

FILE	NAME	DATE	CALORIE TARGET
MFP_1/21/17-2/21/17_Jeffz99	Jeff Popoff	2/21/17	1950

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adj Calories
21-Jan									
Breakfast									
Muscle Milk - 100% Whey Protein Isolate & Concentrate	130	3g	2g	27g	40mg	180mg	2g	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	
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g	
Columbus - Herb Roasted Turkey Breast, 5 slices (56g)	150	3g	1g	33g	50mg	550mg	0g	0g	
Sargento - Natural Colby-Jack, 1 slice	70	0g	6g	4g	15mg	125mg	0g	0g	
Sugar In the Raw - Brown Sugar Packet, 3 Tbsp 15 ml 9 g	105	27g	0g	0g	0mg	0mg	15g	0g	
Kroger - Heavy Whipping Cream- Actual Carb Count, 3 tbsp (150	3g	15g	0g	60mg	15mg	0g	0g	
Lunch									
Bread - Dave's Killer Bread Thin-sliced 21 Whole Grain	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	240	0g	5g	48g	60mg	540mg	0g	0g	
Dinner									
Great Value - Chunk Chicken Breast (With Rib Meat In Water	90	0g	2g	18g	70mg	520mg	0g	0g	
Heb - Quinoa and Kale Salad, 3 salad	480	99g	6g	36g	0mg	405mg	12g	36g	
Food Totals:	2,055	184g	73g	204g	1,040mg	3,140mg	41g	48g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	222	48							
MFP iOS calorie adjustment	16	1							
Exercise Totals:	238	49	0	0	0				2069

22-Jan									
Breakfast									
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	
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g	
Columbus - Herb Roasted Turkey Breast, 5 slices (56g)	150	3g	1g	33g	50mg	550mg	0g	0g	
Sargento - Natural Colby-Jack, 1 slice	70	0g	6g	4g	15mg	125mg	0g	0g	
Sugar In the Raw - Brown Sugar Packet, 3 Tbsp 15 ml 9 g	105	27g	0g	0g	0mg	0mg	15g	0g	
Kroger - Heavy Whipping Cream- Actual Carb Count, 3 tbsp (150	3g	15g	0g	60mg	15mg	0g	0g	
Farmer John - Thick Cut Premium Bacon, 2 slice	140	0g	10g	12g	20mg	480mg	0g	0g	
Lunch									
Great Value - Chunk Chicken Breast (With Rib Meat In Water	178	0g	4g	36g	139mg	1,030mg	0g	0g	
Marketside - Vegetable Medley, 3 cup (85g)	75	15g	0g	6g	0mg	120mg	6g	6g	
Dairy - Butter - 1 Pat, 2 pat	72	0g	8g	0g	22mg	58mg	0g	0g	
Lucerne - 2% Lowfat Cottage Cheese, 1/2 cup (113g)	90	4g	3g	13g	15mg	410mg	2g	0g	
Avacado - Fresh, 0.5 fresh	161	9g	15g	2g	0mg	7mg	1g	7g	
Dinner									
Heb - Quinoa and Kale Salad, 1 salad	160	33g	2g	12g	0mg	135mg	4g	12g	
Great Value - Chunk Chicken Breast (With Rib Meat In Water	135	0g	3g	27g	105mg	780mg	0g	0g	
Snacks									
Smith's - Apple Cinnamon Soft Top Cookies, 1 cookie	270	40g	11g	2g	0mg	210mg	24g	2g	
Food Totals:	2,106	134g	105g	173g	1,166mg	4,200mg	52g	27g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	194	40							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	194	41	0	0	0				2047

23-Jan									
Breakfast									
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	
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g	
Sargento - Natural Colby-Jack, 1 slice	70	0g	6g	4g	15mg	125mg	0g	0g	
Farmer John - Thick Cut Premium Bacon, 3 slice	210	0g	15g	18g	30mg	720mg	0g	0g	
Lunch									
Kirkland Signature - Tuna - Solid White Albacore - Packed In	240	0g	5g	48g	60mg	540mg	0g	0g	
Best Foods Real - Mayonnaise, 1 tbsp	90	0g	10g	0g	5mg	90mg	0g	0g	
Bread - Dave's Killer Bread Thin-sliced 21 Whole Grain	240	48g	4g	12g	0mg	420mg	12g	12g	
Dinner									

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adj Calories
Kroger - Chicken Stir-Fry, 3 cups	360	50g	4g	30g	40mg	1,720mg	38g	8g	
Watchree - Thai Peanut Sauce, 4 tbsp	200	20g	6g	6g	0mg	1,380mg	16g	0g	
Rice, 1 cup cooked	200	47g	0g	4g	0mg	0mg	0g	0g	
Dynamite - Cabernet, 10 oz	250	8g	0g	0g	0mg	20mg	2g	0g	
Snacks									
Knudson - Lowfat Cottage Cheese 2% Small Curd, 1 cup (12)	200	10g	5g	28g	30mg	880mg	6g	0g	
Food Totals:	2,410	183g	82g	176g	920mg	6,175mg	74g	20g	

Cardiovascular									
Aerobics, general	339	53							
Walking, 3.0 mph, mod. pace	165	32							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	504	86	0	0	0				2202

24-Jan									
Breakfast									
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	
Olive Oil, Extra Light* - Bertolli, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g	
Sargento - Natural Colby-Jack, 1 slice	70	0g	6g	4g	15mg	125mg	0g	0g	
Farmer John - Thick Cut Premium Bacon, 3 slice	210	0g	15g	18g	30mg	720mg	0g	0g	
Sugar In the Raw - Brown Sugar Packet, 2 Tbsp 15 ml 9 g	70	18g	0g	0g	0mg	0mg	10g	0g	
Lunch									
Carl's Jr - Low Carb Six Dollar Burger With No Cheese	440	8g	32g	32g	90mg	830mg	6g	1g	
Dinner									
Ledos Pizza - Meat Lovers Pizza, 5 slice	900	40g	60g	35g	100mg	1,450mg	5g	0g	
Food Totals:	2,040	66g	140g	115g	975mg	3,405mg	21g	1g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	301	62							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	301	63	0	0	0				2100

25-Jan									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
splenda - Splenda, 1 pkg	4	1g	0g	0g	0mg	0mg	0g	0g	
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g	
Knudsen on the Go! - 2% Lowfat Cottage Cheese, 16 ounce	360	28g	10g	40g	60mg	1,400mg	20g	0g	
Royal Gala - Apple - Large, 1 apple (154g)	106	22g	0g	0g	0mg	0mg	16g	5g	
Lunch									
Ledos Pizza - Meat Lovers Pizza, 1 slice	180	8g	12g	7g	20mg	290mg	1g	0g	
Dennys - Turkey Bacon, 2 slices	55	1g	4g	6g	30mg	330mg	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									
Carl's Jr - Low Carb Six Dollar Burger With No Cheese	440	8g	32g	32g	90mg	830mg	6g	1g	
Snacks									
Muscle Milk - Pro Series Intense Vanilla - New, 14 oz.	200	9g	3g	40g	25mg	290mg	1g	5g	
Food Totals:	1,950	89g	109g	152g	750mg	4,020mg	55g	12g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	68	16							
Running (jogging), 6 mph (10 min mile)	286	23							
MFP iOS calorie adjustment	39	1							
Exercise Totals:	393	40	0	0	0				2146

26-Jan									
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, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	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	
Denny's - Chicken Sausage Patty, 1 Patty	115	0g	9g	7g	45mg	260mg	1g	0g	
Dennys - Turkey Bacon, 2 slices	55	1g	4g	6g	30mg	330mg	0g	0g	
Lunch									
Carl's Jr - Low Carb Six Dollar Burger With No Cheese	440	8g	32g	32g	90mg	830mg	6g	1g	
Dinner									
Carl's Jr - Low Carb Six Dollar Burger With No Cheese	660	12g	48g	48g	135mg	1,245mg	9g	2g	
Snacks									
Cytosport - Genuine Muscle Milk - Chocolate, 14 oz	160	9g	5g	25g	15mg	300mg	0g	5g	
Core Power - Chocolate-26g, 11.5 FL OZ (340 mL)	240	28g	4g	26g	15mg	160mg	26g	2g	

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adj Calories
Food Totals:	2,138	63g	141g	165g	822mg	3,697mg	42g	11g	
Cardiovascular									
Running (jogging), 6.7 mph (9 min mile)	344	26							
Elliptical Trainer	150	20							
MFP iOS calorie adjustment	25	1							
Exercise Totals:	519	47	0	0	0				2210

27-Jan									
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, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	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	
Denny's - Chicken Sausage Patty, 1 Patty	115	0g	9g	7g	45mg	260mg	1g	0g	
Dennys - Turkey Bacon, 2 slices	55	1g	4g	6g	30mg	330mg	0g	0g	
Lunch									
flank steak - Flank Steak, 8 oz	360	0g	18g	48g	150mg	120mg	0g	0g	
Carrows - Side Salad With Bleu Cheese, 1 Bowl	280	0g	24g	5g	20mg	470mg	3g	2g	
Dinner									
Egees - Roast Beef Turkey , 8 Inches	630	55g	9g	54g	6mg	1,680mg	0g	6g	
Snacks									
Labrada Lean Body - 40g Ready to Drink Shake - Salted Car	280	9g	9g	40g	25mg	600mg	0g	5g	
Jack Links - Original Beef Steak Jumbo, 1 package	120	3g	2g	23g	65mg	1,540mg	2g	0g	
Food Totals:	2,308	73g	114g	204g	833mg	5,572mg	6g	14g	

Cardiovascular									
Bicycling, 12-14 mph, moderate (cycling, biking, bike riding)	161	20							
Walking, 3.0 mph, mod. pace	299	66							
Walking, 3.0 mph, mod. pace	134	33							
Walking, 3.0 mph, mod. pace	43	16							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	637	136	0	0	0				2268

28-Jan									
Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
GNC - Chocolate Frosting Pure Isolate, 68 gram	240	10g	1g	50g	10mg	200mg	2g	2g	
Snacks									
Sprouts whey protein - Protein, 2 packet	180	4g	2g	36g	40mg	80mg	2g	0g	
Food Totals:	1,503	100g	57g	179g	215mg	2,320mg	17g	15g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	65	21							
MFP iOS calorie adjustment	61	1							
Exercise Totals:	126	22	0	0	0				2013

29-Jan									
Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
splenda - Splenda, 5 pkg	20	5g	0g	0g	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 coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Eurest - Frijoles de Olla, 0.5 cup	137	25g	0g	8g	0mg	84mg	1g	6g	
Avacado - Avacado, 0.2 medium	47	2g	4g	1g	0mg	2mg	0g	2g	
Lunch									
Homemade - Greek Gyro Salad, 1 Medium Salad	324	7g	23g	21g	0mg	0mg	0g	2g	
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Dinner									
Tecate Light - Beer, 11.04 oz bottle	87	5g	0g	1g	0mg	0mg	0g	0g	
mazatun - lomo de atun aleta amarilla con verduras en agua,	154	3g	3g	28g	42mg	435mg	0g	2g	
Rally's - Double Rally Burger With Cheese, 230 g	530	31g	33g	27g	100mg	1,130mg	2g	7g	
Orida - French Fries, 3 ounces	140	22g	5g	2g	0mg	320mg	1g	2g	
Food Totals:	2,169	134g	94g	155g	152mg	2,871mg	26g	23g	

Cardiovascular									
Running (jogging), 6.7 mph (9 min mile)	330	26							
Walking, 3.0 mph, mod. pace	68	19							

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adj Calories
Walking, 3.0 mph, mod. pace	67	19							
Walking, 3.0 mph, mod. pace	92	23							
Walking, 3.0 mph, mod. pace	85	20							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	642	108	0	0	0				2271

30-Jan

Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Eurest - Frijoles de Olla, 0.5 cup	137	25g	0g	8g	0mg	84mg	1g	6g	
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	
Lunch									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Food Totals:	1,892	138g	77g	168g	175mg	2,964mg	26g	21g	

Cardiovascular

Walking, 3.0 mph, mod. pace	83	27							
Walking, 3.0 mph, mod. pace	164	38							
MFP iOS calorie adjustment	95	1							
Exercise Totals:	342	66	0	0	0				2121

31-Jan

Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 1 sobre de 4 g.	21	2g	1g	0g	0mg	3mg	0g	0g	
Lunch									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Dinner									
Generic - Half Roast Chicken, 1/2 cooked	457	0g	18g	80g	0mg	500mg	0g	0g	
Ortega - Flour Tortillas ", 3 tortilla 40g	360	66g	6g	9g	0mg	630mg	0g	0g	
Food Totals:	1,946	99g	83g	185g	108mg	3,278mg	8g	7g	

Cardiovascular

Running (jogging), 6 mph (10 min mile)	331	26							
Walking, 3.0 mph, mod. pace	38	14							
Walking, 3.0 mph, mod. pace	81	28							
Walking, 3.0 mph, mod. pace	49	19							
Walking, 3.0 mph, mod. pace	208	51							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	707	139	0	0	0				2304

1-Feb

Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
splenda - Splenda, 4 pkg	16	4g	0g	0g	0mg	0mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
Lunch									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
Kirkland Signature - Tuna - Solid White Albacore - Packed In	240	0g	5g	48g	60mg	540mg	0g	0g	
Tecate Light - Beer, 24 oz bottle	190	10g	0g	2g	0mg	0mg	0g	0g	
Food Totals:	2,041	114g	81g	185g	230mg	3,266mg	14g	14g	

Cardiovascular

Walking, 3.0 mph, mod. pace	62	18							
Walking, 3.0 mph, mod. pace	451	115							
Walking, 3.0 mph, mod. pace	113	41							
Walking, 3.0 mph, mod. pace	141	32							
Walking, 3.0 mph, mod. pace	96	28							

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adj Calories
MFP iOS calorie adjustment	0	1							
Exercise Totals:	863	235	0	0	0				2382
2-Feb									
Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 1 sobre de 4 g.	21	2g	1g	0g	0mg	3mg	0g	0g	
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
mazatun - lomo de atun en agua, 200 gramo	190	4g	0g	43g	13mg	809mg	0g	0g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Pacifico - Beer, 12 oz.	145	15g	0g	0g	0mg	0mg	0g	0g	
Food Totals:	1,944	125g	74g	178g	183mg	3,532mg	19g	14g	
Cardiovascular									
Aerobics, general	339	53							
Walking, 3.0 mph, mod. pace	105	32							
Walking, 3.0 mph, mod. pace	204	50							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	648	136	0	0	0				2274
3-Feb									
Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
splenda - Splenda, 5 pkg	20	5g	0g	0g	0mg	0mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
mazatun - lomo de atun en agua, 200 gramo	190	4g	0g	43g	13mg	809mg	0g	0g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
Food Totals:	1,805	109g	76g	178g	183mg	3,535mg	14g	14g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	67	21							
Walking, 3.0 mph, mod. pace	85	26							
Walking, 3.0 mph, mod. pace	185	52							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	337	100	0	0	0				2118
4-Feb									
Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
splenda - Splenda, 5 pkg	20	5g	0g	0g	0mg	0mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
Lunch									
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	
Wine - Cabernet, 5 oz.	122	5g	0g	1g	0mg	0mg	0g	0g	
Outback Steakhouse - Seasonal Mixed Vegetables, 1 cup	96	11g	3g	3g	0mg	153mg	5g	6g	
Snacks									
Arbonne - Chocolate Protien Shake, 2 scoops (45 g)	160	15g	4g	20g	0mg	480mg	9g	2g	
Purely Inspired - Orgam1ic Protein, 2 scoops	140	10g	2g	20g	0mg	255mg	2g	7g	
Food Totals:	1,906	67g	89g	156g	208mg	1,686mg	17g	18g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	103	26							
Walking, 3.0 mph, mod. pace	73	19							
Walking, 3.0 mph, mod. pace	58	17							
MFP iOS calorie adjustment	137	1							
Exercise Totals:	371	63	0	0	0				2136
5-Feb									

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adj Calories
Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
splenda - Splenda, 5 pkg	20	5g	0g	0g	0mg	0mg	0g	0g	
Eurest - Frijoles de Olla, 0.33 cup	91	17g	0g	5g	0mg	55mg	1g	4g	
Cantalope - 1/2 Cup, 0.5 cup/125ml(80g)	30	6g	0g	1g	0mg	15mg	6g	1g	
Restaurant - Tortillas Chips and Salsa, 5 Chips	73	9g	4g	1g	0mg	60mg	0g	1g	
Nestle - Coffe-Mate Original (4g), 4 sobre de 4 g.	84	10g	5g	0g	0mg	12mg	0g	0g	
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
mazatlan - aleta amarilla com verduras con mayonesa, 1 unid	182	9g	11g	12g	5mg	367mg	0g	2g	
Snacks									
Arbonne - Chocolate Protien Shake, 4 scoops (45 g)	320	30g	7g	40g	0mg	960mg	18g	4g	
Food Totals:	2,268	185g	99g	169g	170mg	4,089mg	43g	25g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	179	48							
Walking, 3.0 mph, mod. pace	43	14							
Walking, 3.0 mph, mod. pace	156	38							
Walking, 3.0 mph, mod. pace	56	15							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	434	116	0	0	0				2167

6-Feb									
Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	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 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Dinner									
Rally's - Double Rally Burger With Cheese, 230 g	530	31g	33g	27g	100mg	1,130mg	2g	7g	
Orida - French Fries, 3 ounces	140	22g	5g	2g	0mg	320mg	1g	2g	
Chipotle - Barbacoa- Beef, 8.8 oz	363	4g	15g	53g	143mg	1,166mg	0g	2g	
Food Totals:	2,162	90g	112g	178g	351mg	4,764mg	11g	18g	

Cardiovascular									
Running (jogging), 6 mph (10 min mile)	313	26							
Walking, 3.0 mph, mod. pace	57	13							
Walking, 3.0 mph, mod. pace	41	13							
Walking, 3.0 mph, mod. pace	156	37							
MFP iOS calorie adjustment	48	1							
Exercise Totals:	615	90	0	0	0				2258

7-Feb									
Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	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 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Homemade - Barbacoa (Meat Only), 9.7 fluid ounce	432	1g	18g	61g	186mg	416mg	0g	0g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
Food Totals:	1,894	95g	91g	171g	351mg	3,039mg	13g	13g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	61	19							
Walking, 3.0 mph, mod. pace	53	14							
Walking, 3.0 mph, mod. pace	207	49							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	321	83	0	0	0				2110

8-Feb									
Breakfast									

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adj Calories
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	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 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Homemade - Barbacoa (Meat Only), 8 fluid ounce	356	1g	15g	51g	153mg	343mg	0g	0g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
Food Totals:	1,818	95g	88g	161g	318mg	2,966mg	13g	13g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	61	16							
Walking, 3.0 mph, mod. pace	317	81							
Walking, 3.0 mph, mod. pace	59	18							
Walking, 3.0 mph, mod. pace	201	54							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	638	170	0	0	0				2269

9-Feb									
Breakfast									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 1 sobre de 4 g.	21	2g	1g	0g	0mg	3mg	0g	0g	
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Homemade - Barbacoa (Meat Only), 11.1 fluid ounce	494	2g	21g	70g	212mg	476mg	0g	0g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
Food Totals:	1,960	97g	94g	180g	377mg	3,099mg	13g	13g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	79	23							
Aerobics, general	339	53							
Walking, 3.0 mph, mod. pace	70	17							
Walking, 3.0 mph, mod. pace	61	15							
Walking, 3.0 mph, mod. pace	91	21							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	640	130	0	0	0				2270

10-Feb									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
GNC - Chocolate Frosting Pure Isolate, 68 gram	240	10g	1g	50g	10mg	200mg	2g	2g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
splenda - Splenda, 4 pkg	16	4g	0g	0g	0mg	0mg	0g	0g	
Eurest - Frijoles de Olla, 0.33 cup	91	17g	0g	5g	0mg	55mg	1g	4g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Homemade - Barbacoa (Meat Only), 11.1 fluid ounce	494	2g	21g	70g	212mg	476mg	0g	0g	
Dinner									
Wine - Cabernet, 20 oz.	488	20g	0g	4g	0mg	0mg	0g	0g	
Texas Roadhouse - 10 Oz Ribeye, 14 OZ	510	0g	31g	53g	165mg	108mg	0g	0g	
Food Totals:	2,741	77g	112g	228g	485mg	2,790mg	9g	11g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	181	45							
Walking, 3.0 mph, mod. pace	117	29							
Walking, 3.0 mph, mod. pace	56	15							
Walking, 3.0 mph, mod. pace	141	35							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	495	125	0	0	0				2198

11-Feb									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Sugar In the Raw - Brown Sugar Packet, 1 Tbsp 15 ml 9 g	35	9g	0g	0g	0mg	0mg	5g	0g	

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adj Calories
Lunch									
Homemade - Greek Gyro Salad, 1 Medium Salad	324	7g	23g	21g	0mg	0mg	0g	2g	
Dinner									
Checkers - Bacon Cheese Champ Burger, 1 cooked	500	40g	27g	26g	70mg	1,600mg	9g	2g	
Kirkland - Premium Chunk Chicken Breast, 1 container (7 oz)	210	0g	4g	46g	158mg	945mg	0g	0g	
Generic - Coleslaw, 0.5 Cup	41	7g	2g	1g	5mg	14mg	0g	1g	
Snacks									
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
Food Totals:	1,742	82g	79g	161g	243mg	3,345mg	16g	7g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	82	28							
Walking, 3.0 mph, mod. pace	102	24							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	184	53	0	0	0				2042

12-Feb									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
splenda - Splenda, 5 pkg	20	5g	0g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Homemade - Barbacoa (Meat Only), 9.7 fluid ounce	432	1g	18g	61g	186mg	416mg	0g	0g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
Snacks									
Cadbury - Fruit and Nut Dark Chocolate (Canada), 4 squares	93	12g	5g	1g	2mg	2mg	10g	1g	
Food Totals:	2,020	113g	98g	172g	353mg	3,044mg	23g	14g	

Cardiovascular									
Running (jogging), 6 mph (10 min mile)	333	26							
Walking, 3.0 mph, mod. pace	72	20							
Walking, 3.0 mph, mod. pace	357	81							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	762	128	0	0	0				2331

13-Feb									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Homemade - Barbacoa (Meat Only), 14.5 fluid ounce	645	2g	27g	92g	277mg	622mg	0g	0g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Snacks									
Cadbury - Fruit and Nut Dark Chocolate (Canada), 2 squares	47	6g	3g	1g	1mg	1mg	5g	0g	
Food Totals:	1,949	72g	98g	184g	412mg	2,962mg	15g	10g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	78	22							
Walking, 3.0 mph, mod. pace	188	43							
MFP iOS calorie adjustment	63	1							
Exercise Totals:	329	66	0	0	0				2114

14-Feb									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
GNC - Chocolate Frosting Pure Isolate, 34 gram	120	5g	1g	25g	5mg	100mg	1g	1g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g	
Coffee-mate - Original Coffee Creamer - 1 Tub (11ml), 2 tub (30	0g	3g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Homemade - Barbacoa (Meat Only), 11 fluid ounce	490	2g	21g	69g	210mg	472mg	0g	0g	
Dinner									
Chipotle - Barbacoa- Beef, 7.6 oz	314	4g	13g	46g	124mg	1,007mg	0g	2g	
Broccoli - Cooked, 8 fluid ounce	31	6g	0g	3g	0mg	30mg	2g	2g	

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adj Calories
Snacks									
Cadbury - Fruit and Nut Dark Chocolate (Canada), 3 squares	70	9g	4g	1g	2mg	2mg	8g	1g	
Food Totals:	1,923	47g	98g	190g	439mg	3,556mg	17g	11g	

Cardiovascular									
Running (jogging), 6 mph (10 min mile)	325	27							
Walking, 3.0 mph, mod. pace	120	38							
Walking, 3.0 mph, mod. pace	74	23							
Walking, 3.0 mph, mod. pace	249	64							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	768	153	0	0	0				2334

15-Feb

Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Sugar In the Raw - Brown Sugar Packet, 2 Tbsp 15 ml 9 g	70	18g	0g	0g	0mg	0mg	10g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
American Cameo - Medium Red Apple, 0.2 medium red apple	16	4g	0g	0g	0mg	0mg	3g	1g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Homemade - Barbacoa (Meat Only), 7 fluid ounce	312	1g	13g	44g	134mg	300mg	0g	0g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
Snacks									
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Food Totals:	1,993	119g	89g	177g	354mg	3,086mg	27g	13g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	188	54							
Walking, 3.0 mph, mod. pace	269	64							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	457	119	0	0	0				2178

16-Feb

Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Great Value - Chunk Chicken Breast (With Rib Meat In Water	293	0g	7g	59g	228mg	1,690mg	0g	0g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
Snacks									
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Food Totals:	1,776	95g	82g	168g	418mg	4,346mg	13g	12g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	205	53							
Walking, 3.0 mph, mod. pace	85	24							
Walking, 3.0 mph, mod. pace	72	27							
Walking, 3.0 mph, mod. pace	63	16							
Walking, 3.0 mph, mod. pace	143	34							
Walking, 3.0 mph, mod. pace	43	15							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	611	170	0	0	0				2256

17-Feb

Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Great Value - Chunk Chicken Breast (With Rib Meat In Water	281	0g	6g	56g	219mg	1,625mg	0g	0g	
Dinner									
Doney, 2 serving(s)	453	66g	15g	39g	62mg	575mg	6g	7g	
Snacks									
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Cadbury - Fruit and Nut Dark Chocolate (Canada), 3 squares	70	9g	4g	1g	2mg	2mg	8g	1g	

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adj Calories
Food Totals:	1,834	104g	85g	166g	411mg	4,283mg	21g	13g	
Cardiovascular									
Running (jogging), 6.7 mph (9 min mile)	92	8							
Walking, 3.0 mph, mod. pace	253	58							
MFP iOS calorie adjustment	55	1							
Exercise Totals:	400	67	0	0	0				2150
18-Feb									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 60.8 g	240	6g	2g	48g	60mg	260mg	2g	1g	
splenda - Splenda, 5 pkg	20	5g	0g	0g	0mg	0mg	0g	0g	
Nestle - Coffee-Mate Coffee Creamer (Original Powder), 2 tsp	20	2g	1g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Great Value - Chunk Chicken Breast (With Rib Meat In Water	281	0g	6g	56g	219mg	1,625mg	0g	0g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Snacks									
Arbonne - Chocolate Protien Shake, 2 scoops (45 g)	160	15g	4g	20g	0mg	480mg	9g	2g	
Food Totals:	1,878	90g	80g	190g	408mg	4,658mg	30g	12g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	169	41							
Bicycling, 12-14 mph, moderate (cycling, biking, bike riding)	116	25							
Walking, 3.0 mph, mod. pace	162	49							
Walking, 3.0 mph, mod. pace	167	38							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	614	154	0	0	0				2257
19-Feb									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 60.8 g	240	6g	2g	48g	60mg	260mg	2g	1g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g	
Nestle - Coffee-Mate Coffee Creamer (Original Powder), 1 tsp	10	1g	1g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Great Value - Chunk Chicken Breast (With Rib Meat In Water	306	0g	7g	61g	238mg	1,765mg	0g	0g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Food Totals:	1,651	61g	74g	175g	427mg	4,258mg	11g	10g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	75	20							
Walking, 3.0 mph, mod. pace	303	73							
Walking, 3.0 mph, mod. pace	218	62							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	596	156	0	0	0				2248
20-Feb									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup coc	340	4g	18g	15g	0mg	580mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 60.8 g	240	6g	2g	48g	60mg	260mg	2g	1g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g	
Nestle - Coffee-Mate Coffee Creamer (Original Powder), 1 tsp	10	1g	1g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 b	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Great Value - Chunk Chicken Breast (With Rib Meat In Water	222	0g	5g	44g	173mg	1,284mg	0g	0g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
mazatun - lomo de atun aleta amarilla con verduras en agua,	114	2g	2g	20g	31mg	322mg	0g	1g	
Food Totals:	1,681	63g	74g	178g	393mg	4,099mg	11g	11g	
Cardiovascular									
Running (jogging), 6 mph (10 min mile)	396	32							
Walking, 3.0 mph, mod. pace	69	19							
Walking, 3.0 mph, mod. pace	273	64							
MFP iOS calorie adjustment	0	1							

