

FILE	NAME	DATE	CALORIE TARGET
3/21-4/21	Jeff Popoff	4/28/17	1700

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adjusted Calories
21-Mar									
Breakfast									
Muscle Milk - Aid - 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	
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g	
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g	
International Delight - French Vanilla, 1 Tbsp (15 mL)	35	6g	2g	0g	0mg	2mg	6g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1.5 cup cc	510	6g	27g	23g	0mg	870mg	0g	0g	
Knudsen Low Fat Cottage Cheese - Low Fat 2% Milkfat Cottag	180	12g	5g	22g	30mg	840mg	8g	0g	
Lunch									
Muscle Milk - Muscle Milk Chocolate 17oz, 17 oz	320	13g	15g	34g	20mg	360mg	4g	2g	
Hilton - Grilled Mediterranean Chicken Salad, 1 salad	199	6g	7g	17g	0mg	7mg	0g	1g	
Jack In the Box - Balsamic Vinaigrette Dressing, 1.5 oz	30	4g	2g	0g	0mg	350mg	2g	0g	
Dinner									
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	
Crappie - Fish, 6 oz.	206	0g	4g	41g	0mg	0mg	0g	0g	
Don Simon - Sangria, 5 fluid ounce	121	14g	0g	1g	0mg	5mg	13g	1g	
Snacks									
Dannon Oikos - Nonfat Yogurt Fruit on Bottom Blueberry, 1 co	110	16g	0g	12g	5mg	50mg	14g	0g	
Oxxo - Bitz - Pistaches, 49.8 g	276	9g	22g	11g	0mg	290mg	3g	5g	
Food Totals:	2,322	111g	94g	198g	98mg	3,210mg	51g	14g	

Cardiovascular									
MFP iOS calorie adjustment	100	1							
Exercise Totals:	100	1	0	0	0				1750

22-Mar									
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	
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	
Dymatize Nutrition - Elite Casein - Rich Chocolate, 1 scoop (3:	130	4g	2g	25g	10mg	180mg	1g	0g	
Lunch									
Carl's Jr - Low Carb Six Dollar Burger With No Cheese,	440	8g	32g	32g	90mg	830mg	6g	1g	
Island Farms - 2% Cottage Cheese, 0.5 Cup	100	3g	3g	14g	15mg	420mg	3g	0g	
Iconic - Chocolate Truffle Protein Drink, 1 drink box	130	8g	2g	20g	10mg	220mg	3g	4g	
Kirkland - Extra Fancy Unsalted Mixed Nuts, 4 ounce	718	26g	60g	19g	0mg	0mg	8g	8g	
Fresh - Small Orange, 1 each	62	15g	0g	1g	0mg	0mg	12g	3g	
Dinner									
Sashimi - Hamachi, 4 oz	164	0g	6g	28g	0mg	0mg	0g	0g	
Food Totals:	2,036	96g	114g	155g	157mg	2,222mg	36g	18g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	91	30							
Walking, 3.0 mph, mod. pace	54	20							
Walking, 3.0 mph, mod. pace	251	55							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	396	106	0	0	0				1898

23-Mar									
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	
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	
Protein + (Muscle Milk - Chocolate, 14 oz	160	9g	5g	25g	15mg	300mg	0g	5g	
Lunch									
Falafel King - Gyros Wrap, 1 gyro	593	74g	12g	44g	82mg	874mg	8g	4g	
Island Farms - 2% Cottage Cheese, 0.75 Cup	150	5g	4g	21g	23mg	630mg	5g	0g	
Dinner									
Circle K - Triple Play Sub, 10.5 oaz	570	64g	14g	44g	91mg	2,670mg	5g	3g	
Snacks									
Cheesehead - Beefstick, 1 Stick	80	1g	7g	4g	15mg	280mg	1g	0g	
Cheesehead - Cheese Stick, 1 stick	80	1g	6g	6g	15mg	200mg	0g	0g	
Trader Joe's Ridge Cut Salt & Pepper Potato Chip:	150	16g	9g	2g	0mg	160mg	0g	1g	

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adjusted Calories
Food Totals:	2,075	202g	66g	162g	273mg	5,686mg	22g	15g	
Cardiovascular									
Running (jogging), 6 mph (10 min mile)	400	32							
Walking, 3.0 mph, mod. pace	60	16							
Walking, 3.0 mph, mod. pace	163	37							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	623	86	0	0	0				2012
24-Mar									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	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	
Coffee-mate - Original Coffee Creamer - 1 Tub (11ml), 2 tub (1	30	0g	3g	0g	0mg	0mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1.5 cup cc	510	6g	27g	23g	0mg	870mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 8 oz	330	4g	14g	48g	130mg	1,060mg	0g	2g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Food Totals:	1,787	68g	94g	146g	289mg	3,719mg	10g	11g	
Cardiovascular									
Running (jogging), 6.7 mph (9 min mile)	398	30							
Walking, 3.0 mph, mod. pace	61	18							
Walking, 3.0 mph, mod. pace	72	20							
Walking, 3.0 mph, mod. pace	65	17							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	596	86	0	0	0				1998
25-Mar									
Breakfast									
Shamrock Farms - Rockin Refuel Muscle Builder Chocolate, 5i	330	20g	8g	50g	55mg	440mg	11g	6g	
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	
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cool	340	4g	18g	15g	0mg	580mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 10 oz	413	5g	18g	60g	163mg	1,325mg	0g	3g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Snacks									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Food Totals:	2,042	94g	95g	201g	357mg	4,238mg	31g	19g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	147	30							
Walking, 3.0 mph, mod. pace	184	40							
Walking, 3.0 mph, mod. pace	78	18							
MFP iOS calorie adjustment	11	1							
Exercise Totals:	420	89	0	0	0				1910
26-Mar									
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	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Cheesehead - Cheese Stick, 1 stick	80	1g	6g	6g	15mg	200mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cool	340	4g	18g	15g	0mg	580mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 8 oz	330	4g	14g	48g	130mg	1,060mg	0g	2g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Snacks									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Food Totals:	1,797	71g	90g	169g	314mg	3,809mg	11g	12g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	92	25							
Walking, 3.0 mph, mod. pace	337	74							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	429	100	0	0	0				1914

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adjusted Calories
27-Mar									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cool	340	4g	18g	15g	0mg	580mg	0g	0g	
splenda - Splenda, 3 pkg	12	3g	0g	0g	0mg	0mg	0g	0g	
Stevia In the Raw - Stevia In the Raw, 4 tsp	0	0g	0g	0g	0mg	0mg	0g	0g	
Coffee-mate - Original Coffee Creamer - 1 Tub (11ml), 2 tub (1	30	0g	3g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 9 oz	371	5g	16g	54g	146mg	1,193mg	0g	2g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
mazatun - lomo de atun aleta amarilla con verduras en agua, 1	114	2g	2g	20g	31mg	322mg	0g	1g	
Snacks									
Cheesehead - Beefstick, 1 Stick	80	1g	7g	4g	15mg	280mg	1g	0g	
Food Totals:	1,856	71g	96g	168g	351mg	4,164mg	11g	12g	
Cardiovascular									
Running (jogging), 6.7 mph (9 min mile)	410	30							
Walking, 3.0 mph, mod. pace	57	13							
Walking, 3.0 mph, mod. pace	141	31							
MFP iOS calorie adjustment	24	1							
Exercise Totals:	632	75	0	0	0				2016
28-Mar									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cool	340	4g	18g	15g	0mg	580mg	0g	0g	
Stevia In the Raw - Stevia In the Raw, 4 tsp	0	0g	0g	0g	0mg	0mg	0g	0g	
Coffee-mate - Original Coffee Creamer - 1 Tub (11ml), 2 tub (1	30	0g	3g	0g	0mg	0mg	0g	0g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 8.5 oz	351	4g	15g	51g	138mg	1,126mg	0g	2g	
Dinner									
Whataburger - Hamburger, 1 hamburger	640	61g	32g	30g	65mg	1,520mg	8g	5g	
Orida - French Fries, 3 ounces	140	22g	5g	2g	0mg	320mg	1g	2g	
Food Totals:	2,191	116g	115g	153g	331mg	5,047mg	16g	14g	
Cardiovascular									
Running (jogging), 6 mph (10 min mile)	414	31							
Walking, 3.0 mph, mod. pace	115	30							
Walking, 3.0 mph, mod. pace	57	14							
Walking, 3.0 mph, mod. pace	200	38							
Walking, 3.0 mph, mod. pace	39	8							
Walking, 3.0 mph, mod. pace	211	44							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	1,036	166	0	0	0				2218
29-Mar									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cool	340	4g	18g	15g	0mg	580mg	0g	0g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g	
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g	
Danone - OIKOS Yogurth Estilo Griego con Fresa, 150 gram	182	25g	7g	6g	0mg	65mg	22g	0g	
Naked - Mango, 4 oz	75	18g	0g	1g	0mg	5mg	15g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	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	
Snacks									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Cheesehead - Beefstick, 1 Stick	80	1g	7g	4g	15mg	280mg	1g	0g	
Food Totals:	1,982	82g	94g	186g	153mg	3,165mg	56g	6g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	154	32							
Walking, 3.0 mph, mod. pace	172	38							
Walking, 3.0 mph, mod. pace	57	13							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	383	84	0	0	0				1892

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adjusted Calories
30-Mar									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cool	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), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 9 oz	371	5g	16g	54g	146mg	1,193mg	0g	2g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Snacks									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Food Totals:	1,758	71g	86g	169g	315mg	3,742mg	11g	12g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	299	66							
MFP iOS calorie adjustment	29	1							
Exercise Totals:	328	67	0	0	0				1864
31-Mar									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cool	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, 4 pkg	16	4g	0g	0g	0mg	0mg	0g	0g	
Coffee-mate - Original Coffee Creamer - 1 Tub (11ml), 2 tub (1	30	0g	3g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 10 oz	413	5g	18g	60g	163mg	1,325mg	0g	3g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Snacks									
mazatun - lomo de atun aleta amarilla con verduras en agua, 1	114	2g	2g	20g	31mg	322mg	0g	1g	
Food Totals:	1,822	71g	91g	170g	353mg	4,016mg	10g	13g	
Cardiovascular									
Running (jogging), 6.7 mph (9 min mile)	414	30							
Walking, 3.0 mph, mod. pace	63	15							
Walking, 3.0 mph, mod. pace	86	22							
Walking, 3.0 mph, mod. pace	52	14							
Walking, 3.0 mph, mod. pace	144	32							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	759	114	0	0	0				2080
1-Apr									
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 cool	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	
Optimum Nutrition - 100% Gold Standard Whey, 60.8 g	240	6g	2g	48g	60mg	260mg	2g	1g	
Lunch									
Penafiel - Agua Natural De Manatíal Con Jugo (Sangría), 240 l	46	12g	0g	0g	0mg	29mg	11g	0g	
Chipotle - Barbacoa., 11 oz	454	6g	19g	66g	179mg	1,458mg	0g	3g	
Dinner									
Hardee's - Buffalo Blue Cheese Burger, 0.25 lb	540	31g	35g	24g	85mg	1,780mg	0g	0g	
Wine - Cabernet, 5 oz.	122	5g	0g	1g	0mg	0mg	0g	0g	
Generic - Coleslaw, 1 Cup	82	15g	3g	2g	10mg	28mg	0g	2g	
Snacks									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Food Totals:	2,006	88g	82g	183g	344mg	4,321mg	14g	7g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	121	31							
Walking, 3.0 mph, mod. pace	141	32							
MFP iOS calorie adjustment	31	1							
Exercise Totals:	293	64	0	0	0				1846
2-Apr									
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 cool	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	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Lunch									
Chipotle - Barbacoa., 8.3 oz	342	4g	15g	50g	135mg	1,100mg	0g	2g	

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adjusted Calories
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Snacks									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Food Totals:	1,721	68g	85g	165g	304mg	3,649mg	11g	12g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	66	16							
Walking, 3.0 mph, mod. pace	55	13							
Walking, 3.0 mph, mod. pace	206	45							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	327	75	0	0	0				1864

3-Apr									
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 cool	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	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
splenda - Splenda, 2 pkg	8	2g	0g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 8 oz	330	4g	14g	48g	130mg	1,060mg	0g	2g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Snacks									
Coors Lite - Beer 355ml, 355 ml	102	5g	0g	1g	0mg	13mg	0g	0g	
Food Totals:	1,689	71g	82g	139g	289mg	3,442mg	10g	11g	

Cardiovascular									
Running (jogging), 6.7 mph (9 min mile)	423	30							
Walking, 3.0 mph, mod. pace	58	16							
Walking, 3.0 mph, mod. pace	53	14							
MFP iOS calorie adjustment	54	1							
Exercise Totals:	588	61	0	0	0				1994

4-Apr									
Breakfast									
Optimum Nutrition - 100% Gold Standard Whey, 60.8 g	240	6g	2g	48g	60mg	260mg	2g	1g	
Danone - OIKOS Yogurth Estilo Griego con Fresa, 150 gram	182	25g	7g	6g	0mg	65mg	22g	0g	
Coffee Mate - French Vanilla Coffee Creamer, 3 Tbsp	105	15g	5g	0g	0mg	90mg	15g	0g	
Domino's - Sugar Packets, 5 packet (3.5g)	75	20g	0g	0g	0mg	0mg	20g	0g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Lunch									
Rice - White, long-grain, regular, cooked, 2 cup	411	89g	1g	9g	0mg	3mg	0g	1g	
Chipotle - Barbacoa., 10 oz	413	5g	18g	60g	163mg	1,325mg	0g	3g	
Dinner									
signature kitchens - chunk chicken breast with rib meat, 1 cont	200	0g	5g	40g	125mg	1,050mg	0g	0g	
Beef - Carne Asada Meat, 1 oz	45	0g	2g	5g	15mg	98mg	0g	0g	
Rosas - Queso, 1 oz	50	10g	4g	3g	3mg	160mg	0g	0g	
Heavy Cream - Heavy Cream, 2 tbsp	100	0g	7g	1g	40mg	10mg	0g	0g	
Baked Potatoe - Baked Potatoe, 0.5 g	55	13g	0g	2g	0mg	0mg	1g	1g	
Snacks									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Krispy Kreme - Glazed Doughnut--Chocolate Iced, 1 doughnut	240	33g	11g	2g	5mg	95mg	21g	0g	
Food Totals:	2,256	220g	64g	203g	421mg	3,336mg	82g	7g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	162	33							
Walking, 3.0 mph, mod. pace	167	34							
Walking, 3.0 mph, mod. pace	59	16							
Walking, 3.0 mph, mod. pace	206	44							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	594	128	0	0	0				1997

5-Apr									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Stevia In the Raw - Stevia In the Raw, 4 tsp	0	0g	0g	0g	0mg	0mg	0g	0g	
Nestle - Coffe-Mate Original (4g), 4 sobre de 4 g.	84	10g	5g	0g	0mg	12mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cool	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	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 7 oz	289	4g	12g	42g	114mg	928mg	0g	2g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adjusted Calories
Snacks									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Food Totals:	1,710	73g	84g	157g	283mg	3,483mg	11g	12g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	60	14							
Walking, 3.0 mph, mod. pace	247	50							
MFP iOS calorie adjustment	2	1							
Exercise Totals:	309	65	0	0	0				1854

6-Apr									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Stevia In the Raw - Stevia In the Raw, 4 tsp	0	0g	0g	0g	0mg	0mg	0g	0g	
Homemade - 2 Egg Omelet With Cheese and Ham, 1 cup cool	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	
Nestle - Coffe-Mate Original (4g), 2 sobre de 4 g.	42	5g	3g	0g	0mg	6mg	0g	0g	
Coffee-mate - Original Coffee Creamer - 1 Tub (11ml), 2 tub (1	30	0g	3g	0g	0mg	0mg	0g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 7 oz	289	4g	12g	42g	114mg	928mg	0g	2g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Snacks									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Food Totals:	1,698	68g	85g	157g	283mg	3,477mg	11g	12g	

Cardiovascular									
Running (jogging), 6.7 mph (9 min mile)	426	30							
Walking, 3.0 mph, mod. pace	57	14							
Walking, 3.0 mph, mod. pace	144	38							
Walking, 3.0 mph, mod. pace	88	30							
Walking, 3.0 mph, mod. pace	114	36							
Walking, 3.0 mph, mod. pace	59	18							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	888	167	0	0	0				2144

7-Apr									
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 cool	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	
Coffee-mate - Original Coffee Creamer - 1 Tub (11ml), 2 tub (1	30	0g	3g	0g	0mg	0mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 60.8 g	240	6g	2g	48g	60mg	260mg	2g	1g	
Danone - OIKOS Yogurth Estilo Griego con Fresa, 150 gram	182	25g	7g	6g	0mg	65mg	22g	0g	
Lunch									
Starbucks - Chicken & Greens Caesar Salad Bowl, 1.5 bc	510	15g	38g	29g	98mg	1,365mg	6g	5g	
Chipotle - Barbacoa., 8 oz	330	4g	14g	48g	130mg	1,060mg	0g	2g	
Dinner									
Doney, 1 serving(s)	227	33g	8g	20g	31mg	288mg	3g	4g	
Snacks									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Food Totals:	2,041	96g	95g	193g	329mg	3,804mg	34g	13g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	150	32							
Walking, 3.0 mph, mod. pace	182	37							
Walking, 3.0 mph, mod. pace	54	13							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	386	83	0	0	0				1893

8-Apr									
Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Coffee-mate - Original Coffee Creamer - 1 Tub (11ml), 2 tub (1	30	0g	3g	0g	0mg	0mg	0g	0g	
Optimum Nutrition - 100% Gold Standard Whey, 30.4 g	120	3g	1g	24g	30mg	130mg	1g	0g	
Nestle - Coffe-Mate Original (4g), 3 sobre de 4 g.	63	7g	4g	0g	0mg	9mg	0g	0g	
Danone - OIKOS Yogurth Estilo Griego con Fresa, 150 gram	182	25g	7g	6g	0mg	65mg	22g	0g	
mazatun - lomo de atun aleta amarilla con verduras en agua, 1	114	2g	2g	20g	31mg	322mg	0g	1g	
Lunch									
Dymatize Elite Casein - protein, 1 scoop 35.6g	130	4g	2g	25g	10mg	180mg	1g	1g	
Odwalla - Super Protein Bar, 1 bar	210	30g	5g	14g	0mg	150mg	17g	4g	
Wegmans - Mountain Trail Mix, 30 g	160	13g	10g	4g	0mg	75mg	9g	2g	
Dinner									
Carl's Jr - Low Carb Six Dollar Burger With No Cheese,	440	8g	32g	32g	90mg	830mg	6g	1g	
Wine - Cabernet, 10 oz.	244	10g	0g	2g	0mg	0mg	0g	0g	
Coors Lite - Beer 355ml, 710 ml	204	10g	0g	1g	0mg	26mg	0g	0g	
Snacks									

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adjusted Calories
Adobadas - Sabritas, 45 gr	226	23g	14g	2g	0mg	400mg	0g	2g	
golden nuts - semillas de calabaza saladas, 28 gr	140	1g	11g	9g	0mg	290mg	0g	0g	
Food Totals:	2,273	136g	91g	141g	161mg	2,477mg	56g	11g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	183	41							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	183	42	0	0	0				1792

9-Apr

Breakfast									
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Coffee-mate - Original Coffee Creamer - 1 Tub (11ml), 4 tub (1	60	0g	6g	0g	0mg	0mg	0g	0g	
Generic-3 Egg - Western Omelette, 10.67 oz (1 entree)	242	4g	17g	18g	388mg	726mg	3g	0g	
Generic - Brown Toast, 1 Slice	65	14g	1g	3g	0mg	0mg	0g	1g	
Smucker's - Mixed Fruit Jelly 1/2 oz, 14g, 1 oz, 14g	70	18g	0g	0g	0mg	0mg	16g	0g	
Lunch									
muscle milk - knockout chocolate protein shake, 11 oz	160	7g	2g	32g	0mg	0mg	1g	4g	
Dolores - Ensalada De Atun Con Verduras (Tuna Salad With V	114	2g	2g	16g	31mg	387mg	0g	1g	
Dinner									
Carl's Jr - Low Carb Six Dollar Burger With No Cheese,	660	12g	48g	48g	135mg	1,245mg	9g	2g	
Outback Steak House - Sesame Salad With Ahi Tuna, 1 entree	252	15g	8g	33g	45mg	544mg	8g	7g	
Food Totals:	1,633	72g	84g	152g	599mg	2,902mg	37g	15g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	82	20							
MFP iOS calorie adjustment	90	1							
Exercise Totals:	172	21	0	0	0				1786

10-Apr

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	
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	
ProJym 2.0 - Chocolate Mousse, 1 Scoop	150	6g	4g	24g	0mg	200mg	1g	2g	
Lunch									
muscle milk - 20g protein, 11 fl oz	130	7g	4g	20g	10mg	240mg	0g	4g	
Kirkland - Extra Fancy Unsalted Mixed Nuts, 3 ounce	539	20g	45g	14g	0mg	0mg	6g	6g	
Wegmans - Sugar Free Jello , 1 Snack	5	0g	0g	1g	0mg	10mg	0g	0g	
Walmart - Brocc/cauli Mix, 1 CUP	25	4g	0g	1g	0mg	25mg	2g	2g	
Bryce Beattie - Bryce's Vegetarian Stroganoff, 1 cup	236	36g	4g	14g	6mg	516mg	4g	16g	
Dinner									
Applebees - Pepper Crusted Sirloin Steak and Whole Grains, 1	350	41g	10g	28g	55mg	1,540mg	7g	6g	
ProJym 2.0 - Chocolate Mousse, 1 Scoop	150	6g	4g	24g	0mg	200mg	1g	2g	
Snacks									
Trader Joe's Ridge Cut Salt & Pepper Potato Chips	150	16g	9g	2g	0mg	160mg	0g	1g	
Food Totals:	2,027	168g	89g	144g	103mg	3,463mg	24g	41g	

Cardiovascular									
Running (jogging), 5 mph (12 min mile)	251	25							
MFP iOS calorie adjustment	72	1							
Exercise Totals:	323	26	0	0	0				1862

11-Apr

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	
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	
ProJym 2.0 - Chocolate Mousse, 1 Scoop	150	6g	4g	24g	0mg	200mg	1g	2g	
Lunch									
Kirkland - Extra Virgin Olive Oil, 0.5 Tablespoon	63	0g	7g	0g	0mg	0mg	0g	0g	
the Happy Egg Company - Large Brown Free Range Eggs, 3 e	210	0g	15g	18g	555mg	210mg	0g	0g	
Trader Joe's - Sharp Cheddar Sliced, 1 slice	110	0g	9g	7g	30mg	180mg	0g	0g	
Trader Joe's - Low Fat Cottage Cheese, 339 grams	270	12g	6g	42g	15mg	1,140mg	12g	0g	
Dinner									
Carl's Jr - Low Carb Six Dollar Burger With No Cheese,	660	12g	48g	48g	135mg	1,245mg	9g	2g	
Snacks									
Snickers - Mini Bites, 2 pieces	48	6g	2g	1g	1mg	24mg	0g	0g	
ProJym 2.0 - Chocolate Mousse, 1 Scoop	150	6g	4g	24g	0mg	200mg	1g	2g	
Food Totals:	1,953	74g	104g	180g	768mg	3,771mg	26g	8g	

Cardiovascular									
Walking, 3.0 mph, mod. pace	57	14							
Walking, 3.0 mph, mod. pace	219	46							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	276	61	0	0	0				1838

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adjusted Calories
12-Apr									
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	
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g	
Trader Joe's - Low Fat Cottage Cheese, 226 grams	180	8g	4g	28g	10mg	760mg	8g	0g	
splenda - Splenda, 1 pkg	4	1g	0g	0g	0mg	0mg	0g	0g	
Lunch									
Kirkland - Extra Virgin Olive Oil, 0.5 Tablespoon	63	0g	7g	0g	0mg	0mg	0g	0g	
the Happy Egg Company - Large Brown Free Range Eggs, 3 €	210	0g	15g	18g	555mg	210mg	0g	0g	
Trader Joe's - Sharp Cheddar Sliced, 0.7 slice	77	0g	6g	5g	21mg	126mg	0g	0g	
Snack Pack - Juicy Gels With Sugar, 1 gel snack	100	24g	0g	0g	0mg	35mg	19g	0g	
Trader Joe's - Low Fat Cottage Cheese, 226 grams	180	8g	4g	28g	10mg	760mg	8g	0g	
Dinner									
Holyland - Matzos, 1 Matzo	125	28g	0g	3g	0mg	0mg	0g	1g	
Heb - Quinoa and Kale Salad, 3 salad	480	99g	6g	36g	0mg	405mg	12g	36g	
Snacks									
ProJym 2.0 - Chocolate Mousse, 1 Scoop	150	6g	4g	24g	0mg	200mg	1g	2g	
Food Totals:	1,849	203g	55g	158g	628mg	3,068mg	51g	41g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	256		55						
Walking, 3.0 mph, mod. pace	46		16						
MFP iOS calorie adjustment	45		1						
Exercise Totals:	347		72	0	0	0			1874
13-Apr									
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	
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g	
splenda - Splenda, 1 pkg	4	1g	0g	0g	0mg	0mg	0g	0g	
Protein + (Muscle Milk - Chocolate, 14 oz	160	9g	5g	25g	15mg	300mg	0g	5g	
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g	
Lunch									
Michigan Dining - Matzo Pancakes, 1 Pancakes	60	7g	2g	4g	73mg	143mg	0g	1g	
Heb - Quinoa and Kale Salad, 1 salad	160	33g	2g	12g	0mg	135mg	4g	12g	
Trader Joe's - Low Fat Cottage Cheese, 226 grams	180	8g	4g	28g	10mg	760mg	8g	0g	
Dinner									
Heb - Quinoa and Kale Salad, 1 salad	160	33g	2g	12g	0mg	135mg	4g	12g	
Carl's Jr - Original Low Carb, 1 burger	560	9g	42g	38g	120mg	1,390mg	5g	1g	
Snacks									
Trader Joes - In Shell Pumpkin Seeds (Sodium Corrected and	170	4g	13g	9g	0mg	190mg	0g	2g	
Food Totals:	1,804	143g	82g	144g	250mg	3,685mg	34g	35g	
Cardiovascular									
Running (jogging), 6.7 mph (9 min mile)	400		28						
Walking, 3.0 mph, mod. pace	81		18						
Walking, 3.0 mph, mod. pace	79		18						
MFP iOS calorie adjustment	0		1						
Exercise Totals:	560		65	0	0	0			1980
14-Apr									
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	
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g	
Muscle Milk - Pro-series, 1 Bottle	200	10g	3g	40g	25mg	290mg	1g	5g	
splenda - Splenda, 4 pkg	16	4g	0g	0g	0mg	0mg	0g	0g	
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g	
Lunch									
Kirkland - Extra Virgin Olive Oil, 1 Tablespoon	125	0g	14g	0g	0mg	0mg	0g	0g	
the Happy Egg Company - Large Brown Free Range Eggs, 3 €	210	0g	15g	18g	555mg	210mg	0g	0g	
Trader Joe's - Sharp Cheddar Sliced, 0.6 slice	66	0g	5g	4g	18mg	108mg	0g	0g	
Trader Joe's - Low Fat Cottage Cheese, 226 grams	180	8g	4g	28g	10mg	760mg	8g	0g	
Dinner									
SAMs salmon - Salmon, 3 ounces	135	0g	7g	18g	43mg	35mg	0g	0g	
Stouffer - Lasagne, 0.5 cup, 215 gr	125	16g	5g	6g	13mg	315mg	5g	1g	
Carl's Jr - Low Carb Six Dollar Burger With No Cheese,	440	8g	32g	32g	90mg	830mg	6g	1g	
Snacks									
Heb - Quinoa and Kale Salad, 1 salad	160	33g	2g	12g	0mg	135mg	4g	12g	
Food Totals:	2,007	118g	99g	174g	786mg	3,315mg	37g	21g	
Cardiovascular									
Running (jogging), 6.7 mph (9 min mile)	403		29						
Walking, 3.0 mph, mod. pace	104		22						
MFP iOS calorie adjustment	12		1						

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adjusted Calories
Exercise Totals:	519	52	0	0	0				1960
15-Apr									
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	
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g	
splenda - Splenda, 4 pkg	16	4g	0g	0g	0mg	0mg	0g	0g	
Trader Joe's - Low Fat Cottage Cheese, 226 grams	180	8g	4g	28g	10mg	760mg	8g	0g	
Lunch									
Kirkland - Extra Virgin Olive Oil, 1 Tablespoon	125	0g	14g	0g	0mg	0mg	0g	0g	
the Happy Egg Company - Large Brown Free Range Eggs, 3 e	210	0g	15g	18g	555mg	210mg	0g	0g	
Trader Joe's - Sharp Cheddar Sliced, 0.6 slice	66	0g	5g	4g	18mg	108mg	0g	0g	
Trader Joe's - Low Fat Cottage Cheese, 113 grams	90	4g	2g	14g	5mg	380mg	4g	0g	
Dinner									
Heb - Frozen Chicken Breast, 12 oz	360	0g	5g	72g	225mg	105mg	0g	0g	
Flik - Cauliflower Mixed Vegetables (44551.1), 2 cup	241	25g	15g	7g	0mg	730mg	11g	8g	
Wine - Cabernet, 7.5 oz.	183	8g	0g	2g	0mg	0mg	0g	0g	
Snacks									
ProJym 2.0 - Chocolate Mousse, 1 Scoop	150	6g	4g	24g	0mg	200mg	1g	2g	
Holyland - Matzos, 0.5 Matzo	63	14g	0g	2g	0mg	0mg	0g	1g	
Subway - Pepperjack, 1 slices	25	0g	2g	2g	8mg	70mg	0g	0g	
Ocho - Peanut Butter Bar, 1 bar	220	16g	15g	7g	0mg	50mg	12g	1g	
Food Totals:	2,209	114g	90g	196g	853mg	3,185mg	39g	14g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	270	60							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	270	61	0	0	0				1835
16-Apr									
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	
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g	
splenda - Splenda, 4 pkg	16	4g	0g	0g	0mg	0mg	0g	0g	
ProJym 2.0 - Chocolate Mousse, 1 Scoop	150	6g	4g	24g	0mg	200mg	1g	2g	
Bissingers - 75% Dark Chocolate, 1 Square	60	3g	4g	1g	0mg	0mg	3g	2g	
Lunch									
Trader Joe's - Low Fat Cottage Cheese, 113 grams	90	4g	2g	14g	5mg	380mg	4g	0g	
Carl's Jr - Low Carb Six Dollar Burger With No Cheese,	440	8g	32g	32g	90mg	830mg	6g	1g	
Dinner									
SAMs salmon - Salmon, 8 ounces	360	0g	19g	47g	113mg	93mg	0g	0g	
Flik - Cauliflower Mixed Vegetables (44551.1), 2 cup	241	25g	15g	7g	0mg	730mg	11g	8g	
Wine - Cabernet, 10 oz.	244	10g	0g	2g	0mg	0mg	0g	0g	
Snacks									
ProJym 2.0 - Chocolate Mousse, 1 Scoop	150	6g	4g	24g	0mg	200mg	1g	2g	
Kirkland - Extra Fancy Unsalted Mixed Nuts, 0.5 ounce	90	3g	8g	2g	0mg	0mg	1g	1g	
Food Totals:	2,121	98g	97g	169g	240mg	3,005mg	30g	18g	
Cardiovascular									
Walking, 3.0 mph, mod. pace	86	20							
Walking, 3.0 mph, mod. pace	66	13							
Walking, 3.0 mph, mod. pace	179	46							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	331	80	0	0	0				1866
17-Apr									
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	
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g	
splenda - Splenda, 4 pkg	16	4g	0g	0g	0mg	0mg	0g	0g	
Abb Performance - Pure Pro 50 - Milk Chocolate, 1 bottle (14.5	250	9g	2g	50g	40mg	90mg	3g	3g	
Lunch									
SAMs salmon - Salmon, 8 ounces	360	0g	19g	47g	113mg	93mg	0g	0g	
Flik - Cauliflower Mixed Vegetables (44551.1), 2 cup	241	25g	15g	7g	0mg	730mg	11g	8g	
Dinner									
Protein + (Muscle Milk - Chocolate, 14 oz	160	9g	5g	25g	15mg	300mg	0g	5g	
Allrecipes.Com - Noodle Kugel, 4.5 " square	681	57g	42g	9g	336mg	695mg	0g	0g	
Snacks									
Muscle Milk - Pro-series, 1 Bottle	200	10g	3g	40g	25mg	290mg	1g	5g	
Food Totals:	2,188	143g	95g	194g	561mg	2,770mg	18g	23g	
Cardiovascular									
Running (jogging), 6 mph (10 min mile)	275	21							
Walking, 3.0 mph, mod. pace	264	55							
MFP iOS calorie adjustment	0	1							

Date	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Adjusted Calories
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Exercise Totals: 539 77 0 0 0 978mg 0g 0g 1970

18-Apr

Breakfast									
Ihop - Colorado Omelette (No Pancake Batter Added), 1 omele	800	5g	68g	40g	806mg	978mg	0g	0g	
Island Farms - 2% Cottage Cheese, 0.5 Cup	100	3g	3g	14g	15mg	420mg	3g	0g	
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	
Starbucks - Half & Half, 2 tbsp	40	1g	3g	1g	12mg	12mg	0g	0g	
Lunch									
Core Power-E - Elite Chocolate, 14 fl oz	240	11g	4g	42g	15mg	160mg	7g	3g	
Kirkland - Extra Fancy Unsalted Mixed Nuts, 1 ounce	180	7g	15g	5g	0mg	0mg	2g	2g	
Dinner									
Carl's Jr - Low Carb Six Dollar Burger With No Cheese,	440	8g	32g	32g	90mg	830mg	6g	1g	
Snacks									
Oxxo - Bitz - Pistaches, 33.2 g	184	6g	15g	7g	0mg	193mg	2g	3g	
Food Totals:	2,010	45g	140g	143g	938mg	2,593mg	20g	9g	

Cardiovascular

Running (jogging), 6.7 mph (9 min mile)	405	29							
Walking, 3.0 mph, mod. pace	69	14							
Walking, 3.0 mph, mod. pace	91	21							
Walking, 3.0 mph, mod. pace	149	33							
MFP iOS calorie adjustment	0	1							
Exercise Totals:	714	98	0	0	0				2057

19-Apr

Breakfast									
Muscle Milk 32g - Pro Series Knockout Chocolate, 11 fl oz	160	7g	2g	32g	20mg	230mg	1g	4g	
Lucerne - 2% Lowfat Cottage Cheese, 1 cup (113g)	180	8g	5g	26g	30mg	820mg	4g	0g	
Starbucks - Grande Bold Coffee, 32 oz	10	0g	0g	2g	0mg	0mg	0g	0g	
Nestle - Coffee-Mate Coffee Creamer (Original Powder), 1 tsp	10	1g	1g	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	
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	
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	
Butter - 1 Pat Aj - Dairy, 1 pat	36	0g	4g	0g	11mg	29mg	0g	0g	
Denny's - Buttermilk Biscuit, 1 biscuit	190	24g	9g	3g	0mg	570mg	2g	1g	
Dinner									
Plain Unbuttered - Popcorn, 6 cups popped	186	36g	2g	6g	0mg	0mg	0g	7g	
Lucerne - 2% Lowfat Cottage Cheese, 1 cup (113g)	180	8g	5g	26g	30mg	820mg	4g	0g	
Snacks									
Lucerne - 2% Lowfat Cottage Cheese, 1 cup (113g)	180	8g	5g	26g	30mg	820mg	4g	0g	
Food Totals:	1,810	107g	86g	152g	673mg	4,351mg	21g	13g	

Cardiovascular

Walking, 3.0 mph, mod. pace	262	51							
Walking, 3.0 mph, mod. pace	213	41							
MFP iOS calorie adjustment	3	1							
Exercise Totals:	478	93	0	0	0				1939

20-Apr

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	
Starbucks - Reduced Fat Turkey Bacon, 1 Sandwich	230	28g	6g	13g	20mg	560mg	3g	2g	
ProJym 2.0 - Chocolate Mousse, 1 Scoop	150	6g	4g	24g	0mg	200mg	1g	2g	
splenda - Splenda, 4 pkg	16	4g	0g	0g	0mg	0mg	0g	0g	
Lunch									
Trader Joe's - Sliced Swiss Cheese, 1 serving	110	1g	8g	9g	30mg	60mg	0g	0g	
the Happy Egg Company - Large Brown Free Range Eggs, 3 €	210	0g	15g	18g	555mg	210mg	0g	0g	
Kirkland - Extra Virgin Olive Oil, 0.5 Tablespoon	63	0g	7g	0g	0mg	0mg	0g	0g	
Coffee Mate - French Vanilla Coffee Creamer, 2 Tbsp	70	10g	3g	0g	0mg	60mg	10g	0g	
Carl's Jr - Low Carb Six Dollar Burger With No Cheese,	440	8g	32g	32g	90mg	830mg	6g	1g	
Dinner									
Homemade - Salmon Ceviche (Salmon, Onions, Avocado, Cilantro)	92	2g	5g	9g	24mg	118mg	2g	1g	
Generic - Chicken and Spinach Salad, 1 serving	302	10g	11g	39g	96mg	177mg	5g	4g	
Wine - Cabernet, 5 oz.	122	5g	0g	1g	0mg	0mg	0g	0g	
Food Totals:	1,855	75g	94g	148g	827mg	2,227mg	27g	10g	

Cardiovascular

Walking, 3.0 mph, mod. pace	61	17							
Walking, 3.0 mph, mod. pace	54	15							
Walking, 3.0 mph, mod. pace	101	29							

