacado, 0.25 medium		59	3g	5g	1g	0mg	3mg	0g	3g
Island Farms - 2% Cottage Cheese, 0.5 Cup		100	3g	3g	14g	15mg	420mg	3g	0g
Eggs - Egg, 5 large egg (50g)		350	0g	25g	30g	925mg	350mg	0g	0g
Lunch									
La Brea Bakery - Costco Torta Bread, 1 roll		260	47g	4g	8g	0mg	490mg	3g	2g
Kirkland - Solid White Albacore, 0.5 container (168 gs ea.)		105	0g	2g	24g	38mg	270mg	0g	0g
Best Foods - Real Mayo, 0.5 Tbsp (15g)		45	1g	5g	0g	4mg	59mg	0g	0g
Bee Sweet - Mandarin Orange, 1 Small 76g (2 1/4")		40	10g	0g	1g	0mg	2mg	8g	1g
Dinner									
Wine - Cabernet, 10 oz.		244	10g	0g	2g	0mg	0mg	0g	0g

Chili's - Ancho Salmon Meal, 1 order	590	41g	27g	48g	100mg	1,910mg	4g	5g
Chilis - Molten Chocolate Cake, 0.25 cake	290	36g	16g	3g	35mg	278mg	26g	1g
Snacks								
Abb - Pure Pro Chocolate 35g, 1 Bottle 12oz	170	5g	1g	35g	15mg	45mg	1g	3g
TOTAL:	2,521	174g	93g	202g	1,167mg	3,977mg	59g	16g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	115	24			
MFP iOS calorie adjustment	92	1			
TOTALS:	207	25	0	0	0

December 28, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)	15	4g	0g	0g	0mg	0mg	4g	0g
Eggs - Egg, 1 large egg (50g)	70	0g	5g	6g	185mg	70mg	0g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
English muffin - English Muffin, 1 muffin	120	25g	1g	4g	0mg	200mg	1g	1g
Dairy - Butter - 1 Pat, 1 pat	36	0g	4g	0g	11mg	29mg	0g	0g
Milk - Drink, 0.5 cup	65	6g	3g	4g	10mg	65mg	6g	0g
Cheerios - Dry, 0.75 cup cereal	75	15g	2g	2g	0mg	120mg	1g	2g
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 4 Tbsp	140	20g	6g	0g	0mg	120mg	20g	0g
Lunch								
Eggs - Egg, 2.5 large egg (50g)	175	0g	13g	15g	463mg	175mg	0g	0g
Sausage Patty - Sausage Patty, 1 cooked (4oz)	140	0g	9g	10g	38mg	38mg	0g	0g
Generic - Brown Toast, 2 Slice	130	27g	1g	5g	0mg	0mg	0g	2g
Smucker's - Mixed Fruit Jelly 1/2 oz, 14g, 2 oz, 14g	140	36g	0g	0g	0mg	0mg	32g	0g
Dinner								
Pierre - Stuffed Cordon Bleu Chicken Breast, 1.5 Piece	495	27g	21g	48g	128mg	1,335mg	3g	2g
Panera - Shrimp, 12 piece	150	0g	2g	32g	278mg	360mg	0g	0g
Snacks								
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 2 Scoop 41g	306	4g	2g	68g	70mg	180mg	0g	2g
Planter's Salted Peanuts - 2oz Snack, 2 oz	330	9g	29g	15g	0mg	190mg	2g	5g

Russell Stover - Candy, 1 Pieces	80	12g	4g	1g	3mg	23mg	0g	1g
TOTAL:	2,642	190g	103g	246g	1,221mg	2,995mg	69g	16g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	165	44			
Walking, 3.0 mph, mod. pace	76	26			
Walking, 3.0 mph, mod. pace	123	28			
Walking, 3.0 mph, mod. pace	141	33			
MFP iOS calorie adjustment	0	1			
TOTALS:	505	132	0	0	0

December 29, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Dairy - Butter - 1 Pat, 1 pat	36	0g	4g	0g	11mg	29mg	0g	0g
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g
Island Farms - 2% Cottage Cheese, 1 Cup	200	6g	5g	28g	30mg	840mg	6g	0g
Eggs - Egg, 2 large egg (50g)	140	0g	10g	12g	370mg	140mg	0g	0g
Sausage Patty - Sausage Patty, 1 cooked (4oz)	140	0g	9g	10g	38mg	38mg	0g	0g
Generic - Brown Toast, 1 Slice	65	14g	1g	3g	0mg	0mg	0g	1g
Smucker's - Strawberry Jam (14g Packet), 1 oz (14g)	70	18g	0g	0g	0mg	0mg	16g	0g
Coffee Mate - French Vanilla Coffee Creamer, 3 Tbsp	105	15g	5g	0g	0mg	90mg	15g	0g
Lunch								
Sausage Patty - Sausage Patty, 1 cooked (4oz)	140	0g	9g	10g	38mg	38mg	0g	0g
Island Farms - 2% Cottage Cheese, 1 Cup	200	6g	5g	28g	30mg	840mg	6g	0g
Eggs - Egg, 2.5 large egg (50g)	175	0g	13g	15g	463mg	175mg	0g	0g
Generic - Brown Toast, 1 Slice	65	14g	1g	3g	0mg	0mg	0g	1g
Dairy - Butter - 1 Pat, 1 pat	36	0g	4g	0g	11mg	29mg	0g	0g
Smucker's - Mixed Fruit Jelly 1/2 oz, 14g, 1 oz, 14g	70	18g	0g	0g	0mg	0mg	16g	0g
Dinner								
Denny's - Bacon, 2 Slices	70	1g	5g	5g	15mg	230mg	0g	0g
Wine - Cabernet, 10 oz.	244	10g	0g	2g	0mg	0mg	0g	0g
Wingstop - Lemon Pepper (Wingstop), 6 Count	540	3g	39g	45g	180mg	531mg	0g	3g
Doritos - Doritos, 2 package	280	32g	16g	4g	0mg	420mg	0g	2g
Snacks								

Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 2 Scoop 41g	306	4g	2g	68g	70mg	180mg	0g	2g
TOTAL:	2,904	144g	128g	235g	1,256mg	3,580mg	59g	9g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	129	30			
Walking, 3.0 mph, mod. pace	110	26			
Walking, 3.0 mph, mod. pace	153	36			
MFP iOS calorie adjustment	0	1			
TOTALS:	392	93	0	0	0

December 30, 2016

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Dairy - Butter - 1 Pat, 1 pat	36	0g	4g	0g	11mg	29mg	0g	0g
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g
Island Farms - 2% Cottage Cheese, 1 Cup	200	6g	5g	28g	30mg	840mg	6g	0g
Eggs - Egg, 2 large egg (50g)	140	0g	10g	12g	370mg	140mg	0g	0g
Sausage Patty - Sausage Patty, 1 cooked (4oz)	140	0g	9g	10g	38mg	38mg	0g	0g
Generic - Brown Toast, 1 Slice	65	14g	1g	3g	0mg	0mg	0g	1g
Smucker's - Strawberry Jam (14g Packet), 1 oz (14g)	70	18g	0g	0g	0mg	0mg	16g	0g
Coffee Mate - French Vanilla Coffee Creamer, 3 Tbsp	105	15g	5g	0g	0mg	90mg	15g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Lunch								
Panera - Shrimp, 4 piece	50	0g	1g	11g	93mg	120mg	0g	0g
Jimmy John's - #8 Billy Club Unwich, 1 unwich	450	5g	32g	32g	105mg	1,605mg	0g	0g
Dinner								
Panera - Shrimp, 8 piece	100	0g	2g	21g	185mg	240mg	0g	0g
Wine - Cabernet, 10 oz.	244	10g	0g	2g	0mg	0mg	0g	0g
Costco Crazy Cuizine - Mandarin Orange Chicken, 1.25 cup (140g / 5oz)	325	44g	9g	16g	38mg	625mg	18g	0g
Doritos - Doritos, 1 package	140	16g	8g	2g	0mg	210mg	0g	1g
Mandarin Oranges, Halo. - Wonderful, 2 Orange (76 grams)	80	20g	0g	2g	0mg	4mg	16g	3g
Snacks								
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g

TOTAL:		2,473	155g	88g	209g	940mg	4,121mg	71g	7g	
EXERCISES					Calories	Minutes	Sets	Reps	Weight	
Cardiovascular										
Walking, 3.0 mph, mod. pace					217	53				
Walking, 3.0 mph, mod. pace					88	20				
MFP iOS calorie adjustment					0	1				
TOTALS:					305	74	0	0	0	0

December 31, 2016

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
splenda - Splenda, 2 pkg		8	2g	0g	0g	0mg	0mg	0g	0g
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g		35	9g	0g	0g	0mg	0mg	5g	0g
Half & Half - Half & Half, 2 tbsp		35	1g	3g	1g	15mg	15mg	1g	0g
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich		230	28g	6g	13g	20mg	560mg	3g	2g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g		153	2g	1g	34g	35mg	90mg	0g	1g
Eggs - Egg, 2 large egg (50g)		140	0g	10g	12g	370mg	140mg	0g	0g
Panera - Shrimp, 8 piece		100	0g	2g	21g	185mg	240mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 3 Tbsp		105	15g	5g	0g	0mg	90mg	15g	0g
Lunch									
Daves Killer Bread -good Seed - Organic Bread, 2 slice		280	50g	6g	10g	0mg	340mg	10g	8g
Ham - Ham Lean, 6 oz		246	3g	9g	36g	90mg	2,046mg	0g	0g
Eggs - Egg, 1 large egg (50g)		70	0g	5g	6g	185mg	70mg	0g	0g
Safeway - Breakfast Sausage Links, 1 links		60	1g	5g	3g	12mg	140mg	0g	0g
Dinner									
Mandarin Oranges, Halo. - Wonderful, 2 Orange (76 grams)		80	20g	0g	2g	0mg	4mg	16g	3g
Homemade - Seared Ahi Tuna Steak, 6 oz		184	0g	2g	40g	76mg	60mg	0g	0g
Wine - Cabernet, 15 oz.		366	15g	0g	3g	0mg	0mg	0g	0g
Bread - Italian, 1 oz		77	14g	1g	2g	0mg	165mg	0g	1g
Barilla - Farfalle Bowtie Pasta, 56 g		200	42g	1g	7g	0mg	0mg	2g	2g
Snacks									
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 2 Scoop 41g		306	4g	2g	68g	70mg	180mg	0g	2g
TOTAL:		2,685	206g	58g	260g	1,058mg	4,140mg	52g	19g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	141	34			
MFP iOS calorie adjustment	87	1			
TOTALS:	228	35	0	0	0

January 1, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Coffee Mate - French Vanilla Coffee Creamer, 5 Tbsp	175	25g	8g	0g	0mg	150mg	25g	0g
Sugar In the Raw - Brown Sugar Packet, 2 Tbsp 15 ml 9 g	70	18g	0g	0g	0mg	0mg	10g	0g
Lunch								
Dairy - Butter - 1 Pat, 1 pat	36	0g	4g	0g	11mg	29mg	0g	0g
Daves Killer Bread -good Seed - Organic Bread, 2 slice	280	50g	6g	10g	0mg	340mg	10g	8g
Best Foods - Real Mayo, 0.5 Tbsp (15g)	45	1g	5g	0g	4mg	59mg	0g	0g
Ham - Ham Lean, 6 oz	246	3g	9g	36g	90mg	2,046mg	0g	0g
Eggs - Egg, 5 large egg (50g)	350	0g	25g	30g	925mg	350mg	0g	0g
Safeway - Breakfast Sausage Links, 1 links	60	1g	5g	3g	12mg	140mg	0g	0g
Dinner								
Daves Killer Bread - Powerseed - Bread, 2 slice (45g)	220	34g	4g	12g	0mg	300mg	6g	12g
Sunny Meadow - Large Eggs, Scrambled, 2 egg (50g)	140	0g	10g	12g	370mg	140mg	0g	0g
Ham - Ham Lean, 3 oz	123	1g	5g	18g	45mg	1,023mg	0g	0g
Milk - Milk, 0.5 cup	45	0g	0g	0g	0mg	0mg	0g	0g
Generic - Superfood Kale Salad, 1 cup	140	16g	7g	3g	0mg	41mg	11g	2g
Cheese - Cheese - Shredded, 0.33 cup (28g)	80	0g	9g	7g	25mg	170mg	0g	0g
Snacks								
Russell Stover - Candy, 1 Pieces	80	12g	4g	1g	3mg	23mg	0g	1g
GNC Pro Performance - Pure isolate, 1 Scoop	120	5g	1g	25g	5mg	100mg	1g	1g
TOTAL:	2,381	170g	103g	193g	1,525mg	5,001mg	63g	25g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	253	72			

MFP iOS calorie adjustment				0	1				
TOTALS:				253	73	0	0	0	0

January 2, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Coffee Mate - French Vanilla Coffee Creamer, 5 Tbsp	175	25g	8g	0g	0mg	150mg	25g	0g
Sugar In the Raw - Brown Sugar Packet, 2 Tbsp 15 ml 9 g	70	18g	0g	0g	0mg	0mg	10g	0g
Eggs - Egg, 4 large egg (50g)	280	0g	20g	24g	740mg	280mg	0g	0g
Safeway - Breakfast Sausage Links, 2 links	120	1g	9g	7g	23mg	280mg	1g	0g
Dairy - Butter - 1 Pat, 0.5 pat	18	0g	2g	0g	5mg	14mg	0g	0g
Lunch								
Jimmy John's - #8 Billy Club Unwich, 1 unwich	450	5g	32g	32g	105mg	1,605mg	0g	0g
Dinner								
Jack In the Box - Ultimate Bacon Cheeseburger (No Bun), 1 burger	698	4g	53g	49g	164mg	1,820mg	2g	0g
Snacks								
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 2 Scoop 41g	306	4g	2g	68g	70mg	180mg	0g	2g
TOTAL:	2,280	59g	127g	216g	1,142mg	4,419mg	38g	3g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	94	23			
Walking, 3.0 mph, mod. pace	156	39			
MFP iOS calorie adjustment	0	1			
TOTALS:	250	63	0	0	0

January 3, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Knudsen Low Fat Cottage Cheese - Low Fat 2% Milkfat Cottage Cheese, 1 cup	180	12g	5g	22g	30mg	840mg	8g	0g
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g

Coffee Mate - French Vanilla Coffee Creamer, 3 Tbsp	105	15g	5g	0g	0mg	90mg	15g	0g
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g
Lunch								
Eggs - Egg, 4 large egg (50g)	280	0g	20g	24g	740mg	280mg	0g	0g
Avacado - Fresh, 0.25 fresh	81	4g	7g	1g	0mg	4mg	0g	4g
Sargento Snacks - Natural Mild Cheddar Cheese Stick, 1 piece (28g)	80	1g	5g	8g	15mg	170mg	0g	0g
Denny's - Bacon, 1 Slices	35	1g	3g	3g	8mg	115mg	0g	0g
Island Farms - 2% Cottage Cheese, 0.5 Cup	100	3g	3g	14g	15mg	420mg	3g	0g
Ihop - Buttermilk Pancakes (3), 0.5 Pancake	78	11g	2g	2g	12mg	265mg	2g	1g
Dinner								
Homemade - Skillet Chicken Parmigiana, 8 oz	480	26g	10g	62g	150mg	1,130mg	4g	1g
Wine - Cabernet, 5 oz.	122	5g	0g	1g	0mg	0mg	0g	0g
Protein - Tyson Chicken Breast, 6 oz	283	0g	6g	53g	146mg	127mg	0g	0g
Snacks								
Denny's - Brown Sugar Ham Steak, 4 oz	130	5g	6g	17g	50mg	1,160mg	4g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
TOTAL:	2,277	90g	74g	276g	1,236mg	4,781mg	36g	8g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				100	29			
MFP iOS calorie adjustment				50	1			
TOTALS:				150	30	0	0	0

January 4, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Knudsen Low Fat Cottage Cheese - Low Fat 2% Milkfat Cottage Cheese, 1 cup		180	12g	5g	22g	30mg	840mg	8g	0g
Starbucks - Grande Bold Coffee, 16 oz		5	0g	0g	1g	0mg	0mg	0g	0g
splenda - Splenda, 3 pkg		12	3g	0g	0g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 4 Tbsp		140	20g	6g	0g	0mg	120mg	20g	0g
Lunch									
Eggs - Egg, 4 large egg (50g)		280	0g	20g	24g	740mg	280mg	0g	0g
Avacado - Fresh, 0.25 fresh		81	4g	7g	1g	0mg	4mg	0g	4g
Sargento Snacks - Natural Mild Cheddar Cheese Stick, 1 piece (28g)		80	1g	5g	8g	15mg	170mg	0g	0g

Denny's - Bacon, 1 Slices	35	1g	3g	3g	8mg	115mg	0g	0g
Fruit cup - Fruit Cup, 1 cup	70	17g	0g	1g	0mg	15mg	16g	1g
Dinner								
Wine - Cabernet, 10 oz.	244	10g	0g	2g	0mg	0mg	0g	0g
Costco Crazy Cuizine - Mandarin Orange Chicken, 1.5 cup (140g / 5oz)	390	53g	11g	20g	45mg	750mg	21g	0g
Ham - Ham Lean, 6 oz	246	3g	9g	36g	90mg	2,046mg	0g	0g
Snacks								
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Kroger - Peppered Beef Smokehouse Jerky (Fj060916), 1 container (3 oz ea.)	240	18g	3g	33g	45mg	1,800mg	18g	0g
Pecans - Chopped, 0.28 cup	219	4g	23g	3g	0mg	0mg	1g	3g
TOTAL:	2,375	148g	93g	188g	1,008mg	6,230mg	84g	9g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
MFP iOS calorie adjustment				103	1			
TOTALS:				103	1	0	0	0

January 5, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Knudsen Low Fat Cottage Cheese - Low Fat 2% Milkfat Cottage Cheese, 1 cup		180	12g	5g	22g	30mg	840mg	8g	0g
Starbucks - Grande Bold Coffee, 16 oz		5	0g	0g	1g	0mg	0mg	0g	0g
splenda - Splenda, 3 pkg		12	3g	0g	0g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp		70	10g	3g	0g	0mg	60mg	10g	0g
Labrada - Lean Body Cinnamon Bun, 17 fl oz		280	9g	9g	40g	35mg	500mg	0g	5g
Lunch									
Jimmy John's - #8 Billy Club Unwich, 1 unwich		450	5g	32g	32g	105mg	1,605mg	0g	0g
Jimmy Johns - Salt and Vinger Chips, 28 g		140	17g	8g	1g	0mg	190mg	1g	1g
Dinner									
Generic - Coleslaw, 0.5 Cup		41	7g	2g	1g	5mg	14mg	0g	1g
Dickey's Barbecue - Barbeque Beans, 4 oz		110	22g	0g	4g	0mg	325mg	8g	4g
cornbread - Cornbread, 5 oz		200	28g	8g	3g	0mg	0mg	0g	0g
Butter - 1 Pat Aj - Dairy, 1 pat		36	0g	4g	0g	11mg	29mg	0g	0g
Dicky's Barbeque Pit - Brisket, 10 oz		617	0g	28g	85g	0mg	0mg	0g	0g
Snacks									

Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 2 Scoop 41g	306	4g	2g	68g	70mg	180mg	0g	2g
TOTAL:	2,447	117g	101g	257g	256mg	3,743mg	27g	13g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	194	47			
Walking, 3.0 mph, mod. pace	96	22			
MFP iOS calorie adjustment	17	1			
TOTALS:	307	70	0	0	0

January 6, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 1 Tbsp	35	5g	2g	0g	0mg	30mg	5g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Eggs - Egg, 4 large egg (50g)	280	0g	20g	24g	740mg	280mg	0g	0g
Island Farms - 2% Cottage Cheese, 0.5 Cup	100	3g	3g	14g	15mg	420mg	3g	0g
Avacado - Avacado, 0.25 medium	59	3g	5g	1g	0mg	3mg	0g	3g
Denny's - Bacon, 1 Slices	35	1g	3g	3g	8mg	115mg	0g	0g
Lunch								
Kirkland - Solid White Albacore, 1 container (168 gs ea.)	210	0g	3g	48g	75mg	540mg	0g	0g
Best Foods - Real Mayo, 1 Tbsp (15g)	89	1g	9g	0g	7mg	117mg	0g	0g
Dinner								
Pecans - Chopped, 0.28 cup	219	4g	23g	3g	0mg	0mg	1g	3g
Raising Cane's - the Box (No Fries, No Toast), 1 Box	714	39g	39g	28g	0mg	0mg	0g	0g
Snacks								
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Oxxo - Bitz - Pistaches, 33.2 g	184	6g	15g	7g	0mg	193mg	2g	3g
TOTAL:	2,248	69g	124g	197g	915mg	1,878mg	11g	11g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					

MFP iOS calorie adjustment	45	1						
TOTALS:	45	1	0	0	0	0	0	0

January 7, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Eggs - Egg, 4 large egg (50g)	280	0g	20g	24g	740mg	280mg	0g	0g
Kroger - All Natural Cheese - Colby Jack (Finely Shredded Colby & Monterey Jack), 28 g (1/4 cup)	100	1g	8g	7g	30mg	170mg	0g	0g
Columbus - Herb Roasted Turkey Breast, 2 slices (56g)	60	1g	1g	13g	20mg	220mg	0g	0g
Olive Oil, Extra Light* - Bertolli, 0.33 tbsp	40	0g	5g	0g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 4 Tbsp	140	20g	6g	0g	0mg	120mg	20g	0g
Sugar In the Raw - Brown Sugar Packet, 3 Tbsp 15 ml 9 g	105	27g	0g	0g	0mg	0mg	15g	0g
Lunch								
Homemade - Ground Beef Tacos, 3 taco	303	24g	15g	18g	15mg	522mg	3g	3g
Dinner								
Ham - Ham Lean, 4 oz	164	2g	6g	24g	60mg	1,364mg	0g	0g
Wine - Cabernet, 5 oz.	122	5g	0g	1g	0mg	0mg	0g	0g
Wingstop - Lemon Pepper (Wingstop), 4 Count	360	2g	26g	30g	120mg	354mg	0g	2g
Oxxo - Bitz - Pistaches, 49.8 g	276	9g	22g	11g	0mg	290mg	3g	5g
Snacks								
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 2 Scoop 41g	306	4g	2g	68g	70mg	180mg	0g	2g
TOTAL:	2,414	97g	112g	231g	1,090mg	3,590mg	41g	13g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
MFP iOS calorie adjustment	28	1			
TOTALS:	28	1	0	0	0

January 8, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g

Eggs - Egg, 4 large egg (50g)	280	0g	20g	24g	740mg	280mg	0g	0g
Kroger - All Natural Cheese - Colby Jack (Finely Shredded Colby & Monterey Jack), 28 g (1/4 cup)	100	1g	8g	7g	30mg	170mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 3 Tbsp	105	15g	5g	0g	0mg	90mg	15g	0g
Sugar In the Raw - Brown Sugar Packet, 2 Tbsp 15 ml 9 g	70	18g	0g	0g	0mg	0mg	10g	0g
Ham - Ham Lean, 2 oz	82	1g	3g	12g	30mg	682mg	0g	0g
Lunch								
Jimmy John's - #8 Billy Club Unwich, 1 unwich	450	5g	32g	32g	105mg	1,605mg	0g	0g
Dinner								
Dominos - Meatza Pizza, 3 slice	840	81g	42g	36g	105mg	2,280mg	9g	6g
Snacks								
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 2 Scoop 41g	306	4g	2g	68g	70mg	180mg	0g	2g
TOTAL:	2,391	127g	113g	214g	1,115mg	5,377mg	34g	9g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
MFP iOS calorie adjustment				18	1			
TOTALS:				18	1	0	0	0

January 9, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Mcdonalds - Sausage and Egg Mcgriddle, 1 Sandwich		520	46g	30g	17g	235mg	1,070mg	15g	2g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g		153	2g	1g	34g	35mg	90mg	0g	1g
Starbucks - Grande Bold Coffee, 16 oz		5	0g	0g	1g	0mg	0mg	0g	0g
Starbucks - Half & Half, 2 tbsp		40	1g	3g	1g	12mg	12mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)		30	8g	0g	0g	0mg	0mg	8g	0g
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp		70	10g	3g	0g	0mg	60mg	10g	0g
Lunch									
Ham - Ham Lean, 2 oz		82	1g	3g	12g	30mg	682mg	0g	0g
Homemade - Ham and Cheese Quiche, 1/4 of a pie		636	45g	40g	26g	298mg	920mg	0g	0g
Dinner									
Carl's Jr - Low Carb Six Dollar Burger With No Cheese, 1.5 sandwich		660	12g	48g	48g	135mg	1,245mg	9g	2g
Snacks									
Muscle Milk - Pro-series, 1 Bottle		200	10g	3g	40g	25mg	290mg	1g	5g
TOTAL:	2,396	135g	131g	179g	770mg	4,369mg	43g	10g	

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	385	83			
MFP iOS calorie adjustment	0	1			
TOTALS:	385	84	0	0	0

January 10, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 3 Tbsp	105	15g	5g	0g	0mg	90mg	15g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Generic - Jif Extra Crunchy Peanut Butter, 4 Tblsp	380	16g	32g	14g	0mg	210mg	6g	4g
Lunch								
Breakfast Bagel - Bagel, Cheese, Egg, Sausage, 1 whole bagel	508	41g	30g	19g	96mg	1,204mg	3g	2g
Dinner								
Denny's - 2 Sausage Links, 2 links	160	1g	15g	5g	30mg	325mg	0g	1g
Denny's - Bacon, 2 Slices	70	1g	5g	5g	15mg	230mg	0g	0g
Denny's - Chicken Sausage Patty, 1 Patty	115	0g	9g	7g	45mg	260mg	1g	0g
Denny's - Eggs, Scrambled (2), 2 eggs (4 oz)	250	1g	21g	13g	450mg	235mg	0g	0g
Snacks								
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 2 Scoop 41g	306	4g	2g	68g	70mg	180mg	0g	2g
Cadbury - Fruit and Nut Dark Chocolate (Canada), 9 squares	210	27g	12g	3g	5mg	5mg	23g	2g
Cytosport - Genuine Muscle Milk - Chocolate, 14 oz	160	9g	5g	25g	15mg	300mg	0g	5g
Chips - Chips, 13 chips	150	15g	9g	2g	0mg	170mg	1g	1g
TOTAL:	2,584	135g	146g	196g	761mg	3,299mg	49g	18g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	211	47			
Walking, 3.0 mph, mod. pace	181	53			
Walking, 3.0 mph, mod. pace	75	19			
Walking, 3.0 mph, mod. pace	93	22			
Walking, 3.0 mph, mod. pace	75	27			

MFP iOS calorie adjustment	0	1						
TOTALS:	635	169	0	0	0	0	0	0

January 11, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g
Knudsen Low Fat Cottage Cheese - Low Fat 2% Milkfat Cottage Cheese, 1 cup	180	12g	5g	22g	30mg	840mg	8g	0g
splenda - Splenda, 4 pkg	16	4g	0g	0g	0mg	0mg	0g	0g
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g
Muscle Milk - Pro-series, 1 Bottle	200	10g	3g	40g	25mg	290mg	1g	5g
Lunch								
Ling Ling Pot Sticker - Pot Sticker, 5 Pot Stickers	260	39g	7g	12g	35mg	600mg	4g	2g
Kettle Brand - Sea Salt & Vinegar Potato Chips, 2 oz (13 chips)	300	32g	18g	4g	0mg	420mg	0g	2g
Muscle Milk - Pro Series- Go Bananas, 14 FL OZ	200	8g	3g	40g	25mg	290mg	1g	5g
Wendy's - 1/4 Single Burger, 1 burger	580	42g	31g	30g	100mg	1,220mg	10g	3g
Dinner								
Carl's Jr - Low Carb Six Dollar Burger With No Cheese, 1 sandwich	440	8g	32g	32g	90mg	830mg	6g	1g
Protein - Tyson Chicken Breast, 4 oz	189	0g	4g	35g	97mg	85mg	0g	0g
Snacks								
Generic - Jif Extra Crunchy Peanut Butter, 1 Tblsp	95	4g	8g	4g	0mg	53mg	2g	1g
TOTAL:	2,610	179g	117g	221g	414mg	4,700mg	47g	19g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	114	29			
Walking, 3.0 mph, mod. pace	159	46			
Walking, 3.0 mph, mod. pace	42	15			
Walking, 3.0 mph, mod. pace	76	28			
Walking, 3.0 mph, mod. pace	38	13			
Walking, 3.0 mph, mod. pace	88	20			
MFP iOS calorie adjustment	0	1			
TOTALS:	517	152	0	0	0

January 12, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
Knudsen Low Fat Cottage Cheese - Low Fat 2% Milkfat Cottage Cheese, 1 cup	180	12g	5g	22g	30mg	840mg	8g	0g
splenda - Splenda, 4 pkg	16	4g	0g	0g	0mg	0mg	0g	0g
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g
Starbucks - Half & Half, 1 tbsp	20	1g	2g	0g	6mg	6mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 1 Tbsp	35	5g	2g	0g	0mg	30mg	5g	0g
Beyond Bread - Mediterranean Omlette, No Side, No Bread, 1 Omlette	224	15g	12g	15g	235mg	455mg	0g	3g
McDs - Hash Brown, 1 hash brown	150	15g	9g	1g	0mg	310mg	0g	2g
Denny's - 2 Sausage Links, 1 links	80	1g	8g	3g	15mg	163mg	0g	1g
Lunch								
Togo's - Roast Beef (Cold), 6 " Regular	580	66g	9g	58g	85mg	2,300mg	5g	4g
Avacado - Fresh, 0.38 fresh	121	6g	11g	2g	0mg	5mg	0g	5g
Dinner								
Peanut Butter, 1 tbsp	95	4g	8g	4g	0mg	70mg	2g	1g
Chef Boyardee - Beef Ravioli, 2 cup (246g)	440	62g	14g	14g	20mg	1,500mg	10g	6g
Snacks								
Russell Stover - Candy, 1 Pieces	80	12g	4g	1g	3mg	23mg	0g	1g
Muscle Milk - Pro-series, 1 Bottle	200	10g	3g	40g	25mg	290mg	1g	5g
Muscle Milk - Chocolate Protein Shake 11 oz, 11 fl. oz.	130	7g	4g	20g	10mg	240mg	0g	4g
TOTAL:	2,391	229g	91g	181g	429mg	6,232mg	36g	32g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	98	27			
Walking, 3.0 mph, mod. pace	47	15			
Walking, 3.0 mph, mod. pace	118	29			
Walking, 3.0 mph, mod. pace	77	21			
Walking, 3.0 mph, mod. pace	103	25			
MFP iOS calorie adjustment	0	1			
TOTALS:	443	118	0	0	0

January 13, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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Breakfast								
Starbucks - Grande Bold Coffee, 16 oz	5	0g	0g	1g	0mg	0mg	0g	0g
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g
Starbucks - Half & Half, 1 tbsp	20	1g	2g	0g	6mg	6mg	0g	0g
School Cafe - Sausage, Egg and Cheese on A Bagel, 1 sandwich	470	50g	22g	19g	145mg	960mg	0g	0g
Avacado - Avacado, 0.25 medium	59	3g	5g	1g	0mg	3mg	0g	3g
splenda - Splenda, 8 pkg	32	8g	0g	0g	0mg	0mg	0g	0g
Lunch								
Denny's - Eggs, Scrambled (2), 2 eggs (4 oz)	250	1g	21g	13g	450mg	235mg	0g	0g
Denny's - Chicken Sausage Patty, 1 Patty	115	0g	9g	7g	45mg	260mg	1g	0g
Denny's - 2 Sausage Links, 2 links	160	1g	15g	5g	30mg	325mg	0g	1g
Denny's - Bacon, 2 Slices	70	1g	5g	5g	15mg	230mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Dinner								
Shophouse - Meatballs, 7 oz	500	16g	36g	28g	118mg	1,140mg	0g	0g
Spaghetti, Cooked, 0.75 cup, cooked	165	32g	1g	6g	0mg	1mg	1g	2g
Bread - Italian, 1 oz	77	14g	1g	2g	0mg	165mg	0g	1g
Snacks								
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Abb Performance - Pure Pro 50 Strawberry, 1 Bottle	240	6g	2g	50g	45mg	100mg	3g	1g
TOTAL:	2,431	154g	123g	173g	889mg	3,575mg	20g	9g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				77	18			
Walking, 3.0 mph, mod. pace				214	69			
MFP iOS calorie adjustment				0	1			
TOTALS:				291	88	0	0	0

January 14, 2017

FOODS				Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast											
Starbucks - Grande Bold Coffee, 16 oz				5	0g	0g	1g	0mg	0mg	0g	0g
splenda - Splenda, 4 pkg				16	4g	0g	0g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 3 Tbsp				105	15g	5g	0g	0mg	90mg	15g	0g

Knudsen Low Fat Cottage Cheese - Low Fat 2% Milkfat Cottage Cheese, 1 cup	180	12g	5g	22g	30mg	840mg	8g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g	153	2g	1g	34g	35mg	90mg	0g	1g
Lunch								
Denny's - Eggs, Scrambled (2), 2 eggs (4 oz)	250	1g	21g	13g	450mg	235mg	0g	0g
Denny's - Chicken Sausage Patty, 1 Patty	115	0g	9g	7g	45mg	260mg	1g	0g
Denny's - 2 Sausage Links, 2 links	160	1g	15g	5g	30mg	325mg	0g	1g
Denny's - Bacon, 2 Slices	70	1g	5g	5g	15mg	230mg	0g	0g
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Starbucks - Half & Half, 1 tbsp	20	1g	2g	0g	6mg	6mg	0g	0g
Dinner								
Ledos Pizza - Meat Lovers Pizza, 5 slice	900	40g	60g	35g	100mg	1,450mg	5g	0g
Snacks								
Cytosport - Genuine Muscle Milk - Chocolate, 28 oz	320	18g	10g	50g	30mg	600mg	0g	10g
TOTAL:	2,304	95g	133g	174g	741mg	4,126mg	29g	12g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				179	52			
MFP iOS calorie adjustment				4	1			
TOTALS:				183	53	0	0	0

January 15, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g		153	2g	1g	34g	35mg	90mg	0g	1g
knudsen - low fat cottage cheese with pineapple , 0.5 container (4.00 \2 cup)		220	30g	4g	16g	20mg	680mg	24g	0g
Generic - Jif Extra Crunchy Peanut Butter, 1 Tblsp		95	4g	8g	4g	0mg	53mg	2g	1g
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
splenda - Splenda, 4 pkg		16	4g	0g	0g	0mg	0mg	0g	0g
Coffee Mate - French Vanilla Coffee Creamer, 3 Tbsp		105	15g	5g	0g	0mg	90mg	15g	0g
Lunch									
Ledos Pizza - Meat Lovers Pizza, 3 slice		540	24g	36g	21g	60mg	870mg	3g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 1 Scoop 41g		153	2g	1g	34g	35mg	90mg	0g	1g
Dinner									

Denny's - Eggs, Scrambled (2), 2 eggs (4 oz)	250	1g	21g	13g	450mg	235mg	0g	0g
Denny's - Bacon, 2 Slices	70	1g	5g	5g	15mg	230mg	0g	0g
Denny's - 2 Sausage Links, 2 links	160	1g	15g	5g	30mg	325mg	0g	1g
Denny's - Chicken Sausage Patty, 1 Patty	115	0g	9g	7g	45mg	260mg	1g	0g
Coors - Coors Light 12 oz, 1 can	102	5g	0g	0g	0mg	11mg	0g	0g
Ledos Pizza - Meat Lovers Pizza, 1 slice	180	8g	12g	7g	20mg	290mg	1g	0g
Armanino - Italian Meatball, 4 meatballs	153	3g	11g	9g	30mg	373mg	0g	1g
Snacks								
Muscle Milk - Pro-series, 1 Bottle	200	10g	3g	40g	25mg	290mg	1g	5g
TOTAL:	2,522	110g	131g	197g	765mg	3,887mg	47g	10g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				179	47			
Walking, 3.0 mph, mod. pace				129	31			
Walking, 3.0 mph, mod. pace				63	15			
MFP iOS calorie adjustment				0	1			
TOTALS:				371	94	0	0	0

January 16, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
knudsen - low fat cottage cheese with pineapple , 0.5 container (4.00 \2 cup)		220	30g	4g	16g	20mg	680mg	24g	0g
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
Vitasport Aminogen - Chocolate Protein Shake 7 Synthesis, 0.5 Scoop 41g		77	1g	1g	17g	18mg	45mg	0g	1g
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp		70	10g	3g	0g	0mg	60mg	10g	0g
Yoplait - Yogart/ Harvest Peach, 1 container / 6oz		150	25g	2g	6g	10mg	95mg	18g	0g
splenda - Splenda, 1 pkg		4	1g	0g	0g	0mg	0mg	0g	0g
Lunch									
P3 Portable Protein Pack - Applewood Smoked Ham, Marbled Colby & Monterey Jack Cheese, Cashew Halves & Pieces, 1 Package		180	5g	12g	12g	35mg	430mg	1g	0g
squirrel brand classic almonds - almonds, 43 gram		250	9g	22g	9g	0mg	160mg	2g	5g
Muscle Milk - Pro Series 32 Knockout Chocolate, 11 oz		160	7g	2g	32g	20mg	230mg	1g	4g
Dinner									
Wine - Cabernet, 5 oz.		122	5g	0g	1g	0mg	0mg	0g	0g
Texas Roadhouse - 10 Oz Ribeye, 14 OZ		510	0g	31g	53g	165mg	108mg	0g	0g

Broccoli - Cooked, 1 cup	31	6g	0g	3g	0mg	30mg	2g	2g
Generic - Roasted Brussels Sprouts With Olive Oil, 1 cup	68	6g	5g	2g	0mg	16mg	1g	2g
Snacks								
American Heritage - String Cheese, 2 stick	160	0g	10g	14g	30mg	380mg	2g	0g
Core Power - Light Chocolate Protein Shake, 11.5 oz	150	13g	4g	20g	15mg	140mg	11g	2g
TOTAL:	2,162	118g	96g	187g	313mg	2,374mg	72g	16g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Walking, 3.0 mph, mod. pace				160	38			
MFP iOS calorie adjustment				32	1			
TOTALS:				192	39	0	0	0

January 17, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Muscle Milk - Ald - Muscle Milk Pro - Chocolate 32g, 11 fl oz		160	7g	2g	32g	20mg	230mg	1g	4g
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
Domino's - Sugar Packets, 1 packet (3.5g)		15	4g	0g	0g	0mg	0mg	4g	0g
Kroger - Heavy Whipping Cream- Actual Carb Count, 1 tbsp (15 ml)		50	1g	5g	0g	20mg	5mg	0g	0g
Eggs - Egg, 4 large egg (50g)		280	0g	20g	24g	740mg	280mg	0g	0g
Kroger - All Natural Cheese - Colby Jack (Finely Shredded Colby & Monterey Jack), 28 g (1/4 cup)		100	1g	8g	7g	30mg	170mg	0g	0g
Columbus - Herb Roasted Turkey Breast, 2 slices (56g)		60	1g	1g	13g	20mg	220mg	0g	0g
Lunch									
Bread - Dave's Killer Bread Thin-sliced 21 Whole Grains (Grams), 112 g (1 slice)		240	48g	4g	12g	0mg	420mg	12g	12g
Mayo - Kraft Mayo With Olive Oil, 1 tbsp		50	1g	5g	0g	5mg	105mg	0g	0g
Kirkland Signature - Tuna - Solid White Albacore - Packed In Water, 1 container (168 gs ea.)		240	0g	5g	48g	60mg	540mg	0g	0g
Dinner									
SAMs salmon - Salmon, 6 ounces		270	0g	14g	35g	85mg	70mg	0g	0g
Cauliflower - Raw, 0.5 head, medium (5-6" dia)		72	15g	0g	6g	0mg	86mg	7g	7g
Nonnis - cioccolati biscotti, 2 (24g)		220	34g	8g	4g	40mg	140mg	18g	2g
Black Forest Cake - (Chocolate-Cherry) , 0.5 piece (1/12 of 3-layer, 8" or 9" dia)		141	20g	7g	1g	23mg	121mg	18g	1g
Snacks									
Cuties - California Clementine Mandarins (Raw - Whole Fruit), 3		120	26g	1g	2g	0mg	0mg	20g	6g

Clementines (168g)									
Muscle Milk - Ald - Muscle Milk Pro - Chocolate 32g, 11 fl oz	160	7g	2g	32g	20mg	230mg	1g	4g	
TOTAL:	2,188	165g	82g	218g	1,063mg	2,617mg	81g	36g	

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
MFP iOS calorie adjustment				3	1			
TOTALS:				3	1	0	0	0

January 18, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast									
Muscle Milk - Ald - Muscle Milk Pro - Chocolate 32g, 11 fl oz		160	7g	2g	32g	20mg	230mg	1g	4g
Starbucks - Grande Bold Coffee, 32 oz		10	0g	0g	2g	0mg	0mg	0g	0g
Eggs - Egg, 4 large egg (50g)		280	0g	20g	24g	740mg	280mg	0g	0g
Kroger - All Natural Cheese - Colby Jack (Finely Shredded Colby & Monterey Jack), 28 g (1/4 cup)		100	1g	8g	7g	30mg	170mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)		30	8g	0g	0g	0mg	0mg	8g	0g
Kroger - Heavy Whipping Cream- Actual Carb Count, 2 tbsp (15 ml)		100	2g	10g	0g	40mg	10mg	0g	0g
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp		60	0g	7g	0g	0mg	0mg	0g	0g
Ham - Ham Lean, 1 oz		41	0g	2g	6g	15mg	341mg	0g	0g
Lunch									
Mesquite Grill - Ribeye Steak Sandwich, 6 oz Sandwich		583	55g	23g	41g	94mg	1,350mg	8g	2g
Outtakes - Garden Salad (Large), 1 serving(s)		48	12g	0g	2g	0mg	15mg	4g	3g
Kroger - Thousand Island Salad Dressing, 2 Tbsp		90	5g	8g	0g	10mg	260mg	5g	0g
Dinner									
Chinese - Wonton Soup (Pint), 1 pint (4 wonton & 8 oz)		180	21g	3g	21g	40mg	668mg	0g	1g
Rice, 1 cup cooked		200	47g	0g	4g	0mg	0mg	0g	0g
Green Thai Curry With Veggies - Green Thai Curry With Veggies, 1.5 cups		300	20g	5g	1g	0mg	0mg	3g	1g
Chinese - Cashew Chicken, 1 cup		257	13g	14g	23g	48mg	643mg	0g	3g
Snacks									
Muscle Milk - Pro-series, 1 Bottle		200	10g	3g	40g	25mg	290mg	1g	5g
Cuties - California Clementine Mandarins (Raw - Whole Fruit), 3 Clementines (168g)		120	26g	1g	2g	0mg	0mg	20g	6g
Walker's - Shortbread, 2 piece		200	22g	12g	2g	30mg	140mg	6g	0g
TOTAL:		2,959	249g	118g	207g	1,092mg	4,397mg	56g	25g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace	452	106			
Walking, 3.0 mph, mod. pace	275	68			
MFP iOS calorie adjustment	0	1			
TOTALS:	727	175	0	0	0

January 19, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Eggs - Egg, 4 large egg (50g)	280	0g	20g	24g	740mg	280mg	0g	0g
Kroger - All Natural Cheese - Colby Jack (Finely Shredded Colby & Monterey Jack), 28 g (1/4 cup)	100	1g	8g	7g	30mg	170mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)	30	8g	0g	0g	0mg	0mg	8g	0g
Kroger - Heavy Whipping Cream- Actual Carb Count, 2 tbsp (15 ml)	100	2g	10g	0g	40mg	10mg	0g	0g
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Ham - Ham Lean, 1 oz	41	0g	2g	6g	15mg	341mg	0g	0g
Daisy - Cottage Cheese, Low Fat, 1 cup (113g)	180	8g	5g	26g	20mg	700mg	8g	0g
Lunch								
Bread - Dave's Killer Bread Thin-sliced 21 Whole Grains (Grams), 112 g (1 slice)	240	48g	4g	12g	0mg	420mg	12g	12g
Mayo - Kraft Mayo With Olive Oil, 1 tbsp	50	1g	5g	0g	5mg	105mg	0g	0g
Kirkland Signature - Tuna - Solid White Albacore - Packed In Water, 1 container (168 gs ea.)	240	0g	5g	48g	60mg	540mg	0g	0g
Dinner								
Kirkland - Premium Chunk Chicken Breast, 1 container (7 oz)	210	0g	4g	46g	158mg	945mg	0g	0g
Organic by Nature - Vegetable Medley, 1 cup (100g)	50	11g	0g	2g	0mg	170mg	4g	2g
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Rice, 1 cup cooked	200	47g	0g	4g	0mg	0mg	0g	0g
Snacks								
Cuties - California Clementine Mandarins (Raw - Whole Fruit), 3 Clementines (168g)	120	26g	1g	2g	0mg	0mg	20g	6g
Doritos - Doritos, 1 package	140	16g	8g	2g	0mg	210mg	0g	1g
TOTAL:	2,111	168g	86g	181g	1,068mg	3,891mg	52g	21g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					

MFP iOS calorie adjustment	1	1			
TOTALS:	1	1	0	0	0

January 20, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g
Eggs - Egg, 4 large egg (50g)	280	0g	20g	24g	740mg	280mg	0g	0g
Kroger - All Natural Cheese - Colby Jack (Finely Shredded Colby & Monterey Jack), 28 g (1/4 cup)	100	1g	8g	7g	30mg	170mg	0g	0g
Domino's - Sugar Packets, 2 packet (3.5g)	30	8g	0g	0g	0mg	0mg	8g	0g
Kroger - Heavy Whipping Cream- Actual Carb Count, 2 tbsp (15 ml)	100	2g	10g	0g	40mg	10mg	0g	0g
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Daisy - Cottage Cheese, Low Fat, 1 cup (113g)	180	8g	5g	26g	20mg	700mg	8g	0g
Columbus - Herb Roasted Turkey Breast, 2 slices (56g)	60	1g	1g	13g	20mg	220mg	0g	0g
Lunch								
Jimmy John's - #8 Billy Club Unwich, 1 unwich	450	5g	32g	32g	105mg	1,605mg	0g	0g
Dinner								
Applebee's - Cedar Grilled Lemon Chicken, 1 meal	580	48g	26g	42g	125mg	2,440mg	15g	5g
Applebees - Boneless Chicken Wings- Honey Bbq, 5 wings	455	54g	18g	20g	48mg	1,385mg	25g	4g
Snacks								
Labrada - Lean Body Cinnamon Bun, 17 fl oz	280	9g	9g	40g	35mg	500mg	0g	5g
TOTAL:	2,585	136g	136g	206g	1,163mg	7,310mg	56g	14g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Crewing	250	23			
MFP iOS calorie adjustment	0	1			
TOTALS:	250	24	0	0	0