

Paul Food Diary

Protein * 4 / Calories = % of Protein Calories

Carb * 4 / Calories = % of Carb Calories

Fat * 9 / Calories = % of Fat Calories

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
22	May-24 - May-30					
22	05/26/15	0	0			
22	06 - Weigh in	0	0			
22	05/28/15	1,042	89	34.17%	36.08%	52.69%
22	01 - Breakfast	190	10	21.05%	18.95%	56.84%
22	02 - Exercise	(238)	0	0.00%	0.00%	0.00%
22	03 - Lunch	250	30	48.00%	6.40%	43.20%
22	04 - Snacks	560	37	26.43%	39.29%	36.96%
22	05 - Dinner	280	12	17.14%	37.14%	45.00%
22	05/29/15	540	67	49.63%	71.85%	61.67%
22	01 - Breakfast	170	10	23.53%	56.47%	10.59%
22	02 - Exercise	(480)	0	0.00%	0.00%	0.00%
22	03 - Lunch	335	16	19.10%	23.88%	53.73%
22	04 - Snacks	205	18	35.12%	31.22%	35.12%
22	05 - Dinner	310	23	29.68%	47.74%	20.32%
22	05/30/15	1,215	95	31.28%	11.85%	43.70%
22	01 - Breakfast	263	23	34.98%	1.52%	65.02%
22	02 - Exercise	(123)	0	0.00%	0.00%	0.00%
22	03 - Lunch	211	24	45.50%	0.00%	51.18%
22	04 - Snacks	320	6	7.50%	12.50%	0.00%
22	05 - Dinner	544	42	30.88%	18.38%	46.32%
23	May-31 - Jun-06					
23	05/31/15	1,181	83	28.11%	15.92%	51.06%
23	01 - Breakfast	211	24	45.50%	0.00%	51.18%
23	03 - Lunch	190	10	21.05%	18.95%	56.84%
23	04 - Snacks	280	19	27.14%	25.71%	45.00%
23	05 - Dinner	500	30	24.00%	16.00%	52.20%
23	06/01/15	1,574	83	21.09%	32.27%	58.32%
23	01 - Breakfast	190	10	21.05%	18.95%	56.84%
23	02 - Exercise	(178)	0	0.00%	0.00%	0.00%
23	03 - Lunch	590	24	16.27%	27.80%	56.44%
23	04 - Snacks	742	36	19.41%	24.80%	55.80%
23	05 - Dinner	230	13	22.61%	53.91%	27.39%
23	06 - Weigh in	0	0			
23	06/02/15	950	113	47.58%	29.89%	49.26%
23	01 - Breakfast	332	27	32.53%	25.30%	24.40%
23	02 - Exercise	(289)	0	0.00%	0.00%	0.00%
23	03 - Lunch	100	7	28.00%	12.00%	63.00%
23	04 - Snacks	380	32	33.68%	46.32%	18.95%
23	05 - Dinner	427	47	44.03%	2.81%	59.02%
23	06/03/15	926	91	39.31%	56.59%	43.74%
23	01 - Breakfast	170	18	42.35%	28.24%	21.18%
23	02 - Exercise	(433)	0	0.00%	0.00%	0.00%
23	03 - Lunch	363	11	12.12%	36.36%	47.11%
23	04 - Snacks	440	33	30.00%	29.09%	38.86%
23	05 - Dinner	386	29	30.05%	55.96%	6.99%
23	06/04/15	1,400	86	24.57%	45.43%	14.14%
23	01 - Breakfast	220	12	21.82%	36.36%	28.64%
23	03 - Lunch	700	12	6.86%	53.71%	18.00%

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Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
23	04 - Snacks	180	20	44.44%	48.89%	5.00%
23	05 - Dinner	300	42	56.00%	30.67%	0.00%
23	06/05/15	776	34	17.53%	29.38%	48.71%
23	01 - Breakfast	180	10	22.22%	51.11%	25.00%
23	03 - Lunch	118	5	16.95%	37.29%	45.76%
23	04 - Snacks	478	19	15.90%	19.25%	58.37%
23	06/06/15	990	78	31.52%	33.54%	34.55%
23	01 - Breakfast	300	25	33.33%	32.00%	33.00%
23	03 - Lunch	390	30	30.77%	30.77%	41.54%
23	04 - Snacks	300	23	30.67%	38.67%	27.00%
24	Jun-07 - Jun-13					
24	06/07/15	980	64	26.12%	31.43%	44.08%
24	01 - Breakfast	463	27	23.33%	33.69%	48.60%
24	03 - Lunch	233	20	34.33%	27.47%	34.76%
24	04 - Snacks	130	1	3.08%	49.23%	48.46%
24	05 - Dinner	154	16	41.56%	15.58%	40.91%
24	06 - Weigh in	0	0			
24	06/08/15	1,044	59	22.61%	38.31%	28.45%
24	01 - Breakfast	180	10	22.22%	51.11%	25.00%
24	03 - Lunch	270	16	23.70%	5.93%	70.00%
24	04 - Snacks	389	18	18.51%	69.92%	6.94%
24	05 - Dinner	205	15	29.27%	9.76%	17.56%
24	06/09/15	1,326	94	28.36%	15.69%	48.19%
24	01 - Breakfast	190	10	21.05%	18.95%	56.84%
24	03 - Lunch	220	22	40.00%	0.00%	57.27%
24	04 - Snacks	514	29	22.57%	24.90%	38.52%
24	05 - Dinner	402	33	32.84%	10.95%	51.49%
24	06/10/15	1,145	96	33.54%	27.25%	69.96%
24	01 - Breakfast	190	10	21.05%	18.95%	56.84%
24	02 - Exercise	(433)	0	0.00%	0.00%	0.00%
24	03 - Lunch	188	18	38.30%	48.94%	14.36%
24	04 - Snacks	470	28	23.83%	17.02%	53.62%
24	05 - Dinner	730	40	21.92%	14.25%	56.71%
24	06/11/15	1,243	86	27.67%	19.31%	49.24%
24	01 - Breakfast	180	10	22.22%	51.11%	25.00%
24	03 - Lunch	223	12	21.52%	12.56%	64.57%
24	04 - Snacks	540	33	24.44%	22.22%	46.67%
24	05 - Dinner	300	31	41.33%	0.00%	57.00%
24	06/12/15	556	103	74.10%	38.13%	58.27%
24	01 - Breakfast	190	10	21.05%	18.95%	56.84%
24	02 - Exercise	(433)	0	0.00%	0.00%	0.00%
24	03 - Lunch	122	8	26.23%	36.07%	36.89%
24	04 - Snacks	540	69	51.11%	20.74%	23.33%
24	05 - Dinner	137	16	46.72%	14.60%	32.85%
24	06/13/15	834	42	20.14%	19.66%	35.61%
24	01 - Breakfast	190	10	21.05%	18.95%	56.84%
24	03 - Lunch	270	5	7.41%	5.93%	10.00%
24	04 - Snacks	210	6	11.43%	45.71%	42.86%
24	05 - Dinner	164	21	51.22%	9.76%	43.90%
25	Jun-14 - Jun-20					
25	06/14/15	413	54	52.30%	51.33%	84.99%
25	01 - Breakfast	180	10	22.22%	31.11%	45.00%

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Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
25	02 - Exercise	(352)	0	0.00%	0.00%	0.00%
25	03 - Lunch	280	15	21.43%	5.71%	73.93%
25	04 - Snacks	160	4	10.00%	70.00%	22.50%
25	05 - Dinner	145	25	68.97%	19.31%	18.62%
25	06/15/15	948	89	37.55%	41.35%	51.27%
25	01 - Breakfast	180	10	22.22%	53.33%	25.00%
25	02 - Exercise	(433)	0	0.00%	0.00%	0.00%
25	03 - Lunch	165	20	48.48%	21.82%	10.91%
25	04 - Snacks	561	30	21.39%	24.96%	54.55%
25	05 - Dinner	475	29	24.42%	25.26%	24.63%
25	06 - Weigh in	0	0			
25	06/16/15	972	91	37.45%	56.79%	38.89%
25	01 - Breakfast	190	10	21.05%	18.95%	56.84%
25	02 - Exercise	(433)	0	0.00%	0.00%	0.00%
25	03 - Lunch	235	25	42.55%	17.02%	38.30%
25	04 - Snacks	760	42	22.11%	50.00%	21.32%
25	05 - Dinner	220	14	25.45%	43.64%	8.18%
25	06/17/15	1,214	133	43.82%	54.04%	35.58%
25	01 - Breakfast	135	17	50.37%	41.48%	13.33%
25	02 - Exercise	(433)	0	0.00%	0.00%	0.00%
25	03 - Lunch	260	12	18.46%	27.69%	34.62%
25	04 - Snacks	840	65	30.95%	43.81%	26.79%
25	05 - Dinner	412	39	37.86%	38.83%	24.03%
25	06/18/15	768	67	34.90%	37.50%	58.59%
25	01 - Breakfast	190	10	21.05%	18.95%	56.84%
25	02 - Exercise	(367)	0	0.00%	0.00%	0.00%
25	03 - Lunch	340	14	16.47%	14.12%	58.24%
25	04 - Snacks	365	31	33.97%	40.55%	22.19%
25	05 - Dinner	240	12	20.00%	23.33%	26.25%
25	06/19/15	1,250	77	24.64%	25.60%	41.76%
25	01 - Breakfast	138	12	34.78%	37.68%	26.09%
25	03 - Lunch	295	22	29.83%	29.83%	33.56%
25	04 - Snacks	740	36	19.46%	23.78%	46.22%
25	05 - Dinner	77	7	36.36%	5.19%	58.44%
25	06/20/15	867	77	35.52%	17.07%	39.45%
25	01 - Breakfast	352	20	22.73%	17.05%	46.02%
25	04 - Snacks	259	30	46.33%	26.25%	24.32%
25	05 - Dinner	256	27	42.19%	7.81%	45.70%
26	Jun-21 - Jun-27					
26	06/21/15	1,219	80	26.25%	31.83%	38.39%
26	01 - Breakfast	228	13	22.81%	21.05%	55.26%
26	03 - Lunch	15	2	53.33%	26.67%	0.00%
26	04 - Snacks	720	38	21.11%	43.89%	31.25%
26	05 - Dinner	256	27	42.19%	7.81%	45.70%
26	06/22/15	638	99	62.07%	45.77%	91.69%
26	01 - Breakfast	310	22	28.39%	16.77%	46.45%
26	02 - Exercise	(719)	0	0.00%	0.00%	0.00%
26	03 - Lunch	348	25	28.74%	14.94%	46.55%
26	04 - Snacks	370	30	32.43%	20.54%	41.35%
26	05 - Dinner	329	22	26.75%	34.04%	38.30%
26	06 - Weigh in	0	0			
26	06/23/15	1,083	88	32.50%	22.53%	39.89%

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Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
26	01 - Breakfast	140	12	34.29%	57.14%	12.86%
26	03 - Lunch	225	24	42.67%	0.00%	40.00%
26	04 - Snacks	650	43	26.46%	24.62%	45.69%
26	05 - Dinner	68	9	52.94%	5.88%	39.71%
26	06/24/15	1,388	107	30.84%	24.78%	44.09%
26	01 - Breakfast	100	14	56.00%	44.00%	0.00%
26	03 - Lunch	374	36	38.50%	17.11%	43.32%
26	04 - Snacks	628	31	19.75%	30.57%	50.16%
26	05 - Dinner	286	26	36.36%	15.38%	47.20%
26	06/25/15	1,166	97	33.28%	32.59%	53.26%
26	01 - Breakfast	310	22	28.39%	16.77%	46.45%
26	02 - Exercise	(230)	0	0.00%	0.00%	0.00%
26	03 - Lunch	546	25	18.32%	19.05%	69.23%
26	04 - Snacks	540	50	37.04%	41.48%	18.33%
26	06/26/15	1,148	95	33.10%	31.71%	29.79%
26	01 - Breakfast	120	10	33.33%	30.00%	37.50%
26	03 - Lunch	385	39	40.52%	38.44%	21.04%
26	04 - Snacks	326	33	40.49%	36.81%	19.33%
26	05 - Dinner	317	13	16.40%	18.93%	48.26%
26	06/27/15	1,325	68	20.53%	35.02%	29.21%
26	01 - Breakfast	105	8	30.48%	3.81%	77.14%
26	03 - Lunch	700	14	8.00%	6.29%	7.71%
26	04 - Snacks	290	15	20.69%	46.90%	37.24%
26	05 - Dinner	230	31	53.91%	121.74%	62.61%
27	Jun-28 - Jul-04					
27	06/28/15	997	81	32.50%	41.32%	64.99%
27	01 - Breakfast	350	7	8.00%	5.71%	7.71%
27	02 - Exercise	(690)	0	0.00%	0.00%	0.00%
27	03 - Lunch	256	25	39.06%	56.25%	7.03%
27	04 - Snacks	881	36	16.35%	27.70%	55.16%
27	05 - Dinner	200	13	26.00%	2.00%	58.50%
27	06/29/15	1,127	73	25.91%	40.82%	62.29%
27	01 - Breakfast	180	10	22.22%	31.11%	45.00%
27	02 - Exercise	(433)	0	0.00%	0.00%	0.00%
27	03 - Lunch	430	9	8.37%	60.47%	14.65%
27	04 - Snacks	758	36	19.00%	17.41%	59.37%
27	05 - Dinner	192	18	37.50%	6.25%	56.25%
27	06/30/15	855	91	42.57%	37.43%	66.32%
27	01 - Breakfast	180	10	22.22%	31.11%	45.00%
27	02 - Exercise	(433)	0	0.00%	0.00%	0.00%
27	03 - Lunch	240	36	60.00%	20.00%	11.25%
27	04 - Snacks	750	36	19.20%	26.67%	52.80%
27	05 - Dinner	118	9	30.51%	13.56%	53.39%
27	06 - Weigh in	0	0			
27	07/01/15	1,274	68	21.35%	21.66%	49.45%
27	01 - Breakfast	180	10	22.22%	31.11%	45.00%
27	03 - Lunch	511	18	14.09%	22.70%	51.08%
27	04 - Snacks	333	28	33.63%	18.02%	40.54%
27	05 - Dinner	250	12	19.20%	17.60%	61.20%
27	07/02/15	621	79	50.89%	48.31%	62.32%
27	01 - Breakfast	190	10	21.05%	18.95%	56.84%
27	02 - Exercise	(433)	0	0.00%	0.00%	0.00%

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Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
27	03 - Lunch	260	15	23.08%	6.15%	65.77%
27	04 - Snacks	300	15	20.00%	52.00%	18.00%
27	05 - Dinner	304	39	51.32%	30.26%	17.76%
27	07/03/15	358	90	100.56%	86.03%	143.30%
27	01 - Breakfast	240	10	16.67%	35.00%	41.25%
27	02 - Exercise	(838)	0	0.00%	0.00%	0.00%
27	03 - Lunch	202	17	33.66%	15.84%	53.47%
27	04 - Snacks	650	54	33.23%	25.23%	41.54%
27	05 - Dinner	104	9	34.62%	26.92%	34.62%
27	07/04/15	1,077	65	24.14%	16.34%	43.45%
27	01 - Breakfast	115	8	27.83%	10.43%	54.78%
27	03 - Lunch	118	9	30.51%	13.56%	53.39%
27	04 - Snacks	256	18	28.13%	23.44%	45.70%
27	05 - Dinner	588	30	20.41%	14.97%	38.27%
28	Jul-05 - Jul-11					
28	07/05/15	942	80	33.97%	32.70%	70.70%
28	01 - Breakfast	190	10	21.05%	18.95%	56.84%
28	02 - Exercise	(303)	0	0.00%	0.00%	0.00%
28	03 - Lunch	379	38	40.11%	11.61%	47.49%
28	04 - Snacks	430	11	10.23%	47.44%	41.86%
28	05 - Dinner	246	21	34.15%	9.76%	80.49%
28	07/06/15	842	48	22.80%	12.35%	65.20%
28	01 - Breakfast	120	15	50.00%	30.00%	0.00%
28	02 - Exercise	(179)	0	0.00%	0.00%	0.00%
28	03 - Lunch	246	21	34.15%	9.76%	80.49%
28	04 - Snacks	440	11	10.00%	7.27%	79.77%
28	05 - Dinner	215	1	1.86%	5.58%	0.00%
28	07/07/15	1,202	58	19.30%	33.28%	46.42%
28	01 - Breakfast	190	10	21.05%	18.95%	56.84%
28	03 - Lunch	499	20	16.03%	24.05%	57.72%
28	04 - Snacks	293	21	28.67%	31.40%	43.00%
28	05 - Dinner	220	7	12.73%	69.09%	16.36%
28	07/08/15	497	96	77.26%	70.02%	126.76%
28	01 - Breakfast	240	20	33.33%	35.00%	33.75%
28	02 - Exercise	(946)	0	0.00%	0.00%	0.00%
28	03 - Lunch	329	23	27.96%	9.73%	49.24%
28	04 - Snacks	433	23	21.25%	36.03%	39.49%
28	05 - Dinner	441	30	27.21%	17.23%	48.98%
28	06 - Weigh in	0	0			
28	07/09/15	1,059	91	34.37%	35.88%	52.69%
28	01 - Breakfast	150	10	26.67%	40.00%	30.00%
28	02 - Exercise	(355)	0	0.00%	0.00%	0.00%
28	03 - Lunch	250	14	22.40%	12.80%	54.00%
28	04 - Snacks	265	17	25.66%	10.57%	61.13%
28	05 - Dinner	749	50	26.70%	34.71%	28.84%
28	07/10/15	1,046	65	24.86%	31.36%	54.21%
28	01 - Breakfast	190	6	12.63%	48.42%	37.89%
28	02 - Exercise	(187)	0	0.00%	0.00%	0.00%
28	03 - Lunch	716	24	13.41%	27.37%	49.02%
28	05 - Dinner	327	35	42.81%	12.23%	44.04%
28	07/11/15	1,395	116	33.26%	51.61%	35.48%
28	01 - Breakfast	160	12	30.00%	0.00%	67.50%

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Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
28	02 - Exercise	(390)	0	0.00%	0.00%	0.00%
28	03 - Lunch	462	19	16.45%	70.13%	15.58%
28	04 - Snacks	414	35	33.82%	32.85%	23.91%
28	05 - Dinner	749	50	26.70%	34.71%	28.84%
29	Jul-12 - Jul-18					
29	07/12/15	1,319	93	28.20%	33.36%	27.29%
29	01 - Breakfast	289	20	27.68%	16.61%	34.26%
29	03 - Lunch	229	26	45.41%	10.48%	39.30%
29	04 - Snacks	122	1	3.28%	88.52%	0.00%
29	05 - Dinner	679	46	27.10%	38.29%	25.18%
29	07/13/15	1,053	100	37.99%	22.41%	54.70%
29	01 - Breakfast	390	30	30.77%	34.87%	34.62%
29	02 - Exercise	(187)	0	0.00%	0.00%	0.00%
29	03 - Lunch	210	12	22.86%	22.86%	47.14%
29	04 - Snacks	190	22	46.32%	10.53%	42.63%
29	05 - Dinner	450	36	32.00%	7.11%	58.00%
29	07/14/15	737	67	36.36%	36.36%	70.83%
29	01 - Breakfast	380	27	28.42%	27.37%	45.00%
29	02 - Exercise	(343)	0	0.00%	0.00%	0.00%
29	03 - Lunch	290	15	20.69%	27.59%	46.55%
29	04 - Snacks	170	5	11.76%	14.12%	68.82%
29	05 - Dinner	240	20	33.33%	25.00%	41.25%
29	06 - Weigh in	0	0			
29	07/15/15	1,271	134	42.17%	37.77%	72.93%
29	01 - Breakfast	620	26	16.77%	30.97%	52.26%
29	02 - Exercise	(704)	0	0.00%	0.00%	0.00%
29	03 - Lunch	768	64	33.33%	25.00%	42.19%
29	04 - Snacks	587	44	29.98%	16.35%	47.53%
29	07/16/15	1,323	118	35.68%	24.79%	39.46%
29	04 - Snacks	1,210	105	34.71%	26.78%	39.42%
29	05 - Dinner	113	13	46.02%	3.54%	39.82%
29	07/17/15	1,192	52	17.45%	23.83%	43.04%
29	01 - Breakfast	176	16	36.36%	0.00%	66.48%
29	03 - Lunch	263	9	13.69%	34.98%	17.11%
29	04 - Snacks	504	19	15.08%	20.63%	60.71%
29	05 - Dinner	249	8	12.85%	35.34%	18.07%
29	07/18/15	1,338	61	18.24%	20.93%	22.87%
29	01 - Breakfast	240	20	33.33%	30.00%	30.00%
29	03 - Lunch	61	11	72.13%	13.11%	14.75%
29	04 - Snacks	537	5	3.72%	10.43%	5.03%
29	05 - Dinner	500	25	20.00%	28.80%	39.60%
30	Jul-19 - Jul-25					
30	07/19/15	912	85	37.28%	24.56%	32.57%
30	01 - Breakfast	240	20	33.33%	35.00%	26.25%
30	03 - Lunch	270	24	35.56%	48.89%	6.67%
30	04 - Snacks	225	22	39.11%	3.56%	64.00%
30	05 - Dinner	177	19	42.94%	0.00%	40.68%
30	07/20/15	897	52	23.19%	28.54%	43.14%
30	01 - Breakfast	176	16	36.36%	0.00%	66.48%
30	04 - Snacks	476	24	20.17%	36.97%	35.92%
30	05 - Dinner	245	12	19.59%	32.65%	40.41%
30	07/21/15	1,379	75	21.75%	37.42%	54.82%

Paul Food Diary

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
30	01 - Breakfast	290	13	17.93%	31.72%	49.66%
30	02 - Exercise	(223)	0	0.00%	0.00%	0.00%
30	03 - Lunch	80	18	90.00%	5.00%	11.25%
30	04 - Snacks	978	32	13.09%	31.49%	54.29%
30	05 - Dinner	254	12	18.90%	44.09%	28.35%
30	07/22/15	623	98	62.92%	36.60%	50.56%
30	02 - Exercise	(352)	0	0.00%	0.00%	0.00%
30	03 - Lunch	408	36	35.29%	14.71%	50.74%
30	04 - Snacks	383	39	40.73%	40.73%	16.45%
30	05 - Dinner	184	23	50.00%	6.52%	24.46%
30	06 - Weigh in	0	0			
30	07/23/15	1,479	91	24.61%	18.66%	57.81%
30	01 - Breakfast	170	14	32.94%	9.41%	58.24%
30	03 - Lunch	170	14	32.94%	9.41%	58.24%
30	04 - Snacks	490	26	21.22%	14.69%	64.29%
30	05 - Dinner	649	37	22.80%	26.50%	52.70%
30	07/24/15	1,680	113	26.90%	21.90%	49.82%
30	03 - Lunch	154	17	44.16%	7.79%	23.38%
30	04 - Snacks	1,087	46	16.93%	31.65%	51.33%
30	05 - Dinner	439	50	45.56%	2.73%	55.35%
30	07/25/15	1,740	127	29.20%	7.36%	58.97%
30	01 - Breakfast	210	16	30.48%	0.00%	60.00%
30	03 - Lunch	81	7	34.57%	19.75%	11.11%
30	04 - Snacks	932	55	23.61%	6.87%	68.56%
30	05 - Dinner	517	49	37.91%	9.28%	48.74%
31	Jul-26 - Aug-01					
31	07/26/15	1,357	91	26.82%	25.35%	46.43%
31	01 - Breakfast	120	17	56.67%	3.33%	45.00%
31	04 - Snacks	1,132	59	20.85%	27.92%	49.29%
31	05 - Dinner	105	15	57.14%	22.86%	17.14%
31	07/27/15	1,211	108	35.67%	32.70%	38.65%
31	01 - Breakfast	180	6	13.33%	33.33%	40.00%
31	02 - Exercise	(147)	0	0.00%	0.00%	0.00%
31	03 - Lunch	380	30	31.58%	26.32%	37.89%
31	04 - Snacks	439	50	45.56%	29.16%	26.65%
31	05 - Dinner	359	22	24.51%	30.08%	37.60%
31	07/28/15	983	102	41.51%	28.89%	56.77%
31	01 - Breakfast	173	21	48.55%	27.75%	20.81%
31	02 - Exercise	(332)	0	0.00%	0.00%	0.00%
31	03 - Lunch	342	23	26.90%	11.70%	57.89%
31	04 - Snacks	430	14	13.02%	28.84%	50.23%
31	05 - Dinner	370	44	47.57%	19.46%	29.19%
31	06 - Weigh in	0	0			
31	07/29/15	548	107	78.10%	38.69%	91.97%
31	01 - Breakfast	190	10	21.05%	18.95%	56.84%
31	02 - Exercise	(605)	0	0.00%	0.00%	0.00%
31	03 - Lunch	228	23	40.35%	0.00%	55.26%
31	04 - Snacks	507	45	35.50%	16.57%	47.93%
31	05 - Dinner	228	29	50.88%	40.35%	11.84%
31	07/30/15	1,246	135	43.34%	19.90%	55.62%
31	01 - Breakfast	190	10	21.05%	18.95%	56.84%
31	02 - Exercise	(336)	0	0.00%	0.00%	0.00%

Paul Food Diary

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
31	03 - Lunch	646	43	26.63%	10.53%	58.51%
31	04 - Snacks	425	52	48.94%	21.65%	25.41%
31	05 - Dinner	321	30	37.38%	16.20%	30.84%
31	07/31/15	1,087	110	40.48%	11.41%	47.19%
31	01 - Breakfast	190	10	21.05%	18.95%	56.84%
31	03 - Lunch	381	32	33.60%	12.60%	54.33%
31	04 - Snacks	290	58	80.00%	5.52%	27.93%
31	05 - Dinner	226	10	17.70%	10.62%	51.77%
31	08/01/15	215	83	154.42%	135.81%	146.51%
31	01 - Breakfast	70	10	57.14%	5.71%	102.86%
31	02 - Exercise	(691)	0	0.00%	0.00%	0.00%
31	03 - Lunch	383	31	32.38%	41.78%	25.85%
31	04 - Snacks	453	42	37.09%	28.26%	31.79%
32	Aug-02 - Aug-08					
32	08/02/15	1,042	57	21.88%	34.93%	53.55%
32	02 - Exercise	(218)	0	0.00%	0.00%	0.00%
32	03 - Lunch	374	22	23.53%	34.22%	40.91%
32	04 - Snacks	190	10	21.05%	18.95%	56.84%
32	05 - Dinner	696	25	14.37%	28.74%	42.67%
32	08/03/15	732	111	60.66%	22.40%	99.59%
32	01 - Breakfast	190	10	21.05%	18.95%	56.84%
32	02 - Exercise	(605)	0	0.00%	0.00%	0.00%
32	03 - Lunch	168	17	40.48%	21.43%	37.50%
32	04 - Snacks	403	47	46.65%	14.89%	40.20%
32	05 - Dinner	576	37	25.69%	5.56%	68.75%
32	06 - Weigh in	0	0			
32	08/04/15	774	121	62.53%	17.05%	67.44%
32	01 - Breakfast	183	15	32.79%	0.00%	63.93%
32	02 - Exercise	(336)	0	0.00%	0.00%	0.00%
32	03 - Lunch	140	22	62.86%	34.29%	0.00%
32	04 - Snacks	514	49	38.13%	9.34%	63.04%
32	05 - Dinner	273	35	51.28%	13.19%	29.67%
32	08/05/15	1,119	112	40.04%	18.95%	70.78%
32	01 - Breakfast	424	20	18.87%	3.77%	76.42%
32	02 - Exercise	(336)	0	0.00%	0.00%	0.00%
32	03 - Lunch	260	17	26.15%	7.69%	83.08%
32	04 - Snacks	542	66	48.71%	29.52%	16.61%
32	05 - Dinner	229	9	15.72%	6.99%	70.74%
32	08/06/15	1,135	95	33.48%	20.79%	41.23%
32	01 - Breakfast	244	21	34.43%	32.79%	29.51%
32	03 - Lunch	466	21	18.03%	18.88%	57.94%
32	04 - Snacks	214	19	35.51%	31.78%	29.44%
32	05 - Dinner	211	34	64.45%	0.00%	29.86%
32	08/07/15	(33)	63	-763.64%	-1321.21%	-1445.45%
32	01 - Breakfast	370	30	32.43%	30.27%	38.92%
32	02 - Exercise	(1,366)	0	0.00%	0.00%	0.00%
32	03 - Lunch	236	9	15.25%	45.76%	22.88%
32	04 - Snacks	630	21	13.33%	30.48%	34.29%
32	05 - Dinner	97	3	12.37%	24.74%	64.95%
32	08/08/15	316	61	77.22%	118.99%	108.23%
32	01 - Breakfast	171	15	35.09%	2.34%	57.89%
32	02 - Exercise	(683)	0	0.00%	0.00%	0.00%

Paul Food Diary

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
32	03 - Lunch	390	30	30.77%	34.87%	34.62%
32	04 - Snacks	281	4	5.69%	58.36%	32.03%
32	05 - Dinner	157	12	30.57%	45.86%	11.46%
33	Aug-09 - Aug-15					
33	08/10/15	0	0			
33	06 - Weigh in	0	0			
33	08/11/15	1,055	56	21.23%	22.75%	36.68%
33	01 - Breakfast	310	22	28.39%	16.77%	46.45%
33	03 - Lunch	235	10	17.02%	27.23%	7.66%
33	04 - Snacks	342	11	12.87%	17.54%	60.53%
33	05 - Dinner	168	13	30.95%	38.10%	10.71%
33	08/12/15	933	77	33.01%	30.01%	50.16%
33	01 - Breakfast	120	15	50.00%	30.00%	0.00%
33	02 - Exercise	(140)	0	0.00%	0.00%	0.00%
33	03 - Lunch	187	7	14.97%	44.92%	33.69%
33	04 - Snacks	586	47	32.08%	23.21%	49.15%
33	05 - Dinner	180	8	17.78%	13.33%	65.00%
33	08/13/15	1,384	80	23.12%	20.23%	55.27%
33	01 - Breakfast	310	30	38.71%	41.29%	29.03%
33	03 - Lunch	222	11	19.82%	12.61%	68.92%
33	04 - Snacks	690	28	16.23%	13.91%	62.61%
33	05 - Dinner	162	11	27.16%	17.28%	55.56%
33	08/14/15	963	68	28.25%	32.40%	51.40%
33	01 - Breakfast	200	18	36.00%	26.00%	27.00%
33	02 - Exercise	(140)	0	0.00%	0.00%	0.00%
33	03 - Lunch	218	5	9.17%	29.36%	66.06%
33	04 - Snacks	380	30	31.58%	29.47%	42.63%
33	05 - Dinner	305	15	19.67%	27.54%	44.26%
33	08/15/15	1,025	101	39.41%	26.93%	43.90%
33	01 - Breakfast	198	14	28.28%	4.04%	63.64%
33	03 - Lunch	270	30	44.44%	32.59%	20.00%
33	05 - Dinner	557	57	40.93%	32.32%	48.47%
34	Aug-16 - Aug-22					
34	08/16/15	1,476	90	24.39%	20.05%	54.88%
34	01 - Breakfast	324	20	24.69%	4.94%	72.22%
34	03 - Lunch	252	26	41.27%	11.11%	50.00%
34	05 - Dinner	900	44	19.56%	28.00%	50.00%
34	08/17/15	661	44	26.63%	43.57%	84.42%
34	01 - Breakfast	280	21	30.00%	22.86%	38.57%
34	02 - Exercise	(336)	0	0.00%	0.00%	0.00%
34	03 - Lunch	277	10	14.44%	11.55%	94.22%
34	04 - Snacks	160	6	15.00%	17.50%	67.50%
34	05 - Dinner	280	7	10.00%	58.57%	28.93%
34	06 - Weigh in	0	0			
34	08/18/15	616	65	42.21%	37.01%	68.67%
34	01 - Breakfast	210	20	38.10%	24.76%	30.00%
34	02 - Exercise	(336)	0	0.00%	0.00%	0.00%
34	03 - Lunch	74	14	75.68%	10.81%	12.16%
34	04 - Snacks	388	18	18.56%	21.65%	62.63%
34	05 - Dinner	280	13	18.57%	30.00%	38.57%
34	08/19/15	888	97	43.69%	14.41%	59.80%
34	01 - Breakfast	180	6	13.33%	20.00%	65.00%

Paul Food Diary

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
34	02 - Exercise	(214)	0	0.00%	0.00%	0.00%
34	03 - Lunch	273	26	38.10%	8.79%	46.15%
34	04 - Snacks	472	45	38.14%	14.41%	43.86%
34	05 - Dinner	177	20	45.20%	0.00%	45.76%
34	08/20/15	886	102	46.05%	21.67%	69.07%
34	01 - Breakfast	280	21	30.00%	22.86%	38.57%
34	02 - Exercise	(404)	0	0.00%	0.00%	0.00%
34	03 - Lunch	354	28	31.64%	6.78%	58.47%
34	04 - Snacks	285	21	29.47%	28.07%	41.05%
34	05 - Dinner	371	32	34.50%	6.47%	48.52%
34	08/21/15	1,285	89	27.70%	20.54%	47.63%
34	01 - Breakfast	380	30	31.58%	29.47%	42.63%
34	03 - Lunch	374	21	22.46%	26.74%	43.32%
34	04 - Snacks	160	6	15.00%	17.50%	67.50%
34	05 - Dinner	371	32	34.50%	6.47%	48.52%
34	08/22/15	1,009	80	31.71%	32.90%	55.30%
34	01 - Breakfast	301	24	31.89%	6.64%	53.82%
34	02 - Exercise	(214)	0	0.00%	0.00%	0.00%
34	03 - Lunch	332	14	16.87%	72.29%	8.13%
34	04 - Snacks	390	24	24.62%	18.46%	60.00%
34	05 - Dinner	200	18	36.00%	0.00%	67.50%
35	Aug-23 - Aug-29					
35	08/23/15	1,061	114	42.98%	49.76%	43.26%
35	01 - Breakfast	105	8	30.48%	3.81%	60.00%
35	02 - Exercise	(421)	0	0.00%	0.00%	0.00%
35	03 - Lunch	380	30	31.58%	24.21%	37.89%
35	04 - Snacks	665	62	37.29%	28.87%	33.83%
35	05 - Dinner	332	14	16.87%	72.29%	8.13%
35	08/24/15	836	120	57.42%	35.41%	41.99%
35	01 - Breakfast	300	32	42.67%	34.67%	27.00%
35	02 - Exercise	(325)	0	0.00%	0.00%	0.00%
35	03 - Lunch	120	15	50.00%	30.00%	0.00%
35	05 - Dinner	741	73	39.41%	21.05%	36.44%
35	06 - Weigh in	0	0			
35	08/25/15	530	82	61.89%	56.60%	86.60%
35	01 - Breakfast	380	30	31.58%	24.21%	37.89%
35	02 - Exercise	(605)	0	0.00%	0.00%	0.00%
35	03 - Lunch	336	26	30.95%	28.57%	37.50%
35	05 - Dinner	419	26	24.82%	26.73%	45.11%
35	08/26/15	1,104	115	41.67%	41.67%	32.61%
35	01 - Breakfast	410	30	29.27%	42.93%	26.34%
35	02 - Exercise	(176)	0	0.00%	0.00%	0.00%
35	03 - Lunch	193	20	41.45%	33.16%	18.65%
35	05 - Dinner	677	65	38.40%	32.50%	31.91%
35	08/27/15	903	91	40.31%	28.35%	40.86%
35	01 - Breakfast	85	12	56.47%	23.53%	21.18%
35	03 - Lunch	256	25	39.06%	35.94%	28.13%
35	05 - Dinner	562	54	38.43%	25.62%	49.64%
35	08/28/15	1,013	86	33.96%	28.83%	32.87%
35	01 - Breakfast	380	30	31.58%	29.47%	42.63%
35	03 - Lunch	162	23	56.79%	14.81%	27.78%
35	05 - Dinner	471	33	28.03%	33.12%	26.75%

Paul Food Diary

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
35	08/29/15	965	79	32.75%	53.06%	53.16%
35	01 - Breakfast	198	17	34.34%	0.00%	63.64%
35	02 - Exercise	(421)	0	0.00%	0.00%	0.00%
35	03 - Lunch	515	32	24.85%	41.94%	27.96%
35	05 - Dinner	673	30	17.83%	43.98%	36.11%
36	Aug-30 - Sep-05					
36	08/30/15	812	69	33.99%	23.15%	37.68%
36	01 - Breakfast	210	25	47.62%	15.24%	21.43%
36	03 - Lunch	358	31	34.64%	16.76%	47.77%
36	05 - Dinner	244	13	21.31%	39.34%	36.89%
36	08/31/15	1,001	68	27.17%	35.56%	31.47%
36	01 - Breakfast	190	14	29.47%	63.16%	4.74%
36	03 - Lunch	251	12	19.12%	38.25%	35.86%
36	05 - Dinner	560	42	30.00%	25.00%	38.57%
36	09/01/15	775	90	46.45%	36.65%	48.77%
36	01 - Breakfast	120	13	43.33%	60.00%	0.00%
36	02 - Exercise	(320)	0	0.00%	0.00%	0.00%
36	03 - Lunch	202	23	45.54%	0.00%	44.55%
36	05 - Dinner	773	54	27.94%	27.43%	37.26%
36	06 - Weigh in	0	0			
36	09/02/15	1,331	114	34.26%	24.94%	56.12%
36	01 - Breakfast	300	32	42.67%	34.67%	27.00%
36	02 - Exercise	(208)	0	0.00%	0.00%	0.00%
36	03 - Lunch	465	45	38.71%	18.06%	42.58%
36	05 - Dinner	774	37	19.12%	18.60%	60.47%
36	09/03/15	672	71	42.26%	41.07%	76.34%
36	01 - Breakfast	380	30	31.58%	29.47%	42.63%
36	02 - Exercise	(384)	0	0.00%	0.00%	0.00%
36	03 - Lunch	290	22	30.34%	30.34%	40.34%
36	05 - Dinner	386	19	19.69%	19.69%	60.62%
36	09/04/15	948	110	46.41%	26.16%	67.41%
36	01 - Breakfast	226	19	33.63%	19.47%	51.77%
36	02 - Exercise	(384)	0	0.00%	0.00%	0.00%
36	03 - Lunch	331	27	32.63%	10.88%	59.82%
36	05 - Dinner	775	64	33.03%	21.68%	41.81%
36	09/05/15	734	120	65.40%	63.22%	72.34%
36	01 - Breakfast	140	13	37.14%	5.71%	51.43%
36	02 - Exercise	(768)	0	0.00%	0.00%	0.00%
36	03 - Lunch	292	26	35.62%	15.07%	49.32%
36	05 - Dinner	1,070	81	30.28%	38.50%	29.44%
37	Sep-06 - Sep-12					
37	09/06/15	1,044	86	32.95%	25.29%	48.28%
37	01 - Breakfast	210	15	28.57%	0.00%	68.57%
37	03 - Lunch	254	27	42.52%	1.57%	53.15%
37	05 - Dinner	580	44	30.34%	44.83%	38.79%
37	09/07/15	944	72	30.51%	24.15%	37.18%
37	03 - Lunch	330	24	29.09%	25.45%	35.45%
37	04 - Snacks	490	40	32.65%	17.14%	42.24%
37	05 - Dinner	124	8	25.81%	48.39%	21.77%
37	09/08/15	1,369	122	35.65%	24.84%	41.42%
37	01 - Breakfast	150	15	40.00%	5.33%	60.00%
37	03 - Lunch	200	15	30.00%	42.00%	27.00%

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Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
37	04 - Snacks	723	72	39.83%	29.32%	23.65%
37	05 - Dinner	296	20	27.03%	12.16%	85.14%
37	09/09/15	1,163	88	30.27%	20.29%	70.42%
37	01 - Breakfast	319	15	18.81%	10.03%	90.28%
37	02 - Exercise	(208)	0	0.00%	0.00%	0.00%
37	03 - Lunch	310	21	27.10%	20.65%	46.45%
37	04 - Snacks	400	22	22.00%	24.00%	54.00%
37	05 - Dinner	342	30	35.09%	12.87%	50.00%
37	06 - Weigh in	0	0			
37	09/10/15	691	80	46.31%	28.94%	74.24%
37	01 - Breakfast	120	15	50.00%	30.00%	0.00%
37	02 - Exercise	(384)	0	0.00%	0.00%	0.00%
37	03 - Lunch	235	18	30.64%	5.11%	65.11%
37	04 - Snacks	560	44	31.43%	13.57%	53.04%
37	05 - Dinner	160	3	7.50%	47.50%	39.38%
37	09/11/15	1,014	112	44.18%	31.95%	56.80%
37	01 - Breakfast	310	32	41.29%	32.26%	29.03%
37	02 - Exercise	(384)	0	0.00%	0.00%	0.00%
37	03 - Lunch	380	28	29.47%	4.21%	66.32%
37	04 - Snacks	494	37	29.96%	25.91%	36.44%
37	05 - Dinner	214	15	28.04%	37.38%	25.23%
37	09/12/15	1,352	78	23.08%	48.52%	19.97%
37	01 - Breakfast	321	22	27.41%	37.38%	25.23%
37	03 - Lunch	441	10	9.07%	59.86%	18.37%
37	04 - Snacks	190	4	8.42%	50.53%	37.89%
37	05 - Dinner	400	42	42.00%	44.00%	9.00%
38	Sep-13 - Sep-19					
38	09/13/15	713	101	56.66%	28.05%	40.39%
38	01 - Breakfast	204	14	27.45%	56.86%	8.82%
38	02 - Exercise	(208)	0	0.00%	0.00%	0.00%
38	03 - Lunch	200	32	64.00%	2.00%	31.50%
38	04 - Snacks	400	38	38.00%	13.00%	45.00%
38	05 - Dinner	117	17	58.12%	23.93%	23.08%
38	09/14/15	792	119	60.10%	36.36%	46.59%
38	01 - Breakfast	360	30	33.33%	35.56%	30.00%
38	02 - Exercise	(404)	0	0.00%	0.00%	0.00%
38	03 - Lunch	120	15	50.00%	30.00%	0.00%
38	04 - Snacks	614	56	36.48%	18.89%	38.11%
38	05 - Dinner	102	18	70.59%	7.84%	26.47%
38	06 - Weigh in	0	0			
38	09/15/15	1,114	92	33.03%	18.67%	34.74%
38	01 - Breakfast	330	30	36.36%	38.79%	30.00%
38	03 - Lunch	174	0	0.00%	0.00%	0.00%
38	04 - Snacks	490	39	31.84%	15.51%	51.43%
38	05 - Dinner	120	23	76.67%	3.33%	30.00%
38	09/16/15	1,063	128	48.17%	35.37%	50.80%
38	01 - Breakfast	360	30	33.33%	35.56%	30.00%
38	02 - Exercise	(384)	0	0.00%	0.00%	0.00%
38	03 - Lunch	460	48	41.74%	12.17%	48.91%
38	04 - Snacks	627	50	31.90%	30.62%	33.01%
38	09/17/15	692	49	28.32%	51.45%	13.01%
38	01 - Breakfast	360	28	31.11%	53.33%	12.50%

Paul Food Diary

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
38	04 - Snacks	182	10	21.98%	48.35%	19.78%
38	05 - Dinner	150	11	29.33%	50.67%	6.00%
38	09/18/15	1,027	104	40.51%	10.91%	53.46%
38	01 - Breakfast	98	7	28.57%	8.16%	110.20%
38	03 - Lunch	386	39	40.41%	3.11%	60.62%
38	04 - Snacks	317	25	31.55%	18.93%	51.10%
38	05 - Dinner	226	33	58.41%	14.16%	19.91%
38	09/19/15	1,146	108	37.70%	21.29%	32.98%
38	01 - Breakfast	493	37	30.02%	8.11%	54.77%
38	03 - Lunch	290	30	41.38%	30.34%	24.83%
38	04 - Snacks	230	21	36.52%	40.00%	7.83%
38	05 - Dinner	133	20	60.15%	18.05%	13.53%
39	Sep-20 - Sep-26					
39	09/20/15	1,032	69	26.74%	27.13%	37.50%
39	01 - Breakfast	146	18	49.32%	2.74%	43.15%
39	03 - Lunch	387	23	23.77%	36.18%	25.58%
39	04 - Snacks	379	21	22.16%	25.33%	47.49%
39	05 - Dinner	120	7	23.33%	33.33%	37.50%
39	09/23/15	0	0			
39	06 - Weigh in	0	0			
39	09/24/15	625	97	62.08%	56.32%	33.12%
39	01 - Breakfast	187	35	74.87%	0.00%	19.25%
39	02 - Exercise	(384)	0	0.00%	0.00%	0.00%
39	03 - Lunch	152	8	21.05%	52.63%	23.68%
39	04 - Snacks	470	49	41.70%	36.60%	19.15%
39	05 - Dinner	200	5	10.00%	50.00%	22.50%
39	09/25/15	1,330	137	41.20%	12.93%	45.34%
39	01 - Breakfast	390	30	30.77%	23.59%	43.85%
39	03 - Lunch	263	34	51.71%	9.13%	37.64%
39	04 - Snacks	523	54	41.30%	10.71%	48.18%
39	05 - Dinner	154	19	49.35%	0.00%	52.60%
39	09/26/15	1,031	97	37.63%	32.59%	53.25%
39	01 - Breakfast	340	23	27.06%	12.94%	60.88%
39	02 - Exercise	(208)	0	0.00%	0.00%	0.00%
39	03 - Lunch	240	20	33.33%	38.33%	33.75%
39	04 - Snacks	275	16	23.27%	21.82%	55.64%
39	05 - Dinner	384	38	39.58%	36.46%	28.13%
40	Sep-27 - Oct-03					
40	09/27/15	1,022	98	38.36%	32.88%	51.08%
40	01 - Breakfast	150	12	32.00%	8.00%	48.00%
40	02 - Exercise	(268)	0	0.00%	0.00%	0.00%
40	03 - Lunch	170	15	35.29%	28.24%	26.47%
40	04 - Snacks	720	51	28.33%	32.78%	40.00%
40	05 - Dinner	250	20	32.00%	16.00%	46.80%
40	09/28/15	363	66	72.73%	58.40%	91.74%
40	01 - Breakfast	180	18	40.00%	26.67%	30.00%
40	02 - Exercise	(481)	0	0.00%	0.00%	0.00%
40	03 - Lunch	219	19	34.70%	7.31%	45.21%
40	04 - Snacks	240	8	13.33%	60.00%	22.50%
40	05 - Dinner	205	21	40.98%	1.95%	61.46%
40	09/29/15	1,194	94	31.49%	20.77%	43.72%
40	01 - Breakfast	290	30	41.38%	30.34%	24.83%

Paul Food Diary

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
40	03 - Lunch	365	21	23.01%	29.59%	46.85%
40	04 - Snacks	335	16	19.10%	9.55%	64.48%
40	05 - Dinner	204	27	52.94%	9.80%	30.88%
40	09/30/15	1,202	89	29.62%	25.96%	43.43%
40	01 - Breakfast	290	20	27.59%	49.66%	21.72%
40	03 - Lunch	279	27	38.71%	28.67%	35.48%
40	04 - Snacks	204	29	56.86%	1.96%	39.71%
40	05 - Dinner	429	13	12.12%	19.58%	65.03%
40	06 - Weigh in	0	0			
40	10/01/15	1,075	83	30.88%	27.53%	35.16%
40	01 - Breakfast	270	30	44.44%	32.59%	20.00%
40	03 - Lunch	205	18	35.12%	9.76%	48.29%
40	04 - Snacks	217	9	16.59%	49.77%	29.03%
40	05 - Dinner	383	26	27.15%	20.89%	42.30%
40	10/02/15	1,563	138	35.32%	36.85%	27.06%
40	01 - Breakfast	280	20	28.57%	50.00%	22.50%
40	03 - Lunch	115	5	17.39%	62.61%	15.65%
40	04 - Snacks	787	82	41.68%	26.43%	33.16%
40	05 - Dinner	381	31	32.55%	40.94%	21.26%
40	10/03/15	762	100	52.49%	44.09%	67.32%
40	02 - Exercise	(642)	0	0.00%	0.00%	0.00%
40	03 - Lunch	195	28	57.44%	8.21%	32.31%
40	04 - Snacks	811	41	20.22%	27.13%	38.84%
40	05 - Dinner	398	31	31.16%	25.13%	33.92%
41	Oct-04 - Oct-10					
41	10/04/15	548	95	69.34%	141.61%	93.61%
41	01 - Breakfast	360	20	22.22%	44.44%	32.50%
41	02 - Exercise	(1,177)	0	0.00%	0.00%	0.00%
41	03 - Lunch	332	12	14.46%	37.35%	43.37%
41	04 - Snacks	740	26	14.05%	51.89%	29.19%
41	05 - Dinner	293	37	50.51%	36.86%	12.29%
41	10/05/15	1,339	134	40.03%	16.13%	36.30%
41	01 - Breakfast	190	10	21.05%	18.95%	56.84%
41	03 - Lunch	274	46	67.15%	7.30%	22.99%
41	04 - Snacks	560	22	15.71%	17.14%	46.61%
41	05 - Dinner	315	56	71.11%	20.32%	17.14%
41	10/06/15	1,208	105	34.77%	15.89%	49.17%
41	01 - Breakfast	380	30	31.58%	26.32%	37.89%
41	03 - Lunch	287	31	43.21%	19.51%	56.45%
41	05 - Dinner	541	44	32.53%	6.65%	53.23%
41	10/07/15	1,019	115	45.14%	55.35%	30.03%
41	01 - Breakfast	270	20	29.63%	57.78%	16.67%
41	02 - Exercise	(384)	0	0.00%	0.00%	0.00%
41	03 - Lunch	520	45	34.62%	22.31%	41.54%
41	04 - Snacks	329	12	14.59%	72.95%	2.74%
41	05 - Dinner	284	38	53.52%	18.31%	12.68%
41	06 - Weigh in	0	0			
41	10/08/15	1,237	137	44.30%	40.42%	36.38%
41	01 - Breakfast	380	30	31.58%	26.32%	37.89%
41	02 - Exercise	(378)	0	0.00%	0.00%	0.00%
41	03 - Lunch	250	21	33.60%	12.80%	50.40%
41	04 - Snacks	642	48	29.91%	44.24%	16.82%

Paul Food Diary

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
41	05 - Dinner	343	38	44.31%	24.49%	20.99%
41	10/09/15	768	127	66.15%	53.13%	36.33%
41	01 - Breakfast	200	20	40.00%	28.00%	36.00%
41	02 - Exercise	(481)	0	0.00%	0.00%	0.00%
41	03 - Lunch	200	25	50.00%	40.00%	18.00%
41	04 - Snacks	464	43	37.07%	33.62%	19.40%
41	05 - Dinner	385	39	40.52%	30.13%	21.04%
41	10/10/15	995	129	51.86%	34.97%	41.61%
41	01 - Breakfast	410	30	29.27%	42.93%	26.34%
41	02 - Exercise	(383)	0	0.00%	0.00%	0.00%
41	03 - Lunch	440	25	22.73%	11.82%	57.27%
41	04 - Snacks	314	52	66.24%	24.20%	8.60%
41	05 - Dinner	214	22	41.12%	20.56%	12.62%
42	Oct-11 - Oct-17					
42	10/11/15	1,010	70	27.72%	31.29%	33.86%
42	01 - Breakfast	170	20	47.06%	7.06%	31.76%
42	03 - Lunch	300	21	28.00%	30.67%	39.00%
42	04 - Snacks	340	24	28.24%	40.00%	21.18%
42	05 - Dinner	200	5	10.00%	38.00%	49.50%
42	10/12/15	1,418	118	33.29%	28.49%	31.73%
42	01 - Breakfast	430	31	28.84%	38.14%	31.40%
42	03 - Lunch	220	29	52.73%	1.82%	40.91%
42	04 - Snacks	453	28	24.72%	45.03%	27.81%
42	05 - Dinner	315	30	38.10%	10.16%	31.43%
42	10/13/15	613	100	65.25%	59.38%	30.83%
42	01 - Breakfast	190	20	42.11%	31.58%	28.42%
42	02 - Exercise	(378)	0	0.00%	0.00%	0.00%
42	03 - Lunch	203	18	35.47%	37.44%	17.73%
42	04 - Snacks	389	42	43.19%	46.27%	11.57%
42	05 - Dinner	209	20	38.28%	22.97%	25.84%
42	06 - Weigh in	0	0			
42	10/14/15	1,180	110	37.29%	35.93%	54.15%
42	01 - Breakfast	200	19	38.00%	40.00%	22.50%
42	02 - Exercise	(444)	0	0.00%	0.00%	0.00%
42	03 - Lunch	406	26	25.62%	14.78%	48.77%
42	04 - Snacks	465	28	24.09%	6.02%	65.81%
42	05 - Dinner	553	37	26.76%	46.29%	16.27%
42	10/15/15	1,089	118	43.34%	21.30%	34.71%
42	01 - Breakfast	200	19	38.00%	40.00%	22.50%
42	03 - Lunch	270	37	54.81%	11.85%	30.00%
42	04 - Snacks	357	27	30.25%	24.65%	45.38%
42	05 - Dinner	262	35	53.44%	12.21%	34.35%
42	10/16/15	1,293	110	34.03%	16.71%	26.45%
42	01 - Breakfast	200	19	38.00%	40.00%	22.50%
42	03 - Lunch	248	0	0.00%	0.00%	0.00%
42	04 - Snacks	712	78	43.82%	15.73%	34.13%
42	05 - Dinner	133	13	39.10%	18.05%	40.60%
42	10/17/15	1,077	95	35.28%	33.43%	47.63%
42	01 - Breakfast	180	20	44.44%	22.22%	40.00%
42	02 - Exercise	(208)	0	0.00%	0.00%	0.00%
42	03 - Lunch	281	19	27.05%	27.05%	44.84%
42	04 - Snacks	715	37	20.70%	33.01%	42.80%

Paul Food Diary

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
42	05 - Dinner	109	19	69.72%	7.34%	8.26%
43	Oct-18 - Oct-24					
43	10/18/15	955	107	44.82%	28.48%	41.47%
43	01 - Breakfast	200	19	38.00%	38.00%	22.50%
43	02 - Exercise	(208)	0	0.00%	0.00%	0.00%
43	03 - Lunch	238	32	53.78%	25.21%	18.91%
43	04 - Snacks	380	31	32.63%	21.05%	37.89%
43	05 - Dinner	345	25	28.99%	16.23%	46.96%
43	10/19/15	806	122	60.55%	73.95%	30.15%
43	01 - Breakfast	200	19	38.00%	40.00%	22.50%
43	02 - Exercise	(586)	0	0.00%	0.00%	0.00%
43	03 - Lunch	360	36	40.00%	28.89%	22.50%
43	04 - Snacks	607	29	19.11%	62.60%	10.38%
43	05 - Dinner	225	38	67.56%	14.22%	24.00%
43	06 - Weigh in	0	0			
43	10/20/15	499	87	69.74%	31.26%	90.18%
43	01 - Breakfast	350	30	34.29%	26.29%	33.43%
43	02 - Exercise	(481)	0	0.00%	0.00%	0.00%
43	03 - Lunch	304	29	38.16%	0.00%	59.21%
43	04 - Snacks	74	2	10.81%	70.27%	24.32%
43	05 - Dinner	252	26	41.27%	4.76%	53.57%
43	10/21/15	916	139	60.70%	27.95%	52.07%
43	01 - Breakfast	170	20	47.06%	11.76%	37.06%
43	02 - Exercise	(472)	0	0.00%	0.00%	0.00%
43	03 - Lunch	610	47	30.82%	5.90%	59.02%
43	04 - Snacks	320	24	30.00%	62.50%	16.88%
43	05 - Dinner	288	48	66.67%	0.00%	0.00%
43	10/22/15	1,177	107	36.36%	39.08%	36.70%
43	02 - Exercise	(220)	0	0.00%	0.00%	0.00%
43	03 - Lunch	195	15	30.77%	24.62%	41.54%
43	04 - Snacks	800	60	30.00%	38.50%	25.88%
43	05 - Dinner	402	32	31.84%	25.87%	35.82%
43	10/23/15	891	122	54.77%	44.00%	43.43%
43	01 - Breakfast	200	21	42.00%	24.00%	27.00%
43	02 - Exercise	(472)	0	0.00%	0.00%	0.00%
43	03 - Lunch	279	15	21.51%	37.28%	29.03%
43	04 - Snacks	422	44	41.71%	24.64%	31.99%
43	05 - Dinner	462	42	36.36%	29.44%	25.32%
43	10/24/15	1,306	71	21.75%	22.66%	53.06%
43	01 - Breakfast	154	12	31.17%	0.00%	70.13%
43	03 - Lunch	523	26	19.89%	37.48%	39.58%
43	04 - Snacks	280	15	21.43%	11.43%	64.29%
43	05 - Dinner	349	18	20.63%	19.48%	56.73%
44	Oct-25 - Oct-31					
44	10/25/15	872	90	41.28%	53.21%	45.41%
44	01 - Breakfast	410	18	17.56%	52.68%	15.37%
44	02 - Exercise	(440)	0	0.00%	0.00%	0.00%
44	03 - Lunch	80	14	70.00%	10.00%	22.50%
44	04 - Snacks	550	39	28.36%	24.00%	49.09%
44	05 - Dinner	272	19	27.94%	39.71%	16.54%
44	10/26/15	896	74	33.04%	32.59%	43.19%
44	01 - Breakfast	140	10	28.57%	0.00%	70.71%

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Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
44	02 - Exercise	(208)	0	0.00%	0.00%	0.00%
44	03 - Lunch	225	9	16.00%	35.56%	32.00%
44	04 - Snacks	455	26	22.86%	30.77%	37.58%
44	05 - Dinner	284	29	40.85%	25.35%	15.85%
44	10/27/15	1,067	145	54.36%	25.12%	56.51%
44	01 - Breakfast	90	16	71.11%	17.78%	10.00%
44	02 - Exercise	(472)	0	0.00%	0.00%	0.00%
44	03 - Lunch	383	31	32.38%	18.80%	39.95%
44	04 - Snacks	930	65	27.96%	18.92%	46.45%
44	05 - Dinner	136	33	97.06%	2.94%	6.62%
44	06 - Weigh in	0	0			
44	10/28/15	643	111	69.05%	85.23%	61.59%
44	01 - Breakfast	680	30	17.65%	52.35%	23.82%
44	02 - Exercise	(782)	0	0.00%	0.00%	0.00%
44	03 - Lunch	220	26	47.27%	7.27%	40.91%
44	04 - Snacks	375	34	36.27%	42.67%	26.40%
44	05 - Dinner	150	21	56.00%	10.67%	30.00%
44	10/29/15	1,401	103	29.41%	32.83%	55.25%
44	01 - Breakfast	200	15	30.00%	42.00%	27.00%
44	02 - Exercise	(129)	0	0.00%	0.00%	0.00%
44	03 - Lunch	210	17	32.38%	9.52%	150.00%
44	04 - Snacks	730	53	29.04%	20.82%	46.85%
44	05 - Dinner	390	18	18.46%	52.31%	16.15%
44	10/30/15	985	157	63.76%	35.33%	45.69%
44	01 - Breakfast	171	17	39.77%	35.09%	15.79%
44	02 - Exercise	(465)	0	0.00%	0.00%	0.00%
44	03 - Lunch	490	52	42.45%	44.08%	12.86%
44	04 - Snacks	320	40	50.00%	8.75%	42.19%
44	05 - Dinner	469	48	40.94%	9.38%	47.97%
44	10/31/15	1,658	108	26.06%	24.37%	48.85%
44	01 - Breakfast	310	39	50.32%	5.16%	49.35%
44	03 - Lunch	312	18	23.08%	28.21%	54.81%
44	04 - Snacks	540	37	27.41%	21.48%	51.67%
44	05 - Dinner	496	14	11.29%	37.10%	41.73%
45	Nov-01 - Nov-07					
45	11/01/15	1,123	98	34.91%	22.44%	45.68%
45	01 - Breakfast	267	18	26.97%	23.97%	57.30%
45	03 - Lunch	263	16	24.33%	22.81%	47.91%
45	04 - Snacks	373	44	47.18%	13.94%	48.26%
45	05 - Dinner	220	20	36.36%	34.55%	24.55%
45	11/02/15	721	135	74.90%	48.82%	113.59%
45	01 - Breakfast	210	20	38.10%	36.19%	21.43%
45	02 - Exercise	(635)	0	0.00%	0.00%	0.00%
45	03 - Lunch	220	27	49.09%	25.45%	12.27%
45	04 - Snacks	593	60	40.47%	33.05%	92.58%
45	05 - Dinner	333	28	33.63%	7.21%	59.46%
45	06 - Weigh in	0	0			
45	11/03/15	1,198	135	45.08%	37.73%	42.82%
45	01 - Breakfast	290	20	27.59%	28.97%	37.24%
45	02 - Exercise	(208)	0	0.00%	0.00%	0.00%
45	03 - Lunch	310	40	51.61%	21.94%	17.42%
45	04 - Snacks	416	47	45.19%	5.77%	49.76%

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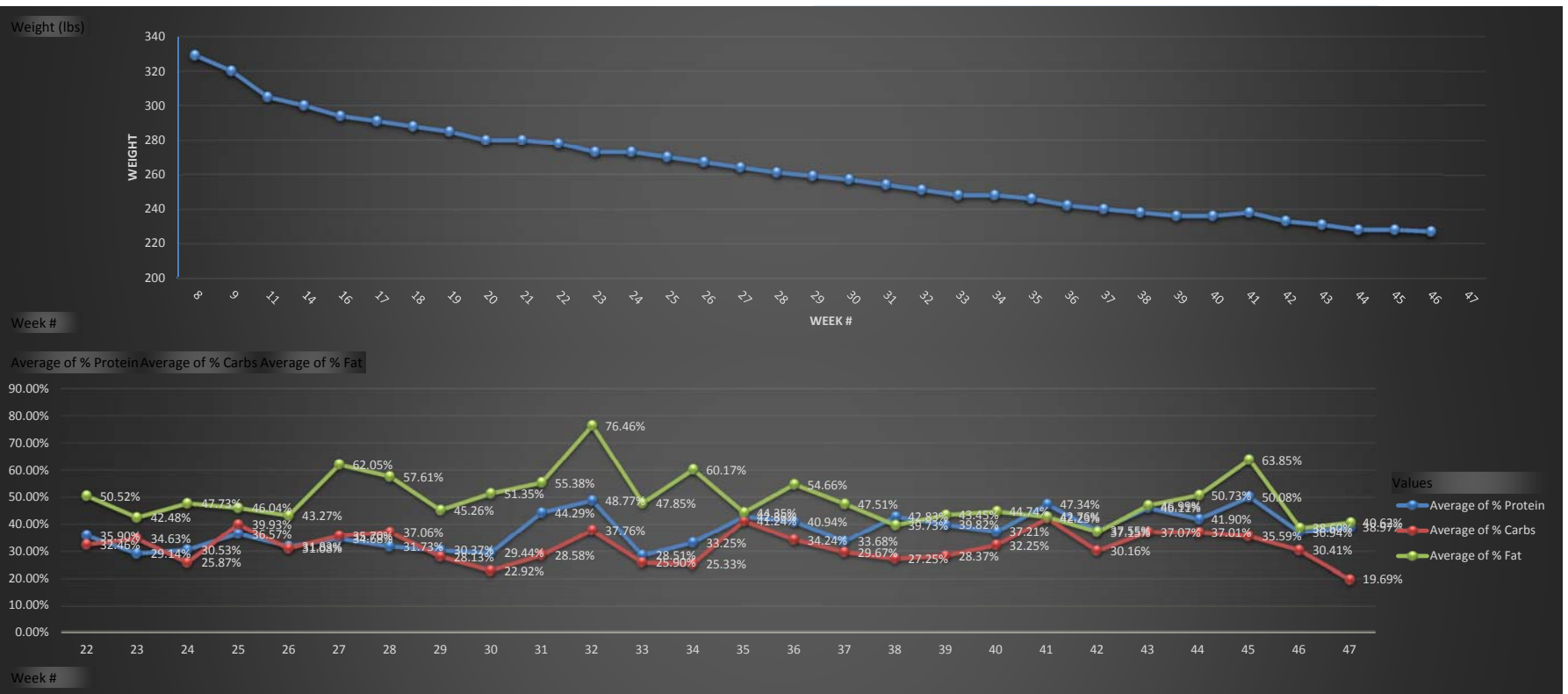
Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
45	05 - Dinner	390	28	28.72%	70.77%	36.92%
45	11/04/15	830	159	76.63%	49.16%	53.13%
45	01 - Breakfast	220	25	45.45%	38.18%	20.45%
45	02 - Exercise	(673)	0	0.00%	0.00%	0.00%
45	03 - Lunch	230	24	41.74%	24.35%	27.39%
45	04 - Snacks	746	79	42.36%	23.06%	34.99%
45	05 - Dinner	307	31	40.39%	31.27%	23.45%
45	11/05/15	1,301	124	38.12%	24.29%	47.04%
45	01 - Breakfast	200	21	42.00%	20.00%	27.00%
45	02 - Exercise	(129)	0	0.00%	0.00%	0.00%
45	03 - Lunch	427	21	19.67%	26.23%	54.80%
45	04 - Snacks	430	61	56.74%	23.26%	23.02%
45	05 - Dinner	373	21	22.52%	17.16%	60.32%
45	11/06/15	975	113	46.36%	29.13%	71.08%
45	01 - Breakfast	272	12	17.65%	54.41%	29.78%
45	02 - Exercise	(465)	0	0.00%	0.00%	0.00%
45	03 - Lunch	170	14	32.94%	7.06%	58.24%
45	04 - Snacks	570	49	34.39%	18.95%	44.21%
45	05 - Dinner	428	38	35.51%	3.74%	60.98%
45	11/07/15	561	76	54.19%	57.75%	123.53%
45	01 - Breakfast	240	3	5.00%	51.67%	45.00%
45	02 - Exercise	(646)	0	0.00%	0.00%	0.00%
45	03 - Lunch	336	38	45.24%	33.33%	53.57%
45	04 - Snacks	380	14	14.74%	7.37%	80.53%
45	05 - Dinner	251	21	33.47%	23.90%	39.44%
46	Nov-08 - Nov-14					
46	11/08/15	1,136	98	34.51%	30.28%	42.78%
46	01 - Breakfast	245	16	26.12%	9.80%	55.10%
46	02 - Exercise	(208)	0	0.00%	0.00%	0.00%
46	03 - Lunch	155	26	67.10%	0.00%	5.81%
46	04 - Snacks	650	30	18.46%	43.08%	30.46%
46	05 - Dinner	294	26	35.37%	13.61%	48.98%
46	11/09/15	1,246	126	40.45%	25.36%	28.89%
46	01 - Breakfast	370	32	34.59%	32.43%	29.19%
46	03 - Lunch	197	32	64.97%	8.12%	27.41%
46	04 - Snacks	319	27	33.86%	22.57%	39.50%
46	05 - Dinner	360	35	38.89%	30.00%	20.00%
46	11/10/15	1,276	94	29.47%	29.47%	45.85%
46	01 - Breakfast	300	16	21.33%	41.33%	30.00%
46	03 - Lunch	221	17	30.77%	23.53%	57.01%
46	04 - Snacks	534	44	32.96%	27.72%	45.51%
46	05 - Dinner	221	17	30.77%	23.53%	57.01%
46	11/11/15	777	106	54.57%	36.55%	59.07%
46	01 - Breakfast	203	12	23.65%	29.56%	44.33%
46	02 - Exercise	(456)	0	0.00%	0.00%	0.00%
46	03 - Lunch	520	45	34.62%	29.23%	31.15%
46	04 - Snacks	232	18	31.03%	17.24%	50.43%
46	05 - Dinner	278	31	44.60%	11.51%	32.37%
46	11/12/15	897	54	24.08%	37.90%	29.10%
46	01 - Breakfast	117	7	23.93%	30.77%	46.15%
46	03 - Lunch	430	23	21.40%	32.56%	33.49%
46	04 - Snacks	120	8	26.67%	53.33%	22.50%

Paul Food Diary

Week #	Date Range	Calorie Intake	Total Protein (grams)	Protein % of Calories	Carb % of Calories	Sum of % Fat
46	05 - Dinner	230	16	27.83%	43.48%	15.65%
46	06 - Weigh in	0	0			
46	11/13/15	1,023	134	52.39%	30.89%	40.47%
46	01 - Breakfast	313	18	23.00%	29.39%	46.01%
46	02 - Exercise	(463)	0	0.00%	0.00%	0.00%
46	03 - Lunch	340	31	36.47%	27.06%	21.18%
46	04 - Snacks	506	52	41.11%	15.81%	35.57%
46	05 - Dinner	327	33	40.37%	15.90%	5.50%
46	11/14/15	1,247	90	28.87%	26.94%	29.59%
46	01 - Breakfast	168	20	47.62%	0.00%	37.50%
46	03 - Lunch	414	20	19.32%	41.55%	34.78%
46	04 - Snacks	526	42	31.94%	20.53%	23.95%
46	05 - Dinner	139	8	23.02%	40.29%	25.90%
47	Nov-15 - Nov-21					
47	11/15/15	975	95	38.97%	19.69%	40.62%
47	01 - Breakfast	56	7	50.00%	21.43%	16.07%
47	03 - Lunch	163	34	83.44%	4.91%	11.04%
47	04 - Snacks	478	27	22.59%	35.15%	43.31%
47	05 - Dinner	278	27	38.85%	1.44%	58.27%

Paul Weight Loss Graph

Week #	Weight (lbs)
8	329
9	320
11	305
14	300
16	294
17	291
18	288
19	285
20	280
21	280
22	278
23	273
24	273
25	270
26	267
27	264
28	261
29	259
30	257
31	254
32	251
33	248
34	248
35	246
36	242
37	240
38	238
39	236
40	236
41	238
42	233
43	231
44	228
45	228
46	227
47	227



Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-02	Tue, Feb 17, 2015	8	Feb-15 - Feb-21	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	329
2015-02	Thu, Feb 26, 2015	9	Feb-22 - Feb-28	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	320
2015-03	Thu, Mar 12, 2015	11	Mar-08 - Mar-14	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	305
2015-03	Mon, Mar 30, 2015	14	Mar-29 - Apr-04	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	300
2015-04	Mon, Apr 13, 2015	16	Apr-12 - Apr-18	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	294
2015-04	Mon, Apr 20, 2015	17	Apr-19 - Apr-25	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	291
2015-04	Mon, Apr 27, 2015	18	Apr-26 - May-02	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	288
2015-05	Wed, May 06, 2015	19	May-03 - May-09	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	285
2015-05	Mon, May 11, 2015	20	May-10 - May-16	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	280
2015-05	Tue, May 19, 2015	21	May-17 - May-23	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	280
2015-05	Tue, May 26, 2015	22	May-24 - May-30	06 - Weigh in		0	0	0	0	0	0	0	0	0	0	278
2015-05	Thu, May 28, 2015	22	May-24 - May-30	01 - Breakfast	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	0	180	6		
2015-05	Thu, May 28, 2015	22	May-24 - May-30	02 - Exercise	Stationary bike, light effort (bicycli	(238)	0	0	0	0	0	0	0	0	20	
2015-05	Thu, May 28, 2015	22	May-24 - May-30	03 - Lunch	Starkist Tuna Creations - Sweet and	90	4	0	4	1	16	35	380	4		
2015-05	Thu, May 28, 2015	22	May-24 - May-30	03 - Lunch	Frigo - Cheesehead String Cheese,	80	0	0	0	6	6	15	200	0		
2015-05	Thu, May 28, 2015	22	May-24 - May-30	03 - Lunch	Chicharrones - Bbq Flavor Pork Skin	80	0	0	0	5	8	0	210	0		
2015-05	Thu, May 28, 2015	22	May-24 - May-30	04 - Snacks	Jacks Links - Pepper Beef Jerky, 1 C	80	4	0	4	1	15	25	600	3		
2015-05	Thu, May 28, 2015	22	May-24 - May-30	04 - Snacks	Planters - Chili Lime Peanuts, 28 g	160	5	2	3	14	7	0	160	1		
2015-05	Thu, May 28, 2015	22	May-24 - May-30	04 - Snacks	Dannon Oikos Caramel on Top - Ca	210	34	0	34	5	10	15	65	32		
2015-05	Thu, May 28, 2015	22	May-24 - May-30	04 - Snacks	Saffron Road - Crunchy Chickpeas,	110	16	2	14	3	5	0	270	4		
2015-05	Thu, May 28, 2015	22	May-24 - May-30	05 - Dinner	Meijer - Kale Salad, 202 grams	280	34	8	26	14	12	0	360	18		
2015-05	Fri, May 29, 2015	22	May-24 - May-30	01 - Breakfast	Chobani Greek Yogurt With Steel Cut	170	27	3	24	2	10	10	55	16		
2015-05	Fri, May 29, 2015	22	May-24 - May-30	02 - Exercise	Stationary bike, light effort (bicycli	(357)	0	0	0	0	0	0	0	0	30	
2015-05	Fri, May 29, 2015	22	May-24 - May-30	02 - Exercise	Walking, 3.5 mph, brisk pace	(123)	0	0	0	0	0	0	0	0	15	
2015-05	Fri, May 29, 2015	22	May-24 - May-30	03 - Lunch	Smithfield - Smoked Ham & American	90	3	0	3	6	8	0	530	2		
2015-05	Fri, May 29, 2015	22	May-24 - May-30	03 - Lunch	Eat Well -enjoy Life - White Bean H	180	15	6	9	11	6	0	285	0		
2015-05	Fri, May 29, 2015	22	May-24 - May-30	03 - Lunch	Plentils - Lentil Chips, 15.5 pieces	65	9	1	8	3	2	0	210	0		
2015-05	Fri, May 29, 2015	22	May-24 - May-30	04 - Snacks	Eat Well -enjoy Life - White Bean H	60	5	2	3	4	2	0	95	0		
2015-05	Fri, May 29, 2015	22	May-24 - May-30	04 - Snacks	Plentils - Lentil Chips, 15.5 pieces	65	9	1	8	3	2	0	210	0		
2015-05	Fri, May 29, 2015	22	May-24 - May-30	04 - Snacks	Great Value - Beef Jerky - Sweet &	80	5	0	5	1	14	25	540	4		
2015-05	Fri, May 29, 2015	22	May-24 - May-30	05 - Dinner	Great Value - Beef Jerky - Sweet &	80	5	0	5	1	14	25	540	4		
2015-05	Fri, May 29, 2015	22	May-24 - May-30	05 - Dinner	Saffron Road - Crunchy Chickpeas,	110	16	2	14	3	5	0	270	4		
2015-05	Fri, May 29, 2015	22	May-24 - May-30	05 - Dinner	Hapi - Siracha Peas, 28 g	120	19	1	18	3	4	0	210	6		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	01 - Breakfast	Bacons - Bacon, 9.9 gram	53	0	0	0	5	8	0	344	0		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	01 - Breakfast	Sausage Patty - Sausage Patty, 1 cc	140	0	0	0	9	10	38	38	0		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	01 - Breakfast	Egg - Plain Scrambled, 1 large egg	70	1	0	1	5	5	215	65	1		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	02 - Exercise	Walking, 3.5 mph, brisk pace	(123)	0	0	0	0	0	0	0	0	15	
2015-05	Sat, May 30, 2015	22	May-24 - May-30	03 - Lunch	Generic 675.85 3.55 - Beef Shoulder	211	0	0	0	12	24	79	73	0		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	04 - Snacks	Generic - Moonshine - 100 Proof, 3	246	0	0	0	0	0	0	0	0		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	04 - Snacks	Broccoli, raw, 1 cup chopped	31	6	2	4	0	3	0	30	2		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	04 - Snacks	Cucumber - With peel, raw, 1 cup s	16	4	1	3	0	1	0	2	2		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	04 - Snacks	Cauliflower, raw, 1 cup chopped (1	27	5	2	3	0	2	0	32	2		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	05 - Dinner	Sabras - Hummus, 4 Tablespoons	140	8	2	6	10	4	0	260	0		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	05 - Dinner	Generic - Grilled Brussel Sprouts, 1	65	13	6	7	3	6	0	23	0		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	05 - Dinner	Generic - Fresh Asparagus, Grilled, 7	40	4	3	1	0	4	0	4	3		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	05 - Dinner	Generic - Roasted Baby Carrots, 0.5	49	10	3	7	3	2	0	100	6		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	05 - Dinner	Nature Sweet - Grape Tomatoes, 1	39	7	3	4	0	2	0	0	4		
2015-05	Sat, May 30, 2015	22	May-24 - May-30	05 - Dinner	Generic 675.85 3.55 - Beef Shoulder	211	0	0	0	12	24	79	73	0		
2015-05	Sun, May 31, 2015	23	May-31 - Jun-06	01 - Breakfast	Generic 675.85 3.55 - Beef Shoulder	211	0	0	0	12	24	79	73	0		
2015-05	Sun, May 31, 2015	23	May-31 - Jun-06	03 - Lunch	Great Value - Chewy Protein Bar- P	190	14	5	9	12	10	0	180	6		
2015-05	Sun, May 31, 2015	23	May-31 - Jun-06	04 - Snacks	Krave - black cherry barbecue pork	90	9	0	9	2	9	20	320	9		
2015-05	Sun, May 31, 2015	23	May-31 - Jun-06	04 - Snacks	Nature Valley - Protein Bar - Salted	190	14	5	9	12	10	0	200	6		
2015-05	Sun, May 31, 2015	23	May-31 - Jun-06	05 - Dinner	Pacific - Organic Roasted Garlic Mu	150	23	7	16	4	6	10	690	1		
2015-05	Sun, May 31, 2015	23	May-31 - Jun-06	05 - Dinner	Generic - Bbq Ribs, 2 bones	350	5	1	4	25	24	196	2,031	0		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	01 - Breakfast	Nature Valley - Protein Chewy Bar,	190	14	5	9	12	10	0	200	6		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	02 - Exercise	Stationary bike, light effort (bicycli	(178)	0	0	0	0	0	0	0	0	15	

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	03 - Lunch	Skippy - Salted Caramel Creamy Pe	380	12	4	8	32	14	0	300	6		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	03 - Lunch	Dannon - Oikos - Caramel on Top -	210	33	0	33	5	10	15	65	31		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	04 - Snacks	Great Value - Beef Jerky - Sweet &	80	5	0	5	1	14	25	540	4		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	04 - Snacks	Sabra - Supremely Spicy Hummus	140	8	2	6	12	4	0	260	0		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	04 - Snacks	Sabra - Supremely Spicy Hummus	140	8	2	6	12	4	0	260	0		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	04 - Snacks	Plentils - Lentil Chips, 10 pieces	42	5	0	5	2	1	0	135	0		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	04 - Snacks	Sam's- Minch - Egg Roll Pork, 3 oz	180	20	2	18	8	6	15	490	2		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	04 - Snacks	Meijers Deli - Chicken Salad, 0.33 C	160	7	1	6	11	7	30	450	5		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	05 - Dinner	Wegmans - Deli Roast Beef, 1 oz (a	30	0	0	0	1	5	18	115	0		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	05 - Dinner	String Cheese - Frigo Light, 1 Stick	50	1	0	1	3	7	10	200	0		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	05 - Dinner	Mama - Instant Bean Thread Clear	150	31	1	30	3	1	0	2,180	3		
2015-06	Mon, Jun 01, 2015	23	May-31 - Jun-06	06 - Weigh in		0	0	0	0	0	0	0	0	0		273
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	01 - Breakfast	Life Choice Corrected - Double Cho	170	14	2	12	4	18	5	105	7		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	01 - Breakfast	Krave - Pork Jerky - Black Cherry Bz	90	9	0	9	2	9	20	320	9		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	01 - Breakfast	Coffeemate-French Vanilla - Coffee	70	0	0	0	3	0	0	0	0		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	01 - Breakfast	Coffee - Brewed from grounds, 1 c	2	0	0	0	0	0	0	5	0		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	02 - Exercise	Stationary bike, moderate effort (b	(289)	0	0	0	0	0	0	0	0	20	
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	03 - Lunch	Sabra - Supremely Spicy Hummus	70	4	1	3	6	2	0	130	0		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	03 - Lunch	Deli Sliced Roast Beef - Roast Beef,	30	0	0	0	1	5	0	0	0		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	04 - Snacks	Deli Sliced Roast Beef - Roast Beef,	60	0	0	0	3	9	0	0	0		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, C	130	20	5	15	4	5	0	190	2		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	04 - Snacks	Great Value - Vanilla Greek Yogurt,	190	29	0	29	1	18	5	105	27		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	05 - Dinner	Deli Sliced Roast Beef - Roast Beef,	30	0	0	0	1	5	0	0	0		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	05 - Dinner	Boar's Head - Smoked Gouda Chee	270	3	0	3	21	18	45	1,200	0		
2015-06	Tue, Jun 02, 2015	23	May-31 - Jun-06	05 - Dinner	Minute Steak - Lean Beef, 100 gran	127	0	0	0	6	24	70	70	0		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	01 - Breakfast	Life Choice Corrected - Double Cho	170	14	2	12	4	18	5	105	7		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	02 - Exercise	Stationary bike, moderate effort (b	(433)	0	0	0	0	0	0	0	0	30	
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	03 - Lunch	Fast foods, shrimp, breaded and fr	150	14	0	14	9	4	28	437	0		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	03 - Lunch	Restaurant - Thai Spring Roll, 1 roll	130	13	0	13	7	3	0	0	0		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	03 - Lunch	Raw Food Made Easy - Spring Roll,	83	10	4	6	3	4	0	90	0		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	04 - Snacks	Great Value - Beef Jerky - Sweet &	80	5	0	5	1	14	25	540	4		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	04 - Snacks	Activia - Blueberry, 1 cup	120	22	1	21	2	4	5	55	19		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	04 - Snacks	Meijers Deli - Chicken Salad, 0.33 C	160	7	1	6	11	7	30	450	5		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	04 - Snacks	Chicharrones - Bbq Flavor Pork Skir	80	0	0	0	5	8	0	210	0		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	05 - Dinner	Progresso - Turkey Noodle Soup, 1	80	12	1	11	1	5	15	690	1		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	05 - Dinner	Ump - Vanilla Protein Powder, 0.75	90	4	1	3	2	15	8	128	1		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	05 - Dinner	Skim Milk - Fat Free Skim Milk, 1 c	76	11	0	11	0	8	4	123	11		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	05 - Dinner	Sunmaid Apricots - Dried Apricots,	100	23	3	20	0	1	0	15	21		
2015-06	Wed, Jun 03, 2015	23	May-31 - Jun-06	05 - Dinner	Sunsweet - Individual Prunes, 2 pr	40	10	1	9	0	0	0	0	6		
2015-06	Thu, Jun 04, 2015	23	May-31 - Jun-06	01 - Breakfast	Krave - Sweet Chipotle Jerky, 1 oz	90	11	0	11	1	10	25	240	10		
2015-06	Thu, Jun 04, 2015	23	May-31 - Jun-06	01 - Breakfast	Plentifs - Lentil Chips, 9.3 pieces	39	5	0	5	2	1	0	126	0		
2015-06	Thu, Jun 04, 2015	23	May-31 - Jun-06	01 - Breakfast	Homemeade - Guacamole, 4 table	91	5	1	4	4	1	0	86	0		
2015-06	Thu, Jun 04, 2015	23	May-31 - Jun-06	03 - Lunch	Chinese - Hot & Sour Soup, 4 cup	700	98	4	94	14	12	0	1,920	6		
2015-06	Thu, Jun 04, 2015	23	May-31 - Jun-06	04 - Snacks	Krave Jerkey - Sweet Chipotle, 2 oz	180	22	0	22	1	20	50	480	20		
2015-06	Thu, Jun 04, 2015	23	May-31 - Jun-06	05 - Dinner	Homemade - Chicken and Vegetab	100	9	1	8	0	14	0	75	1		
2015-06	Thu, Jun 04, 2015	23	May-31 - Jun-06	05 - Dinner	Homemade - Chicken and Vegetab	200	17	2	15	0	28	0	150	1		
2015-06	Fri, Jun 05, 2015	23	May-31 - Jun-06	01 - Breakfast	Special K Protein Breakfast Shake -	180	28	5	23	5	10	15	230	18		
2015-06	Fri, Jun 05, 2015	23	May-31 - Jun-06	03 - Lunch	Meijer - Kale Salad, 3 ounce	118	14	3	11	6	5	0	152	8		
2015-06	Fri, Jun 05, 2015	23	May-31 - Jun-06	04 - Snacks	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	5	190	7		
2015-06	Fri, Jun 05, 2015	23	May-31 - Jun-06	04 - Snacks	Broccoli, raw, 0.5 cup chopped	15	3	1	2	0	1	0	15	1		
2015-06	Fri, Jun 05, 2015	23	May-31 - Jun-06	04 - Snacks	Cauliflower - Raw, 0.5 cup	13	3	1	2	0	1	0	15	1		
2015-06	Fri, Jun 05, 2015	23	May-31 - Jun-06	04 - Snacks	Sabra Hummus Roasted Red Pepp	260	16	6	10	19	7	0	460	1		
2015-06	Sat, Jun 06, 2015	23	May-31 - Jun-06	01 - Breakfast	Muscle Milk - Chocolate Peanut Ca	300	28	4	24	11	25	5	180	14		
2015-06	Sat, Jun 06, 2015	23	May-31 - Jun-06	03 - Lunch	Supreme Protein - Peanut Butter P	390	32	2	30	18	30	20	240	5		
2015-06	Sat, Jun 06, 2015	23	May-31 - Jun-06	04 - Snacks	Jack Link's - Teriyaki Beef Steak 1 o	70	4	0	4	1	11	25	470	4		
2015-06	Sat, Jun 06, 2015	23	May-31 - Jun-06	04 - Snacks	Yo Crunch Yopa - Vanilla With Dov	190	25	1	24	5	11	10	45	22		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-06	Sat, Jun 06, 2015	23	May-31 - Jun-06	04 - Snacks	Walmart - Veggie Snack Tray, 0.25	40	2	1	1	3	1	4	76	1		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	01 - Breakfast	Super Food Salad - Meijer, 1 cup	305	44	7	37	11	12	0	84	0		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	01 - Breakfast	Egg - Plain Scrambled, 1 large egg	70	1	0	1	5	5	215	65	1		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	01 - Breakfast	Laughing Cow - Cheese Wedge, 1 v	35	1	0	1	4	2	15	190	1		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	01 - Breakfast	Bacons - Bacon, 9.9 gram	53	0	0	0	5	8	0	344	0		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	03 - Lunch	Swanson - Chinese Hot & Sour Flav	75	12	0	12	0	6	0	2,400	12		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	03 - Lunch	Egg, whole, cooked, poached, 2 lar	143	1	0	1	9	13	370	297	0		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	03 - Lunch	La Choy - Bean Sprouts, 0.67 cup (1	15	3	0	3	0	1	0	60	1		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	04 - Snacks	Cookies - Chocolate chip, soft-type	130	17	1	16	7	1	0	92	0		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	05 - Dinner	Gorton's Grilled Talipia - Roasted G	80	1	0	1	3	14	50	150	0		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	05 - Dinner	Morrison - Steamed Broccoli, 0.5 c	24	5	2	3	0	2	0	23	1		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	05 - Dinner	Fresh Direct - Grilled Mushrooms, :	50	2	0	2	4	0	0	440	0		
2015-06	Sun, Jun 07, 2015	24	Jun-07 - Jun-13	06 - Weigh in		0	0	0	0	0	0	0	0	0	30	273
2015-06	Mon, Jun 08, 2015	24	Jun-07 - Jun-13	01 - Breakfast	Special K Protein Breakfast Shake -	180	28	5	23	5	10	15	230	18		
2015-06	Mon, Jun 08, 2015	24	Jun-07 - Jun-13	03 - Lunch	Yoders - Original Pork Rinds, 1/2 oz	80	0	0	0	5	9	20	270	0		
2015-06	Mon, Jun 08, 2015	24	Jun-07 - Jun-13	03 - Lunch	Skippy - Salted Caramel Creamy Pe	190	6	2	4	16	7	0	150	3		
2015-06	Mon, Jun 08, 2015	24	Jun-07 - Jun-13	04 - Snacks	Kroger - Apple Sauce, 0.5 cup	50	13	2	11	0	0	0	25	9		
2015-06	Mon, Jun 08, 2015	24	Jun-07 - Jun-13	04 - Snacks	Bombay Spice - Crunchy Chick pea	110	16	2	14	3	5	0	260	3		
2015-06	Mon, Jun 08, 2015	24	Jun-07 - Jun-13	04 - Snacks	Sunsweet - Individual Prunes, 5 pr	100	26	3	23	0	1	0	0	15		
2015-06	Mon, Jun 08, 2015	24	Jun-07 - Jun-13	04 - Snacks	Strawberries - .strawberries, 1 oz	9	1	0	1	0	0	0	0	0		
2015-06	Mon, Jun 08, 2015	24	Jun-07 - Jun-13	04 - Snacks	Oikos - Oikos Vanilla, 1 container	120	19	0	19	0	12	5	45	18		
2015-06	Mon, Jun 08, 2015	24	Jun-07 - Jun-13	05 - Dinner	Chicken - Chicken and Vegetables	175	6	3	3	4	12	51	30	1		
2015-06	Mon, Jun 08, 2015	24	Jun-07 - Jun-13	05 - Dinner	Broccoli - Broccoli Steamed, 1 cup	30	4	2	2	0	3	0	30	2		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	01 - Breakfast	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	5	190	7		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	03 - Lunch	Pork - Pork Shoulder Butt Blade Ste	220	0	0	0	14	22	81	0	0		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	04 - Snacks	Dannon Oikos - - Triple Zero Cocon	120	15	6	9	0	15	5	65	7		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	04 - Snacks	Planters - Cocoa Peanuts, 0.5 oz (2	80	5	1	4	6	3	0	35	3		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	04 - Snacks	Tomato - Grape, 1 cup	50	10	4	6	1	1	0	10	6		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	04 - Snacks	Sabre>>> - Spinach & Artichoke Hu	210	12	6	6	15	6	0	390	0		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	04 - Snacks	Broccoli, raw, 1 cup chopped	31	6	2	4	0	3	0	30	2		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	04 - Snacks	Cauliflower - Raw, 2 oz(s)	14	3	1	2	0	1	0	17	1		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	04 - Snacks	Strawberries - .strawberries, 1 oz	9	1	0	1	0	0	0	0	0		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	05 - Dinner	Pork - Pork Shoulder Butt Blade Ste	220	0	0	0	14	22	81	0	0		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	05 - Dinner	Broccoli, raw, 1 cup chopped	31	6	2	4	0	3	0	30	2		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	05 - Dinner	Tomato - Grape, 1 cup	50	10	4	6	1	1	0	10	6		
2015-06	Tue, Jun 09, 2015	24	Jun-07 - Jun-13	05 - Dinner	Cheese - Gouda, 1 oz	101	1	0	1	8	7	32	232	1		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	01 - Breakfast	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	5	190	7		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	02 - Exercise	Stationary bike, moderate effort (b	(433)	0	0	0	0	0	0	0	0	30	
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	03 - Lunch	Kroger - 2% Cottage Cheese, 0.5 cu	90	5	0	5	3	12	15	450	4		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	03 - Lunch	Nature Sweet - Grape Tomatoes, 1	39	7	3	4	0	2	0	0	4		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	03 - Lunch	Raw - Diced Green Pepper, 0.25 cu	8	2	0	2	0	0	0	0	0		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	03 - Lunch	Beets - Pickled Beets, 3 ounce	43	11	0	11	0	3	0	184	11		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	03 - Lunch	Broccoli, raw, 0.25 cup chopped	8	2	1	1	0	1	0	8	0		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	04 - Snacks	Oikos triple zero yogurt - Vanilla G	120	15	6	9	0	15	5	65	7		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	04 - Snacks	Skippy - Salted Caramel Creamy Pe	190	6	2	4	16	7	0	150	3		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	04 - Snacks	Planters - Cocoa Peanuts, 1 oz (28g	160	9	2	7	12	6	0	70	5		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	05 - Dinner	Kroger-value - Hot Dog, 1 hot dog	180	5	0	5	16	5	40	680	4		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	05 - Dinner	Campbell's - Pork & Beans, 0.5 cup	130	25	7	18	1	5	0	440	8		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	05 - Dinner	Gordon's - Meatballs, 3 meatballs	120	0	0	0	7	6	38	41	0		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	05 - Dinner	Kroger - Swiss Cheese, 1 slice	80	0	0	0	6	6	20	45	0		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	05 - Dinner	Sliced - Cheddar Cheese, 1 slice	80	1	0	1	7	5	20	140	0		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	05 - Dinner	Kroger - Pepper Jack Cheese Slices,	60	2	0	2	4	4	10	300	1		
2015-06	Wed, Jun 10, 2015	24	Jun-07 - Jun-13	05 - Dinner	Yoders - Original Pork Rinds, 1/2 oz	80	0	0	0	5	9	20	270	0		
2015-06	Thu, Jun 11, 2015	24	Jun-07 - Jun-13	01 - Breakfast	Special K Protein Breakfast Shake -	180	28	5	23	5	10	15	230	18		
2015-06	Thu, Jun 11, 2015	24	Jun-07 - Jun-13	03 - Lunch	Kraft (Mnjl) - Combo Pack (Pepperj	180	0	0	0	16	10	50	280	0		
2015-06	Thu, Jun 11, 2015	24	Jun-07 - Jun-13	03 - Lunch	Broccoli, raw, 0.25 cup chopped	8	2	1	1	0	1	0	8	0		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-06	Thu, Jun 11, 2015	24	Jun-07 - Jun-13	03 - Lunch	Carrots - Baby-Cut, 3 oz (85g)	35	8	2	6	0	1	0	65	5		
2015-06	Thu, Jun 11, 2015	24	Jun-07 - Jun-13	04 - Snacks	Skippy - Salted Caramel Creamy Pe	190	6	2	4	16	7	0	150	3		
2015-06	Thu, Jun 11, 2015	24	Jun-07 - Jun-13	04 - Snacks	Oikos triple zero yogurt - Vanilla Gi	120	15	6	9	0	15	5	65	7		
2015-06	Thu, Jun 11, 2015	24	Jun-07 - Jun-13	04 - Snacks	Fresh - Blueberries, 0.5 cup	40	10	2	8	0	1	0	1	7		
2015-06	Thu, Jun 11, 2015	24	Jun-07 - Jun-13	04 - Snacks	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	5	190	7		
2015-06	Thu, Jun 11, 2015	24	Jun-07 - Jun-13	05 - Dinner	Pork - Pork Shoulder Butt Blade Ste	220	0	0	0	14	22	81	0	0		
2015-06	Thu, Jun 11, 2015	24	Jun-07 - Jun-13	05 - Dinner	Yoders - Original Pork Rinds, 1/2 oz	80	0	0	0	5	9	20	270	0		
2015-06	Fri, Jun 12, 2015	24	Jun-07 - Jun-13	01 - Breakfast	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	5	190	7		
2015-06	Fri, Jun 12, 2015	24	Jun-07 - Jun-13	02 - Exercise	Stationary bike, moderate effort (b	(433)	0	0	0	0	0	0	0	0	30	
2015-06	Fri, Jun 12, 2015	24	Jun-07 - Jun-13	03 - Lunch	Milk - Reduced fat, 2% milkfat, 1 c	122	11	0	11	5	8	20	100	12		
2015-06	Fri, Jun 12, 2015	24	Jun-07 - Jun-13	04 - Snacks	Syntrax Nectar - Crystal Sky Whey I	100	0	0	0	0	24	0	60	0		
2015-06	Fri, Jun 12, 2015	24	Jun-07 - Jun-13	04 - Snacks	Oikos - Triple Zero - Strawberry, 5.:	120	15	6	9	0	15	5	65	7		
2015-06	Fri, Jun 12, 2015	24	Jun-07 - Jun-13	04 - Snacks	Jack Link's - Bbq Pork Jerky, 2 oz	160	12	0	12	2	24	70	1,380	10		
2015-06	Fri, Jun 12, 2015	24	Jun-07 - Jun-13	04 - Snacks	Planters - Cocoa Peanuts, 1 oz (28g	160	9	2	7	12	6	0	70	5		
2015-06	Fri, Jun 12, 2015	24	Jun-07 - Jun-13	05 - Dinner	Beef - Homemade Meatballs-small	137	5	0	5	5	16	0	0	0		
2015-06	Sat, Jun 13, 2015	24	Jun-07 - Jun-13	01 - Breakfast	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	5	190	7		
2015-06	Sat, Jun 13, 2015	24	Jun-07 - Jun-13	03 - Lunch	Fresh Market - Vegetable Spring Rc	270	6	2	4	3	5	23	22	0		
2015-06	Sat, Jun 13, 2015	24	Jun-07 - Jun-13	04 - Snacks	Hope Foods - Original Lentil Dip, 2f	35	4	2	2	2	2	0	85	0		
2015-06	Sat, Jun 13, 2015	24	Jun-07 - Jun-13	04 - Snacks	Hope Hummus - Organic Thai Coco	45	4	1	3	3	1	0	125	1		
2015-06	Sat, Jun 13, 2015	24	Jun-07 - Jun-13	04 - Snacks	Clancy's - Pita Chips (Parmesan Gar	130	19	0	19	5	3	0	0	0		
2015-06	Sat, Jun 13, 2015	24	Jun-07 - Jun-13	05 - Dinner	Generic - Protein Powder - Beverly	120	5	1	4	3	20	10	170	1		
2015-06	Sat, Jun 13, 2015	24	Jun-07 - Jun-13	05 - Dinner	Homemade - Deep Fried Mushroom	44	0	0	0	5	1	0	0	0		
2015-06	Sun, Jun 14, 2015	25	Jun-14 - Jun-20	01 - Breakfast	Nature Valley - Greek Yogurt Prote	180	17	3	14	9	10	0	160	11		
2015-06	Sun, Jun 14, 2015	25	Jun-14 - Jun-20	02 - Exercise	Walking, 3.5 mph, brisk pace	(352)	0	0	0	0	0	0	0	0	45	
2015-06	Sun, Jun 14, 2015	25	Jun-14 - Jun-20	03 - Lunch	El Mexicano - Pork Chorizo, 2.5 oz	210	3	0	3	18	10	125	670	1		
2015-06	Sun, Jun 14, 2015	25	Jun-14 - Jun-20	03 - Lunch	Egg - Plain Scrambled, 1 large egg	70	1	0	1	5	5	215	65	1		
2015-06	Sun, Jun 14, 2015	25	Jun-14 - Jun-20	04 - Snacks	Orange Leaf - Frozen Yogurt-coffee	160	28	0	28	4	4	0	140	24		
2015-06	Sun, Jun 14, 2015	25	Jun-14 - Jun-20	05 - Dinner	Generic - Grilled Brussel Sprouts, 0	33	6	3	3	1	3	0	12	0		
2015-06	Sun, Jun 14, 2015	25	Jun-14 - Jun-20	05 - Dinner	Generic - Purple Potato, 0.1 Cup Cu	12	3	0	3	0	0	0	1	0		
2015-06	Sun, Jun 14, 2015	25	Jun-14 - Jun-20	05 - Dinner	Grilled chicken - Chicken, 4 oz	100	1	0	1	2	22	50	110	1		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	01 - Breakfast	Special K - Protein Shake French Va	180	29	5	24	5	10	15	230	18		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	02 - Exercise	Stationary bike, moderate effort (b	(433)	0	0	0	0	0	0	0	0	30	
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	03 - Lunch	Oikos - Triple Zero Coconut Cream,	120	15	6	9	0	15	0	65	7		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	03 - Lunch	Beef - Roast Beef, 0.8 oz	45	0	0	0	2	5	16	4	0		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	04 - Snacks	Trader Joes - Tofu Spring Roll, 0.5 c	130	18	2	16	5	5	0	185	5		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	04 - Snacks	Planters - Cocoa Peanuts, 2 oz (28g	320	18	4	14	24	12	0	140	10		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	04 - Snacks	Grilled chicken - Chicken, 2 oz	50	1	0	1	1	11	25	55	1		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	04 - Snacks	Generic - Grilled Brussel Sprouts, 0	16	3	2	1	1	1	0	6	0		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	04 - Snacks	Hope Hummus - Organic Thai Coco	45	4	1	3	3	1	0	125	1		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	05 - Dinner	Homemade - Pulled Pork Barbecue	212	13	1	12	8	8	64	480	0		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	05 - Dinner	Potato - Mashed Homemade, 0.5 c	65	13	1	12	2	3	3	50	1		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	05 - Dinner	Mixed Green Salad - Field Greens, :	108	5	2	3	1	3	0	31	2		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	05 - Dinner	Ump - Vanilla Protein Powder, 0.75	90	4	1	3	2	15	8	128	1		
2015-06	Mon, Jun 15, 2015	25	Jun-14 - Jun-20	06 - Weigh in		0	0	0	0	0	0	0	0	0		270
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	01 - Breakfast	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	5	190	7		
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	02 - Exercise	Stationary bike, moderate effort (b	(433)	0	0	0	0	0	0	0	0	30	
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	03 - Lunch	Hope Hummus - Organic Thai Coco	135	12	3	9	8	3	0	375	3		
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	03 - Lunch	Grilled chicken - Chicken, 4 oz	100	1	0	1	2	22	50	110	1		
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	04 - Snacks	Saffron Road - Crunchy Chickpeas,	110	16	2	14	3	5	0	270	4		
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	04 - Snacks	Oikos - Triple Zero - Strawberry, 5.:	120	15	6	9	0	15	5	65	7		
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	04 - Snacks	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	5	190	7		
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	04 - Snacks	Stoneyfield Organic - Petite Creme	140	20	0	20	3	10	10	50	18		
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	04 - Snacks	Sun-maid - Mediterranean Apricot:	100	23	3	20	0	1	0	15	21		
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	04 - Snacks	Sunkist prunes - Prunes, 5 prunes	100	26	3	23	0	1	0	0	15		
2015-06	Tue, Jun 16, 2015	25	Jun-14 - Jun-20	05 - Dinner	the Fresh Market - Cannellini Bean	220	36	12	24	2	14	0	780	2		
2015-06	Wed, Jun 17, 2015	25	Jun-14 - Jun-20	01 - Breakfast	Krave - Chili-lime Beef Jerky, 1.5 oz	135	14	0	14	2	17	30	660	12		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-06	Wed, Jun 17, 2015	25	Jun-14 - Jun-20	02 - Exercise	Stationary bike, moderate effort (b	(433)	0	0	0	0	0	0	0	0	30	
2015-06	Wed, Jun 17, 2015	25	Jun-14 - Jun-20	03 - Lunch	Trader Joe's - Indian Fare Madras L	260	28	10	18	10	12	10	910	6		
2015-06	Wed, Jun 17, 2015	25	Jun-14 - Jun-20	04 - Snacks	Dannon - Oikos Cafe Latte, 5.3 oz	160	19	0	19	5	11	15	45	19		
2015-06	Wed, Jun 17, 2015	25	Jun-14 - Jun-20	04 - Snacks	Krave - Chili-lime Beef Jerky, 1.5 oz	135	14	0	14	2	17	30	660	12		
2015-06	Wed, Jun 17, 2015	25	Jun-14 - Jun-20	04 - Snacks	Mediterranean Snacks - Baked Len	55	10	2	8	2	2	0	90	0		
2015-06	Wed, Jun 17, 2015	25	Jun-14 - Jun-20	04 - Snacks	Noosa - Strawberry Rhubarb Yogur	280	31	1	30	11	14	30	110	29		
2015-06	Wed, Jun 17, 2015	25	Jun-14 - Jun-20	04 - Snacks	Ump - Vanilla Protein Powder, 1 sc	120	5	1	4	3	20	10	170	1		
2015-06	Wed, Jun 17, 2015	25	Jun-14 - Jun-20	04 - Snacks	Silk - Chocolate Cashew Milk, 1 cuç	90	18	1	17	2	1	0	200	16		
2015-06	Wed, Jun 17, 2015	25	Jun-14 - Jun-20	05 - Dinner	Homemade - Mexican Chicken Bur	412	41	1	40	11	39	65	856	10		
2015-06	Thu, Jun 18, 2015	25	Jun-14 - Jun-20	01 - Breakfast	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	5	190	7		
2015-06	Thu, Jun 18, 2015	25	Jun-14 - Jun-20	02 - Exercise	Elliptical Trainer	(367)	0	0	0	0	0	0	0	0	20	
2015-06	Thu, Jun 18, 2015	25	Jun-14 - Jun-20	03 - Lunch	Trader Joes - Indian Fare Jaipur Veç	340	20	8	12	22	14	10	740	6		
2015-06	Thu, Jun 18, 2015	25	Jun-14 - Jun-20	04 - Snacks	Yoplait - 2% Greek Yogurt Cafe Mo	150	19	0	19	3	11	10	55	16		
2015-06	Thu, Jun 18, 2015	25	Jun-14 - Jun-20	04 - Snacks	Krave Jerky - Garlic Chili Pepper Be	135	14	0	14	1	18	30	690	12		
2015-06	Thu, Jun 18, 2015	25	Jun-14 - Jun-20	04 - Snacks	Trader Joe's - Smooth and Creamy	80	6	2	4	5	2	0	140	1		
2015-06	Thu, Jun 18, 2015	25	Jun-14 - Jun-20	05 - Dinner	Homemade - Beef Stroganoff Crocl	240	15	1	14	7	12	75	250	6		
2015-06	Fri, Jun 19, 2015	25	Jun-14 - Jun-20	01 - Breakfast	Homemade - Buffalo Chicken Wraç	138	15	2	13	4	12	28	378	0		
2015-06	Fri, Jun 19, 2015	25	Jun-14 - Jun-20	03 - Lunch	Krave Jerky - Garlic Chili Pepper Be	135	14	0	14	1	18	30	690	12		
2015-06	Fri, Jun 19, 2015	25	Jun-14 - Jun-20	03 - Lunch	Trader Joe's - Smooth and Creamy	160	12	4	8	10	4	0	280	2		
2015-06	Fri, Jun 19, 2015	25	Jun-14 - Jun-20	04 - Snacks	Skippy - Salted Caramel Creamy Pe	190	6	2	4	16	7	0	150	3		
2015-06	Fri, Jun 19, 2015	25	Jun-14 - Jun-20	04 - Snacks	Yoplait - Greek Yogurt - Caramel, 1	150	19	0	19	3	11	10	55	16		
2015-06	Fri, Jun 19, 2015	25	Jun-14 - Jun-20	04 - Snacks	Homemade - Beef Stroganoff Crocl	240	15	1	14	7	12	75	250	6		
2015-06	Fri, Jun 19, 2015	25	Jun-14 - Jun-20	04 - Snacks	Planters - Salted Caramel Peanuts,	160	9	2	7	12	6	0	110	6		
2015-06	Fri, Jun 19, 2015	25	Jun-14 - Jun-20	05 - Dinner	Eggs - Hard Boiled, 1 Large Egg (50	70	1	0	1	5	6	195	65	1		
2015-06	Fri, Jun 19, 2015	25	Jun-14 - Jun-20	05 - Dinner	Spinach - Raw, 1 cup	7	1	1	0	0	1	0	24	0		
2015-06	Sat, Jun 20, 2015	25	Jun-14 - Jun-20	01 - Breakfast	Nature Valley - Greek Yogurt Prote	180	17	3	14	9	10	0	160	11		
2015-06	Sat, Jun 20, 2015	25	Jun-14 - Jun-20	01 - Breakfast	Original Pancake House - Spinach C	168	2	1	1	9	10	146	87	1		
2015-06	Sat, Jun 20, 2015	25	Jun-14 - Jun-20	01 - Breakfast	Hawaiian Gold - Kona Coffee, 16 fl	4	0	0	0	0	0	0	0	0		
2015-06	Sat, Jun 20, 2015	25	Jun-14 - Jun-20	04 - Snacks	Slim Jim Steakhouse Tender Steak	90	4	0	4	4	9	25	450	4		
2015-06	Sat, Jun 20, 2015	25	Jun-14 - Jun-20	04 - Snacks	Ump - Vanilla Protein Powder, 1 sc	120	5	1	4	3	20	10	170	1		
2015-06	Sat, Jun 20, 2015	25	Jun-14 - Jun-20	04 - Snacks	Strawberries, raw, 1 cup, halves	49	12	3	9	0	1	0	2	7		
2015-06	Sat, Jun 20, 2015	25	Jun-14 - Jun-20	05 - Dinner	Top round steak - Beef, 3 oz	190	0	0	0	9	25	45	65	0		
2015-06	Sat, Jun 20, 2015	25	Jun-14 - Jun-20	05 - Dinner	Generic - Grilled Brussel Sprouts, 0	16	3	2	1	1	1	0	6	0		
2015-06	Sat, Jun 20, 2015	25	Jun-14 - Jun-20	05 - Dinner	Trader Joe's - Horseradish Hummu	50	5	1	4	3	1	0	105	1		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Original Pancake House - Mushroom	194	12	1	11	13	8	201	337	5		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Siracha. Chicken breast - Chicken b	34	1	0	1	1	5	13	247	1		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	03 - Lunch	Spinach - Raw, 1 cup	7	1	1	0	0	1	0	24	0		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	03 - Lunch	Mushrooms, white, raw, 0.5 cup, p	8	1	0	1	0	1	0	2	1		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	04 - Snacks	Slim Jim Steakhouse Tender Steak	90	4	0	4	4	9	25	450	4		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	04 - Snacks	Jack Links Premium Cuts - Jalapenc	70	5	0	5	1	11	25	520	5		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	04 - Snacks	Orange Leaf - Frozen Yogurt-coffee	160	28	0	28	4	4	0	140	24		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	04 - Snacks	That's it. - Apple Mango bar, 1 bar	100	27	3	24	0	0	0	25	23		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	04 - Snacks	Gourmet Nut - Protein Mix (Almon	300	24	6	18	16	14	0	10	26		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	05 - Dinner	Trader Joe's - Horseradish Hummu	50	5	1	4	3	1	0	105	1		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	05 - Dinner	Generic - Grilled Brussel Sprouts, 0	16	3	2	1	1	1	0	6	0		
2015-06	Sun, Jun 21, 2015	26	Jun-21 - Jun-27	05 - Dinner	Top round steak - Beef, 3 oz	190	0	0	0	9	25	45	65	0		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Dannon Oikos - - Triple Zero Cocon	120	15	6	9	0	15	5	65	7		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Skippy - Salted Caramel Creamy Pe	190	6	2	4	16	7	0	150	3		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	02 - Exercise	Elliptical Trainer	(367)	0	0	0	0	0	0	0	0	20	
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	02 - Exercise	Walking, 3.5 mph, brisk pace	(352)	0	0	0	0	0	0	0	0	45	
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	03 - Lunch	Trader Joe's - Smooth and Creamy	160	12	4	8	10	4	0	280	2		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	03 - Lunch	Meat - Eye of Round Steak, 3 oz	143	0	0	0	8	18	60	45	0		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	03 - Lunch	Brussel Sprouts - Brussel Sprouts -	45	8	3	5	0	3	0	15	2		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, C	130	20	5	15	4	5	0	190	2		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	04 - Snacks	Meat - Eye of Round Steak, 4 oz	190	0	0	0	10	24	80	60	0		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	04 - Snacks	Trader Joe's - Horseradish Hummu	50	5	1	4	3	1	0	105	1		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	05 - Dinner	Original Pancake House - Mushroom	194	12	1	11	13	8	201	337	5		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	05 - Dinner	Pb2 - Chocolate Pb2, 2 tbsp	45	6	1	5	1	4	0	70	3		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	05 - Dinner	Chobani - Greek Yogurt Vanilla Blei	90	13	1	12	0	10	5	48	10		
2015-06	Mon, Jun 22, 2015	26	Jun-21 - Jun-27	06 - Weigh in		0	0	0	0	0	0	0	0	0		267
2015-06	Tue, Jun 23, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Yoplait - Plenti Greek Yogurt - Blue	140	21	1	20	2	12	0	20	12		
2015-06	Tue, Jun 23, 2015	26	Jun-21 - Jun-27	03 - Lunch	Beef - Roast Beef, 4 oz	225	0	0	0	10	24	80	20	0		
2015-06	Tue, Jun 23, 2015	26	Jun-21 - Jun-27	04 - Snacks	Deli Meat - Roast Beef (Deli), 1.5 o.	80	0	0	0	3	12	30	210	0		
2015-06	Tue, Jun 23, 2015	26	Jun-21 - Jun-27	04 - Snacks	matador - sizzling sweet beef jerke	120	11	0	11	2	14	38	690	11		
2015-06	Tue, Jun 23, 2015	26	Jun-21 - Jun-27	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, C	130	20	5	15	4	5	0	190	2		
2015-06	Tue, Jun 23, 2015	26	Jun-21 - Jun-27	04 - Snacks	Planters - Salted Caramel Peanuts,	320	18	4	14	24	12	0	220	12		
2015-06	Tue, Jun 23, 2015	26	Jun-21 - Jun-27	05 - Dinner	Siracha. Chicken breast - Chicken b	68	2	1	1	3	9	26	493	1		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Siggis - Orange and Ginger Nonfat '	100	11	0	11	0	14	0	55	9		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	03 - Lunch	Generic - (Rotisserie) Chicken Salac	240	0	0	0	15	24	45	405	0		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	03 - Lunch	Tomato - Grape Tomato, 3 tomato	3	1	0	1	0	0	0	2	0		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	03 - Lunch	Kroger - 2% Cottage Cheese, 0.5 cu	90	5	0	5	3	12	15	450	4		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	03 - Lunch	Pineapple, raw, all varieties, 0.5 cu	41	11	1	10	0	0	0	1	8		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	04 - Snacks	Meijer - Unsweetened Apple Sauce	45	14	2	12	0	0	0	15	10		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	04 - Snacks	Engine 2 - Hummus - Falafel Flavor	80	12	4	8	3	4	0	100	2		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	04 - Snacks	Plentils - Lentil Chips, 10.23 pieces	43	6	0	6	2	1	0	139	0		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	04 - Snacks	matador - sizzling sweet beef jerke	80	7	0	7	2	9	25	460	7		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	04 - Snacks	Nature Valley - Protein Chewy Bar	190	14	5	9	12	10	5	190	7		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	04 - Snacks	Jif - Peanut Butter Natural Creamy,	190	8	2	6	16	7	0	80	3		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	05 - Dinner	matador - sizzling sweet beef jerke	80	7	0	7	2	9	25	460	7		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	05 - Dinner	Ruby Tuesday's - Roasted Spaghettt	54	6	2	4	3	1	0	69	0		
2015-06	Wed, Jun 24, 2015	26	Jun-21 - Jun-27	05 - Dinner	Ground Chuck 80/20 - Ground Chu	152	0	0	0	10	16	50	50	0		
2015-06	Thu, Jun 25, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Oikos triple zero yogurt - Vanilla Gr	120	15	6	9	0	15	5	65	7		
2015-06	Thu, Jun 25, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Skippy - Salted Caramel Creamy Pe	190	6	2	4	16	7	0	150	3		
2015-06	Thu, Jun 25, 2015	26	Jun-21 - Jun-27	02 - Exercise	Walking, 3.5 mph, brisk pace	(230)	0	0	0	0	0	0	0	0	30	
2015-06	Thu, Jun 25, 2015	26	Jun-21 - Jun-27	03 - Lunch	Homemade - Crab Salad - Imatatio	546	30	4	26	42	25	44	1,091	12		
2015-06	Thu, Jun 25, 2015	26	Jun-21 - Jun-27	04 - Snacks	Jack Links Premium Cuts - Jalapenc	140	10	0	10	2	22	50	1,040	10		
2015-06	Thu, Jun 25, 2015	26	Jun-21 - Jun-27	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, C	130	20	5	15	4	5	0	190	2		
2015-06	Thu, Jun 25, 2015	26	Jun-21 - Jun-27	04 - Snacks	Quest Protein Chips - Sea Salt Flavc	60	3	0	3	1	11	5	95	0		
2015-06	Thu, Jun 25, 2015	26	Jun-21 - Jun-27	04 - Snacks	Engine 2 - Hummus - Falafel Flavor	40	6	2	4	2	2	0	50	1		
2015-06	Thu, Jun 25, 2015	26	Jun-21 - Jun-27	04 - Snacks	Chobani - Banana Maple W/ Steel C	170	27	3	24	2	10	10	45	16		
2015-06	Fri, Jun 26, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Siggis - 4% Yogurt - Strawberry & F	120	9	0	9	5	10	25	40	8		
2015-06	Fri, Jun 26, 2015	26	Jun-21 - Jun-27	03 - Lunch	Jack Link's - Beef Jerkey, 3 oz	240	21	0	21	3	33	75	1,170	21		
2015-06	Fri, Jun 26, 2015	26	Jun-21 - Jun-27	03 - Lunch	Engine 2 - Hummus - Falafel Flavor	80	12	4	8	3	4	0	100	2		
2015-06	Fri, Jun 26, 2015	26	Jun-21 - Jun-27	03 - Lunch	Plentils - Lentil Chips, 15.5 pieces	65	9	1	8	3	2	0	210	0		
2015-06	Fri, Jun 26, 2015	26	Jun-21 - Jun-27	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, C	130	20	5	15	4	5	0	190	2		
2015-06	Fri, Jun 26, 2015	26	Jun-21 - Jun-27	04 - Snacks	Ump - Vanilla Protein Powder, 1 sc	120	5	1	4	3	20	10	170	1		
2015-06	Fri, Jun 26, 2015	26	Jun-21 - Jun-27	04 - Snacks	Skim Milk - Fat Free Skim Milk, 1 cu	76	11	0	11	0	8	4	123	11		
2015-06	Fri, Jun 26, 2015	26	Jun-21 - Jun-27	05 - Dinner	Applebees - Cheesestick, 1 stick	103	9	0	9	5	5	0	0	0		
2015-06	Fri, Jun 26, 2015	26	Jun-21 - Jun-27	05 - Dinner	Soup - Lobster Bisque, 4 oz	160	5	0	5	8	5	55	455	2		
2015-06	Fri, Jun 26, 2015	26	Jun-21 - Jun-27	05 - Dinner	Costco - Meatball, 1 meatballs	54	1	0	1	4	3	9	122	0		
2015-06	Sat, Jun 27, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Generic - Egg, Large Whole, 1 Egg	70	0	0	0	5	6	185	70	0		
2015-06	Sat, Jun 27, 2015	26	Jun-21 - Jun-27	01 - Breakfast	Laughing Cow - Cheese Wedge, 1 v	35	1	0	1	4	2	15	190	1		
2015-06	Sat, Jun 27, 2015	26	Jun-21 - Jun-27	03 - Lunch	Generic - Chicken Pad Thai, 6 oz	700	12	1	11	6	14	21	175	0		
2015-06	Sat, Jun 27, 2015	26	Jun-21 - Jun-27	04 - Snacks	Meijer - 100 Calorie Greek Yogurt \	100	14	0	14	0	12	10	55	14		
2015-06	Sat, Jun 27, 2015	26	Jun-21 - Jun-27	04 - Snacks	Reese's Spreads - Peanut Butter Ch	190	21	1	20	12	3	0	140	19		
2015-06	Sat, Jun 27, 2015	26	Jun-21 - Jun-27	05 - Dinner	Homemade - Pulled Pork Sandwhic	100	54	2	52	15	26	70	1,130	23		
2015-06	Sat, Jun 27, 2015	26	Jun-21 - Jun-27	05 - Dinner	Campbell's - Pork & Beans, 0.5 cup	130	25	7	18	1	5	0	440	8		
2015-06	Sun, Jun 28, 2015	27	Jun-28 - Jul-04	01 - Breakfast	Generic - Chicken Pad Thai, 3 oz	350	6	1	5	3	7	11	88	0		
2015-06	Sun, Jun 28, 2015	27	Jun-28 - Jul-04	02 - Exercise	Walking, 3.5 mph, brisk pace	(690)	0	0	0	0	0	0	0	0	90	
2015-06	Sun, Jun 28, 2015	27	Jun-28 - Jul-04	03 - Lunch	Green Bean Noodle - Bean Starch,	196	35	0	35	0	13	0	0	0		
2015-06	Sun, Jun 28, 2015	27	Jun-28 - Jul-04	03 - Lunch	Pork loin - Pork Loin, 2 oz	60	1	0	1	2	12	23	275	1		
2015-06	Sun, Jun 28, 2015	27	Jun-28 - Jul-04	04 - Snacks	Cheese - Gouda, 4 oz	403	3	0	3	31	28	129	927	3		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-06	Sun, Jun 28, 2015	27	Jun-28 - Jul-04	04 - Snacks	Ritters Frozen Custard - Chocolate,	478	58	0	58	23	8	146	375	0		
2015-06	Sun, Jun 28, 2015	27	Jun-28 - Jul-04	05 - Dinner	Gordon's - Meatballs, 3 meatballs	120	0	0	0	7	6	38	41	0		
2015-06	Sun, Jun 28, 2015	27	Jun-28 - Jul-04	05 - Dinner	Kraft - Shredded Mozzarella Chees	80	1	0	1	6	7	15	180	0		
2015-06	Mon, Jun 29, 2015	27	Jun-28 - Jul-04	01 - Breakfast	Nature Valley - Greek Yogurt Prote	180	17	3	14	9	10	0	160	11		
2015-06	Mon, Jun 29, 2015	27	Jun-28 - Jul-04	02 - Exercise	Stationary bike, moderate effort (b	(433)	0	0	0	0	0	0	0	0	30	
2015-06	Mon, Jun 29, 2015	27	Jun-28 - Jul-04	03 - Lunch	Trader Joe's - Shrimp Spring Roll W	430	68	3	65	7	9	45	290	9		
2015-06	Mon, Jun 29, 2015	27	Jun-28 - Jul-04	04 - Snacks	Skippy - Salted Caramel Creamy Pe	190	6	2	4	16	7	0	150	3		
2015-06	Mon, Jun 29, 2015	27	Jun-28 - Jul-04	04 - Snacks	Oikos triple zero yogurt - Vanilla G	120	15	6	9	0	15	5	65	7		
2015-06	Mon, Jun 29, 2015	27	Jun-28 - Jul-04	04 - Snacks	Generic - Caprese Salad - Homema	298	8	0	8	25	11	0	471	6		
2015-06	Mon, Jun 29, 2015	27	Jun-28 - Jul-04	04 - Snacks	Trader Joes - Kale & Cauliflower Cu	150	15	3	12	9	3	0	230	4		
2015-06	Mon, Jun 29, 2015	27	Jun-28 - Jul-04	05 - Dinner	Ground Chuck 80/20 - Ground Chu	152	0	0	0	10	16	50	50	0		
2015-06	Mon, Jun 29, 2015	27	Jun-28 - Jul-04	05 - Dinner	Generic - Refried Black Beans, 0.25	40	5	2	3	2	2	3	305	0		
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	01 - Breakfast	Nature Valley - Greek Yogurt Prote	180	17	3	14	9	10	0	160	11		
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	02 - Exercise	Stationary bike, moderate effort (b	(433)	0	0	0	0	0	0	0	0	30	
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	03 - Lunch	Jack Link's Sriracha Beef Jerky - Jer	240	12	0	12	3	36	90	1,500	12		
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	04 - Snacks	Generic - Caprese Salad - Homema	298	8	0	8	25	11	0	471	6		
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	04 - Snacks	Sunkist prunes - Prunes, 2 prunes	40	10	1	9	0	0	0	0	6		
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	04 - Snacks	Sun-maid - Mediterranean Apricot:	22	5	1	4	0	0	0	3	5		
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	04 - Snacks	Yoplait - Greek 100 Boston Cream,	100	11	0	11	0	13	5	55	7		
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	04 - Snacks	Skippy - Salted Caramel Creamy Pe	190	6	2	4	16	7	0	150	3		
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	04 - Snacks	Saffron Road - Chipotle Crunchy C	100	16	2	14	3	5	0	280	3		
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	05 - Dinner	Allrecipe - Cauliflower Pizza Crust,	118	7	3	4	7	9	86	348	0		
2015-06	Tue, Jun 30, 2015	27	Jun-28 - Jul-04	06 - Weigh in		0	0	0	0	0	0	0	0	0		264
2015-07	Wed, Jul 01, 2015	27	Jun-28 - Jul-04	01 - Breakfast	Nature Valley - Greek Yogurt Prote	180	17	3	14	9	10	0	160	11		
2015-07	Wed, Jul 01, 2015	27	Jun-28 - Jul-04	03 - Lunch	Kronos - Traditional Gyro Meat, 2 oz	218	4	0	4	19	8	34	412	1		
2015-07	Wed, Jul 01, 2015	27	Jun-28 - Jul-04	03 - Lunch	Romaine Lettuce - Lettuce (Net Car	10	0	1	(1)	0	1	0	4	1		
2015-07	Wed, Jul 01, 2015	27	Jun-28 - Jul-04	03 - Lunch	Generic - Stuffed Grape Leaves Wit	94	12	2	10	4	2	0	110	0		
2015-07	Wed, Jul 01, 2015	27	Jun-28 - Jul-04	03 - Lunch	Homemade - Falafel Balls, 2 ounce	189	22	6	16	6	7	0	534	0		
2015-07	Wed, Jul 01, 2015	27	Jun-28 - Jul-04	04 - Snacks	Skippy - Salted Caramel Creamy Pe	95	3	1	2	8	4	0	75	2		
2015-07	Wed, Jul 01, 2015	27	Jun-28 - Jul-04	04 - Snacks	Dannon Oikos - - Triple Zero Cocon	120	15	6	9	0	15	5	65	7		
2015-07	Wed, Jul 01, 2015	27	Jun-28 - Jul-04	04 - Snacks	Allrecipe - Cauliflower Pizza Crust,	118	7	3	4	7	9	86	348	0		
2015-07	Wed, Jul 01, 2015	27	Jun-28 - Jul-04	05 - Dinner	Trader Joes - White Bean Basil Hun	60	4	2	2	5	2	0	135	0		
2015-07	Wed, Jul 01, 2015	27	Jun-28 - Jul-04	05 - Dinner	Nature Valley - Protein Chewy Bar,	190	14	5	9	12	10	0	200	6		
2015-07	Thu, Jul 02, 2015	27	Jun-28 - Jul-04	01 - Breakfast	Nature Valley - Protein Chewy Bar,	190	14	5	9	12	10	0	200	6		
2015-07	Thu, Jul 02, 2015	27	Jun-28 - Jul-04	02 - Exercise	Stationary bike, moderate effort (b	(433)	0	0	0	0	0	0	0	0	30	
2015-07	Thu, Jul 02, 2015	27	Jun-28 - Jul-04	03 - Lunch	Oscar Meyer - seasoned chicken br	200	3	1	2	14	13	35	430	1		
2015-07	Thu, Jul 02, 2015	27	Jun-28 - Jul-04	03 - Lunch	Trader Joes - White Bean Basil Hun	60	4	2	2	5	2	0	135	0		
2015-07	Thu, Jul 02, 2015	27	Jun-28 - Jul-04	04 - Snacks	Chobani - Banana Maple W/ Steel C	170	27	3	24	2	10	45	16			
2015-07	Thu, Jul 02, 2015	27	Jun-28 - Jul-04	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, C	130	20	5	15	4	5	0	190	2		
2015-07	Thu, Jul 02, 2015	27	Jun-28 - Jul-04	05 - Dinner	Tera's Whey - Bourbon Vanilla Pacl	110	4	0	4	2	21	60	50	4		
2015-07	Thu, Jul 02, 2015	27	Jun-28 - Jul-04	05 - Dinner	Skim Milk (Fat Free) - Skim Milk, 1	90	12	0	12	0	9	5	120	12		
2015-07	Thu, Jul 02, 2015	27	Jun-28 - Jul-04	05 - Dinner	Homemade - Cabbage Roll Cassero	104	8	1	7	4	9	20	281	0		
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	01 - Breakfast	Kroger - Greek Cream Cheese, 2 tb	60	3	0	3	3	4	10	85	2		
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	01 - Breakfast	Sam's- Minch - Egg Roll Pork, 3 oz	180	20	2	18	8	6	15	490	2		
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	02 - Exercise	Swimming laps, freestyle, light/mo	(838)	0	0	0	0	0	0	0	0	60	
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	03 - Lunch	Kraft - Shredded Mozzarella Chees	80	1	0	1	6	7	15	180	0		
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	03 - Lunch	Armour - Pepperoni, 2 pieces	18	0	0	0	2	1	3	69	0		
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	03 - Lunch	Homemade - Cabbage Roll Cassero	104	8	1	7	4	9	20	281	0		
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	04 - Snacks	Smoothie King - Smoothie King Bee	80	2	0	2	2	14	0	310	1		
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	04 - Snacks	Frito Lays - Honey Roasted Peanut	230	10	3	7	17	10	0	120	6		
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	04 - Snacks	Pure Protein - Chocolate Peanut C	190	17	0	17	6	20	10	180	2		
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	04 - Snacks	Think Thin - Lean Protein & Fiber B	150	20	5	15	5	10	0	210	5		
2015-07	Fri, Jul 03, 2015	27	Jun-28 - Jul-04	05 - Dinner	Homemade - Cabbage Roll Cassero	104	8	1	7	4	9	20	281	0		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	01 - Breakfast	the Laughing Cow - Spreadable Che	35	1	0	1	2	2	5	190	1		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	01 - Breakfast	Generic - Egg, Large Whole, 1 Egg	70	0	0	0	5	6	185	70	0		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	01 - Breakfast	Chi Chi's - Medium Salsa, 2 tbsp	10	2	0	2	0	0	0	150	2		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	03 - Lunch	Allrecipe - Cauliflower Pizza Crust,	118	7	3	4	7	9	86	348	0		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	04 - Snacks	Buddig - Pastrami 100 Calorie Pack	100	1	0	1	7	9	45	340	1		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	04 - Snacks	Kroger - Greek Cream Cheese, 4 tb	120	6	0	6	6	8	20	170	4		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	04 - Snacks	Strawberries - .strawberries, 4 oz	36	9	1	8	0	1	0	0	5		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	05 - Dinner	Smoked - Beef Brisket - With Fat, 3	234	0	0	0	6	15	69	51	0		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	05 - Dinner	Campbell's - Pork & Beans, 0.5 cup	130	25	7	18	1	5	0	440	8		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	05 - Dinner	Egg - Deviled, 1 half egg	64	0	0	0	5	3	107	74	0		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	05 - Dinner	Ham, minced, 1 oz	75	1	0	1	6	5	20	353	0		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	05 - Dinner	Kraft Philly - Cream Cheese, 2 Tbsp	80	2	0	2	7	2	20	125	1		
2015-07	Sat, Jul 04, 2015	27	Jun-28 - Jul-04	05 - Dinner	Green Onion - Green Onion Raw (V	5	1	0	1	0	0	0	2	0		
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	01 - Breakfast	Nature Valley - Protein Chewy Bar,	190	14	5	9	12	10	0	200	6		
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	02 - Exercise	Walking, 3.5 mph, brisk pace	(303)	0	0	0	0	0	0	0	0	40	
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	03 - Lunch	Generic - Egg, Large Whole, 2 Egg	140	0	0	0	10	12	370	140	0		
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	03 - Lunch	Milk - Reduced fat, 2% milkfat, 1 c	122	11	0	11	5	8	20	100	12		
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	03 - Lunch	Ham - Ham, 3 ounce	117	0	0	0	5	18	43	978	0		
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	04 - Snacks	Orange Leaf - Salted Caramel, 2 oz	90	14	0	14	2	2	0	120	12		
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	04 - Snacks	Orange Leaf - Frozen Yogurt - Chee	90	14	0	14	4	2	6	80	12		
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	04 - Snacks	Trader Joes - White Bean Basil Hun	120	8	4	4	9	4	0	270	0		
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	04 - Snacks	Clancy's - Pita Chips (Parmesan Ga	130	19	0	19	5	3	0	0	0		
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	05 - Dinner	Ground Chuck 80/20 - Ground Chu	209	0	0	0	22	19	80	75	0		
2015-07	Sun, Jul 05, 2015	28	Jul-05 - Jul-11	05 - Dinner	Peas and carrots, frozen, unprepar	37	8	2	6	0	2	0	55	0		
2015-07	Mon, Jul 06, 2015	28	Jul-05 - Jul-11	01 - Breakfast	Oikos - Triple Zero - Strawberry, 5.:	120	15	6	9	0	15	5	65	7		
2015-07	Mon, Jul 06, 2015	28	Jul-05 - Jul-11	02 - Exercise	Elliptical Trainer	(179)	0	0	0	0	0	0	0	0	10	
2015-07	Mon, Jul 06, 2015	28	Jul-05 - Jul-11	03 - Lunch	Peas and carrots, frozen, unprepar	37	8	2	6	0	2	0	55	0		
2015-07	Mon, Jul 06, 2015	28	Jul-05 - Jul-11	03 - Lunch	Ground Chuck 80/20 - Ground Chu	209	0	0	0	22	19	80	75	0		
2015-07	Mon, Jul 06, 2015	28	Jul-05 - Jul-11	04 - Snacks	Trader Joes - Mozzarella and Toma	440	11	3	8	39	11	35	420	5		
2015-07	Mon, Jul 06, 2015	28	Jul-05 - Jul-11	05 - Dinner	Homemade - Buffalo Chicken Dip*,	200	2	0	2	0	0	0	0	0		
2015-07	Mon, Jul 06, 2015	28	Jul-05 - Jul-11	05 - Dinner	Broccoli - Broccoli Steamed, 0.5 cu	15	2	1	1	0	1	0	15	1		
2015-07	Tue, Jul 07, 2015	28	Jul-05 - Jul-11	01 - Breakfast	Nature Valley - Protein Chewy Bar,	190	14	5	9	12	10	0	200	6		
2015-07	Tue, Jul 07, 2015	28	Jul-05 - Jul-11	03 - Lunch	Logan's Roadhouse - Loaded Potat	150	15	0	15	10	0	0	0	0		
2015-07	Tue, Jul 07, 2015	28	Jul-05 - Jul-11	03 - Lunch	Banquet - Fried Chicken Breast, 3 c	349	15	0	15	22	20	0	425	0		
2015-07	Tue, Jul 07, 2015	28	Jul-05 - Jul-11	04 - Snacks	Trader Joe's - Peanut Butter & Jelly	170	17	0	17	6	14	4	40	14		
2015-07	Tue, Jul 07, 2015	28	Jul-05 - Jul-11	04 - Snacks	Generic - Pizza Meat Toppings (No	83	2	0	2	6	5	15	291	1		
2015-07	Tue, Jul 07, 2015	28	Jul-05 - Jul-11	04 - Snacks	Engine 2 - Hummus - Falafel Flavor	40	6	2	4	2	2	0	50	1		
2015-07	Tue, Jul 07, 2015	28	Jul-05 - Jul-11	05 - Dinner	Duck mama - Noodles, 1 pack	220	38	0	38	4	7	0	0	0		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	01 - Breakfast	Think Thin - Creamy Peanut Butter	240	22	1	21	9	20	5	280	0		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	02 - Exercise	Stationary bike, moderate effort (b	(414)	0	0	0	0	0	0	0	0	30	
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	02 - Exercise	Elliptical Trainer	(532)	0	0	0	0	0	0	0	0	30	
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	03 - Lunch	Trader Joe's - Horseradish Hummu	100	10	2	8	6	2	0	210	2		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	03 - Lunch	Kroger - Mozzarella Cheese Slices,	60	0	0	0	4	3	10	120	0		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	03 - Lunch	Beef - Roast Beef, 3 oz	169	0	0	0	8	18	60	15	0		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	04 - Snacks	Laughing Cow Light - Creamy Swiss	35	1	0	1	2	2	5	180	1		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	04 - Snacks	Oscar Mayer - Smoked Shaved Wh	75	3	0	3	3	8	25	488	1		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	04 - Snacks	Sabra - Supremely Spicy Hummus,	70	4	2	2	5	2	0	125	0		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	04 - Snacks	Super Food Salad - Meijer, 0.5 cup	153	22	3	19	6	6	0	42	0		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	04 - Snacks	Saffron Road - Chipotle Crunchy C	100	16	2	14	3	5	0	280	3		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	05 - Dinner	Polish sausage, pork, 2.25 oz	208	1	0	1	18	9	45	558	0		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	05 - Dinner	Kroger's - Shredded Saurkraut, 4 Tl	10	2	2	0	0	0	0	380	0		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	05 - Dinner	Homemade - Baked Jalepeno Popp	88	1	1	0	6	7	24	448	3		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	05 - Dinner	Skim Milk (Fat Free) - Skim Milk, 1.	135	18	0	18	0	14	8	180	18		
2015-07	Wed, Jul 08, 2015	28	Jul-05 - Jul-11	06 - Weigh in		0	0	0	0	0	0	0	0	0		261
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	01 - Breakfast	Think Thin - Lean Protein & Fiber B	150	20	5	15	5	10	0	220	5		
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	02 - Exercise	Elliptical Trainer	(355)	0	0	0	0	0	0	0	0	20	
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	03 - Lunch	Sabra - Supremely Spicy Hummus,	140	8	4	4	10	4	0	250	0		
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	03 - Lunch	Oscar Mayer - Smoked Shaved Wh	75	3	0	3	3	8	25	488	1		
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	03 - Lunch	the Laughing Cow - Spreadable Che	35	1	0	1	2	2	5	190	1		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	04 - Snacks	Oscar Mayer - P3 Portable Protein	170	5	0	5	10	13	35	440	1		
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	04 - Snacks	Skipppy - Salted Caramel Creamy Pe	95	3	1	2	8	4	0	75	2		
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	05 - Dinner	Banza - Chickpea pasta, 4 oz	440	66	14	52	7	26	0	130	12		
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	05 - Dinner	Ground Chuck 80/20 - Ground Chu	114	0	0	0	8	12	38	38	0		
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	05 - Dinner	Kroger - Mozzarella Cheese Slices,	60	0	0	0	4	3	10	120	0		
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	05 - Dinner	Meijer - Onion and Garlic Spaghet	80	13	3	10	3	2	0	490	6		
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	05 - Dinner	Kroger - 2% Cottage Cheese, 2 fluic	45	3	0	3	1	6	8	225	2		
2015-07	Thu, Jul 09, 2015	28	Jul-05 - Jul-11	05 - Dinner	Parmesan Cheese - Great Value Gr	10	0	0	0	1	1	3	43	0		
2015-07	Fri, Jul 10, 2015	28	Jul-05 - Jul-11	01 - Breakfast	Pure Organic Bar - Wild Blueberry,	190	26	3	23	8	6	0	0	19		
2015-07	Fri, Jul 10, 2015	28	Jul-05 - Jul-11	02 - Exercise	Walking, 3.5 mph, brisk pace	(187)	0	0	0	0	0	0	0	0	25	
2015-07	Fri, Jul 10, 2015	28	Jul-05 - Jul-11	03 - Lunch	Lundberg - Sriracha Rice Chips, 1 b	220	28	2	26	11	3	0	170	1		
2015-07	Fri, Jul 10, 2015	28	Jul-05 - Jul-11	03 - Lunch	Oscar Mayer - Smoked Shaved Wh	105	4	0	4	4	11	35	683	1		
2015-07	Fri, Jul 10, 2015	28	Jul-05 - Jul-11	03 - Lunch	Trader Joe's - Smooth and Creamy	391	29	10	19	24	10	0	684	5		
2015-07	Fri, Jul 10, 2015	28	Jul-05 - Jul-11	05 - Dinner	Logan's Roadhouse - 8oz. Sirloin St	126	0	0	0	9	11	0	0	0		
2015-07	Fri, Jul 10, 2015	28	Jul-05 - Jul-11	05 - Dinner	Potato - Sweet Baked, 2 ounce	51	12	2	10	0	1	0	20	4		
2015-07	Fri, Jul 10, 2015	28	Jul-05 - Jul-11	05 - Dinner	Texas Roadhouse - Grilled Shrimp,	150	0	0	0	7	23	58	267	0		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	01 - Breakfast	Kirkland - Bacon, 4 slices (18g)	160	0	0	0	12	12	40	700	0		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	02 - Exercise	Walking, 3.0 mph, mod. pace	(390)	0	0	0	0	0	0	0	0	60	
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	03 - Lunch	Santitas - Corn Tortilla Chips, 0.5 o:	70	10	1	9	3	1	0	55	0		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	03 - Lunch	Home Made - Huarache, 1 plate	392	72	0	72	5	18	6	1,040	0		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	04 - Snacks	Bush's - Sweet Heat Baked Beans, :	85	17	4	13	1	3	0	305	7		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	04 - Snacks	Homemade - Pulled Pork Barbecue	106	7	1	6	4	4	32	240	0		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	04 - Snacks	fage 2% - plain greek yogurt, 1 cup	170	9	0	9	5	23	0	0	9		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	04 - Snacks	choc pb2 - Choc Pb2, 0.5 ounce	53	7	1	6	1	5	0	83	4		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	05 - Dinner	Banza - Chickpea pasta, 4 oz	440	66	14	52	7	26	0	130	12		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	05 - Dinner	Parmesan Cheese - Great Value Gr	10	0	0	0	1	1	3	43	0		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	05 - Dinner	Kroger - 2% Cottage Cheese, 2 fluic	45	3	0	3	1	6	8	225	2		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	05 - Dinner	Ground Chuck 80/20 - Ground Chu	114	0	0	0	8	12	38	38	0		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	05 - Dinner	Kroger - Mozzarella Cheese Slices,	60	0	0	0	4	3	10	120	0		
2015-07	Sat, Jul 11, 2015	28	Jul-05 - Jul-11	05 - Dinner	Meijer - Onion and Garlic Spaghet	80	13	3	10	3	2	0	490	6		
2015-07	Sun, Jul 12, 2015	29	Jul-12 - Jul-18	01 - Breakfast	Homemade - Pulled Pork Barbecue	212	13	1	12	8	8	64	480	0		
2015-07	Sun, Jul 12, 2015	29	Jul-12 - Jul-18	01 - Breakfast	Meat - Pork - Loin Chop, 2 oz. (112	77	0	0	0	3	12	38	28	0		
2015-07	Sun, Jul 12, 2015	29	Jul-12 - Jul-18	03 - Lunch	Steak - Skirt, 3 oz	179	0	0	0	9	23	50	65	0		
2015-07	Sun, Jul 12, 2015	29	Jul-12 - Jul-18	03 - Lunch	Refried Beans - Refried Beans, 0.25	50	9	3	6	1	3	0	270	1		
2015-07	Sun, Jul 12, 2015	29	Jul-12 - Jul-18	04 - Snacks	Sunsweet - Individual Prunes, 5 pr.	100	26	3	23	0	1	0	0	15		
2015-07	Sun, Jul 12, 2015	29	Jul-12 - Jul-18	04 - Snacks	Sun-maid - Mediterranean Apricot:	22	5	1	4	0	0	0	3	5		
2015-07	Sun, Jul 12, 2015	29	Jul-12 - Jul-18	05 - Dinner	Meijer - Onion and Garlic Spaghet	80	13	3	10	3	2	0	490	6		
2015-07	Sun, Jul 12, 2015	29	Jul-12 - Jul-18	05 - Dinner	Ground Chuck 80/20 - Ground Chu	114	0	0	0	8	12	38	38	0		
2015-07	Sun, Jul 12, 2015	29	Jul-12 - Jul-18	05 - Dinner	Banza - Chickpea pasta, 4 oz	440	66	14	52	7	26	0	130	12		
2015-07	Sun, Jul 12, 2015	29	Jul-12 - Jul-18	05 - Dinner	Kroger - 2% Cottage Cheese, 2 fluic	45	3	0	3	1	6	8	225	2		
2015-07	Mon, Jul 13, 2015	29	Jul-12 - Jul-18	01 - Breakfast	Supreme Protein - Peanut Butter a	390	35	1	34	15	30	25	230	10		
2015-07	Mon, Jul 13, 2015	29	Jul-12 - Jul-18	02 - Exercise	Walking, 3.5 mph, brisk pace	(187)	0	0	0	0	0	0	0	0	25	
2015-07	Mon, Jul 13, 2015	29	Jul-12 - Jul-18	03 - Lunch	Oscar Mayer - Smoked Shaved Wh	75	3	0	3	3	8	25	488	1		
2015-07	Mon, Jul 13, 2015	29	Jul-12 - Jul-18	03 - Lunch	Laughing Cow Light - Creamy Swiss	35	1	0	1	2	2	5	180	1		
2015-07	Mon, Jul 13, 2015	29	Jul-12 - Jul-18	03 - Lunch	Trader Joe's - Horseradish Hummu	100	10	2	8	6	2	0	210	2		
2015-07	Mon, Jul 13, 2015	29	Jul-12 - Jul-18	04 - Snacks	Ledbetter - Bacon Wrapped Beef T	105	0	0	0	7	10	29	120	0		
2015-07	Mon, Jul 13, 2015	29	Jul-12 - Jul-18	04 - Snacks	fage 2% - plain greek yogurt, 0.5 cu	85	5	0	5	2	12	0	0	5		
2015-07	Mon, Jul 13, 2015	29	Jul-12 - Jul-18	05 - Dinner	Ledbetter - Bacon Wrapped Beef T	350	0	0	0	23	34	95	400	0		
2015-07	Mon, Jul 13, 2015	29	Jul-12 - Jul-18	05 - Dinner	Trader Joe's - Horseradish Hummu	100	10	2	8	6	2	0	210	2		
2015-07	Tue, Jul 14, 2015	29	Jul-12 - Jul-18	01 - Breakfast	Oh Yeah - Chocolate and Caramel f	380	30	4	26	19	27	5	130	8		
2015-07	Tue, Jul 14, 2015	29	Jul-12 - Jul-18	02 - Exercise	Stationary bike, moderate effort (b	(343)	0	0	0	0	0	0	0	0	25	
2015-07	Tue, Jul 14, 2015	29	Jul-12 - Jul-18	03 - Lunch	Oscar Mayer - Smoked Shaved Wh	60	2	0	2	3	6	20	390	1		
2015-07	Tue, Jul 14, 2015	29	Jul-12 - Jul-18	03 - Lunch	Trader Joe's - White Bean Basil Hun	120	8	4	4	9	4	0	270	0		
2015-07	Tue, Jul 14, 2015	29	Jul-12 - Jul-18	03 - Lunch	Saffron Road - Crunchy Chickpeas,	110	16	2	14	3	5	0	270	4		
2015-07	Tue, Jul 14, 2015	29	Jul-12 - Jul-18	04 - Snacks	Sunridge Farms - Thai Curry Cashev	170	9	3	6	13	5	0	250	0		
2015-07	Tue, Jul 14, 2015	29	Jul-12 - Jul-18	05 - Dinner	kroger - korean kalbi beef, 5 oz	240	15	0	15	11	20	65	740	11		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-07	Tue, Jul 14, 2015	29	Jul-12 - Jul-18	06 - Weigh in		0	0	0	0	0	0	0	0	0		259
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	01 - Breakfast	Muscle Sandwich - Honey Banana I	310	27	3	24	18	13	0	200	14		
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	01 - Breakfast	Muscle Sandwich - Honey Banana I	310	27	3	24	18	13	0	200	14		
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	02 - Exercise	Elliptical Trainer	(352)	0	0	0	0	0	0	0	0	20	
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	02 - Exercise	Elliptical Trainer	(352)	0	0	0	0	0	0	0	0	20	
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	03 - Lunch	kroger - korean kalbi beef, 8 oz	384	24	0	24	18	32	104	1,184	18		
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	03 - Lunch	kroger - korean kalbi beef, 8 oz	384	24	0	24	18	32	104	1,184	18		
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	04 - Snacks	Oscar Mayer - Smoked Shaved Wh	75	3	0	3	3	8	25	488	1		
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	04 - Snacks	Sabra - Supremely Spicy Hummus,	140	8	4	4	10	4	0	250	0		
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	04 - Snacks	Oscar Mayer - Smoked Shaved Wh	75	3	0	3	3	8	25	488	1		
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	04 - Snacks	Sabra - Supremely Spicy Hummus,	140	8	4	4	10	4	0	250	0		
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	04 - Snacks	fage 2% - plain greek yogurt, 0.66 c	112	6	0	6	3	15	0	0	6		
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	04 - Snacks	Pb2 - Powdered Peanut Butter - Pb	45	5	2	3	2	5	0	94	1		
2015-07	Wed, Jul 15, 2015	29	Jul-12 - Jul-18	04 - Snacks	Torani - Classic Caramel Sugar Free	0	1	0	1	0	0	0	5	0		
2015-07	Thu, Jul 16, 2015	29	Jul-12 - Jul-18	04 - Snacks	Supreme Protein - German Chocoli	380	31	3	28	18	30	20	170	8		
2015-07	Thu, Jul 16, 2015	29	Jul-12 - Jul-18	04 - Snacks	Oberto - Spicy Buffalo Style Chicke	240	12	0	12	9	27	90	1,860	6		
2015-07	Thu, Jul 16, 2015	29	Jul-12 - Jul-18	04 - Snacks	Planters - Salted Caramel Peanuts,	320	18	4	14	24	12	0	220	12		
2015-07	Thu, Jul 16, 2015	29	Jul-12 - Jul-18	04 - Snacks	Krave Jerky - Garlic Chili Pepper Be	270	27	0	27	2	36	75	1,050	24		
2015-07	Thu, Jul 16, 2015	29	Jul-12 - Jul-18	05 - Dinner	Chicken - Chicken Breast Only, Coo	98	0	0	0	5	12	36	36	0		
2015-07	Thu, Jul 16, 2015	29	Jul-12 - Jul-18	05 - Dinner	Broccoli - Broccoli Steamed, 0.5 cu	15	2	1	1	0	1	0	15	1		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	01 - Breakfast	Small - Egg, 100 g (1 egg)	120	0	0	0	8	12	330	104	0		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	01 - Breakfast	Cheese - - Colby Jack (Shredded), 2	56	0	0	0	5	4	15	90	0		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	03 - Lunch	Baked Beans - Baked Beans, 0.5 cu	140	18	3	15	1	4	2	426	9		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	03 - Lunch	Homemade - Pulled Pork Barbecue	106	7	1	6	4	4	32	240	0		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	03 - Lunch	Pickles, cucumber, sour, 1 cup	17	4	2	2	0	1	0	1,872	2		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	04 - Snacks	Planters - Salted Caramel Peanuts,	320	18	4	14	24	12	0	220	12		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	04 - Snacks	Tomato - Grape Tomato, 5 tomato	5	2	1	1	0	0	0	3	1		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	04 - Snacks	Broccoli, raw, 1 cup chopped	31	6	2	4	0	3	0	30	2		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	04 - Snacks	Sliced - Cucumbers, 10 slices	8	1	0	1	0	0	0	0	0		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	04 - Snacks	Whole Foods - Garlic Hummus, 4 tl	140	8	2	6	10	4	0	300	2		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	05 - Dinner	Homemade - Pulled Pork Barbecue	106	7	1	6	4	4	32	240	0		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	05 - Dinner	Baked Beans - Baked Beans, 0.5 cu	140	18	3	15	1	4	2	426	9		
2015-07	Fri, Jul 17, 2015	29	Jul-12 - Jul-18	05 - Dinner	Tomato - Grape Tomato, 3 tomato	3	1	0	1	0	0	0	2	0		
2015-07	Sat, Jul 18, 2015	29	Jul-12 - Jul-18	01 - Breakfast	Kill Cliff Bar - Mocha Almond Prote	240	21	3	18	8	20	5	190	1		
2015-07	Sat, Jul 18, 2015	29	Jul-12 - Jul-18	03 - Lunch	Grilled chicken - Chicken, 2 oz	50	1	0	1	1	11	25	55	1		
2015-07	Sat, Jul 18, 2015	29	Jul-12 - Jul-18	03 - Lunch	Carrots, baby, raw, 2 large	11	2	1	1	0	0	0	23	1		
2015-07	Sat, Jul 18, 2015	29	Jul-12 - Jul-18	04 - Snacks	Saffron Road - Korean Bbq Crunchy	117	16	2	14	3	5	0	210	4		
2015-07	Sat, Jul 18, 2015	29	Jul-12 - Jul-18	04 - Snacks	the Kraken - Black Spiced Rum, 6 o	420	0	0	0	0	0	0	0	0		
2015-07	Sat, Jul 18, 2015	29	Jul-12 - Jul-18	05 - Dinner	Beef - Ground, patties, raw (hamb)	240	0	0	0	20	15	67	58	0		
2015-07	Sat, Jul 18, 2015	29	Jul-12 - Jul-18	05 - Dinner	Campbell's - Pork & Beans, 1 cup	260	50	14	36	2	10	0	880	16		
2015-07	Sun, Jul 19, 2015	30	Jul-19 - Jul-25	01 - Breakfast	Kill Cliff Bar - Salted Caramel & Alrr	240	23	2	21	7	20	5	210	1		
2015-07	Sun, Jul 19, 2015	30	Jul-19 - Jul-25	03 - Lunch	Krave Jerky - Sweet Chipotle Beef J	270	36	3	33	2	24	45	900	27		
2015-07	Sun, Jul 19, 2015	30	Jul-19 - Jul-25	04 - Snacks	Small - Egg, 100 g (1 egg)	120	0	0	0	8	12	330	104	0		
2015-07	Sun, Jul 19, 2015	30	Jul-19 - Jul-25	04 - Snacks	Bacons - Bacon, 0.3 ounce	45	0	0	0	4	7	0	295	0		
2015-07	Sun, Jul 19, 2015	30	Jul-19 - Jul-25	04 - Snacks	Kraft Singles American Cheese Slic	60	2	0	2	4	3	15	200	1		
2015-07	Sun, Jul 19, 2015	30	Jul-19 - Jul-25	05 - Dinner	Beef - Roast Beef, 3 oz	169	0	0	0	8	18	60	15	0		
2015-07	Sun, Jul 19, 2015	30	Jul-19 - Jul-25	05 - Dinner	Broccoli - Broccoli Steamed, 0.25 c	8	1	1	0	0	1	0	8	0		
2015-07	Mon, Jul 20, 2015	30	Jul-19 - Jul-25	01 - Breakfast	Small - Egg, 100 g (1 egg)	120	0	0	0	8	12	330	104	0		
2015-07	Mon, Jul 20, 2015	30	Jul-19 - Jul-25	01 - Breakfast	Cheese - - Colby Jack (Shredded), 2	56	0	0	0	5	4	15	90	0		
2015-07	Mon, Jul 20, 2015	30	Jul-19 - Jul-25	04 - Snacks	Planters - Cocoa Peanuts, 1 oz (28g	160	9	2	7	12	6	0	70	5		
2015-07	Mon, Jul 20, 2015	30	Jul-19 - Jul-25	04 - Snacks	Krave - Black Cherry Barbecue Pork	80	10	0	10	1	9	25	320	9		
2015-07	Mon, Jul 20, 2015	30	Jul-19 - Jul-25	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, 2	236	36	9	27	6	9	0	345	4		
2015-07	Mon, Jul 20, 2015	30	Jul-19 - Jul-25	05 - Dinner	King Taco - Lengua Taco, 0.5 Taco	70	7	0	7	3	4	0	55	0		
2015-07	Mon, Jul 20, 2015	30	Jul-19 - Jul-25	05 - Dinner	Generic - Ceviche Tostada, 1 servin	175	14	1	13	8	8	12	180	0		
2015-07	Tue, Jul 21, 2015	30	Jul-19 - Jul-25	01 - Breakfast	Muscle Sandwich - Peanut Butter C	290	25	2	23	16	13	5	140	15		
2015-07	Tue, Jul 21, 2015	30	Jul-19 - Jul-25	02 - Exercise	Walking, 3.5 mph, brisk pace	(223)	0	0	0	0	0	0	0	0	30	

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-07	Tue, Jul 21, 2015	30	Jul-19 - Jul-25	03 - Lunch	Starkist - Tuna Lemon Pepper, 2.6 oz	80	1	0	1	1	18	35	340	0		
2015-07	Tue, Jul 21, 2015	30	Jul-19 - Jul-25	04 - Snacks	Oscar Mayer - P3 Chicken, 1 pack	180	5	0	5	12	12	35	450	1		
2015-07	Tue, Jul 21, 2015	30	Jul-19 - Jul-25	04 - Snacks	Planters - Cocoa Peanuts, 2 oz (28g)	320	18	4	14	24	12	0	140	10		
2015-07	Tue, Jul 21, 2015	30	Jul-19 - Jul-25	04 - Snacks	Ritters Frozen Custard - Chocolate,	478	58	0	58	23	8	146	375	0		
2015-07	Tue, Jul 21, 2015	30	Jul-19 - Jul-25	05 - Dinner	Georgia - Chicken Spring Roll, 2 rol	200	27	3	24	5	11	0	600	0		
2015-07	Tue, Jul 21, 2015	30	Jul-19 - Jul-25	05 - Dinner	Ruby Tuesday's - Roasted Spaghet	54	6	2	4	3	1	0	69	0		
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	02 - Exercise	Elliptical Trainer	(352)	0	0	0	0	0	0	0	0	20	
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	03 - Lunch	Deli - Virginia Baked Ham, 4 oz	120	6	0	6	2	18	50	1,120	6		
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	03 - Lunch	Cheese, swiss, 2 slice (1 oz)	213	3	0	3	16	15	52	39	1		
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	03 - Lunch	Trader Joe's - Garlic Hummus, 3 TB	75	8	2	6	5	3	0	128	0		
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	04 - Snacks	Think Thin - Chocolate Almond Bro	150	19	5	14	6	10	0	160	5		
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	04 - Snacks	Nature's Best - Javapro, 1 scoop (2i	73	1	0	1	1	13	33	30	1		
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	04 - Snacks	Kroger - Skim Milk, 2 cup	160	24	0	24	0	16	10	240	22		
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	05 - Dinner	Pork loin - Pork Loin, 4 oz	120	1	0	1	4	23	45	550	1		
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	05 - Dinner	Homemade - Honey-glazed Carrots	14	3	1	2	0	0	4	13	0		
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	05 - Dinner	Homemade - Sauteed Cauliflower (	50	0	0	0	1	0	0	0	0		
2015-07	Wed, Jul 22, 2015	30	Jul-19 - Jul-25	06 - Weigh in		0	0	0	0	0	0	0	0	0		257
2015-07	Thu, Jul 23, 2015	30	Jul-19 - Jul-25	01 - Breakfast	hb egg store - egg, 2 egg	120	0	0	0	8	12	330	120	0		
2015-07	Thu, Jul 23, 2015	30	Jul-19 - Jul-25	01 - Breakfast	Trader Joe's - Garlic Hummus, 2 TB	50	5	1	4	3	2	0	85	0		
2015-07	Thu, Jul 23, 2015	30	Jul-19 - Jul-25	03 - Lunch	hb egg store - egg, 2 egg	120	0	0	0	8	12	330	120	0		
2015-07	Thu, Jul 23, 2015	30	Jul-19 - Jul-25	03 - Lunch	Trader Joe's - Garlic Hummus, 2 TB	50	5	1	4	3	2	0	85	0		
2015-07	Thu, Jul 23, 2015	30	Jul-19 - Jul-25	04 - Snacks	hb egg store - egg, 2 egg	120	0	0	0	8	12	330	120	0		
2015-07	Thu, Jul 23, 2015	30	Jul-19 - Jul-25	04 - Snacks	Trader Joe's - Garlic Hummus, 2 TB	50	5	1	4	3	2	0	85	0		
2015-07	Thu, Jul 23, 2015	30	Jul-19 - Jul-25	04 - Snacks	Planters - Cocoa Peanuts, 2 oz (28g)	320	18	4	14	24	12	0	140	10		
2015-07	Thu, Jul 23, 2015	30	Jul-19 - Jul-25	05 - Dinner	Homemade - Grain-Free Peanut Bu	559	52	10	42	35	20	0	444	22		
2015-07	Thu, Jul 23, 2015	30	Jul-19 - Jul-25	05 - Dinner	Pork loin - Pork Loin, 3 oz	90	1	0	1	3	17	34	413	1		
2015-07	Fri, Jul 24, 2015	30	Jul-19 - Jul-25	03 - Lunch	Pork loin - Pork Loin, 3 oz	90	1	0	1	3	17	34	413	1		
2015-07	Fri, Jul 24, 2015	30	Jul-19 - Jul-25	03 - Lunch	Homemade - Honey-glazed Carrots	14	3	1	2	0	0	4	13	0		
2015-07	Fri, Jul 24, 2015	30	Jul-19 - Jul-25	03 - Lunch	Homemade - Sauteed Cauliflower (	50	0	0	0	1	0	0	0	0		
2015-07	Fri, Jul 24, 2015	30	Jul-19 - Jul-25	04 - Snacks	Hot Heat Burrito Lil Bowl - Spicy St	528	48	4	44	27	26	92	1,306	0		
2015-07	Fri, Jul 24, 2015	30	Jul-19 - Jul-25	04 - Snacks	Homemade - Grain-Free Peanut Bu	559	52	10	42	35	20	0	444	22		
2015-07	Fri, Jul 24, 2015	30	Jul-19 - Jul-25	05 - Dinner	Usda Top Round Steak - Usda Top I	226	0	0	0	11	35	100	0	0		
2015-07	Fri, Jul 24, 2015	30	Jul-19 - Jul-25	05 - Dinner	Cheese, swiss, 2 slice (1 oz)	213	3	0	3	16	15	52	39	1		
2015-07	Sat, Jul 25, 2015	30	Jul-19 - Jul-25	01 - Breakfast	Generic - Egg, Large Whole, 1 Egg	70	0	0	0	5	6	185	70	0		
2015-07	Sat, Jul 25, 2015	30	Jul-19 - Jul-25	01 - Breakfast	Sausage Patty - Sausage Patty, 1 cc	140	0	0	0	9	10	38	38	0		
2015-07	Sat, Jul 25, 2015	30	Jul-19 - Jul-25	03 - Lunch	Dukes - Bourbon Jerky, 1 ounce	81	4	0	4	1	7	20	223	3		
2015-07	Sat, Jul 25, 2015	30	Jul-19 - Jul-25	04 - Snacks	Frito Lay - Munchies Salted Peanut	260	8	4	4	22	13	0	190	2		
2015-07	Sat, Jul 25, 2015	30	Jul-19 - Jul-25	04 - Snacks	Cheese, swiss, 5 slice (1 oz)	532	8	0	8	39	38	129	98	2		
2015-07	Sat, Jul 25, 2015	30	Jul-19 - Jul-25	04 - Snacks	Sabra - Supremely Spicy Hummus,	140	8	4	4	10	4	0	250	0		
2015-07	Sat, Jul 25, 2015	30	Jul-19 - Jul-25	05 - Dinner	Usda Top Round Steak - Usda Top I	282	0	0	0	13	43	125	0	0		
2015-07	Sat, Jul 25, 2015	30	Jul-19 - Jul-25	05 - Dinner	Trader Joe's - Smooth and Creamy	235	18	6	12	15	6	0	411	3		
2015-07	Sun, Jul 26, 2015	31	Jul-26 - Aug-01	01 - Breakfast	Generic - Egg, Large Whole, 1 Egg	70	0	0	0	5	6	185	70	0		
2015-07	Sun, Jul 26, 2015	31	Jul-26 - Aug-01	01 - Breakfast	Grilled chicken - Chicken, 2 oz	50	1	0	1	1	11	25	55	1		
2015-07	Sun, Jul 26, 2015	31	Jul-26 - Aug-01	04 - Snacks	Nature's Best - Javapro, 1 scoop (2i	73	1	0	1	1	13	33	30	1		
2015-07	Sun, Jul 26, 2015	31	Jul-26 - Aug-01	04 - Snacks	Kroger - Skim Milk, 2 cup	160	24	0	24	0	16	10	240	22		
2015-07	Sun, Jul 26, 2015	31	Jul-26 - Aug-01	04 - Snacks	Homemade - Grain-Free Peanut Bu	559	52	10	42	35	20	0	444	22		
2015-07	Sun, Jul 26, 2015	31	Jul-26 - Aug-01	04 - Snacks	Sunridge Farms - Thai Curry Cashev	340	18	6	12	26	10	0	500	0		
2015-07	Sun, Jul 26, 2015	31	Jul-26 - Aug-01	05 - Dinner	Pork loin - Pork Loin, 2 oz	60	1	0	1	2	12	23	275	1		
2015-07	Sun, Jul 26, 2015	31	Jul-26 - Aug-01	05 - Dinner	Brussel Sprouts - Brussel Sprouts -	45	8	3	5	0	3	0	15	2		
2015-07	Mon, Jul 27, 2015	31	Jul-26 - Aug-01	01 - Breakfast	Qia - Nuts and seeds and sea salt b	180	20	5	15	8	6	0	110	6		
2015-07	Mon, Jul 27, 2015	31	Jul-26 - Aug-01	02 - Exercise	Walking, 3.5 mph, brisk pace	(147)	0	0	0	0	0	0	0	0	20	
2015-07	Mon, Jul 27, 2015	31	Jul-26 - Aug-01	03 - Lunch	Fit Crunch - Cookies & Cream Prote	380	27	2	25	16	30	30	490	6		
2015-07	Mon, Jul 27, 2015	31	Jul-26 - Aug-01	04 - Snacks	Grilled chicken - Chicken, 2 oz	50	1	0	1	1	11	25	55	1		
2015-07	Mon, Jul 27, 2015	31	Jul-26 - Aug-01	04 - Snacks	Cheese, swiss, 1 slice (1 oz)	106	2	0	2	8	8	26	20	0		
2015-07	Mon, Jul 27, 2015	31	Jul-26 - Aug-01	04 - Snacks	Trader Joe's - Garlic Hummus, 2 TB	50	5	1	4	3	2	0	85	0		
2015-07	Mon, Jul 27, 2015	31	Jul-26 - Aug-01	04 - Snacks	Nature's Best - Javapro, 1 scoop (2i	73	1	0	1	1	13	33	30	1		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-07	Mon, Jul 27, 2015	31	Jul-26 - Aug-01	04 - Snacks	Kroger - Skim Milk, 2 cup	160	24	0	24	0	16	10	240	22		
2015-07	Mon, Jul 27, 2015	31	Jul-26 - Aug-01	05 - Dinner	Bush's - Sweet Heat Baked Beans, (	170	34	7	27	1	6	0	610	14		
2015-07	Mon, Jul 27, 2015	31	Jul-26 - Aug-01	05 - Dinner	Logan's Roadhouse - 8oz. Sirloin St	189	0	0	0	14	16	0	0	0		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	01 - Breakfast	fage 2% - plain greek yogurt, 0.75 c	128	7	0	7	3	17	0	0	7		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	01 - Breakfast	Pb2 - Chocolate Pb2, 2 tbsp	45	6	1	5	1	4	0	70	3		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	02 - Exercise	Walking, 3.5 mph, brisk pace	(332)	0	0	0	0	0	0	0	0	45	
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	03 - Lunch	Peppers, sweet, red, raw, 0.25 cup	12	2	1	1	0	0	0	1	2		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	03 - Lunch	Tillamook - Cheese, Pepper Jack, 2	220	2	0	2	18	12	70	380	0		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	03 - Lunch	Deli - Virginia Baked Ham, 2 oz	60	3	0	3	1	9	25	560	3		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	03 - Lunch	Trader Joe's - Garlic Hummus, 2 TB	50	5	1	4	3	2	0	85	0		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	04 - Snacks	Blue Diamond - Bold Habanero Bbr	260	8	4	4	23	8	0	150	3		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	04 - Snacks	Bush's Beans - Sweet Heat Beans, (	170	34	7	27	1	6	6	610	14		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	05 - Dinner	Crack - Slaw, 4 oz	160	4	1	3	11	11	36	170	2		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	05 - Dinner	Optimum Nutrition - Gold Standar	120	3	0	3	1	24	45	190	1		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	05 - Dinner	Skim Milk (Fat Free) - Skim Milk, 1	90	12	0	12	0	9	5	120	12		
2015-07	Tue, Jul 28, 2015	31	Jul-26 - Aug-01	06 - Weigh in		0	0	0	0	0	0	0	0	0		254
2015-07	Wed, Jul 29, 2015	31	Jul-26 - Aug-01	01 - Breakfast	Kroger - Peanut, Almond & Dark Cf	190	14	5	9	12	10	0	180	6		
2015-07	Wed, Jul 29, 2015	31	Jul-26 - Aug-01	02 - Exercise	Stationary bike, vigorous effort (bic	(605)	0	0	0	0	0	0	0	0	30	
2015-07	Wed, Jul 29, 2015	31	Jul-26 - Aug-01	03 - Lunch	Steak - 8 Oz Sirloin, 0.5 slice	228	0	0	0	14	23	54	0	0		
2015-07	Wed, Jul 29, 2015	31	Jul-26 - Aug-01	04 - Snacks	Blue Diamond - Bold Wasabi & Soy	260	8	4	4	23	8	0	180	2		
2015-07	Wed, Jul 29, 2015	31	Jul-26 - Aug-01	04 - Snacks	Fage - Greek Yogurt Plain 0%, 4 oz.	67	5	0	5	0	12	0	57	6		
2015-07	Wed, Jul 29, 2015	31	Jul-26 - Aug-01	04 - Snacks	Optimum Nutrition - Gold Standar	120	3	0	3	1	24	45	190	1		
2015-07	Wed, Jul 29, 2015	31	Jul-26 - Aug-01	04 - Snacks	Silk Milk - Cashew Milk, 1 cup (240	60	9	0	9	3	1	0	170	7		
2015-07	Wed, Jul 29, 2015	31	Jul-26 - Aug-01	05 - Dinner	Jack Link's - Kung Pao Beef Jerky, 2	228	23	0	23	3	29	71	1,397	11		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	01 - Breakfast	Kroger - Peanut, Almond & Dark Cf	190	14	5	9	12	10	0	180	6		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	02 - Exercise	Stationary bike, moderate effort (b	(336)	0	0	0	0	0	0	0	0	25	
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	03 - Lunch	Cheese, swiss, 4 slice (1 oz)	426	6	0	6	31	30	103	78	1		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	03 - Lunch	Deli - Virginia Baked Ham, 2 oz	60	3	0	3	1	9	25	560	3		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	03 - Lunch	Trader Joe's - Cilantro and Jalapeñi	160	12	4	8	10	4	0	280	2		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	04 - Snacks	Optimum Nutrition - Gold Standar	120	3	0	3	1	24	45	190	1		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	04 - Snacks	Oscar Mayer - Ham Portable Prote	170	3	1	2	11	14	30	470	1		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	04 - Snacks	Skim Milk (Fat Free) - Skim Milk, 1.	135	18	0	18	0	14	8	180	18		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	05 - Dinner	Kraft Natural Shredded Cheese - Cr	25	0	0	0	2	2	6	43	0		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	05 - Dinner	Kroger - Beef Barbacoa - Mealtime	80	1	0	1	4	10	20	192	0		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	05 - Dinner	Kroger - Thai coconut curry chicken	126	7	0	7	5	13	0	468	5		
2015-07	Thu, Jul 30, 2015	31	Jul-26 - Aug-01	05 - Dinner	Low Carb Tortillas - Xtreme Wellne	90	14	9	5	0	5	0	350	0		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	01 - Breakfast	Kroger - Peanut, Almond & Dark Cf	190	14	5	9	12	10	0	180	6		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	03 - Lunch	Cheese, swiss, 2 slice (1 oz)	213	3	0	3	16	15	52	39	1		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	03 - Lunch	Kroger - Thai coconut curry chicken	168	9	0	9	7	17	0	624	6		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	04 - Snacks	Generic - Pickled Red Beet Egg, 1 e	70	1	0	1	8	10	345	170	0		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	04 - Snacks	Optimum Nutrition - Gold Standar	120	3	0	3	1	24	45	190	1		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	04 - Snacks	Syntrax Nectar - Crystal Sky Whey I	100	0	0	0	0	24	0	60	0		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	05 - Dinner	Broccoli - Broccoli Steamed, 0.25 c	8	1	1	0	0	1	0	8	0		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	05 - Dinner	Homemade - Sautéed Cauliflower (	50	0	0	0	1	0	0	0	0		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	05 - Dinner	Laughing Cow - Pepper Jack, 0.5 w	18	1	0	1	1	1	3	90	1		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	05 - Dinner	Peppers, sweet, yellow, raw, 0.4 p	20	5	1	4	0	1	0	1	0		
2015-07	Fri, Jul 31, 2015	31	Jul-26 - Aug-01	05 - Dinner	Wellshire Organic - Grass-Fed Hotc	130	1	0	1	11	7	30	320	1		
2015-08	Sat, Aug 01, 2015	31	Jul-26 - Aug-01	01 - Breakfast	Generic - Pickled Red Beet Egg, 1 e	70	1	0	1	8	10	345	170	0		
2015-08	Sat, Aug 01, 2015	31	Jul-26 - Aug-01	02 - Exercise	Swimming, leisurely, general	(691)	0	0	0	0	0	0	0	0	60	
2015-08	Sat, Aug 01, 2015	31	Jul-26 - Aug-01	03 - Lunch	Fish - Tuna salad, 0.25 cup	96	5	0	5	5	8	7	206	0		
2015-08	Sat, Aug 01, 2015	31	Jul-26 - Aug-01	03 - Lunch	Kashi Tlc - Fire Roasted Veggie Sna	48	8	1	7	1	2	0	80	1		
2015-08	Sat, Aug 01, 2015	31	Jul-26 - Aug-01	03 - Lunch	Kraive - Black Cherry Barbecue Pork	160	20	0	20	1	18	50	640	18		
2015-08	Sat, Aug 01, 2015	31	Jul-26 - Aug-01	03 - Lunch	Meijer - Kale Salad, 2 ounce	79	10	2	8	4	3	0	101	5		
2015-08	Sat, Aug 01, 2015	31	Jul-26 - Aug-01	04 - Snacks	Jack Link's - Teriyaki Beef Steak 1 o	70	4	0	4	1	11	25	470	4		
2015-08	Sat, Aug 01, 2015	31	Jul-26 - Aug-01	04 - Snacks	Muscle Milk - Protein Shake Choc,	230	11	2	9	9	25	10	380	3		
2015-08	Sat, Aug 01, 2015	31	Jul-26 - Aug-01	04 - Snacks	Super Food Salad - Meijer, 0.5 cup	153	22	3	19	6	6	0	42	0		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-08	Sun, Aug 02, 2015	32	Aug-02 - Aug-08	02 - Exercise	Walking, 3.5 mph, brisk pace	(218)	0	0	0	0	0	0	0	0	30	
2015-08	Sun, Aug 02, 2015	32	Aug-02 - Aug-08	03 - Lunch	Deli - Virginia Baked Ham, 2 oz	60	3	0	3	1	9	25	560	3		
2015-08	Sun, Aug 02, 2015	32	Aug-02 - Aug-08	03 - Lunch	Meijer - Kale Salad, 8 ounce	314	38	9	29	16	13	0	404	20		
2015-08	Sun, Aug 02, 2015	32	Aug-02 - Aug-08	04 - Snacks	Kroger - Peanut, Almond & Dark Cf	190	14	5	9	12	10	0	180	6		
2015-08	Sun, Aug 02, 2015	32	Aug-02 - Aug-08	05 - Dinner	Beef - Ground, patties, raw (hambu	240	0	0	0	20	15	67	58	0		
2015-08	Sun, Aug 02, 2015	32	Aug-02 - Aug-08	05 - Dinner	Homemade - Blackberry Pie Sugar	150	44	5	39	8	3	1	119	0		
2015-08	Sun, Aug 02, 2015	32	Aug-02 - Aug-08	05 - Dinner	Homemade - Cucumber and Toma	9	2	1	1	2	0	0	2	1		
2015-08	Sun, Aug 02, 2015	32	Aug-02 - Aug-08	05 - Dinner	Homemade - Lettuce/spinach Sala	200	0	0	0	0	0	0	0	0		
2015-08	Sun, Aug 02, 2015	32	Aug-02 - Aug-08	05 - Dinner	Homemade - Zucchini, Mozzarella (l	97	10	0	10	3	7	0	423	0		
2015-08	Mon, Aug 03, 2015	32	Aug-02 - Aug-08	01 - Breakfast	Kroger - Peanut, Almond & Dark Cf	190	14	5	9	12	10	0	180	6		
2015-08	Mon, Aug 03, 2015	32	Aug-02 - Aug-08	02 - Exercise	Stationary bike, vigorous effort (bic	(605)	0	0	0	0	0	0	0	0	30	
2015-08	Mon, Aug 03, 2015	32	Aug-02 - Aug-08	03 - Lunch	Kroger - Thai coconut curry chicker	168	9	0	9	7	17	0	624	6		
2015-08	Mon, Aug 03, 2015	32	Aug-02 - Aug-08	04 - Snacks	Cheese, swiss, 2 slice (1 oz)	213	3	0	3	16	15	52	39	1		
2015-08	Mon, Aug 03, 2015	32	Aug-02 - Aug-08	04 - Snacks	Deli - Virginia Baked Ham, 3 oz	90	5	0	5	2	14	38	840	5		
2015-08	Mon, Aug 03, 2015	32	Aug-02 - Aug-08	04 - Snacks	Fage - Greek Yogurt Plain 0%, 6 oz.	100	7	0	7	0	18	0	85	9		
2015-08	Mon, Aug 03, 2015	32	Aug-02 - Aug-08	05 - Dinner	Cheese, swiss, 2 slice (1 oz)	213	3	0	3	16	15	52	39	1		
2015-08	Mon, Aug 03, 2015	32	Aug-02 - Aug-08	05 - Dinner	Deli - Virginia Baked Ham, 1.5 oz	45	2	0	2	1	7	19	420	2		
2015-08	Mon, Aug 03, 2015	32	Aug-02 - Aug-08	05 - Dinner	Homemade Egg Salad - Egg Salad, 5	318	5	2	3	27	15	426	335	6		
2015-08	Mon, Aug 03, 2015	32	Aug-02 - Aug-08	06 - Weigh in		0	0	0	0	0	0	0	0	0		251
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	01 - Breakfast	Kroger - Cheese Slice - Aged Swiss,	160	0	0	0	12	12	40	90	0		
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	01 - Breakfast	Kroger - Deli Style Smoked Ham, 2	23	0	0	0	1	3	10	213	0		
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	02 - Exercise	Stationary bike, moderate effort (b	(336)	0	0	0	0	0	0	0	0	25	
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	03 - Lunch	Turkey Perky Jerky - Turkey Jerky, 2	140	12	0	12	0	22	50	660	10		
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	04 - Snacks	Cheese, swiss, 1 slice (1 oz)	106	2	0	2	8	8	26	20	0		
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	04 - Snacks	Cheese, swiss, 2 slice (1 oz)	213	3	0	3	16	15	52	39	1		
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	04 - Snacks	Deli - Virginia Baked Ham, 3 oz	90	5	0	5	2	14	38	840	5		
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	04 - Snacks	Generic - Pickled Red Beet Egg, 1 e	70	1	0	1	8	10	345	170	0		
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	04 - Snacks	Laughing Cow - Spicy Pepper Jack,	35	1	0	1	2	2	5	180	1		
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	05 - Dinner	Homemade - Pulled Mexican Chick	147	5	1	4	1	27	66	505	0		
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	05 - Dinner	Kraft - Mexican Four Cheese Shred	101	1	0	1	8	6	25	182	0		
2015-08	Tue, Aug 04, 2015	32	Aug-02 - Aug-08	05 - Dinner	Refried Beans - Refried Beans, 1 fl	25	5	1	4	0	2	0	135	0		
2015-08	Wed, Aug 05, 2015	32	Aug-02 - Aug-08	01 - Breakfast	Homemade Egg Salad - Egg Salad, 4	424	6	2	4	36	20	568	446	8		
2015-08	Wed, Aug 05, 2015	32	Aug-02 - Aug-08	02 - Exercise	Stationary bike, moderate effort (b	(336)	0	0	0	0	0	0	0	0	25	
2015-08	Wed, Aug 05, 2015	32	Aug-02 - Aug-08	03 - Lunch	Generic - Pickled Red Beet Egg, 1 e	70	1	0	1	8	10	345	170	0		
2015-08	Wed, Aug 05, 2015	32	Aug-02 - Aug-08	03 - Lunch	Skippy - Salted Caramel Creamy Pe	190	6	2	4	16	7	0	150	3		
2015-08	Wed, Aug 05, 2015	32	Aug-02 - Aug-08	04 - Snacks	Homemade - Pulled Mexican Chick	147	5	1	4	1	27	66	505	0		
2015-08	Wed, Aug 05, 2015	32	Aug-02 - Aug-08	04 - Snacks	Saffron Road - Chipotle Crunchy Cf	100	16	2	14	3	5	0	280	3		
2015-08	Wed, Aug 05, 2015	32	Aug-02 - Aug-08	04 - Snacks	Skim Milk (Fat Free) - Skim Milk, 1.	135	18	0	18	0	14	8	180	18		
2015-08	Wed, Aug 05, 2015	32	Aug-02 - Aug-08	04 - Snacks	Vega - All-in-one Nutritional Shake	160	10	6	4	6	20	0	20	0		
2015-08	Wed, Aug 05, 2015	32	Aug-02 - Aug-08	05 - Dinner	Johnsonville - Cheddar Jalepenos S	210	1	0	1	18	8	40	490	1		
2015-08	Wed, Aug 05, 2015	32	Aug-02 - Aug-08	05 - Dinner	Peas and carrots, frozen, unprepar	19	4	1	3	0	1	0	28	0		
2015-08	Thu, Aug 06, 2015	32	Aug-02 - Aug-08	01 - Breakfast	Detour - Lean Muscle Bar, 0.66 bar	244	22	2	20	8	21	13	304	2		
2015-08	Thu, Aug 06, 2015	32	Aug-02 - Aug-08	03 - Lunch	Detour - Lean Muscle Bar, 0.34 bar	126	11	1	10	4	11	7	156	1		
2015-08	Thu, Aug 06, 2015	32	Aug-02 - Aug-08	03 - Lunch	Sunridge Farms - Thai Curry Cashev	340	18	6	12	26	10	0	500	0		
2015-08	Thu, Aug 06, 2015	32	Aug-02 - Aug-08	04 - Snacks	fage 2% - plain greek yogurt, 0.75 c	128	7	0	7	3	17	0	0	7		
2015-08	Thu, Aug 06, 2015	32	Aug-02 - Aug-08	04 - Snacks	Homemade - Chickpea Cookies 86	86	10	0	10	4	2	0	31	7		
2015-08	Thu, Aug 06, 2015	32	Aug-02 - Aug-08	05 - Dinner	Grass Fed Beef - Top Sirloin, 4 oz.	211	0	0	0	7	34	101	75	0		
2015-08	Fri, Aug 07, 2015	32	Aug-02 - Aug-08	01 - Breakfast	Muscle Pharm Arnold Bar - Protein	370	30	2	28	16	30	25	355	7		
2015-08	Fri, Aug 07, 2015	32	Aug-02 - Aug-08	02 - Exercise	Walking, 2.5 mph, leisurely pace	(683)	0	0	0	0	0	0	0	0	120	
2015-08	Fri, Aug 07, 2015	32	Aug-02 - Aug-08	02 - Exercise	Walking, 2.5 mph, leisurely pace	(683)	0	0	0	0	0	0	0	0	120	
2015-08	Fri, Aug 07, 2015	32	Aug-02 - Aug-08	03 - Lunch	Hapi Snacks - Spicy Sriracha Peas, 2	236	36	9	27	6	9	0	345	4		
2015-08	Fri, Aug 07, 2015	32	Aug-02 - Aug-08	04 - Snacks	Generic - Mozzarella Sticks, 4 stick:	400	32	0	32	24	20	40	1,200	4		
2015-08	Fri, Aug 07, 2015	32	Aug-02 - Aug-08	04 - Snacks	Homemade - Skinny White Russian	230	16	0	16	0	1	0	0	0		
2015-08	Fri, Aug 07, 2015	32	Aug-02 - Aug-08	05 - Dinner	Generic - Tamale, Pork, Homemad	71	6	1	5	4	3	10	163	0		
2015-08	Fri, Aug 07, 2015	32	Aug-02 - Aug-08	05 - Dinner	Sour cream, 1 tbsp	26	1	0	1	3	0	5	6	0		
2015-08	Sat, Aug 08, 2015	32	Aug-02 - Aug-08	01 - Breakfast	Eggs - Scrambled (whole egg), 1 lar	101	1	0	1	7	7	215	171	1		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-08	Sat, Aug 08, 2015	32	Aug-02 - Aug-08	01 - Breakfast	Ham - Ham, 2 oz	70	0	0	0	4	8	25	575	0		
2015-08	Sat, Aug 08, 2015	32	Aug-02 - Aug-08	02 - Exercise	Walking, 2.5 mph, leisurely pace	(683)	0	0	0	0	0	0	0	0	120	
2015-08	Sat, Aug 08, 2015	32	Aug-02 - Aug-08	03 - Lunch	Supreme Protein Bar - Caramel Nu	390	36	2	34	15	30	35	220	8		
2015-08	Sat, Aug 08, 2015	32	Aug-02 - Aug-08	04 - Snacks	Bread Pudding - Bread Pudding Wi	281	41	0	41	10	4	65	219	41		
2015-08	Sat, Aug 08, 2015	32	Aug-02 - Aug-08	05 - Dinner	Homemade - Crawfish Etouffe (Ma	54	3	3	0	2	5	3	196	0		
2015-08	Sat, Aug 08, 2015	32	Aug-02 - Aug-08	05 - Dinner	Jambalaya - Jambalaya, 0.25 cups	65	10	0	10	0	6	0	5	0		
2015-08	Sat, Aug 08, 2015	32	Aug-02 - Aug-08	05 - Dinner	Panera Bread - French Baguette, 0.	38	8	0	8	0	1	1	93	0		
2015-08	Mon, Aug 10, 2015	33	Aug-09 - Aug-15	06 - Weigh in		0	0	0	0	0	0	0	0	0		248
2015-08	Tue, Aug 11, 2015	33	Aug-09 - Aug-15	01 - Breakfast	Skippy - Salted Caramel Creamy Pe	190	6	2	4	16	7	0	150	3		
2015-08	Tue, Aug 11, 2015	33	Aug-09 - Aug-15	01 - Breakfast	Oikos - Triple Zero Coconut Cream,	120	15	6	9	0	15	0	65	7		
2015-08	Tue, Aug 11, 2015	33	Aug-09 - Aug-15	03 - Lunch	Homemade Tuna Ceviche - Canned	235	22	6	16	2	10	20	295	7		
2015-08	Tue, Aug 11, 2015	33	Aug-09 - Aug-15	04 - Snacks	SnakClub A Treat in Itself - Hot & S	170	5	10	(5)	15	7	0	360	1		
2015-08	Tue, Aug 11, 2015	33	Aug-09 - Aug-15	04 - Snacks	Homemade - Chickpea Cookies 86	172	20	0	20	8	4	0	62	14		
2015-08	Tue, Aug 11, 2015	33	Aug-09 - Aug-15	05 - Dinner	Homemade - Hot & Sour Soup, 5 fl	94	5	1	4	1	10	0	250	0		
2015-08	Tue, Aug 11, 2015	33	Aug-09 - Aug-15	05 - Dinner	Generic - Fresh Tofu Spring Roll (N	74	13	1	12	1	3	0	101	0		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	01 - Breakfast	Dannon Oikos - Triple Zero Banana	120	15	6	9	0	15	5	65	7		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	02 - Exercise	Walking, 2.0 mph, slow pace	(140)	0	0	0	0	0	0	0	0	30	
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	03 - Lunch	Kroger Deli - Superfood Salad, 6.56	187	28	7	21	7	7	0	244	15		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	04 - Snacks	Jack Link's Premium Cuts - Sweet &	140	9	0	9	2	23	55	830	7		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	04 - Snacks	Kroger - 2% Cottage Cheese, 4 flui	90	5	0	5	3	12	15	450	4		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	04 - Snacks	SnakClub A Treat in Itself - Hot & S	85	3	5	(2)	8	4	0	180	1		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	04 - Snacks	Homemade ice cream - Chocolate,	134	12	1	11	10	2	35	22	0		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	04 - Snacks	Velveeta - Spicy Sausage Dip, 3 tbs	75	3	0	3	6	5	23	405	2		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	04 - Snacks	Corn chips - Chips, 4 chips	62	8	0	8	3	1	0	67	0		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	05 - Dinner	meatball - Beef Meatball, 1 ball	57	2	0	2	4	3	21	134	0		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	05 - Dinner	Tomato - Tomato, 1 ounce	5	1	0	1	0	0	0	1	1		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	05 - Dinner	Kroger - Mozzarella Cheese Slices,	60	0	0	0	4	3	10	120	0		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	05 - Dinner	Avacado - Medium, 1 oz	50	3	2	1	5	2	0	0	0		
2015-08	Wed, Aug 12, 2015	33	Aug-09 - Aug-15	05 - Dinner	Onion - Red Onion, Raw, 1 fluid ou	8	2	0	2	0	0	0	1	1		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	01 - Breakfast	met-rx - protein plus creamy pean	310	33	1	32	10	30	0	500	3		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	03 - Lunch	Tomato - Tomato., 0.13 cup	14	3	0	3	0	1	0	2	1		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	03 - Lunch	Onion - Red Onion, Raw, 1 fluid ou	8	2	0	2	0	0	0	1	1		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	03 - Lunch	Fresh - Mozzarella, 2 oz	140	2	0	2	10	10	40	170	0		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	03 - Lunch	Mom's Organics - Fresh Basil, 1 flui	0	0	0	0	0	0	0	0	0		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	03 - Lunch	Oil - Extra Virgin Olive Oil., 1 teaspo	60	0	0	0	7	0	0	0	0		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	04 - Snacks	Private Selection - Roasted Garlic P	140	8	2	6	12	4	0	300	2		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	04 - Snacks	Saffron Road - Falafel Crunchy Chic	110	16	2	14	3	5	0	200	3		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	04 - Snacks	Saffron Road - Chipotle Crunchy Ch	100	16	2	14	3	5	0	280	3		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	04 - Snacks	SnakClub A Treat in Itself - Hot & S	340	10	20	(10)	30	14	0	720	2		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	05 - Dinner	Tomato - Tomato., 0.13 cup	14	3	0	3	0	1	0	2	1		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	05 - Dinner	Onion - Red Onion, Raw, 1 fluid ou	8	2	0	2	0	0	0	1	1		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	05 - Dinner	Mom's Organics - Fresh Basil, 1 flui	0	0	0	0	0	0	0	0	0		
2015-08	Thu, Aug 13, 2015	33	Aug-09 - Aug-15	05 - Dinner	Fresh - Mozzarella, 2 oz	140	2	0	2	10	10	40	170	0		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	01 - Breakfast	Planters® - Salted Caramel Peanuts	80	5	1	4	6	3	0	55	3		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	01 - Breakfast	Oikos - Triple Zero Vanilla Yogurt, 1	120	15	6	9	0	15	4	65	7		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	02 - Exercise	Walking, 2.0 mph, slow pace	(140)	0	0	0	0	0	0	0	0	30	
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	03 - Lunch	Private Selection - Roasted Garlic P	140	8	2	6	12	4	0	300	2		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	03 - Lunch	the Daily Crave Islandrollin - Veggie	78	11	1	10	4	1	0	108	1		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	04 - Snacks	Kraft - Mexican Cheddar Jack, 2 flu	100	1	0	1	9	6	25	170	0		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	04 - Snacks	Deli - Virginia Baked Ham, 3 oz	90	5	0	5	2	14	38	840	5		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	04 - Snacks	Quaker Protein Baked Bar - Peanut	190	24	2	22	7	10	0	180	13		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	05 - Dinner	Shearers Tango's - Tortilla Chips Re	64	7	0	7	3	1	0	39	1		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	05 - Dinner	Beef Lengua - Lengua, 2 oz.	128	2	0	2	9	8	50	40	0		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	05 - Dinner	Luisa's - Baked Flan, 2 fluid ounce	53	8	0	8	2	2	38	24	8		
2015-08	Fri, Aug 14, 2015	33	Aug-09 - Aug-15	05 - Dinner	Mexican - Refried Beans, 2 fluid ou	60	8	4	4	1	4	0	0	0		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	01 - Breakfast	Eggs - Egg, 1 large egg (50g)	70	0	0	0	5	6	185	70	0		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	01 - Breakfast	Beef Lengua - Lengua, 2 oz.	128	2	0	2	9	8	50	40	0		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	03 - Lunch	Premier Nutrition - Protein Bar - Dr	270	25	3	22	6	30	5	360	10		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	05 - Dinner	Vegetable - Tomato, Whole Fresh,	10	2	0	2	0	0	0	3	1		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	05 - Dinner	Sweet Potato Fries - Deep Fried Sw	30	4	0	4	2	0	0	1	0		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	05 - Dinner	Pickle - Pickle, 0.2 oz	1	0	0	0	0	0	0	42	0		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	05 - Dinner	Onions, raw, 0.2 cup, chopped	13	3	1	2	0	0	0	1	1		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	05 - Dinner	Generic - Fried Chicken - Drumstick	280	0	0	0	17	31	75	422	0		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	05 - Dinner	Farm Rich - Jalepeno Poppers, 1 pi	70	6	1	5	5	1	0	165	1		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	05 - Dinner	Fried Mushroom - Deep Fried Mus	36	5	0	5	1	2	35	13	0		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	05 - Dinner	Homemade - Deep Fried Cauliflow	55	30	3	27	3	8	72	177	3		
2015-08	Sat, Aug 15, 2015	33	Aug-09 - Aug-15	05 - Dinner	Meat - Pork Tenderloin - Grilled, 2	62	0	0	0	2	15	31	24	0		
2015-08	Sun, Aug 16, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Eggs - Egg, 1 large egg (50g)	70	0	0	0	5	6	185	70	0		
2015-08	Sun, Aug 16, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Beef Lengua - Lengua, 2 oz.	128	2	0	2	9	8	50	40	0		
2015-08	Sun, Aug 16, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Kraft - Mexican Cheddar Jack, 2 flu	100	1	0	1	9	6	25	170	0		
2015-08	Sun, Aug 16, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Sour cream, 1 tbsp	26	1	0	1	3	0	5	6	0		
2015-08	Sun, Aug 16, 2015	34	Aug-16 - Aug-22	03 - Lunch	Deli - Virginia Baked Ham, 4 oz	120	6	0	6	2	18	50	1,120	6		
2015-08	Sun, Aug 16, 2015	34	Aug-16 - Aug-22	03 - Lunch	Kraft - Mexican Cheddar Jack, 0.33	132	1	0	1	12	8	33	224	0		
2015-08	Sun, Aug 16, 2015	34	Aug-16 - Aug-22	03 - Lunch	Kroger - Yellow Mustard, 1 tsp (5g)	0	0	0	0	0	0	0	60	0		
2015-08	Sun, Aug 16, 2015	34	Aug-16 - Aug-22	05 - Dinner	Steak 'n Shake - Chili, 1 cup	440	38	10	28	24	20	40	1,010	1		
2015-08	Sun, Aug 16, 2015	34	Aug-16 - Aug-22	05 - Dinner	Steak 'n Shake - Prince of Royale St	460	35	0	35	26	24	235	810	5		
2015-08	Mon, Aug 17, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Oikos - Triple Zero Vanilla Yogurt, 1	120	15	6	9	0	15	4	65	7		
2015-08	Mon, Aug 17, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Planters® - Salted Caramel Peanuts	160	9	2	7	12	6	0	110	6		
2015-08	Mon, Aug 17, 2015	34	Aug-16 - Aug-22	02 - Exercise	Stationary bike, moderate effort (b	(336)	0	0	0	0	0	0	0	0		
2015-08	Mon, Aug 17, 2015	34	Aug-16 - Aug-22	03 - Lunch	Kahns - Bologna, 2 oz	130	2	0	2	16	6	40	560	2		
2015-08	Mon, Aug 17, 2015	34	Aug-16 - Aug-22	03 - Lunch	Private Selection - Mediterranean	147	8	2	6	13	4	0	315	0		
2015-08	Mon, Aug 17, 2015	34	Aug-16 - Aug-22	04 - Snacks	Planters® - Salted Caramel Peanuts	160	9	2	7	12	6	0	110	6		
2015-08	Mon, Aug 17, 2015	34	Aug-16 - Aug-22	05 - Dinner	Nong Shim - Shin Ramyun Black Ins	280	43	2	41	9	7	0	920	2		
2015-08	Mon, Aug 17, 2015	34	Aug-16 - Aug-22	06 - Weigh in		0	0	0	0	0	0	0	0	0		248
2015-08	Tue, Aug 18, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Musclepharm - Combat Crunch Chi	210	25	12	13	7	20	18	160	5		
2015-08	Tue, Aug 18, 2015	34	Aug-16 - Aug-22	02 - Exercise	Stationary bike, moderate effort (b	(336)	0	0	0	0	0	0	0	0		
2015-08	Tue, Aug 18, 2015	34	Aug-16 - Aug-22	03 - Lunch	Homemade - Pulled Mexican Chick	74	3	1	2	1	14	33	253	0		
2015-08	Tue, Aug 18, 2015	34	Aug-16 - Aug-22	04 - Snacks	Daisy - Low Fat Cottage Cheese, 2%	33	1	0	1	1	5	4	131	1		
2015-08	Tue, Aug 18, 2015	34	Aug-16 - Aug-22	04 - Snacks	Planters® - Salted Caramel Peanuts	160	9	2	7	12	6	0	110	6		
2015-08	Tue, Aug 18, 2015	34	Aug-16 - Aug-22	04 - Snacks	Private Selection - Mediterranean	140	8	2	6	12	4	0	300	0		
2015-08	Tue, Aug 18, 2015	34	Aug-16 - Aug-22	04 - Snacks	Saffron Road - Falafel Crunchy Chic	55	8	1	7	2	3	0	100	2		
2015-08	Tue, Aug 18, 2015	34	Aug-16 - Aug-22	05 - Dinner	Brussel Sprouts - Roasted In Olive (	220	26	8	18	9	8	0	640	4		
2015-08	Tue, Aug 18, 2015	34	Aug-16 - Aug-22	05 - Dinner	Velveeta - Cheese, 1 oz	60	3	0	3	3	5	15	390	2		
2015-08	Wed, Aug 19, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Nature Valley - Nut Bar Roasted Pe	180	11	2	9	13	6	0	115	6		
2015-08	Wed, Aug 19, 2015	34	Aug-16 - Aug-22	02 - Exercise	Walking, 3.5 mph, brisk pace	(214)	0	0	0	0	0	0	0	0		
2015-08	Wed, Aug 19, 2015	34	Aug-16 - Aug-22	03 - Lunch	Brussel Sprouts - Roasted In Olive (	73	9	3	6	3	3	0	212	1		
2015-08	Wed, Aug 19, 2015	34	Aug-16 - Aug-22	03 - Lunch	Meadow Organics - Grassfed Hang	200	0	0	0	11	23	73	73	0		
2015-08	Wed, Aug 19, 2015	34	Aug-16 - Aug-22	04 - Snacks	Generic - Chicken Breast- Cooked,	92	0	0	0	2	18	48	42	0		
2015-08	Wed, Aug 19, 2015	34	Aug-16 - Aug-22	04 - Snacks	Kraft - Mexican Cheddar Jack, 0.25	100	1	0	1	9	6	25	170	0		
2015-08	Wed, Aug 19, 2015	34	Aug-16 - Aug-22	04 - Snacks	Oikos - Triple Zero Coconut Cream,	120	15	6	9	0	15	0	65	7		
2015-08	Wed, Aug 19, 2015	34	Aug-16 - Aug-22	04 - Snacks	Planters® - Salted Caramel Peanuts	160	9	2	7	12	6	0	110	6		
2015-08	Wed, Aug 19, 2015	34	Aug-16 - Aug-22	05 - Dinner	Pork Chop - Cooked Pork Chop, Bo	177	0	0	0	9	20	66	53	0		
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Dannon Oikos - Triple Zero Banana	120	15	6	9	0	15	5	65	7		
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Planters® - Salted Caramel Peanuts	160	9	2	7	12	6	0	110	6		
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	02 - Exercise	Elliptical Trainer	(404)	0	0	0	0	0	0	0	0		
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	03 - Lunch	Meadow Organics - Grassfed Hang	62	0	0	0	3	7	23	23	0	24	
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	03 - Lunch	Pork Chop - Cooked Pork Chop, Bo	152	0	0	0	8	17	57	46	0	25	
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	03 - Lunch	Private Selection - Mediterranean	140	8	2	6	12	4	0	300	0	25	
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	04 - Snacks	bumble ber - buffalo style chicken	200	16	1	15	11	9	25	605	5	90	
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	04 - Snacks	fage 2% - plain greek yogurt, 0.5 cu	85	5	0	5	2	12	0	0	5	30	
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	05 - Dinner	Applegate - Uncured Pork Pepper	2	0	0	0	0	0	1	12	0		
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	05 - Dinner	Chicken Breast - Chicken Breast,, 3	133	0	0	0	1	22	0	0	0		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	05 - Dinner	Galbani - Mozzarella Fresca - Fresh	80	0	0	0	6	5	20	100	0	30	
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	05 - Dinner	Kraft Natural Shredded Cheese - C	50	1	0	1	4	3	13	85	0		
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	05 - Dinner	Kroger - Original Cream Cheese, 1	94	2	0	2	9	2	28	94	2		
2015-08	Thu, Aug 20, 2015	34	Aug-16 - Aug-22	05 - Dinner	Vegetable - White Onion - Choppe	12	3	0	3	0	0	0	0	0		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Supreme Protein - German Chocol	380	31	3	28	18	30	20	170	8		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	03 - Lunch	Generic - Stuffed Grape Leaves Wit	141	18	3	15	6	3	0	165	0		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	03 - Lunch	Hummus - Hummus, 1 ounces	43	7	2	5	1	2	0	0	0		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	03 - Lunch	Kroger - 2% Cottage Cheese, 4 flui	90	5	0	5	3	12	15	450	4		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	03 - Lunch	Mad Greek - Gyro Meat, 2 oz	100	0	0	0	8	4	8	200	0		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	04 - Snacks	Planters® - Salted Caramel Peanuts	160	9	2	7	12	6	0	110	6		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	05 - Dinner	Applegate - Uncured Pork Pepper	2	0	0	0	0	0	1	12	0		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	05 - Dinner	Chicken Breast - Chicken Breast,, 3	133	0	0	0	1	22	0	0	0		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	05 - Dinner	Galbani - Mozzarella Fresca - Fresh	80	0	0	0	6	5	20	100	0		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	05 - Dinner	Kraft Natural Shredded Cheese - C	50	1	0	1	4	3	13	85	0		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	05 - Dinner	Kroger - Original Cream Cheese, 1	94	2	0	2	9	2	28	94	2		
2015-08	Fri, Aug 21, 2015	34	Aug-16 - Aug-22	05 - Dinner	Vegetable - White Onion - Choppe	12	3	0	3	0	0	0	0	0		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Applegate - Uncured Pork Pepper	1	0	0	0	0	0	0	6	0		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Chicken Breast - Chicken Breast,, 2	89	0	0	0	1	15	0	0	0		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Galbani - Mozzarella Fresca - Fresh	80	0	0	0	6	5	20	100	0		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Kraft Natural Shredded Cheese - C	25	0	0	0	2	2	6	43	0		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Kroger - Original Cream Cheese, 1	94	2	0	2	9	2	28	94	2		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	01 - Breakfast	Vegetable - White Onion - Choppe	12	3	0	3	0	0	0	0	0		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	02 - Exercise	Walking, 3.5 mph, brisk pace	(214)	0	0	0	0	0	0	0	0		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	03 - Lunch	asian - egg noodles , 4 ounce	279	56	0	56	2	9	0	0	0		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	03 - Lunch	Generic - Vietnamese Sweet and S	53	6	2	4	1	5	24	344	2		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	04 - Snacks	Deli - Virginia Baked Ham, 3 oz	90	5	0	5	2	14	38	840	5		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	04 - Snacks	Planters® - Salted Caramel Peanuts	160	9	2	7	12	6	0	110	6		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	04 - Snacks	Private Selection - Mediterranean	140	8	2	6	12	4	0	300	0		
2015-08	Sat, Aug 22, 2015	34	Aug-16 - Aug-22	05 - Dinner	Cheese - Mozzarella Cheese, 2 oz	200	3	3	0	15	18	38	425	0		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	01 - Breakfast	Eggs - Egg, 1 large egg (50g)	70	0	0	0	5	6	185	70	0		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	01 - Breakfast	Laughing Cow - Spicy Pepper Jack,	35	1	0	1	2	2	5	180	1		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	02 - Exercise	Walking, 2.0 mph, slow pace	(421)	0	0	0	0	0	0	0	0		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	03 - Lunch	Fit Crunch - chocolate chip cookie	380	25	2	23	16	30	0	0	6		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	04 - Snacks	Beans - Baked, canned, with pork,	134	25	7	18	2	7	9	524	0		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	04 - Snacks	Deli Ham - Ham, 1 oz	30	0	0	0	1	6	0	230	0		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	04 - Snacks	Deli Meat - Roast Beef (Deli), 1 oz	53	0	0	0	2	8	20	140	0		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	04 - Snacks	Generic - Cheese Slices, 1 slice	55	2	0	2	5	4	20	290	1		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	04 - Snacks	Isopure - Javapro French Vailla, 1 S	73	1	0	1	1	13	33	30	1		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	04 - Snacks	Milk - Nonfat (fat free or skim), 12	129	18	0	18	1	13	7	191	0		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	04 - Snacks	Planters® - Salted Caramel Peanuts	160	9	2	7	12	6	0	110	6		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	04 - Snacks	Subway - Tomato Slice, 3 slice (34	5	1	0	1	0	0	0	0	1		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	04 - Snacks	Turkey Sliced - Sliced Deli Turkey 1	26	1	0	1	1	5	0	120	0		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	05 - Dinner	asian - egg noodles , 4 ounce	279	56	0	56	2	9	0	0	0		
2015-08	Sun, Aug 23, 2015	35	Aug-23 - Aug-29	05 - Dinner	Generic - Vietnamese Sweet and S	53	6	2	4	1	5	24	344	2		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	01 - Breakfast	Met Rx - Protein Plus Chocolate Fu	300	28	2	26	9	32	10	100	1		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	02 - Exercise	Stationary bike, moderate effort (b	(325)	0	0	0	0	0	0	0	0		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	03 - Lunch	OIKOS - Triple Zero Strawberry Gre	120	15	6	9	0	15	5	65	7		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	05 - Dinner	Generic - Vietnamese Sweet and S	211	23	8	15	6	20	98	1,375	9		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	05 - Dinner	Deli - Virginia Baked Ham, 0.67 oz	20	1	0	1	0	3	8	188	1		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	05 - Dinner	Private Selection - Mediterranean	25	1	0	1	2	1	0	53	0		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	05 - Dinner	Starkist - Tuna Creations - Herb & C	110	2	1	1	4	16	30	390	0		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	05 - Dinner	Planters® - Salted Caramel Peanuts	160	9	2	7	12	6	0	110	6		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	05 - Dinner	fage 2% - plain greek yogurt, 1 cup	170	9	0	9	5	23	0	0	9		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	05 - Dinner	PB2 - Pb2 with Premium Chocolate	45	6	1	5	1	4	0	70	3		
2015-08	Mon, Aug 24, 2015	35	Aug-23 - Aug-29	06 - Weigh in		0	0	0	0	0	0	0	0	0		
2015-08	Tue, Aug 25, 2015	35	Aug-23 - Aug-29	01 - Breakfast	Fit Crunch - chocolate chip cookie	380	25	2	23	16	30	0	0	6		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-08	Tue, Aug 25, 2015	35	Aug-23 - Aug-29	02 - Exercise	Stationary bike, vigorous effort (bir	(605)	0	0	0	0	0	0	0	0	30	
2015-08	Tue, Aug 25, 2015	35	Aug-23 - Aug-29	03 - Lunch	John Soules Foods - Chicken Breast	100	2	0	2	1	18	45	440	0		
2015-08	Tue, Aug 25, 2015	35	Aug-23 - Aug-29	03 - Lunch	Kroger Deli - Superfood Salad (Kale	236	26	4	22	13	8	0	280	12		
2015-08	Tue, Aug 25, 2015	35	Aug-23 - Aug-29	05 - Dinner	Wendys - Chili, 1 cup	170	16	4	12	5	15	35	790	6		
2015-08	Tue, Aug 25, 2015	35	Aug-23 - Aug-29	05 - Dinner	Kroger - Caprese Salad (Deli), 8 ou	249	18	2	16	16	11	0	658	11		
2015-08	Wed, Aug 26, 2015	35	Aug-23 - Aug-29	01 - Breakfast	Met-Rx - Big 100 Colossal Peanut B	410	47	3	44	12	30	0	600	28		
2015-08	Wed, Aug 26, 2015	35	Aug-23 - Aug-29	02 - Exercise	Walking, 3.5 mph, brisk pace	(176)	0	0	0	0	0	0	0	0	25	
2015-08	Wed, Aug 26, 2015	35	Aug-23 - Aug-29	03 - Lunch	John Soules Foods - Chicken Breast	83	2	0	2	1	15	37	367	0		
2015-08	Wed, Aug 26, 2015	35	Aug-23 - Aug-29	03 - Lunch	Saffron Road - Crunchy Chickpeas,	110	16	2	14	3	5	0	270	4		
2015-08	Wed, Aug 26, 2015	35	Aug-23 - Aug-29	05 - Dinner	Homemade - Chili - Chili, 1 cup	256	30	7	23	8	25	28	555	5		
2015-08	Wed, Aug 26, 2015	35	Aug-23 - Aug-29	05 - Dinner	fage 2% - plain greek yogurt, 0.5 cu	85	5	0	5	2	12	0	0	5		
2015-08	Wed, Aug 26, 2015	35	Aug-23 - Aug-29	05 - Dinner	Planters* - Salted Caramel Peanuts	80	5	1	4	6	3	0	55	3		
2015-08	Wed, Aug 26, 2015	35	Aug-23 - Aug-29	05 - Dinner	Homemade - Chili - Chili, 1 cup	256	30	7	23	8	25	28	555	5		
2015-08	Thu, Aug 27, 2015	35	Aug-23 - Aug-29	01 - Breakfast	Fage Yogurt - Yogurt, Greek, 2% (F	85	5	0	5	2	12	5	33	4		
2015-08	Thu, Aug 27, 2015	35	Aug-23 - Aug-29	03 - Lunch	Homemade - Chili - Chili, 1 cup	256	30	7	23	8	25	28	555	5		
2015-08	Thu, Aug 27, 2015	35	Aug-23 - Aug-29	05 - Dinner	Chicken - Chicken Breast Grilled, 2.	120	0	0	0	8	32	37	0	0		
2015-08	Thu, Aug 27, 2015	35	Aug-23 - Aug-29	05 - Dinner	Generic - Brussel Sprouts Sauted Ir	65	13	6	7	3	6	0	23	3		
2015-08	Thu, Aug 27, 2015	35	Aug-23 - Aug-29	05 - Dinner	Saffron Road - Korean Bbq Crunchy	117	16	2	14	3	5	0	210	4		
2015-08	Thu, Aug 27, 2015	35	Aug-23 - Aug-29	05 - Dinner	Planters* - Salted Caramel Peanuts	160	9	2	7	12	6	0	110	6		
2015-08	Thu, Aug 27, 2015	35	Aug-23 - Aug-29	05 - Dinner	maur - almond butter protein mini	100	10	2	8	5	5	0	75	5		
2015-08	Fri, Aug 28, 2015	35	Aug-23 - Aug-29	01 - Breakfast	Supreme Protein - German Choccol	380	31	3	28	18	30	20	170	8		
2015-08	Fri, Aug 28, 2015	35	Aug-23 - Aug-29	03 - Lunch	Brussel Sprouts - Roasted In Olive	69	8	3	5	3	3	0	200	1		
2015-08	Fri, Aug 28, 2015	35	Aug-23 - Aug-29	03 - Lunch	Grilled chicken - Chicken, 3.7 oz	93	1	0	1	2	20	46	102	1		
2015-08	Fri, Aug 28, 2015	35	Aug-23 - Aug-29	05 - Dinner	Trader Joe's - Traditional Carnitas,	130	1	0	1	8	12	30	230	0		
2015-08	Fri, Aug 28, 2015	35	Aug-23 - Aug-29	05 - Dinner	Mexican - Refried Beans, 2 fluid ou	60	8	4	4	1	4	0	0	0		
2015-08	Fri, Aug 28, 2015	35	Aug-23 - Aug-29	05 - Dinner	Homemade - Pico De Gallo, 1 oz	10	2	0	2	0	0	0	2	1		
2015-08	Fri, Aug 28, 2015	35	Aug-23 - Aug-29	05 - Dinner	Shearers Tango's - Tortilla Chips Re	86	10	0	10	5	1	0	51	1		
2015-08	Fri, Aug 28, 2015	35	Aug-23 - Aug-29	05 - Dinner	spanish rice - Spanish Rice, 1 fluid	25	5	0	5	0	1	0	0	0		
2015-08	Fri, Aug 28, 2015	35	Aug-23 - Aug-29	05 - Dinner	Generic - Salsa, Fresh, Homemade,	40	8	0	8	0	0	0	800	8		
2015-08	Fri, Aug 28, 2015	35	Aug-23 - Aug-29	05 - Dinner	Dannon Okios - Triple Zero Banana	120	15	6	9	0	15	5	65	7		
2015-08	Sat, Aug 29, 2015	35	Aug-23 - Aug-29	01 - Breakfast	Eggs - Egg, 5 ounce	198	0	0	0	14	17	524	198	0		
2015-08	Sat, Aug 29, 2015	35	Aug-23 - Aug-29	02 - Exercise	Walking, 2.0 mph, slow pace	(421)	0	0	0	0	0	0	0	0	90	
2015-08	Sat, Aug 29, 2015	35	Aug-23 - Aug-29	03 - Lunch	Met-rx - Prime Chocolate Brownie	210	29	12	17	5	20	10	85	11		
2015-08	Sat, Aug 29, 2015	35	Aug-23 - Aug-29	03 - Lunch	Super Food Salad - Meijer, 1 cup	305	44	7	37	11	12	0	84	0		
2015-08	Sat, Aug 29, 2015	35	Aug-23 - Aug-29	05 - Dinner	Sargento - Provolone-mozarella Ch	210	0	0	0	15	15	45	405	0		
2015-08	Sat, Aug 29, 2015	35	Aug-23 - Aug-29	05 - Dinner	Larosa's - Pizza Sauce, 0.25 cup	35	7	2	5	0	1	0	250	5		
2015-08	Sat, Aug 29, 2015	35	Aug-23 - Aug-29	05 - Dinner	Supreme Protien Bar - Caramel Nu	68	6	0	6	3	5	6	39	1		
2015-08	Sat, Aug 29, 2015	35	Aug-23 - Aug-29	05 - Dinner	Orange Leaf - Frozen Yogurt-coffee	360	63	0	63	9	9	0	315	54		
2015-08	Sun, Aug 30, 2015	36	Aug-30 - Sep-05	01 - Breakfast	Chicken Breast - Chicken Breast,, 2	120	0	0	0	1	20	0	0	0		
2015-08	Sun, Aug 30, 2015	36	Aug-30 - Sep-05	01 - Breakfast	Eat Well Embrace Life - Black Bean	90	12	4	8	4	5	0	280	2		
2015-08	Sun, Aug 30, 2015	36	Aug-30 - Sep-05	03 - Lunch	Generic - Scrambled Eggs (Powder)	179	5	0	5	13	11	108	0	0		
2015-08	Sun, Aug 30, 2015	36	Aug-30 - Sep-05	03 - Lunch	Ham - Baked - Ham- Baked, 2 ounce	69	4	0	4	1	10	12	510	0		
2015-08	Sun, Aug 30, 2015	36	Aug-30 - Sep-05	03 - Lunch	Kroger Deli - Chicken Strips, 1 strip	110	7	1	6	5	10	23	335	0		
2015-08	Sun, Aug 30, 2015	36	Aug-30 - Sep-05	05 - Dinner	Joslyn's Baked Zucchini With Toma	111	7	4	3	7	7	20	112	10		
2015-08	Sun, Aug 30, 2015	36	Aug-30 - Sep-05	05 - Dinner	Strawberries - .strawberries, 3 oz	27	7	0	7	0	1	0	0	4		
2015-08	Sun, Aug 30, 2015	36	Aug-30 - Sep-05	05 - Dinner	Stonecrest Gourmet - Chili Peas, 1/	106	16	2	14	3	5	0	170	3		
2015-08	Mon, Aug 31, 2015	36	Aug-30 - Sep-05	01 - Breakfast	Cream of Wheat Instant - Cinnabor	130	29	1	28	0	2	0	170	14		
2015-08	Mon, Aug 31, 2015	36	Aug-30 - Sep-05	01 - Breakfast	on - Gold Standard 100% Whey Prc	60	2	0	2	1	12	23	95	1		
2015-08	Mon, Aug 31, 2015	36	Aug-30 - Sep-05	03 - Lunch	Chipotle - Barbacoa Burrito, 0.25 b	251	28	4	24	10	12	34	644	2		
2015-08	Mon, Aug 31, 2015	36	Aug-30 - Sep-05	05 - Dinner	Generic - Ground Beef - Raw, Gras	100	0	0	0	6	12	38	38	0		
2015-08	Mon, Aug 31, 2015	36	Aug-30 - Sep-05	05 - Dinner	Bush Beans - Homestyle Baked Bee	140	29	5	24	1	6	0	550	12		
2015-08	Mon, Aug 31, 2015	36	Aug-30 - Sep-05	05 - Dinner	Nature Valley - Peanut Protein Bar,	190	14	5	9	12	10	0	170	6		
2015-08	Mon, Aug 31, 2015	36	Aug-30 - Sep-05	05 - Dinner	Fresh Finds - Dry Roasted Wasabi E	130	9	7	2	5	14	0	130	1		
2015-09	Tue, Sep 01, 2015	36	Aug-30 - Sep-05	01 - Breakfast	Fage - Total 0% With Cherry Pome	120	18	0	18	0	13	5	50	16		
2015-09	Tue, Sep 01, 2015	36	Aug-30 - Sep-05	02 - Exercise	Stationary bike, moderate effort (b	(320)	0	0	0	0	0	0	0	0	25	
2015-09	Tue, Sep 01, 2015	36	Aug-30 - Sep-05	03 - Lunch	Pork Chop - Cooked Pork Chop, Bo	202	0	0	0	10	23	76	61	0		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-09	Tue, Sep 01, 2015	36	Aug-30 - Sep-05	05 - Dinner	Laura's Alfredo-esque Chicken, 1 s	265	4	1	3	16	26	96	296	1		
2015-09	Tue, Sep 01, 2015	36	Aug-30 - Sep-05	05 - Dinner	Pennsylvania Dutch - Square (Pot P	121	22	1	21	2	4	12	8	1		
2015-09	Tue, Sep 01, 2015	36	Aug-30 - Sep-05	05 - Dinner	Sabra - Hummus Roasted Red Pep	150	9	3	6	11	4	0	280	1		
2015-09	Tue, Sep 01, 2015	36	Aug-30 - Sep-05	05 - Dinner	Saffron Road - Korean Bbq Crunchy	117	16	2	14	3	5	0	210	4		
2015-09	Tue, Sep 01, 2015	36	Aug-30 - Sep-05	05 - Dinner	Oikos - Triple Zero - Strawberry, 5.1	120	15	6	9	0	15	5	65	7		
2015-09	Tue, Sep 01, 2015	36	Aug-30 - Sep-05	06 - Weigh in		0	0	0	0	0	0	0	0	0		242
2015-09	Wed, Sep 02, 2015	36	Aug-30 - Sep-05	01 - Breakfast	Met Rx - Protein Plus Chocolate Fu	300	28	2	26	9	32	10	100	1		
2015-09	Wed, Sep 02, 2015	36	Aug-30 - Sep-05	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-09	Wed, Sep 02, 2015	36	Aug-30 - Sep-05	03 - Lunch	Fair Life - Chocolate Milk 2%, 11.5	200	19	1	18	6	19	30	400	17		
2015-09	Wed, Sep 02, 2015	36	Aug-30 - Sep-05	03 - Lunch	Laura's Alfredo-esque Chicken, 1 s	265	4	1	3	16	26	96	296	1		
2015-09	Wed, Sep 02, 2015	36	Aug-30 - Sep-05	05 - Dinner	Sargento's - Colby-jack Cheesestick	80	0	0	0	7	5	20	140	0		
2015-09	Wed, Sep 02, 2015	36	Aug-30 - Sep-05	05 - Dinner	Bush's - Homestyle Baked Beans, 2	70	15	3	12	1	3	0	275	6		
2015-09	Wed, Sep 02, 2015	36	Aug-30 - Sep-05	05 - Dinner	Sabra - Hummus Roasted Red Pep	150	9	3	6	11	4	0	280	1		
2015-09	Wed, Sep 02, 2015	36	Aug-30 - Sep-05	05 - Dinner	Saffron Road - Falafel Crunchy Chic	110	16	2	14	3	5	0	200	3		
2015-09	Wed, Sep 02, 2015	36	Aug-30 - Sep-05	05 - Dinner	Wasabi almonds - nut, 0.33 cup	264	8	4	4	24	9	0	211	3		
2015-09	Wed, Sep 02, 2015	36	Aug-30 - Sep-05	05 - Dinner	Grass Fed 90% - 90% Ground Beef,	100	0	0	0	6	11	38	38	0		
2015-09	Thu, Sep 03, 2015	36	Aug-30 - Sep-05	01 - Breakfast	Supreme Protein - German Chocol	380	31	3	28	18	30	20	170	8		
2015-09	Thu, Sep 03, 2015	36	Aug-30 - Sep-05	02 - Exercise	Stationary bike, moderate effort (b	(384)	0	0	0	0	0	0	0	0	30	
2015-09	Thu, Sep 03, 2015	36	Aug-30 - Sep-05	03 - Lunch	Saffron Road - Chipotle Crunchy Ch	100	16	2	14	3	5	0	280	3		
2015-09	Thu, Sep 03, 2015	36	Aug-30 - Sep-05	03 - Lunch	Eat Well Embrace Life - Black Bean	90	12	4	8	4	5	0	280	2		
2015-09	Thu, Sep 03, 2015	36	Aug-30 - Sep-05	03 - Lunch	Generic - Ground Beef - Raw, Gras	100	0	0	0	6	12	38	38	0		
2015-09	Thu, Sep 03, 2015	36	Aug-30 - Sep-05	05 - Dinner	Pork Chop - Cooked Pork Chop, Bo	116	0	0	0	6	13	44	35	0		
2015-09	Thu, Sep 03, 2015	36	Aug-30 - Sep-05	05 - Dinner	Little Salad Bar - Significantly Spicy	121	10	2	8	9	4	0	243	2		
2015-09	Thu, Sep 03, 2015	36	Aug-30 - Sep-05	05 - Dinner	Homemade - Mini Cheesecake Wit	149	11	0	11	11	2	46	124	0		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	01 - Breakfast	Markets of Meijer - Black Forest H	105	3	0	3	4	15	0	975	3		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	01 - Breakfast	Little Salad Bar - Significantly Spicy	121	10	2	8	9	4	0	243	2		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	02 - Exercise	Stationary bike, moderate effort (b	(384)	0	0	0	0	0	0	0	0	30	
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	03 - Lunch	Clancy's Pork Rinds Hot & Spicy - P	160	0	0	0	10	16	30	740	0		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	03 - Lunch	Little Salad Bar - Significantly Spicy	121	10	2	8	9	4	0	243	2		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	03 - Lunch	Aldi Fit & Active - Light String Chee	50	1	0	1	3	7	10	190	0		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	05 - Dinner	Talipia - Talipia, 3.5 oz	131	0	0	0	3	27	58	57	0		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	05 - Dinner	Broccoli - Broccoli Steamed, 1.5 flu	6	1	0	1	0	0	0	6	0		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	05 - Dinner	Planters - Sea Salt & Vinegar Peanu	80	3	1	2	7	4	0	70	1		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	05 - Dinner	Planters - Chili Lime Peanuts by Ou	80	3	1	2	7	4	0	80	1		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	05 - Dinner	Dannon Oikos - Triple Zero Greek Y	120	15	6	9	0	15	4	65	7		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	05 - Dinner	Bush's - Homestyle Baked Beans, 0	140	29	5	24	1	6	0	550	12		
2015-09	Fri, Sep 04, 2015	36	Aug-30 - Sep-05	05 - Dinner	little salad bar - Chicken Salad, 2 fl	218	5	1	4	18	8	38	225	3		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	01 - Breakfast	Egg - Egg, 50 g	70	0	0	0	5	6	185	70	0		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	01 - Breakfast	Markets of Meijer - Black Forest H	35	1	0	1	1	5	0	325	1		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	01 - Breakfast	the Laughing Cow - Spreadable Che	35	1	0	1	2	2	5	190	1		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	02 - Exercise	Swimming laps, freestyle, light/mo	(768)	0	0	0	0	0	0	0	0	60	
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	03 - Lunch	Aldi - Gyros, 2 ounce	74	1	0	1	2	11	0	283	0		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	03 - Lunch	Generic - Tzaziki, 0.75 ounce	37	1	0	1	3	1	0	0	0		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	03 - Lunch	Kroger - Black Forest Ham, 2 Oz	60	1	0	1	2	10	30	580	1		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	03 - Lunch	Little Salad Bar - Significantly Spicy	121	10	2	8	9	4	0	243	2		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	05 - Dinner	Aldi - Gyros, 3 ounce	111	1	1	0	3	17	0	425	1		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	05 - Dinner	Generic - Tzaziki, 0.6 ounce	29	1	0	1	3	1	0	0	0		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	05 - Dinner	on - Gold Standard 100% Whey Prc	120	3	0	3	1	24	45	190	1		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	05 - Dinner	Skimmed Milk - Milk, 2 cup	170	23	0	23	1	17	8	246	23		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	05 - Dinner	Ground Chuck 80/20 - Ground Chu	140	0	0	0	11	10	40	38	0		
2015-09	Sat, Sep 05, 2015	36	Aug-30 - Sep-05	05 - Dinner	Ottogi - Jin Ramen - Hot - Canada, .	500	80	4	76	16	12	0	1,880	4		
2015-09	Sun, Sep 06, 2015	37	Sep-06 - Sep-12	01 - Breakfast	Egg - Egg, 50 g	70	0	0	0	5	6	185	70	0		
2015-09	Sun, Sep 06, 2015	37	Sep-06 - Sep-12	01 - Breakfast	Bob Evans - Link Sausage, 1.2 oz 3 l	140	0	0	0	11	9	25	320	0		
2015-09	Sun, Sep 06, 2015	37	Sep-06 - Sep-12	03 - Lunch	Generic - Tzaziki, 0.6 ounce	29	1	0	1	3	1	0	0	0		
2015-09	Sun, Sep 06, 2015	37	Sep-06 - Sep-12	03 - Lunch	Generic - Ground Beef - Raw, Gras	225	0	0	0	12	26	84	84	0		
2015-09	Sun, Sep 06, 2015	37	Sep-06 - Sep-12	05 - Dinner	Liver - Grilled Beef Liver and Onion	141	4	0	4	3	32	265	90	0		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-09	Sun, Sep 06, 2015	37	Sep-06 - Sep-12	05 - Dinner	Homemade Brownie - Brownie, 1 t	105	4	2	2	9	4	70	0	1		
2015-09	Sun, Sep 06, 2015	37	Sep-06 - Sep-12	05 - Dinner	Yoplait - Whips! Cherry Cheesecake	140	25	0	25	3	5	10	75	21		
2015-09	Sun, Sep 06, 2015	37	Sep-06 - Sep-12	05 - Dinner	Homemade - Apple Crisp, 0.25 cup	158	30	2	28	4	1	10	49	0		
2015-09	Sun, Sep 06, 2015	37	Sep-06 - Sep-12	05 - Dinner	Homemade - Cucumber and Tomato	36	8	2	6	6	2	0	9	5		
2015-09	Mon, Sep 07, 2015	37	Sep-06 - Sep-12	03 - Lunch	Hummus - Hummus, 4 ounces	170	27	6	21	3	8	0	0	0		
2015-09	Mon, Sep 07, 2015	37	Sep-06 - Sep-12	03 - Lunch	Clancy's Pork Rinds Hot & Spicy - P	160	0	0	0	10	16	30	740	0		
2015-09	Mon, Sep 07, 2015	37	Sep-06 - Sep-12	04 - Snacks	Hummus - Hummus, 4 ounces	170	27	6	21	3	8	0	0	0		
2015-09	Mon, Sep 07, 2015	37	Sep-06 - Sep-12	04 - Snacks	Clancy's Pork Rinds Hot & Spicy - P	320	0	0	0	20	32	60	1,480	0		
2015-09	Mon, Sep 07, 2015	37	Sep-06 - Sep-12	05 - Dinner	Progresso - rich & hearty chicken &	124	16	1	15	3	8	28	776	2		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	01 - Breakfast	Sargento's - Colby-jack Cheesestick	80	0	0	0	7	5	20	140	0		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	01 - Breakfast	Markets of Meijer - Black Forest Ha	70	2	0	2	3	10	0	650	2		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	03 - Lunch	Fit & Active - Cookie Dough Proteir	200	22	1	21	6	15	5	150	16		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	04 - Snacks	Lunch Mate Premium Deli Slices - C	80	1	0	1	4	9	30	450	1		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	04 - Snacks	Clancy's Pork Rinds Hot & Spicy - P	160	0	0	0	10	16	30	740	0		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	04 - Snacks	Instant cream of wheat - Cream of	100	20	1	19	0	3	0	170	0		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	04 - Snacks	Skim Milk (Fat Free) - Skim Milk, 1	90	12	0	12	0	9	5	120	12		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	04 - Snacks	Pb2 - Powdered Peanut Butter - Pb	45	5	2	3	2	5	0	94	1		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	04 - Snacks	Optimum Nutrition - Gold Standard	120	3	0	3	1	24	45	190	1		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	04 - Snacks	Hummus - Hummus, 3 ounces	128	20	5	15	2	6	0	0	0		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	05 - Dinner	Aldi - Little Salad Bar - Chicken Sala	239	9	1	8	27	11	51	330	6		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	05 - Dinner	Morrison - Steamed Broccoli, 2 flui	12	2	1	1	0	1	0	11	1		
2015-09	Tue, Sep 08, 2015	37	Sep-06 - Sep-12	05 - Dinner	Sea Queen - Medium Cooked Shrin	45	0	0	0	1	8	83	115	0		
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	01 - Breakfast	Aldi - Little Salad Bar - Chicken Sala	159	6	1	5	18	8	34	220	4		
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	01 - Breakfast	Planters - Sea Salt & Vinegar Peanu	160	5	2	3	14	7	0	140	1		
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	03 - Lunch	Aldi Fit & Active - Classic Hummus	150	19	3	16	6	5	0	375	1		
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	03 - Lunch	Clancy's Pork Rinds Hot & Spicy - P	160	0	0	0	10	16	30	740	0		
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	04 - Snacks	Wasabi almonds - nut, 2 fluid ounce	200	6	3	3	18	7	0	160	2		
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	04 - Snacks	Fit & Active - Cookie Dough Proteir	200	22	1	21	6	15	5	150	16		
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	05 - Dinner	Aldi Fit & Active - Light String Chee	50	1	0	1	3	7	10	190	0		
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	05 - Dinner	Wild Garden - Hummus Dip - traditi	67	7	2	5	3	3	0	120	1		
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	05 - Dinner	Lunch Mate Premium Deli Slices - C	225	5	0	5	13	20	75	875	3		
2015-09	Wed, Sep 09, 2015	37	Sep-06 - Sep-12	06 - Weigh in		0	0	0	0	0	0	0	0	0		240
2015-09	Thu, Sep 10, 2015	37	Sep-06 - Sep-12	01 - Breakfast	Oikos - Triple Zero - Strawberry, 5.1	120	15	6	9	0	15	5	65	7		
2015-09	Thu, Sep 10, 2015	37	Sep-06 - Sep-12	02 - Exercise	Stationary bike, moderate effort (b	(384)	0	0	0	0	0	0	0	0	30	
2015-09	Thu, Sep 10, 2015	37	Sep-06 - Sep-12	03 - Lunch	Lunch Mate Premium Deli Slices - C	135	3	0	3	8	12	45	525	2		
2015-09	Thu, Sep 10, 2015	37	Sep-06 - Sep-12	03 - Lunch	Kraft - Marbled Colby & High Moist	100	0	0	0	9	6	25	220	0		
2015-09	Thu, Sep 10, 2015	37	Sep-06 - Sep-12	04 - Snacks	P3 - Grill Snackers, 1 package	110	12	0	12	3	10	0	0	0		
2015-09	Thu, Sep 10, 2015	37	Sep-06 - Sep-12	04 - Snacks	Sabra - Hummus Roasted Red Pepp	150	9	3	6	11	4	0	280	1		
2015-09	Thu, Sep 10, 2015	37	Sep-06 - Sep-12	04 - Snacks	Clancy's Pork Rinds Hot & Spicy - P	160	0	0	0	10	16	30	740	0		
2015-09	Thu, Sep 10, 2015	37	Sep-06 - Sep-12	04 - Snacks	Lunch Mate Premium Deli Slices - C	80	1	0	1	4	9	30	450	1		
2015-09	Thu, Sep 10, 2015	37	Sep-06 - Sep-12	04 - Snacks	Sargento - Reduced Fat Colby-Jack	60	0	0	0	5	5	10	135	0		
2015-09	Thu, Sep 10, 2015	37	Sep-06 - Sep-12	05 - Dinner	Trader Joe's - Scallion Pancake (Pa	160	21	2	19	7	3	10	390	1		
2015-09	Fri, Sep 11, 2015	37	Sep-06 - Sep-12	01 - Breakfast	Met-Rx Protein Plus - Chocolate Rc	310	27	2	25	10	32	15	170	2		
2015-09	Fri, Sep 11, 2015	37	Sep-06 - Sep-12	02 - Exercise	Stationary bike, moderate effort (b	(384)	0	0	0	0	0	0	0	0	30	
2015-09	Fri, Sep 11, 2015	37	Sep-06 - Sep-12	03 - Lunch	Lunch Mate Premium Deli Slices - C	180	4	0	4	10	16	60	700	2		
2015-09	Fri, Sep 11, 2015	37	Sep-06 - Sep-12	03 - Lunch	Kraft - Marbled Colby & High Moist	200	0	0	0	18	12	50	440	0		
2015-09	Fri, Sep 11, 2015	37	Sep-06 - Sep-12	04 - Snacks	Planters - Chili Lime Peanuts by Ou	160	5	2	3	14	7	0	160	1		
2015-09	Fri, Sep 11, 2015	37	Sep-06 - Sep-12	04 - Snacks	Dannon Oikos - Triple Zero Banana	120	15	6	9	0	15	5	65	7		
2015-09	Fri, Sep 11, 2015	37	Sep-06 - Sep-12	04 - Snacks	Paul's Pork & Beans - 8oz serving, 1	214	26	6	20	6	15	23	406	5		
2015-09	Fri, Sep 11, 2015	37	Sep-06 - Sep-12	05 - Dinner	Paul's Pork & Beans - 8oz serving, 1	214	26	6	20	6	15	23	406	5		
2015-09	Sat, Sep 12, 2015	37	Sep-06 - Sep-12	01 - Breakfast	Paul's Pork & Beans - 8oz serving, 1	321	39	9	30	9	22	35	608	8		
2015-09	Sat, Sep 12, 2015	37	Sep-06 - Sep-12	03 - Lunch	Generic - Tres Leche Cake, 1 cup	298	55	1	54	4	4	10	125	33		
2015-09	Sat, Sep 12, 2015	37	Sep-06 - Sep-12	03 - Lunch	Generic - Pizza - No Crust, 0.5 Slice	143	12	0	12	5	6	9	320	1		
2015-09	Sat, Sep 12, 2015	37	Sep-06 - Sep-12	04 - Snacks	Maruchan - Hot & Spicy Chicken Bc	190	25	1	24	8	4	0	780	3		
2015-09	Sat, Sep 12, 2015	37	Sep-06 - Sep-12	05 - Dinner	Bellplantation - Pb2, 4 tablespoon	90	10	4	6	3	10	0	188	2		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-09	Sat, Sep 12, 2015	37	Sep-06 - Sep-12	05 - Dinner	Cream of Wheat - Instant - Maple F	130	28	1	27	0	2	0	140	13		
2015-09	Sat, Sep 12, 2015	37	Sep-06 - Sep-12	05 - Dinner	Optimum Nutrition - Gold Standard	120	3	0	3	1	24	45	190	1		
2015-09	Sat, Sep 12, 2015	37	Sep-06 - Sep-12	05 - Dinner	Friendly Farms - Fat Free Skim Milk	60	8	0	8	0	6	4	90	8		
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	01 - Breakfast	Flap Jacked - Protein Pancakes - Bu	140	16	4	12	2	14	4	245	4		
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	01 - Breakfast	Farmers' Market - Honey, Pure & N	64	17	0	17	0	0	0	1	17		
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	03 - Lunch	Bumblebee - Prime Fillet Solid Whi	140	0	0	0	1	32	50	280	0		
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	03 - Lunch	Hellman's - Olive Oil Mayonaise, 1	60	1	0	1	6	0	5	125	0		
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	04 - Snacks	Oikos triple zero yogurt - Vanilla G	120	15	6	9	0	15	5	65	7		
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	04 - Snacks	Optimum Nutrition - Gold Standard	60	2	0	2	1	12	23	95	1		
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	04 - Snacks	Oscar Mayer - Bologna, 2 slice	160	2	0	2	14	6	40	500	0		
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	04 - Snacks	Sargento - Reduced Fat Colby-Jack	60	0	0	0	5	5	10	135	0		
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	05 - Dinner	Pork loin - Pork Loin, 2.68 oz	80	1	0	1	3	15	30	369	1		
2015-09	Sun, Sep 13, 2015	38	Sep-13 - Sep-19	05 - Dinner	Peas and carrots, frozen, unprepar	37	8	2	6	0	2	0	55	0		
2015-09	Mon, Sep 14, 2015	38	Sep-13 - Sep-19	01 - Breakfast	Eas - Myoplex 30 - Chocolate Pean	360	33	1	32	12	30	15	420	23		
2015-09	Mon, Sep 14, 2015	38	Sep-13 - Sep-19	02 - Exercise	Elliptical Trainer	(404)	0	0	0	0	0	0	0	0	24	
2015-09	Mon, Sep 14, 2015	38	Sep-13 - Sep-19	03 - Lunch	Oikos - Triple Zero Coconut Cream,	120	15	6	9	0	15	0	65	7		
2015-09	Mon, Sep 14, 2015	38	Sep-13 - Sep-19	04 - Snacks	Paul's Pork & Beans - 8oz serving, 1	214	26	6	20	6	15	23	406	5		
2015-09	Mon, Sep 14, 2015	38	Sep-13 - Sep-19	04 - Snacks	hummus - single serve, 2 oz	150	9	3	6	11	4	0	250	0		
2015-09	Mon, Sep 14, 2015	38	Sep-13 - Sep-19	04 - Snacks	Pork loin - Pork Loin, 4 oz	120	1	0	1	4	23	45	550	1		
2015-09	Mon, Sep 14, 2015	38	Sep-13 - Sep-19	04 - Snacks	Fresh Finds - Dry Roasted Wasabi E	130	9	7	2	5	14	0	130	1		
2015-09	Mon, Sep 14, 2015	38	Sep-13 - Sep-19	05 - Dinner	Pork loin - Pork Loin, 3 oz	90	1	0	1	3	17	34	413	1		
2015-09	Mon, Sep 14, 2015	38	Sep-13 - Sep-19	05 - Dinner	Morrison - Steamed Broccoli, 2 flui	12	2	1	1	0	1	0	11	1		
2015-09	Mon, Sep 14, 2015	38	Sep-13 - Sep-19	06 - Weigh in		0	0	0	0	0	0	0	0	0	238	
2015-09	Tue, Sep 15, 2015	38	Sep-13 - Sep-19	01 - Breakfast	Met-rx - Protein Plus Creamy Cook	330	36	4	32	11	30	5	290	7		
2015-09	Tue, Sep 15, 2015	38	Sep-13 - Sep-19	03 - Lunch	Flatout Rollup - Ham, Flatout Lite F	174	0	0	0	0	0	0	0	0		
2015-09	Tue, Sep 15, 2015	38	Sep-13 - Sep-19	04 - Snacks	fage 2% - plain greek yogurt, 0.5 cu	85	5	0	5	2	12	0	0	5		
2015-09	Tue, Sep 15, 2015	38	Sep-13 - Sep-19	04 - Snacks	Clancy's Pork Rinds Hot & Spicy - P	160	0	0	0	10	16	30	740	0		
2015-09	Tue, Sep 15, 2015	38	Sep-13 - Sep-19	04 - Snacks	Hummus - Hummus, 2 ounces	85	14	3	11	2	4	0	0	0		
2015-09	Tue, Sep 15, 2015	38	Sep-13 - Sep-19	04 - Snacks	Planters - Sea Salt & Vinegar Peanu	160	5	2	3	14	7	0	140	1		
2015-09	Tue, Sep 15, 2015	38	Sep-13 - Sep-19	05 - Dinner	Pork loin - Pork Loin, 4 oz	120	1	0	1	4	23	45	550	1		
2015-09	Wed, Sep 16, 2015	38	Sep-13 - Sep-19	01 - Breakfast	Eas - Myoplex 30 - Chocolate Pean	360	33	1	32	12	30	15	420	23		
2015-09	Wed, Sep 16, 2015	38	Sep-13 - Sep-19	02 - Exercise	Stationary bike, moderate effort (b	(384)	0	0	0	0	0	0	0	0	30	
2015-09	Wed, Sep 16, 2015	38	Sep-13 - Sep-19	03 - Lunch	Pork loin - Pork Loin, 4 oz	120	1	0	1	4	23	45	550	1		
2015-09	Wed, Sep 16, 2015	38	Sep-13 - Sep-19	03 - Lunch	Hardees - Low Carb Grilled Chicken	340	14	1	13	21	25	75	1,200	8		
2015-09	Wed, Sep 16, 2015	38	Sep-13 - Sep-19	04 - Snacks	Oscar Meyer P3 Portable Protein P	120	11	0	11	3	11	30	680	9		
2015-09	Wed, Sep 16, 2015	38	Sep-13 - Sep-19	04 - Snacks	Saffron Road - Korean Bbq Crunchy	117	16	2	14	3	5	0	210	4		
2015-09	Wed, Sep 16, 2015	38	Sep-13 - Sep-19	04 - Snacks	Wasabi almonds - nut, 1 fluid ounce	100	3	2	1	9	4	0	80	1		
2015-09	Wed, Sep 16, 2015	38	Sep-13 - Sep-19	04 - Snacks	Premier Protien - Yogurt Peanut Cr	290	25	3	22	8	30	0	440	9		
2015-09	Thu, Sep 17, 2015	38	Sep-13 - Sep-19	01 - Breakfast	Met-rx - Big 100 Chocolate Chip Co	360	50	2	48	5	28	35	150	25		
2015-09	Thu, Sep 17, 2015	38	Sep-13 - Sep-19	04 - Snacks	Hummus - Hummus, 2 ounces	85	14	3	11	2	4	0	0	0		
2015-09	Thu, Sep 17, 2015	38	Sep-13 - Sep-19	04 - Snacks	Cauliflower - Raw, 2 fluid ounce	6	1	1	0	0	0	0	8	1		
2015-09	Thu, Sep 17, 2015	38	Sep-13 - Sep-19	04 - Snacks	Fresh Selection Kroger - Baby Carr	12	3	1	2	0	0	0	22	2		
2015-09	Thu, Sep 17, 2015	38	Sep-13 - Sep-19	04 - Snacks	Beans - Pinto, canned, 1 oz(s)	24	4	1	3	0	1	0	83	0		
2015-09	Thu, Sep 17, 2015	38	Sep-13 - Sep-19	04 - Snacks	Beans - White, cooked, boiled, with	31	6	1	5	0	2	0	54	0		
2015-09	Thu, Sep 17, 2015	38	Sep-13 - Sep-19	04 - Snacks	Katies - Homemade Chicken Salad,	24	1	0	1	2	3	7	73	0		
2015-09	Thu, Sep 17, 2015	38	Sep-13 - Sep-19	05 - Dinner	Trader Joe's - Beef Barley Soup, 1.5	150	24	5	19	1	11	8	885	3		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	01 - Breakfast	Usda - Egg, 100 g	70	1	0	1	10	6	372	142	0		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	01 - Breakfast	Hopes - Chili Cheese Bean Dip, 0.5	28	1	0	1	2	1	0	53	0		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	03 - Lunch	Grilled Chicken - Grilled Chicken, 3	93	0	0	0	3	20	0	99	0		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	03 - Lunch	Cheese food - Swiss, 2 oz	183	3	0	3	14	12	46	878	0		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	03 - Lunch	Generic - Cheese (Cheddar), 1 oz	110	0	0	0	9	7	30	180	0		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	04 - Snacks	Saffron Road - Chipotle Crunchy Ch	100	16	2	14	3	5	0	280	3		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	04 - Snacks	Wasabi almonds - nut, 1 fluid ounce	100	3	2	1	9	4	0	80	1		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	04 - Snacks	Tuna - Tuna in Water, 2.88 oz	72	0	0	0	1	16	36	259	0		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	04 - Snacks	Heinz - Mayo, 0.5 packet	45	0	0	0	5	0	3	33	0		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	05 - Dinner	Chicken - Roasted, White Meat, 4 c	172	0	0	0	5	31	0	0	0		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	05 - Dinner	Broccoli, raw, 2 oz(s)	19	4	1	3	0	2	0	19	1		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	05 - Dinner	Cauliflower - Raw, 2 fluid ounce	6	1	1	0	0	0	0	8	1		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	05 - Dinner	Cucumber - With peel, raw, 2 oz(s)	9	2	0	2	0	0	0	1	1		
2015-09	Fri, Sep 18, 2015	38	Sep-13 - Sep-19	05 - Dinner	Carrots, baby, raw, 2 oz(s)	20	5	2	3	0	0	0	44	3		
2015-09	Sat, Sep 19, 2015	38	Sep-13 - Sep-19	01 - Breakfast	Generic With Cheese - Denver Ome	493	12	2	10	30	37	631	658	5		
2015-09	Sat, Sep 19, 2015	38	Sep-13 - Sep-19	03 - Lunch	Premier Nutrition - Protein Bar- Ch	290	25	3	22	8	30	0	440	8		
2015-09	Sat, Sep 19, 2015	38	Sep-13 - Sep-19	04 - Snacks	Broccoli, raw, 2 oz(s)	19	4	1	3	0	2	0	19	1		
2015-09	Sat, Sep 19, 2015	38	Sep-13 - Sep-19	04 - Snacks	Cauliflower - Raw, 2 fluid ounce	6	1	1	0	0	0	0	8	1		
2015-09	Sat, Sep 19, 2015	38	Sep-13 - Sep-19	04 - Snacks	Hummus - Hummus, 2 ounces	85	14	3	11	2	4	0	0	0		
2015-09	Sat, Sep 19, 2015	38	Sep-13 - Sep-19	04 - Snacks	Oikos - Triple Zero Coconut Cream,	120	15	6	9	0	15	0	65	7		
2015-09	Sat, Sep 19, 2015	38	Sep-13 - Sep-19	05 - Dinner	Tyson's - Grilled Chicken Breast Wi	68	0	0	0	0	17	45	338	0		
2015-09	Sat, Sep 19, 2015	38	Sep-13 - Sep-19	05 - Dinner	Canned peas - Peas, 2 fluid ounce	45	8	3	5	0	3	0	293	5		
2015-09	Sat, Sep 19, 2015	38	Sep-13 - Sep-19	05 - Dinner	Aldi's Priano - Tomato Bruschetta,	20	1	0	1	2	0	0	75	1		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	01 - Breakfast	Eggs - Scrambled (whole egg), 1 lar	101	1	0	1	7	7	215	171	1		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	01 - Breakfast	Tyson's - Grilled Chicken Breast Wi	45	0	0	0	0	11	30	225	0		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	03 - Lunch	Market Day - Italian Meatballs, 3 p	143	5	1	4	9	11	23	518	1		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	03 - Lunch	Broccoli, raw, 4 oz(s)	39	8	3	5	0	3	0	37	2		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	03 - Lunch	Tomato - Cherry Tomato, 2 ounce	24	5	2	3	0	1	0	5	3		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	03 - Lunch	Cauliflower - Raw, 4 fluid ounce	13	3	1	2	0	1	0	15	1		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	03 - Lunch	Carrots, baby, raw, 4 oz(s)	40	9	3	6	0	1	0	88	5		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	03 - Lunch	Hummus - Hummus, 3 ounces	128	20	5	15	2	6	0	0	0		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	04 - Snacks	Pie, pecan, prepared from recipe, (	29	4	0	4	2	0	6	19	0		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	04 - Snacks	Pancheros - Bowl - Steak, Black Be	240	20	0	20	9	14	0	762	0		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	04 - Snacks	Pancheros - Cheese (Quesadilla), 1	110	0	0	0	9	7	0	180	0		
2015-09	Sun, Sep 20, 2015	39	Sep-20 - Sep-26	05 - Dinner	Pancheros - Bowl - Steak, Black Be	120	10	0	10	5	7	0	381	0		
2015-09	Wed, Sep 23, 2015	39	Sep-20 - Sep-26	06 - Weigh in		0	0	0	0	0	0	0	0	0		236
2015-09	Thu, Sep 24, 2015	39	Sep-20 - Sep-26	01 - Breakfast	Homemade - Chicken Breast (Grille	187	0	0	0	4	35	96	96	0		
2015-09	Thu, Sep 24, 2015	39	Sep-20 - Sep-26	02 - Exercise	Stationary bike, moderate effort (b	(384)	0	0	0	0	0	0	0	0	30	
2015-09	Thu, Sep 24, 2015	39	Sep-20 - Sep-26	03 - Lunch	Hapi Snacks - Spicy Sriracha Peas, 2	120	19	1	18	3	4	0	210	6		
2015-09	Thu, Sep 24, 2015	39	Sep-20 - Sep-26	03 - Lunch	Fage Yogurt - Yogurt, Greek, 2% (F	32	2	0	2	1	4	2	12	2		
2015-09	Thu, Sep 24, 2015	39	Sep-20 - Sep-26	04 - Snacks	Giant - Peas & Carrots, 0.5 Cup	50	9	3	6	0	2	0	120	4		
2015-09	Thu, Sep 24, 2015	39	Sep-20 - Sep-26	04 - Snacks	Starkist - Starkist Tuna Fish In Wat	90	0	0	0	1	20	30	250	0		
2015-09	Thu, Sep 24, 2015	39	Sep-20 - Sep-26	04 - Snacks	Orange Leaf - Frozen Yogurt-coffee	160	28	0	28	4	4	0	140	24		
2015-09	Thu, Sep 24, 2015	39	Sep-20 - Sep-26	04 - Snacks	fage 2% - plain greek yogurt, 1 cup	170	9	0	9	5	23	0	0	9		
2015-09	Thu, Sep 24, 2015	39	Sep-20 - Sep-26	05 - Dinner	Trader Joe's - Tofu Spring Rolls Wit	200	27	2	25	5	5	0	120	5		
2015-09	Fri, Sep 25, 2015	39	Sep-20 - Sep-26	01 - Breakfast	Supreme Protein 84g - Chocolate P	390	25	2	23	19	30	30	240	7		
2015-09	Fri, Sep 25, 2015	39	Sep-20 - Sep-26	03 - Lunch	Chipotle - Steak Bowl No Rice, 0.5 l	263	7	1	6	11	34	80	750	4		
2015-09	Fri, Sep 25, 2015	39	Sep-20 - Sep-26	04 - Snacks	Chipotle - Steak Bowl No Rice, 0.5 l	263	7	1	6	11	34	80	750	4		
2015-09	Fri, Sep 25, 2015	39	Sep-20 - Sep-26	04 - Snacks	Trader Joes - Spicy Hummus Dip, 4	100	10	2	8	7	4	0	240	2		
2015-09	Fri, Sep 25, 2015	39	Sep-20 - Sep-26	04 - Snacks	Grippos - Hot and Spicy Pork Rinds	160	0	0	0	10	16	40	800	0		
2015-09	Fri, Sep 25, 2015	39	Sep-20 - Sep-26	05 - Dinner	Open Nature - Steak, skirt (grass-fe	154	0	0	0	9	19	0	0	0		
2015-09	Sat, Sep 26, 2015	39	Sep-20 - Sep-26	01 - Breakfast	Crack - Slaw, 4 oz	160	4	1	3	11	11	36	170	2		
2015-09	Sat, Sep 26, 2015	39	Sep-20 - Sep-26	01 - Breakfast	Grippos - Hot and Spicy Pork Rinds	80	0	0	0	5	8	20	400	0		
2015-09	Sat, Sep 26, 2015	39	Sep-20 - Sep-26	01 - Breakfast	Trader Joes - Spicy Hummus Dip, 4	100	10	2	8	7	4	0	240	2		
2015-09	Sat, Sep 26, 2015	39	Sep-20 - Sep-26	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-09	Sat, Sep 26, 2015	39	Sep-20 - Sep-26	03 - Lunch	Think Thin - Wh Chunky Peanut Bu	240	24	1	23	9	20	5	240	0		
2015-09	Sat, Sep 26, 2015	39	Sep-20 - Sep-26	04 - Snacks	Chocolate Protein Bar - Protein Ch	190	14	5	9	12	10	0	170	6		
2015-09	Sat, Sep 26, 2015	39	Sep-20 - Sep-26	04 - Snacks	Generic - Breaded Chicken Tenders	85	6	0	6	5	6	10	113	7		
2015-09	Sat, Sep 26, 2015	39	Sep-20 - Sep-26	05 - Dinner	Homemade - Chili - Chili, 1.5 cup	384	45	10	35	12	38	42	833	8		
2015-09	Sun, Sep 27, 2015	40	Sep-27 - Oct-03	01 - Breakfast	Eggs - Scrambled (whole egg), 1 lar	101	1	0	1	7	7	215	171	1		
2015-09	Sun, Sep 27, 2015	40	Sep-27 - Oct-03	01 - Breakfast	Ham - Virginia, Thin Sliced (Deli), 0	49	2	0	2	1	5	8	197	0		
2015-09	Sun, Sep 27, 2015	40	Sep-27 - Oct-03	02 - Exercise	Walking, 2.0 mph, slow pace	(268)	0	0	0	0	0	0	0	0	60	
2015-09	Sun, Sep 27, 2015	40	Sep-27 - Oct-03	03 - Lunch	Wendys - Chili, 1 cup	170	16	4	12	5	15	35	790	6		
2015-09	Sun, Sep 27, 2015	40	Sep-27 - Oct-03	04 - Snacks	Metrx - Big 100 Colossal Protein Ba	400	47	2	45	10	31	5	380	29		
2015-09	Sun, Sep 27, 2015	40	Sep-27 - Oct-03	04 - Snacks	Deli - Virginia Baked Ham, 2 oz	60	3	0	3	1	9	25	560	3		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-09	Sun, Sep 27, 2015	40	Sep-27 - Oct-03	04 - Snacks	Trader Joes - Spicy Hummus Dip, 4	100	10	2	8	7	4	0	240	2		
2015-09	Sun, Sep 27, 2015	40	Sep-27 - Oct-03	04 - Snacks	Planters - Sea Salt & Vinegar Peanu	160	5	2	3	14	7	0	140	1		
2015-09	Sun, Sep 27, 2015	40	Sep-27 - Oct-03	05 - Dinner	Prima Della (Walmart) - Roast Beef	150	2	0	2	7	18	45	900	3		
2015-09	Sun, Sep 27, 2015	40	Sep-27 - Oct-03	05 - Dinner	Trader Joe's - Horseradish Hummu	100	10	2	8	6	2	0	210	2		
2015-09	Mon, Sep 28, 2015	40	Sep-27 - Oct-03	01 - Breakfast	Promax - Salted Caramel, 1 bar	180	25	13	12	6	18	10	290	3		
2015-09	Mon, Sep 28, 2015	40	Sep-27 - Oct-03	02 - Exercise	Elliptical Trainer	(481)	0	0	0	0	0	0	0	0	30	
2015-09	Mon, Sep 28, 2015	40	Sep-27 - Oct-03	03 - Lunch	Beef - Roast Beef, 3 oz	169	0	0	0	8	18	60	15	0		
2015-09	Mon, Sep 28, 2015	40	Sep-27 - Oct-03	03 - Lunch	Trader Joe's - Horseradish Hummu	50	5	1	4	3	1	0	105	1		
2015-09	Mon, Sep 28, 2015	40	Sep-27 - Oct-03	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, 5	240	38	2	36	6	8	0	420	12		
2015-09	Mon, Sep 28, 2015	40	Sep-27 - Oct-03	05 - Dinner	Ground Chuck 80/20 - Ground Chu	190	0	0	0	13	20	63	63	0		
2015-09	Mon, Sep 28, 2015	40	Sep-27 - Oct-03	05 - Dinner	Laughing Cow - Pepper Jack, 0.34 v	12	0	0	0	1	1	2	61	0		
2015-09	Mon, Sep 28, 2015	40	Sep-27 - Oct-03	05 - Dinner	Morrison - Steamed Broccoli, 0.5 fl	3	1	0	1	0	0	0	3	0		
2015-09	Tue, Sep 29, 2015	40	Sep-27 - Oct-03	01 - Breakfast	Premier Protien - Yogurt Peanut Cr	290	25	3	22	8	30	0	440	9		
2015-09	Tue, Sep 29, 2015	40	Sep-27 - Oct-03	03 - Lunch	Deli - Virginia Baked Ham, 2 oz	60	3	0	3	1	9	25	560	3		
2015-09	Tue, Sep 29, 2015	40	Sep-27 - Oct-03	03 - Lunch	Little Salad Bar - Significantly Spicy	182	15	3	12	14	6	0	364	3		
2015-09	Tue, Sep 29, 2015	40	Sep-27 - Oct-03	03 - Lunch	Saffron Road - Falafel Crunchy Chic	123	17	5	12	4	6	0	190	1		
2015-09	Tue, Sep 29, 2015	40	Sep-27 - Oct-03	04 - Snacks	Ground Chuck 80/20 - Ground Chu	175	0	0	0	14	12	50	47	0		
2015-09	Tue, Sep 29, 2015	40	Sep-27 - Oct-03	04 - Snacks	Trader Joe - Cilantro and Jalepeno	160	12	4	8	10	4	0	280	2		
2015-09	Tue, Sep 29, 2015	40	Sep-27 - Oct-03	05 - Dinner	Fit's - Baked Chicken Breast, 2.5 ou	115	0	0	0	2	22	59	278	0		
2015-09	Tue, Sep 29, 2015	40	Sep-27 - Oct-03	05 - Dinner	Peas and carrots, frozen, unprepar	23	5	1	4	0	1	0	34	0		
2015-09	Tue, Sep 29, 2015	40	Sep-27 - Oct-03	05 - Dinner	Happy Farms preferred - Salted Ca	66	1	0	1	5	4	18	120	0		
2015-09	Wed, Sep 30, 2015	40	Sep-27 - Oct-03	01 - Breakfast	Promax - Chocolate Chip Cookie Dc	290	37	1	36	7	20	0	250	26		
2015-09	Wed, Sep 30, 2015	40	Sep-27 - Oct-03	03 - Lunch	Aldi Fit & Active - Light String Chee	50	1	0	1	3	7	10	190	0		
2015-09	Wed, Sep 30, 2015	40	Sep-27 - Oct-03	03 - Lunch	Laura's Roast Beef & Cucumber Ro	79	3	1	2	3	9	3	319	1		
2015-09	Wed, Sep 30, 2015	40	Sep-27 - Oct-03	03 - Lunch	Friendly Farms - Greek Yogurt - To	150	17	0	17	5	11	20	50	14		
2015-09	Wed, Sep 30, 2015	40	Sep-27 - Oct-03	04 - Snacks	Chicken - Chicken Breast Only, 2.5	116	0	0	0	2	23	61	82	0		
2015-09	Wed, Sep 30, 2015	40	Sep-27 - Oct-03	04 - Snacks	Happy Farms preferred - Salted Ca	88	1	0	1	7	6	24	160	0		
2015-09	Wed, Sep 30, 2015	40	Sep-27 - Oct-03	05 - Dinner	Panera - Spinach Power Salad, 0.3 i	135	10	1	9	9	5	54	210	4		
2015-09	Wed, Sep 30, 2015	40	Sep-27 - Oct-03	05 - Dinner	Costco - Caprese Salad, 5 oz.	294	13	1	12	22	8	28	459	10		
2015-09	Wed, Sep 30, 2015	40	Sep-27 - Oct-03	06 - Weigh in		0	0	0	0	0	0	0	0	0		236
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	01 - Breakfast	Premier Nutrition - Protein Bar - Dc	270	25	3	22	6	30	5	360	10		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	03 - Lunch	Prima Della Walmart - Rare Roast E	62	0	0	0	2	9	0	364	0		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	03 - Lunch	Trader Joe's - Horseradish Hummu	63	6	1	5	4	1	0	131	1		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	03 - Lunch	Rudolph's - Bar B Que Pork Rinds, (	80	0	0	0	5	8	20	400	0		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	04 - Snacks	Generic - Fresh Tofu Spring Roll (N	74	13	1	12	1	3	0	101	0		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	04 - Snacks	Kroger Deli - Superfood Salad, 5 oz	143	21	6	15	6	6	0	186	11		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	05 - Dinner	Shearers Tango's - Tortilla Chips Re	107	12	0	12	6	1	0	64	1		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	05 - Dinner	Mexican - Refried Beans, 4 fluid ou	120	15	8	7	1	8	0	0	0		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	05 - Dinner	Pork - Boneless Pork Shoulder Roa	76	0	0	0	5	7	24	19	0		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	05 - Dinner	Generic - Grilled Shrimp Skewer, 0.	5	0	0	0	0	1	4	5	0		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	05 - Dinner	Steak - Skirt, 0.3 oz	18	0	0	0	1	2	5	6	0		
2015-10	Thu, Oct 01, 2015	40	Sep-27 - Oct-03	05 - Dinner	Chorizo - Chorizo, 1 oz(s)	57	1	0	1	5	7	21	13	1		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	01 - Breakfast	Promax - Double Fudge Brownie Er	280	37	2	35	7	20	10	210	29		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	03 - Lunch	Quaker - Instant Oatmeal Organic I	100	19	3	16	2	4	0	0	0		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	03 - Lunch	Cucumber, peeled, raw, 4.5 oz(s)	15	3	1	2	0	1	0	3	2		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	04 - Snacks	Friendly Farms - Greek Parfait Cocc	200	23	2	21	8	13	5	55	18		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	04 - Snacks	Rudolph's - Bold & Spicy Bbq Pork	80	0	0	0	5	8	20	400	0		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	04 - Snacks	Aldi Fit & Active - Light String Chee	50	1	0	1	3	7	10	190	0		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	04 - Snacks	Tribe - Cracked Red Pepper Humm	150	12	3	9	11	6	0	405	0		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	04 - Snacks	Optimum Nutrition - Gold Standarc	120	3	0	3	1	24	45	190	1		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	04 - Snacks	Isopure - Javapro French Vailla, 1 S	73	1	0	1	1	13	33	30	1		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	04 - Snacks	Skim Milk - Fat Free Skim Milk, 1.5	114	17	0	17	0	11	6	185	17		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	05 - Dinner	Met-rx - Prime Chocolate Brownie	210	29	12	17	5	20	10	85	11		
2015-10	Fri, Oct 02, 2015	40	Sep-27 - Oct-03	05 - Dinner	Red's - Steak Burrito, 4 ounce	171	24	2	22	4	11	16	185	1		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	02 - Exercise	Swimming, leisurely, general	(321)	0	0	0	0	0	0	0	0	30	
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	02 - Exercise	Swimming, leisurely, general	(321)	0	0	0	0	0	0	0	0	30	

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	03 - Lunch	Hellman's - Olive Oil Mayonaise, 1	60	1	0	1	6	0	5	125	0		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	03 - Lunch	Starkist Selects - Solid Light Tuna Ir	120	0	0	0	1	28	60	360	0		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	03 - Lunch	Aldie Great Gherkins - Sweet Relis	15	3	0	3	0	0	0	140	3		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	04 - Snacks	Planters - Chili Lime Peanuts by Ou	160	5	2	3	14	7	0	160	1		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	04 - Snacks	Meijer - Pulled pork, 1 oz	33	0	0	0	1	6	19	15	0		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	04 - Snacks	Monster Java - Cappuccino, 1 can (	190	30	0	30	4	7	15	600	26		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	04 - Snacks	Ball Park - The Flame Frilled Origin	114	10	0	10	1	16	36	454	9		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	04 - Snacks	Amish Classic Pepper Jack Cheese -	200	0	0	0	10	0	50	400	0		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	04 - Snacks	Kroger Deli - Superfood Salad, 4 oz	114	17	5	12	5	5	0	149	9		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	05 - Dinner	Kroger - Super Food Salad, 1 Cup	201	16	7	9	10	11	0	98	8		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	05 - Dinner	Eat Well Embrace Life Humus - Swa	80	10	4	6	4	4	0	210	0		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	05 - Dinner	Terra Vegetable Chips - sweet pota	3	0	0	0	0	0	0	2	0		
2015-10	Sat, Oct 03, 2015	40	Sep-27 - Oct-03	05 - Dinner	Ball Park - The Flame Frilled Origin	114	10	0	10	1	16	36	458	9		
2015-10	Sun, Oct 04, 2015	41	Oct-04 - Oct-10	01 - Breakfast	Gatorade - Chocolate Chip Whey P	360	42	2	40	13	20	30	160	29		
2015-10	Sun, Oct 04, 2015	41	Oct-04 - Oct-10	02 - Exercise	Swimming, leisurely, general	(321)	0	0	0	0	0	0	0	0	30	
2015-10	Sun, Oct 04, 2015	41	Oct-04 - Oct-10	02 - Exercise	Walking, upstairs	(856)	0	0	0	0	0	0	0	0	60	
2015-10	Sun, Oct 04, 2015	41	Oct-04 - Oct-10	03 - Lunch	Mccain - Thin Crust Deluxe Pizza, 0	132	13	1	12	5	7	12	342	1		
2015-10	Sun, Oct 04, 2015	41	Oct-04 - Oct-10	03 - Lunch	Emerald - Breakfast on the Go, Cof	200	22	3	19	11	5	0	115	11		
2015-10	Sun, Oct 04, 2015	41	Oct-04 - Oct-10	04 - Snacks	Gatorade Recovery - Whey Protein	360	42	1	41	13	20	30	160	31		
2015-10	Sun, Oct 04, 2015	41	Oct-04 - Oct-10	04 - Snacks	Mccain - Thin Crust Deluxe Pizza, 0	110	11	1	10	5	6	10	285	1		
2015-10	Sun, Oct 04, 2015	41	Oct-04 - Oct-10	04 - Snacks	Speedway - French Vanilla Iced Cof	270	45	0	45	6	0	0	450	36		
2015-10	Sun, Oct 04, 2015	41	Oct-04 - Oct-10	05 - Dinner	Nabisco - Original Premium Saltine	70	12	0	12	2	1	0	135	0		
2015-10	Sun, Oct 04, 2015	41	Oct-04 - Oct-10	05 - Dinner	Homemade Ceviche - Seafood Cevi	223	17	2	15	2	36	109	272	3		
2015-10	Mon, Oct 05, 2015	41	Oct-04 - Oct-10	01 - Breakfast	Meijer - Protein Granola Bars, 1 ba	190	14	5	9	12	10	0	170	6		
2015-10	Mon, Oct 05, 2015	41	Oct-04 - Oct-10	03 - Lunch	Fit's - Baked Chicken Breast, 113 g	184	0	0	0	4	34	94	444	0		
2015-10	Mon, Oct 05, 2015	41	Oct-04 - Oct-10	03 - Lunch	Kroger - 2% Cottage Cheese, 4 flui	90	5	0	5	3	12	15	450	4		
2015-10	Mon, Oct 05, 2015	41	Oct-04 - Oct-10	04 - Snacks	Promax - Peanut Butter Chocolate	220	32	14	18	7	18	0	250	9		
2015-10	Mon, Oct 05, 2015	41	Oct-04 - Oct-10	04 - Snacks	Amish Classic Pepper Jack Cheese -	200	0	0	0	10	0	50	400	0		
2015-10	Mon, Oct 05, 2015	41	Oct-04 - Oct-10	04 - Snacks	Private Selection - Roasted Garlic P	140	8	2	6	12	4	0	300	2		
2015-10	Mon, Oct 05, 2015	41	Oct-04 - Oct-10	05 - Dinner	Homemade - Tuna Fish Salad, 5 oz	175	5	0	5	3	40	38	350	3		
2015-10	Mon, Oct 05, 2015	41	Oct-04 - Oct-10	05 - Dinner	Kroger - 2% Cottage Cheese, 4 flui	90	5	0	5	3	12	15	450	4		
2015-10	Mon, Oct 05, 2015	41	Oct-04 - Oct-10	05 - Dinner	Peas - Peas, 2 ounce	50	9	3	6	0	4	0	262	3		
2015-10	Tue, Oct 06, 2015	41	Oct-04 - Oct-10	01 - Breakfast	elkie - fit choc chip cookie, 88 g	380	27	2	25	16	30	0	0	0		
2015-10	Tue, Oct 06, 2015	41	Oct-04 - Oct-10	03 - Lunch	Katies - Homemade Chicken Salad,	186	8	0	8	15	18	48	515	3		
2015-10	Tue, Oct 06, 2015	41	Oct-04 - Oct-10	03 - Lunch	Kroger - 2% Cottage Cheese, 4.48 f	101	6	0	6	3	13	17	504	4		
2015-10	Tue, Oct 06, 2015	41	Oct-04 - Oct-10	05 - Dinner	Kroger - Super Food Salad, 1 Cup	201	16	7	9	10	11	0	98	8		
2015-10	Tue, Oct 06, 2015	41	Oct-04 - Oct-10	05 - Dinner	Davis Creek Meats - Beef Sirloin Fil	340	0	0	0	22	33	105	810	0		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	01 - Breakfast	Promax - Promax Cookies 'n Cream	270	40	1	39	5	20	5	240	30		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	02 - Exercise	Stationary bike, moderate effort (b	(384)	0	0	0	0	0	0	0	0	30	
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	03 - Lunch	Deli - Virginia Baked Ham, 3 oz	90	5	0	5	2	14	38	840	5		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	03 - Lunch	Eat Well Embrace Life - Black Bean	270	36	12	24	12	15	0	840	6		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	03 - Lunch	Rudolph's - Bar B Que Pork Rinds, 1	160	0	0	0	10	16	40	800	0		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	04 - Snacks	Friendly Farms - Oats Greek Banan	150	26	1	25	1	9	5	40	21		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	04 - Snacks	Peas and carrots - Frozen, unprepa	19	4	1	3	0	1	0	28	0		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	04 - Snacks	Sunsweet - Individual Prunes, 2 pr	50	13	2	11	0	1	0	0	8		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	04 - Snacks	Sunmaid - California Mission Figs, (	110	26	5	21	0	1	0	0	20		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	05 - Dinner	Chicken - Grilled Chicken Breast, Ci	164	0	0	0	4	30	84	74	0		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	05 - Dinner	Brussel Sprouts - Brussel Sprouts -	120	21	8	13	0	8	0	40	5		
2015-10	Wed, Oct 07, 2015	41	Oct-04 - Oct-10	06 - Weigh in		0	0	0	0	0	0	0	0	0		238
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	01 - Breakfast	Chef Robert Irvine's Fortifx - Fit Cr	380	27	2	25	16	30	30	490	6		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	02 - Exercise	Stationary bike, moderate effort (b	(378)	0	0	0	0	0	0	0	0	30	
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	03 - Lunch	Rudolph's - Bar B Que Pork Rinds, 1	160	0	0	0	10	16	40	800	0		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	03 - Lunch	Eat Well Embrace Life - Black Bean	90	12	4	8	4	5	0	280	2		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	04 - Snacks	Eat Well Embrace Life - Black Bean	40	5	2	3	2	2	0	105	1		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	04 - Snacks	Broccoli, raw, 2 oz(s)	19	4	1	3	0	2	0	19	1		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	04 - Snacks	Tomato - Grape, 2 fluid ounce	13	3	1	2	0	0	0	3	2		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	04 - Snacks	Carrots, baby, raw, 2 oz(s)	20	5	2	3	0	0	0	44	3		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	04 - Snacks	Old Country Store - Smoked Ham, 1/2 lb	90	0	0	0	2	17	45	825	2		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	04 - Snacks	Bush's - Homestyle Baked Beans, 0	70	15	3	12	1	3	0	275	6		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	04 - Snacks	Optimum Nutrition - Gold Standard	120	3	0	3	1	24	45	190	1		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	04 - Snacks	Speedway - French Vanilla Iced Cof	270	45	0	45	6	0	0	450	36		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	05 - Dinner	Chicken, broilers or fryers, meat or	215	0	0	0	8	33	101	98	0		
2015-10	Thu, Oct 08, 2015	41	Oct-04 - Oct-10	05 - Dinner	Buschs Grillin Beans - Southern Pit	128	26	5	21	0	5	0	413	12		
2015-10	Fri, Oct 09, 2015	41	Oct-04 - Oct-10	01 - Breakfast	Six Star Pro Nutrition - Protein Bar	200	15	1	14	8	20	5	190	6		
2015-10	Fri, Oct 09, 2015	41	Oct-04 - Oct-10	02 - Exercise	Elliptical Trainer	(481)	0	0	0	0	0	0	0	0	30	
2015-10	Fri, Oct 09, 2015	41	Oct-04 - Oct-10	03 - Lunch	monster - Muscle Monster Chocolate	200	20	0	20	4	25	15	660	16		
2015-10	Fri, Oct 09, 2015	41	Oct-04 - Oct-10	04 - Snacks	bumblebee - chipotle seasoned tur	70	1	1	0	1	15	20	380	0		
2015-10	Fri, Oct 09, 2015	41	Oct-04 - Oct-10	04 - Snacks	Campbell's Slow Kettle - Texas Styl	394	47	8	39	9	28	47	1,481	17		
2015-10	Fri, Oct 09, 2015	41	Oct-04 - Oct-10	05 - Dinner	Chicken, broilers or fryers, meat or	215	0	0	0	8	33	101	98	0		
2015-10	Fri, Oct 09, 2015	41	Oct-04 - Oct-10	05 - Dinner	Buschs Grillin Beans - Southern Pit	170	35	6	29	1	6	0	550	16		
2015-10	Sat, Oct 10, 2015	41	Oct-04 - Oct-10	01 - Breakfast	Met-Rx - Big 100 Colossal Peanut B	410	47	3	44	12	30	0	600	28		
2015-10	Sat, Oct 10, 2015	41	Oct-04 - Oct-10	02 - Exercise	Hiking, climbing hills (carrying <10	(383)	0	0	0	0	0	0	0	0	30	
2015-10	Sat, Oct 10, 2015	41	Oct-04 - Oct-10	03 - Lunch	Rotisserie chicken - Rotisserie Chic	227	1	0	1	15	20	87	827	1		
2015-10	Sat, Oct 10, 2015	41	Oct-04 - Oct-10	03 - Lunch	Trader Joe's - Cilantro and Jalapeño	160	12	4	8	10	4	0	280	2		
2015-10	Sat, Oct 10, 2015	41	Oct-04 - Oct-10	03 - Lunch	Kroger - Kroger Mini Veggie Tray, 0	53	5	1	4	3	1	4	138	1		
2015-10	Sat, Oct 10, 2015	41	Oct-04 - Oct-10	04 - Snacks	Metrx - Original Meal Replacement	156	12	2	10	2	24	18	72	1		
2015-10	Sat, Oct 10, 2015	41	Oct-04 - Oct-10	04 - Snacks	Optimum Nutrition - Gold Standard	120	3	0	3	1	24	45	190	1		
2015-10	Sat, Oct 10, 2015	41	Oct-04 - Oct-10	04 - Snacks	Skim Milk - Fat Free Skim Milk, 0.5	38	6	0	6	0	4	2	62	6		
2015-10	Sat, Oct 10, 2015	41	Oct-04 - Oct-10	05 - Dinner	Explore Asia Gluten Free Soybean I	214	22	11	11	3	22	9	120	7		
2015-10	Sun, Oct 11, 2015	42	Oct-11 - Oct-17	01 - Breakfast	Quest Bar - Cinnamon Roll w/o sug	170	20	17	3	6	20	5	280	1		
2015-10	Sun, Oct 11, 2015	42	Oct-11 - Oct-17	03 - Lunch	Hamburger - Hamburger, 6 oz	300	24	1	23	13	21	55	290	3		
2015-10	Sun, Oct 11, 2015	42	Oct-11 - Oct-17	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, 2	120	19	1	18	3	4	0	210	6		
2015-10	Sun, Oct 11, 2015	42	Oct-11 - Oct-17	04 - Snacks	Met-rx - Prime Peanut Butter Bana	220	28	12	16	5	20	10	105	11		
2015-10	Sun, Oct 11, 2015	42	Oct-11 - Oct-17	05 - Dinner	Emerald - Breakfast on the Go, Cof	200	22	3	19	11	5	0	115	11		
2015-10	Mon, Oct 12, 2015	42	Oct-11 - Oct-17	01 - Breakfast	Met-Rx Big 100 Colossal - Sweet &	430	44	3	41	15	31	0	600	25		
2015-10	Mon, Oct 12, 2015	42	Oct-11 - Oct-17	03 - Lunch	Bumble bee tunna - sun dried tom:	60	2	1	1	0	13	20	230	1		
2015-10	Mon, Oct 12, 2015	42	Oct-11 - Oct-17	03 - Lunch	Rudolph's - Bar B Que Pork Rinds, 1	160	0	0	0	10	16	40	800	0		
2015-10	Mon, Oct 12, 2015	42	Oct-11 - Oct-17	04 - Snacks	Pure Protein - Chocolate Salted Cai	200	20	0	20	5	19	5	210	3		
2015-10	Mon, Oct 12, 2015	42	Oct-11 - Oct-17	04 - Snacks	Happy Farms preferred - Salted Ca	110	1	0	1	9	7	30	200	0		
2015-10	Mon, Oct 12, 2015	42	Oct-11 - Oct-17	04 - Snacks	Prunes - Prunes, 0.15 cup or 5 piec	60	16	2	14	0	1	0	0	9		
2015-10	Mon, Oct 12, 2015	42	Oct-11 - Oct-17	04 - Snacks	Sunmaid - California Mission Figs, 0	83	20	4	16	0	1	0	0	15		
2015-10	Mon, Oct 12, 2015	42	Oct-11 - Oct-17	05 - Dinner	Chicken Breast - Chicken Breast,, 3	155	0	0	0	1	26	0	0	0		
2015-10	Mon, Oct 12, 2015	42	Oct-11 - Oct-17	05 - Dinner	Trader Joe - Cilantro and Jalepeno	160	12	4	8	10	4	0	280	2		
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	01 - Breakfast	Six Star Pro Nutrition - Protein Bar-	190	15	0	15	6	20	5	150	6		
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	02 - Exercise	Stationary bike, moderate effort (b	(378)	0	0	0	0	0	0	0	0	30	
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	03 - Lunch	Bumble Bee Tuna - Spicy Thai Chili,	80	8	1	7	0	12	15	270	7		
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	03 - Lunch	Saffron Road - Falafel Crunchy Chic	123	17	5	12	4	6	0	190	1		
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	04 - Snacks	fage 2% - plain greek yogurt, 0.25 c	43	2	0	2	1	6	0	0	2		
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	04 - Snacks	Skim Milk - Fat Free Skim Milk, 1 c	76	11	0	11	0	8	4	123	11		
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	04 - Snacks	Optimum Nutrition - Gold Standard	120	3	0	3	1	24	45	190	1		
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	04 - Snacks	International Delight - Iced Coffee	150	29	0	29	3	4	10	105	23		
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	05 - Dinner	Steak - Skirt, 2 oz	119	0	0	0	6	15	33	43	0		
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	05 - Dinner	jade dragon - oriental stir fry, 1.5 c	90	17	5	12	0	5	0	345	8		
2015-10	Tue, Oct 13, 2015	42	Oct-11 - Oct-17	06 - Weigh in		0	0	0	0	0	0	0	0	0		233
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	01 - Breakfast	Pure Protein - Chocolate Salted Cai	200	20	0	20	5	19	5	210	3		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	02 - Exercise	Stationary bike, moderate effort (b	(378)	0	0	0	0	0	0	0	0	30	
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	02 - Exercise	Walking, 2.0 mph, slow pace	(66)	0	0	0	0	0	0	0	0	15	
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	03 - Lunch	Fresh - Grape Tomato - Cgirl, 9 torr	18	6	3	3	0	3	0	12	6		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	03 - Lunch	Genetic - Baby Bell Peppers, 1.8 p	15	0	0	0	0	0	0	0	0		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	03 - Lunch	Trader Joe's - Cilantro and Jalapeño	160	12	4	8	10	4	0	280	2		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	03 - Lunch	jade dragon - oriental stir fry, 0.5 c	30	6	2	4	0	2	0	115	3		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	03 - Lunch	Wegmans - Skirt Steak, 2 1/2 ounce	183	0	0	0	12	17	42	67	0		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	04 - Snacks	Bumble Bee - Albacore Tuna With	170	1	0	1	12	11	20	410	0		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	04 - Snacks	Rudolph's - Bold & Spicy Bbq Pork	80	0	0	0	5	8	20	400	0		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	04 - Snacks	Trader Joe - Cilantro and Jalepeno	80	6	2	4	5	2	0	140	1		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	04 - Snacks	Walmart Deli - Chicken Salad, 1 flu	135	2	0	2	12	7	28	215	1		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	05 - Dinner	Nature's Best - Java Pro Whey Prot	73	1	0	1	1	13	33	30	1		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	05 - Dinner	Speedway - Mocha Iced Coffee, 32	360	60	0	60	8	0	0	600	48		
2015-10	Wed, Oct 14, 2015	42	Oct-11 - Oct-17	05 - Dinner	Optimum Nutrition - Gold Standard	120	3	0	3	1	24	45	190	1		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	01 - Breakfast	Pure Protein - Chocolate Salted Cai	200	20	0	20	5	19	5	210	3		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	03 - Lunch	Protein - Tyson Chicken Breast, 3 o	134	0	0	0	3	27	46	28	0		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	03 - Lunch	Velveeta - Cheese, 2 oz	120	6	0	6	6	10	30	780	4		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	03 - Lunch	Generic - Pickled Jalapenos-sliced,	5	1	1	0	0	0	0	330	0		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	03 - Lunch	Mrs. Renfro's - Hot Ghost Pepper S	11	2	0	2	0	0	0	231	1		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	04 - Snacks	PB2 - Pb2 with Premium Chocolate	68	9	2	7	2	6	0	105	5		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	04 - Snacks	fage 2% - plain greek yogurt, 0.25 c	43	2	0	2	1	6	0	0	2		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	04 - Snacks	Skim Milk - Fat Free Skim Milk, 1 c	76	11	0	11	0	8	4	123	11		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	04 - Snacks	Fresh Ground - Almond Butter, 2 T	170	5	3	2	15	7	0	2	1		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	05 - Dinner	Protein - Tyson Chicken Breast, 2.5	112	0	0	0	2	22	38	24	0		
2015-10	Thu, Oct 15, 2015	42	Oct-11 - Oct-17	05 - Dinner	Velveeta - Cheese, 2.5 oz	150	8	0	8	8	13	38	975	5		
2015-10	Fri, Oct 16, 2015	42	Oct-11 - Oct-17	01 - Breakfast	Pure Protein - Chocolate Salted Cai	200	20	0	20	5	19	5	210	3		
2015-10	Fri, Oct 16, 2015	42	Oct-11 - Oct-17	03 - Lunch	Schnucks - World Famous Choppec	248	0	0	0	0	0	0	0	0		
2015-10	Fri, Oct 16, 2015	42	Oct-11 - Oct-17	04 - Snacks	delifresh - chicken salad supreme ,	250	0	0	0	13	18	60	590	0		
2015-10	Fri, Oct 16, 2015	42	Oct-11 - Oct-17	04 - Snacks	Protein - Tyson Chicken Breast, 2.5	112	0	0	0	2	22	38	24	0		
2015-10	Fri, Oct 16, 2015	42	Oct-11 - Oct-17	04 - Snacks	Velveeta - Cheese, 2.5 oz	150	8	0	8	8	13	38	975	5		
2015-10	Fri, Oct 16, 2015	42	Oct-11 - Oct-17	04 - Snacks	monster - Muscle Monster Chocola	200	20	0	20	4	25	15	660	16		
2015-10	Fri, Oct 16, 2015	42	Oct-11 - Oct-17	05 - Dinner	Trader Joe's - Horseradish Hummu	60	6	1	5	4	1	0	126	1		
2015-10	Fri, Oct 16, 2015	42	Oct-11 - Oct-17	05 - Dinner	Oscar Mayer - Deli Fresh-Slow Roa	73	1	0	1	2	12	36	644	0		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	01 - Breakfast	Quest Bar Smores - Protein Bar, 60	180	23	13	10	8	20	5	180	1		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	03 - Lunch	Salsa - Homemade, 4 oz	24	8	2	6	0	4	0	0	0		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	03 - Lunch	Homemade - Corn Tortilla Chips, 2	30	4	0	4	1	0	0	0	0		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	03 - Lunch	Eggs Scrambled - Egg, 1 large egg (5	80	0	0	0	5	7	0	80	0		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	03 - Lunch	El Mexicano - Pork Chorizo, 1 oz	84	1	0	1	7	4	50	268	0		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	03 - Lunch	Refried Beans - Refried Beans, 2.5 f	63	11	3	8	1	4	0	338	1		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	04 - Snacks	Quest Bar - Coconut Cashew Flavor	170	25	17	8	6	20	5	250	1		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	04 - Snacks	Planters Peanuts - Sea Salt & Vineg	320	10	4	6	28	14	0	280	2		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	04 - Snacks	Sunmaid - California Mission Figs, (	165	39	8	31	0	2	0	0	30		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	04 - Snacks	Prunes - Prunes, 0.15 cup or 5 piec	60	16	2	14	0	1	0	0	9		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	05 - Dinner	Homemade - Cod, Pan Fried, 2 oun	46	0	0	0	0	10	21	77	0		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	05 - Dinner	Sea Queen - Medium Cooked Shrin	45	0	0	0	1	8	83	115	0		
2015-10	Sat, Oct 17, 2015	42	Oct-11 - Oct-17	05 - Dinner	Morrison - Steamed Broccoli, 3 flui	18	3	1	2	0	1	0	17	1		
2015-10	Sun, Oct 18, 2015	43	Oct-18 - Oct-24	01 - Breakfast	Pure Protein - Pure Protein Bar S'rr	200	19	0	19	5	19	10	100	3		
2015-10	Sun, Oct 18, 2015	43	Oct-18 - Oct-24	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-10	Sun, Oct 18, 2015	43	Oct-18 - Oct-24	03 - Lunch	Starkist - Solid White Albacore Tun	100	0	0	0	1	24	40	380	0		
2015-10	Sun, Oct 18, 2015	43	Oct-18 - Oct-24	03 - Lunch	Fage Yogurt - Yogurt, Greek, 2% (F	21	1	0	1	1	3	1	8	1		
2015-10	Sun, Oct 18, 2015	43	Oct-18 - Oct-24	03 - Lunch	Saffron Road - Korean Bbq Crunchy	117	16	2	14	3	5	0	210	4		
2015-10	Sun, Oct 18, 2015	43	Oct-18 - Oct-24	04 - Snacks	Kroger Protein Bar - Peanut Butter	180	17	7	10	10	10	0	160	7		
2015-10	Sun, Oct 18, 2015	43	Oct-18 - Oct-24	04 - Snacks	Oh Yeah! - Victory Bar - Peanut Bul	200	27	17	10	6	21	0	120	8		
2015-10	Sun, Oct 18, 2015	43	Oct-18 - Oct-24	05 - Dinner	Taco Bell - Steak Cantina Bowl - No	345	14	0	14	18	25	0	0	0		
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	01 - Breakfast	Pure Protein - Chocolate Salted Cai	200	20	0	20	5	19	5	210	3		
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	02 - Exercise	Stationary bike, moderate effort (b	(378)	0	0	0	0	0	0	0	0	30	
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	03 - Lunch	Bumble Bee - Jalapeño Seasoned T	60	2	1	1	0	12	15	350	1		
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	03 - Lunch	ANSI - Gourmet Cheesecake Natur:	180	27	20	7	6	20	5	130	6		
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	03 - Lunch	Hapi Snacks - Spicy Sriracha Peas, 2	120	19	1	18	3	4	0	210	6		
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	04 - Snacks	Saffron Road - Korean Bbq Crunchy	117	16	2	14	3	5	0	210	4		
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	04 - Snacks	Met-rx - Big 100 Chocolate Chip Co	265	37	1	36	4	21	26	111	18		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	04 - Snacks	Prunes - Prunes, 0.15 cup or 5 piec	60	16	2	14	0	1	0	0	9		
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	04 - Snacks	Sunmaid - California Mission Figs, (	165	39	8	31	0	2	0	0	30		
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	05 - Dinner	Pork loin - Pork Loin, 6 oz	180	2	0	2	6	35	68	825	2		
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	05 - Dinner	Peas and carrots, frozen, unprepar	45	9	3	6	0	3	0	67	0		
2015-10	Mon, Oct 19, 2015	43	Oct-18 - Oct-24	06 - Weigh in		0	0	0	0	0	0	0	0	0		231
2015-10	Tue, Oct 20, 2015	43	Oct-18 - Oct-24	01 - Breakfast	Oh Yeah! - Almond Fudge Brownie	350	27	4	23	13	30	5	90	8		
2015-10	Tue, Oct 20, 2015	43	Oct-18 - Oct-24	02 - Exercise	Elliptical Trainer	(481)	0	0	0	0	0	0	0	0	30	
2015-10	Tue, Oct 20, 2015	43	Oct-18 - Oct-24	03 - Lunch	Gfs - Beef Sirloin Filet, 4.5 ounce	304	0	0	0	20	29	96	731	0		
2015-10	Tue, Oct 20, 2015	43	Oct-18 - Oct-24	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, 1	60	10	1	9	2	2	0	105	3		
2015-10	Tue, Oct 20, 2015	43	Oct-18 - Oct-24	04 - Snacks	Everfresh - Honey Crisp Apple Juice	14	4	0	4	0	0	0	1	4		
2015-10	Tue, Oct 20, 2015	43	Oct-18 - Oct-24	05 - Dinner	Morrison - Steamed Broccoli, 4 flui	24	5	2	3	0	2	0	23	1		
2015-10	Tue, Oct 20, 2015	43	Oct-18 - Oct-24	05 - Dinner	Ground Chuck 80/20 - Ground Chu	228	0	0	0	15	24	75	75	0		
2015-10	Wed, Oct 21, 2015	43	Oct-18 - Oct-24	01 - Breakfast	Quest Bar - Strawberry Cheesecake	170	5	0	5	7	20	5	160	2		
2015-10	Wed, Oct 21, 2015	43	Oct-18 - Oct-24	02 - Exercise	Elliptical Trainer	(472)	0	0	0	0	0	0	0	0	30	
2015-10	Wed, Oct 21, 2015	43	Oct-18 - Oct-24	03 - Lunch	Ground Chuck 80/20 - Ground Chu	420	0	0	0	33	29	120	113	0		
2015-10	Wed, Oct 21, 2015	43	Oct-18 - Oct-24	03 - Lunch	Promax Ls - Honey Peanut, 57 g (1	190	23	14	9	7	18	5	360	3		
2015-10	Wed, Oct 21, 2015	43	Oct-18 - Oct-24	04 - Snacks	Hapi Snacks - Spicy Sriracha Peas, 2	120	19	1	18	3	4	0	210	6		
2015-10	Wed, Oct 21, 2015	43	Oct-18 - Oct-24	04 - Snacks	Starbucks - Vanilla Bean Double Sh	200	34	2	32	3	20	10	120	21		
2015-10	Wed, Oct 21, 2015	43	Oct-18 - Oct-24	05 - Dinner	Generic - Fresh Tuna Sashimi, 6 oz	288	6	6	0	0	48	0	0	0		
2015-10	Thu, Oct 22, 2015	43	Oct-18 - Oct-24	02 - Exercise	Walking, 4.5 mph, very, very brisk	(220)	0	0	0	0	0	0	0	0	20	
2015-10	Thu, Oct 22, 2015	43	Oct-18 - Oct-24	03 - Lunch	Supreme Protein - Carb Conscious	195	13	1	12	9	15	15	120	4		
2015-10	Thu, Oct 22, 2015	43	Oct-18 - Oct-24	04 - Snacks	Ohyeah! Victory - Oatmeal Raisin B	200	28	17	11	6	21	0	120	7		
2015-10	Thu, Oct 22, 2015	43	Oct-18 - Oct-24	04 - Snacks	Pork loin - Pork Loin, 2 oz	60	1	0	1	2	12	23	275	1		
2015-10	Thu, Oct 22, 2015	43	Oct-18 - Oct-24	04 - Snacks	Trader Joe's - Horseradish Hummu	100	10	2	8	6	2	0	210	2		
2015-10	Thu, Oct 22, 2015	43	Oct-18 - Oct-24	04 - Snacks	Silk - Dark Chocolate Almond Milk,	50	10	1	9	1	1	0	120	9		
2015-10	Thu, Oct 22, 2015	43	Oct-18 - Oct-24	04 - Snacks	on - Mocha Cappuccino, 32 g	120	3	0	3	2	24	40	110	2		
2015-10	Thu, Oct 22, 2015	43	Oct-18 - Oct-24	04 - Snacks	Speedway - French Vanilla Iced Cof	270	45	0	45	6	0	0	450	36		
2015-10	Thu, Oct 22, 2015	43	Oct-18 - Oct-24	05 - Dinner	Ground Chuck 80/20 - Ground Chu	228	0	0	0	15	24	75	75	0		
2015-10	Thu, Oct 22, 2015	43	Oct-18 - Oct-24	05 - Dinner	Kc Masterpiece - Baked Beans App	174	34	8	26	1	8	0	567	15		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	01 - Breakfast	Ohyeah! - Victory Bar - Very Berry,	200	29	17	12	6	21	0	115	8		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	02 - Exercise	Elliptical Trainer	(472)	0	0	0	0	0	0	0	0	30	
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	03 - Lunch	Ground Chuck 80/20 - Ground Chu	105	0	0	0	8	7	30	28	0		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	03 - Lunch	Kc Masterpiece - Baked Beans App	174	34	8	26	1	8	0	567	15		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	04 - Snacks	Chicken of the Sea - Premium Wild	90	8	0	8	2	11	25	400	7		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	04 - Snacks	PB2 - Pb2 with Premium Chocolate	45	6	1	5	1	4	0	70	3		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	04 - Snacks	Ground Chuck 80/20 - Ground Chu	105	0	0	0	8	7	30	28	0		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	04 - Snacks	Fage - Greek Yogurt Plain 0%, 4 oz.	67	5	0	5	0	12	0	57	6		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	04 - Snacks	Detour simple - Salted Carmel cool	115	11	3	8	4	10	0	105	4		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	05 - Dinner	Nature's Best - Java Pro Whey Prot	147	3	0	3	2	27	67	60	1		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	05 - Dinner	Butterball - Natural Inspiration Gar	35	1	0	1	1	5	15	210	1		
2015-10	Fri, Oct 23, 2015	43	Oct-18 - Oct-24	05 - Dinner	Pacific - Organic Curried Red Lentil	280	40	10	30	10	10	0	1,440	16		
2015-10	Sat, Oct 24, 2015	43	Oct-18 - Oct-24	01 - Breakfast	Eggs - Egg, 1 large egg (50g)	70	0	0	0	5	6	185	70	0		
2015-10	Sat, Oct 24, 2015	43	Oct-18 - Oct-24	01 - Breakfast	Ground Chuck 80/20 - Ground Chu	84	0	0	0	7	6	24	23	0		
2015-10	Sat, Oct 24, 2015	43	Oct-18 - Oct-24	03 - Lunch	Soup - Butternut Squash and Apple	303	56	14	42	11	5	0	746	26		
2015-10	Sat, Oct 24, 2015	43	Oct-18 - Oct-24	03 - Lunch	QuestBar - Pumpkin Pie, 1 bar	220	19	12	7	12	21	5	230	1		
2015-10	Sat, Oct 24, 2015	43	Oct-18 - Oct-24	04 - Snacks	Chili's - Cup of Chili, 0.5 cup	100	4	0	4	7	6	15	265	1		
2015-10	Sat, Oct 24, 2015	43	Oct-18 - Oct-24	04 - Snacks	Frozen - Meatballs, 4 meatballs	180	5	1	4	13	9	27	500	1		
2015-10	Sat, Oct 24, 2015	43	Oct-18 - Oct-24	05 - Dinner	Pacific - Organic Curried Red Lentil	140	20	5	15	5	5	0	720	8		
2015-10	Sat, Oct 24, 2015	43	Oct-18 - Oct-24	05 - Dinner	Happy Farms preferred - Salted Ca	209	2	0	2	17	13	57	380	0		
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Egg - Egg, 50 g	70	0	0	0	5	6	185	70	0		
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Bush's - Country Style Baked Beans	340	66	12	54	2	12	0	1,200	28		
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	02 - Exercise	Walking, 4.5 mph, very, very brisk	(440)	0	0	0	0	0	0	0	0	40	
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	03 - Lunch	StarKist Tuna Creation - Ranch, 1 P	80	2	0	2	2	14	35	360	0		
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	04 - Snacks	Bob Evans - Pork Sausage Patties, 1	80	0	0	0	7	6	15	185	0		
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	04 - Snacks	Kroger Protein Bar - Peanut Butter	180	17	7	10	10	10	0	160	7		
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	04 - Snacks	Pure Protein - Chocolate Salted Cai	200	20	0	20	5	19	5	210	3		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	04 - Snacks	Whole Foods - Honey Roasted Pea	90	4	1	3	8	4	0	45	3		
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	05 - Dinner	Dole - Fresh Vegetables - Celery, 2	20	5	2	3	0	1	0	100	0		
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	05 - Dinner	little salad bar aldis - hot salsa, 0.5	113	23	0	23	0	0	0	225	15		
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	05 - Dinner	Chicken Breast - Chicken Breast,, 2	89	0	0	0	1	15	0	0	0		
2015-10	Sun, Oct 25, 2015	44	Oct-25 - Oct-31	05 - Dinner	Kraft Natural Shredded Cheese - Cc	50	1	0	1	4	3	13	85	0		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Ground Chuck 80/20 - Ground Chu	140	0	0	0	11	10	40	38	0		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	03 - Lunch	Trader Joe's - Giant White Beans, 0	225	29	9	20	8	9	0	765	3		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	04 - Snacks	Pacific - Organic Curried Red Lentil	140	20	5	15	5	5	0	720	8		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	04 - Snacks	Happy Farms - String Cheese - Moz	70	0	0	0	5	6	10	190	0		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	04 - Snacks	Starkist - Mediterranean Style Tun:	150	2	1	1	9	14	35	360	1		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	04 - Snacks	Sunmaid - California Mission Figs, (	55	13	3	10	0	1	0	0	10		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	04 - Snacks	Sunsweet Naturals - Organic D'noir	40	10	1	9	0	0	0	2	5		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	05 - Dinner	little salad bar aldis - hot salsa, 0.3	68	14	0	14	0	0	0	135	9		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	05 - Dinner	Dole - Fresh Vegetables - Celery, 2	20	5	2	3	0	1	0	100	0		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	05 - Dinner	Chicken Breast - Chicken Breast,, 3	146	0	0	0	1	25	0	0	0		
2015-10	Mon, Oct 26, 2015	44	Oct-25 - Oct-31	05 - Dinner	Kraft Natural Shredded Cheese - Cc	50	1	0	1	4	3	13	85	0		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Star Kist - Tuna Creations - Sweet &	90	4	0	4	1	16	35	360	4		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	02 - Exercise	Elliptical Trainer	(472)	0	0	0	0	0	0	0	0	30	
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	03 - Lunch	Chicken Breast - Chicken Breast,, 3	133	0	0	0	1	22	0	0	0		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	03 - Lunch	Jif to Go - Reduced Fat, 1 container	250	20	2	18	16	9	0	290	6		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	04 - Snacks	Lunch Mate - Aldi - Premium Black	60	1	0	1	2	10	30	480	1		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	04 - Snacks	Aldi Little Salad Bar - Hummus, Eve	50	4	1	3	3	1	0	190	1		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	04 - Snacks	Sprouts - Black Bean Hummus, 6 Tz	150	12	3	9	9	3	0	270	3		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	04 - Snacks	Clancy's (Aldi) - Pork Rinds- Hot & S	160	0	0	0	9	16	40	440	0		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	04 - Snacks	Smári - Organic Icelandic Vanilla Yc	150	12	1	11	5	15	60	20	10		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	04 - Snacks	Kroger Protein Bar - Peanut Butter	360	34	14	20	20	20	0	320	14		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	05 - Dinner	northern catch - albacore solid whi	120	0	0	0	1	30	40	280	0		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	05 - Dinner	Fage Total 0% - Plain Nonfat Yogur	16	1	0	1	0	3	1	11	1		
2015-10	Tue, Oct 27, 2015	44	Oct-25 - Oct-31	06 - Weigh in		0	0	0	0	0	0	0	0	0		228
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Met-Rx - Big 100 Colossal Peanut B	410	47	3	44	12	30	0	600	28		
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Speedway - French Vanilla Iced Cof	270	45	0	45	6	0	0	450	36		
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	02 - Exercise	Elliptical Trainer	(472)	0	0	0	0	0	0	0	0	30	
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	02 - Exercise	Elliptical Trainer	(310)	0	0	0	0	0	0	0	0	20	
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	03 - Lunch	Kirkwood - Grilled Chicken Breast S	100	1	0	1	2	20	60	460	1		
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	03 - Lunch	Hummus - Everything , 2 tbsp.	50	4	1	3	3	1	0	190	1		
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	03 - Lunch	Happy Farms - String Cheese - Low	70	0	0	0	5	5	10	170	0		
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	04 - Snacks	Homemade - Pot Roast, Beef, 2 oz.	95	0	0	0	8	12	43	30	0		
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	04 - Snacks	Bumble Bee Tuna - Spicy Thai Chili,	80	8	1	7	0	12	15	270	7		
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	04 - Snacks	Starbucks - Doubleshot Energy Mo	200	33	0	33	3	10	15	160	26		
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	05 - Dinner	Kirkwood - Grilled Chicken Breast S	100	1	0	1	2	20	60	460	1		
2015-10	Wed, Oct 28, 2015	44	Oct-25 - Oct-31	05 - Dinner	Aldi Little Salad Bar - Hummus, Eve	50	4	1	3	3	1	0	190	1		
2015-10	Thu, Oct 29, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Fit & Active - Protein Energy Bar Cc	200	22	1	21	6	15	5	150	16		
2015-10	Thu, Oct 29, 2015	44	Oct-25 - Oct-31	02 - Exercise	Walking, 2.0 mph, slow pace	(129)	0	0	0	0	0	0	0	0	30	
2015-10	Thu, Oct 29, 2015	44	Oct-25 - Oct-31	03 - Lunch	Clancy's Pork Rinds Hot & Spicy - P	160	0	0	0	10	16	30	740	0		
2015-10	Thu, Oct 29, 2015	44	Oct-25 - Oct-31	03 - Lunch	Little Salad Bar - Sriracha Hummus,	50	5	0	5	25	1	0	150	1		
2015-10	Thu, Oct 29, 2015	44	Oct-25 - Oct-31	04 - Snacks	Premier Nutrition - Protein Bar- Ch	290	25	3	22	8	30	0	440	8		
2015-10	Thu, Oct 29, 2015	44	Oct-25 - Oct-31	04 - Snacks	Atkins Cafe Caramel Shake - Protei	160	3	1	2	10	15	10	210	1		
2015-10	Thu, Oct 29, 2015	44	Oct-25 - Oct-31	04 - Snacks	Amy's Organic - Thai Coconut Soup	280	18	4	14	20	8	0	1,160	8		
2015-10	Thu, Oct 29, 2015	44	Oct-25 - Oct-31	05 - Dinner	Amy's - Organic Low Fat Split Pea S	200	38	12	26	0	14	0	1,340	8		
2015-10	Thu, Oct 29, 2015	44	Oct-25 - Oct-31	05 - Dinner	Maruchan Ramen - Noodle Soup -	190	26	1	25	7	4	0	790	1		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Nature's Path Organic- Oatmeal W	83	14	2	12	2	4	0	0	0		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Skimmed Milk - Milk, 0.25 cup	23	1	0	1	0	1	0	12	1		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	01 - Breakfast	on - Gold Standard Whey (Mocha C	65	2	0	2	1	12	15	30	1		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	02 - Exercise	Elliptical Trainer	(465)	0	0	0	0	0	0	0	0	30	
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	03 - Lunch	Bumble Bee Tuna - Spicy Thai Chili,	80	8	1	7	0	12	15	270	7		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	03 - Lunch	Starbucks - Doubleshot Coffee & P	200	32	2	30	3	20	10	120	20		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	03 - Lunch	Met-Rx - Prime Carmel Sea Salt, 1 t	210	29	12	17	4	20	10	200	11		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	04 - Snacks	on - Gold Standard Whey (Mocha C	130	4	0	4	2	24	30	60	1		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	04 - Snacks	simple truth - unsweetened vanilla	30	2	1	1	3	1	0	180	1		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	04 - Snacks	Atkins Cafe Caramel Shake - Protei	160	3	1	2	10	15	10	210	1		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	05 - Dinner	Gold Standard Whey - Chocolate, 3	120	3	0	3	1	24	30	130	1		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	05 - Dinner	Morrison - Meatballs, 3 ounce	116	4	1	3	6	12	36	131	1		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	05 - Dinner	Homemade - Mexican Taco Bean D	32	3	1	2	2	1	0	110	1		
2015-10	Fri, Oct 30, 2015	44	Oct-25 - Oct-31	05 - Dinner	Kroger - Ham and Cheese Pinwheel	201	3	0	3	16	11	48	906	0		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Homemade - Chicken Breast (Grille	93	0	0	0	2	18	48	48	0		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Aldi - Happy Farms - Mozzarella Ch	160	2	0	2	12	16	30	340	0		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Tuscan Garden - Hot Diced Giardin	30	1	0	1	3	0	0	205	0		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	01 - Breakfast	Aldi - Black Forest Ham, 1 oz	27	1	0	1	0	5	12	245	1		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	03 - Lunch	Homemade - Eggs Con Chorizo, 1 c	180	4	2	2	16	10	220	304	2		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	03 - Lunch	Refried Beans - Refried Beans, 2.5 f	63	11	3	8	1	4	0	338	1		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	03 - Lunch	Salsa - Homemade, 4 oz	24	8	2	6	0	4	0	0	0		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	03 - Lunch	Homemade - Corn Tortilla Chips, 3	45	6	0	6	2	0	0	0	0		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	04 - Snacks	Silk - Dark Chocolate Almond Milk,	100	19	1	18	3	1	0	240	17		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	04 - Snacks	Optimum Nutrition - Gold Standard	120	3	0	3	2	24	40	110	2		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	04 - Snacks	Blue Diamond Coffee Almonds - Ca	320	14	6	8	26	12	0	60	6		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	05 - Dinner	Dole - Fresh Vegetables - Celery, 2	20	5	2	3	0	1	0	100	0		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	05 - Dinner	Fage Total 0% - Plain Nonfat Yogur	16	1	0	1	0	3	1	11	1		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	05 - Dinner	Eat Well Enjoy Life - Spicy Red Lent	120	8	4	4	7	4	0	210	2		
2015-10	Sat, Oct 31, 2015	44	Oct-25 - Oct-31	05 - Dinner	Campbell's - Sweet Potato Tomatil	340	44	6	38	16	6	50	1,640	16		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	01 - Breakfast	Homemade - Eggs Con Chorizo, 1 c	180	4	2	2	16	10	220	304	2		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	01 - Breakfast	Refried Beans - Refried Beans, 2.5 f	63	11	3	8	1	4	0	338	1		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	01 - Breakfast	Salsa - Homemade, 4 oz	24	8	2	6	0	4	0	0	0		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	03 - Lunch	Generic - Pizza - No Crust, 0.5 Slice	143	12	0	12	5	6	9	320	1		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	03 - Lunch	Quest Cravings - Protein Peanut Bu	120	5	2	3	9	10	3	120	1		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	04 - Snacks	Fairlife - Chocolate Milk, 1 fluid ou	18	2	0	2	1	2	3	31	2		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	04 - Snacks	Optimum Nutrition - Gold Standard	120	3	0	3	2	24	40	110	2		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	04 - Snacks	Nestle (Coffee Mate) - French Vani	35	5	0	5	2	0	0	30	5		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	04 - Snacks	Blue Diamond Coffee Almonds - Ca	40	2	1	1	3	2	0	8	1		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	04 - Snacks	Precious - Low Fat Mozerella, 2 oz	160	2	0	2	12	16	30	380	0		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	05 - Dinner	Generic - Thai Coconut Chicken Sou	130	12	3	9	4	12	0	255	0		
2015-11	Sun, Nov 01, 2015	45	Nov-01 - Nov-07	05 - Dinner	PB2 - Pb2 with Premium Chocolate	90	12	2	10	2	8	0	140	6		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	01 - Breakfast	Detour - Simple Chocolate Chip Cai	210	25	6	19	5	20	20	210	4		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	02 - Exercise	Elliptical Trainer	(310)	0	0	0	0	0	0	0	0	20	
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	02 - Exercise	Walking, 4.5 mph, very, very brisk	(325)	0	0	0	0	0	0	0	0	30	
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	03 - Lunch	Kroger - Lowfat Cottage Cheese, 0.	100	5	0	5	3	12	15	460	4		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	03 - Lunch	Oikos - Triple Zero Coconut Creme,	120	15	6	9	0	15	5	65	7		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	04 - Snacks	Aldi's-kirkwood - Fully Cooked Grill	100	1	0	1	2	20	60	460	1		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	04 - Snacks	Little Salad Bar - Sriracha Hummus,	100	10	0	10	50	2	0	300	2		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	04 - Snacks	Aldi Lunchmate Mesquite Smoked	25	1	0	1	1	5	8	215	1		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	04 - Snacks	Aldi hickory smoked ham - deli me	30	1	0	1	1	5	15	205	1		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	04 - Snacks	Eat Well Enjoy Life - Spicy Red Lent	60	4	2	2	4	2	0	105	1		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	04 - Snacks	Sun Maid - Mission Figs, 0.19 cup (	83	20	4	16	0	1	0	0	15		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	04 - Snacks	Sunsweet - D'noir Prunes (Preserv	50	12	2	10	0	1	0	0	6		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	04 - Snacks	Optimum Nutrition - Gold Standard	120	3	0	3	2	24	40	110	2		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	04 - Snacks	Silk - Dark Chocolate Almond Milk,	25	5	0	5	1	0	0	60	4		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	05 - Dinner	Bacon Burger Cauliflower Rice Cass	213	5	2	3	13	18	58	322	2		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	05 - Dinner	Quest Bar - Peanut Butter Cups, 1 c	120	5	2	3	9	10	0	60	1		
2015-11	Mon, Nov 02, 2015	45	Nov-01 - Nov-07	06 - Weigh in		0	0	0	0	0	0	0	0	0		228
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	01 - Breakfast	22 Days Nutrition - Coconut Choco	290	33	12	21	12	20	0	5	15		
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	03 - Lunch	Comfort Creek Foods - Pulled Pork	150	8	1	7	3	23	75	400	3		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	03 - Lunch	Oikos - Triple Zero - Strawberry, 5.1	120	15	6	9	0	15	5	65	7		
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	03 - Lunch	Blue Diamond Coffee Almonds - Ca	40	2	1	1	3	2	0	8	1		
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	04 - Snacks	Aldi's-kirkwood - Fully Cooked Grill	100	1	0	1	2	20	60	460	1		
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	04 - Snacks	Eat Well Enjoy Life - Spicy Red Lent	60	4	2	2	4	2	0	105	1		
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	04 - Snacks	Atkins Cafe Caramel Shake - Protei	160	3	1	2	10	15	10	210	1		
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	04 - Snacks	Precious - Low Fat Mozerella, 1.2 o	96	1	0	1	7	10	18	228	0		
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	05 - Dinner	Generic - Age-Dashi Tofu , 1 cup co	210	21	0	21	10	12	0	0	0		
2015-11	Tue, Nov 03, 2015	45	Nov-01 - Nov-07	05 - Dinner	Homemade - Spinach Ohitashi, 1 c	180	60	12	48	6	16	0	3,000	0		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	01 - Breakfast	Optimum Nutrition - Gold Standar	120	3	0	3	2	24	40	110	2		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	01 - Breakfast	Silk - Dark Chocolate Almond Milk,	100	19	1	18	3	1	0	240	17		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	02 - Exercise	Elliptical Trainer	(465)	0	0	0	0	0	0	0	0	30	
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	03 - Lunch	Generic - Thai Coconut Chicken Sou	130	12	3	9	4	12	0	255	0		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	03 - Lunch	Kroger - Lowfat Cottage Cheese, 4	100	5	0	5	3	12	15	460	4		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	04 - Snacks	Kirkwood - Grilled Southwestern C	96	1	0	1	2	19	57	440	1		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	04 - Snacks	Eat Well Enjoy Life - Spicy Red Lent	96	6	3	3	6	3	0	168	2		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	04 - Snacks	Detour simple - Whey protein bar-	230	24	6	18	8	20	20	260	4		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	04 - Snacks	Monster - Muscle Monster Energy	200	19	0	19	4	25	15	660	16		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	04 - Snacks	Precious - Low Fat Mozerella, 1.55	124	2	0	2	9	12	23	295	0		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	05 - Dinner	Premier Nutrition - Protein Bar- Ch	290	25	3	22	8	30	0	440	8		
2015-11	Wed, Nov 04, 2015	45	Nov-01 - Nov-07	05 - Dinner	Marketside (Walmart) - Baby Kale	17	3	1	2	0	1	0	32	1		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	01 - Breakfast	Oh Yeah! Victory Bar - Vanilla Almc	200	27	17	10	6	21	0	120	8		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	02 - Exercise	Walking, 2.0 mph, slow pace	(129)	0	0	0	0	0	0	0	0	30	
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	03 - Lunch	Homemade Hummus - Hummus - f	102	11	2	9	5	3	0	136	0		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	03 - Lunch	Falafel, home-prepared, 3 patty (aj	170	16	0	16	9	7	0	150	0		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	03 - Lunch	Homemade - Cucumber-Yogurt Sai	26	2	0	2	2	2	6	116	0		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	03 - Lunch	Country Restaurant - Lebanese/Mic	129	1	0	1	10	9	33	150	0		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	04 - Snacks	Aldi - Simply Nature Mild Italian Ch	90	1	0	1	5	12	50	470	0		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	04 - Snacks	Optimum Nutrition - Gold Standar	240	6	0	6	3	48	80	220	4		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	04 - Snacks	Silk - Dark Chocolate Almond Milk,	100	19	1	18	3	1	0	240	17		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	05 - Dinner	Country Restaurant - Lebanese/Mic	193	1	0	1	15	14	50	225	0		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	05 - Dinner	Homemade - Cucumber-Yogurt Sai	52	4	0	4	4	4	12	232	0		
2015-11	Thu, Nov 05, 2015	45	Nov-01 - Nov-07	05 - Dinner	Homemade Hummus - Hummus - f	128	14	3	11	6	3	0	170	0		
2015-11	Fri, Nov 06, 2015	45	Nov-01 - Nov-07	01 - Breakfast	Hyvee Chinese - *Orange Chicken,	92	8	0	8	6	5	0	196	0		
2015-11	Fri, Nov 06, 2015	45	Nov-01 - Nov-07	01 - Breakfast	Cliff Bar - Chocolate Brownie, 0.75	180	33	4	29	3	7	0	120	17		
2015-11	Fri, Nov 06, 2015	45	Nov-01 - Nov-07	02 - Exercise	Elliptical Trainer	(465)	0	0	0	0	0	0	0	0	30	
2015-11	Fri, Nov 06, 2015	45	Nov-01 - Nov-07	03 - Lunch	Bacon Burger Cauliflower Rice Cass	170	4	1	3	11	14	46	258	2		
2015-11	Fri, Nov 06, 2015	45	Nov-01 - Nov-07	04 - Snacks	Aldi - Simply Nature Mild Italian Ch	90	1	0	1	5	12	50	470	0		
2015-11	Fri, Nov 06, 2015	45	Nov-01 - Nov-07	04 - Snacks	Kroger - Cow Pals Colby Jack Chees	80	0	0	0	7	5	20	130	0		
2015-11	Fri, Nov 06, 2015	45	Nov-01 - Nov-07	04 - Snacks	Blue Diamond Coffee Almonds - Ca	40	2	1	1	3	2	0	8	1		
2015-11	Fri, Nov 06, 2015	45	Nov-01 - Nov-07	04 - Snacks	muscle milk protein crunch bar - ct	360	30	5	25	13	30	10	400	15		
2015-11	Fri, Nov 06, 2015	45	Nov-01 - Nov-07	05 - Dinner	Crystal Farms - Pepper Jack Cheese	248	2	0	2	20	14	68	450	0		
2015-11	Fri, Nov 06, 2015	45	Nov-01 - Nov-07	05 - Dinner	Aldi - Simply Nature Mild Italian Ch	180	2	0	2	9	24	100	940	0		
2015-11	Sat, Nov 07, 2015	45	Nov-01 - Nov-07	01 - Breakfast	Krispy Kreme - Chocolate Glazed D	240	32	1	31	12	3	0	80	21		
2015-11	Sat, Nov 07, 2015	45	Nov-01 - Nov-07	02 - Exercise	Walking, 2.0 mph, slow pace	(646)	0	0	0	0	0	0	0	0	150	
2015-11	Sat, Nov 07, 2015	45	Nov-01 - Nov-07	03 - Lunch	Beets - Pickled Beets, 2.2 ounce	31	8	0	8	0	2	0	135	8		
2015-11	Sat, Nov 07, 2015	45	Nov-01 - Nov-07	03 - Lunch	Katies - Homemade Chicken Salad,	192	10	1	9	17	24	55	585	3		
2015-11	Sat, Nov 07, 2015	45	Nov-01 - Nov-07	03 - Lunch	Cucumber - With peel, raw, 0.5 cup	8	2	0	2	0	0	0	1	1		
2015-11	Sat, Nov 07, 2015	45	Nov-01 - Nov-07	03 - Lunch	Broccoli, raw, 0.5 cup chopped	15	3	1	2	0	1	0	15	1		
2015-11	Sat, Nov 07, 2015	45	Nov-01 - Nov-07	03 - Lunch	simply Kraft - Cottage Cheese, 0.5 c	90	7	0	7	3	11	15	410	5		
2015-11	Sat, Nov 07, 2015	45	Nov-01 - Nov-07	04 - Snacks	Kronos - Traditional Gyro Meat, 99 g	380	7	0	7	34	14	60	720	1		
2015-11	Sat, Nov 07, 2015	45	Nov-01 - Nov-07	05 - Dinner	Homemade - Chili - Chili, 0.5 cup	128	15	3	12	4	13	14	278	3		
2015-11	Sat, Nov 07, 2015	45	Nov-01 - Nov-07	05 - Dinner	Home Made - Western Omllette, 1	123	4	1	3	7	8	231	286	2		
2015-11	Sun, Nov 08, 2015	46	Nov-08 - Nov-14	01 - Breakfast	Home Made - Western Omllette, 2	245	8	2	6	15	16	462	571	4		
2015-11	Sun, Nov 08, 2015	46	Nov-08 - Nov-14	02 - Exercise	Walking, 3.5 mph, brisk pace	(208)	0	0	0	0	0	0	0	0	30	
2015-11	Sun, Nov 08, 2015	46	Nov-08 - Nov-14	03 - Lunch	Chicken Breast - Chicken Breast,, 3	155	0	0	0	1	26	0	0	0		

Report Month	Date	Week #	Date Range	Category	Foods	Calories	Carbs (grams)	Fiber (grams)	Net Carbs	Fat (grams)	Protein (grams)	Cholest (mg's)	Sodium (mg's)	Sugars (grams)	Exercise Duration	Pounds (lbs)
2015-11	Sun, Nov 08, 2015	46	Nov-08 - Nov-14	04 - Snacks	Chef Robert Irvine's Fortifx - Fit Cr	380	27	2	25	16	30	30	490	6		
2015-11	Sun, Nov 08, 2015	46	Nov-08 - Nov-14	04 - Snacks	Speedway - French Vanilla Iced Cof	270	45	0	45	6	0	0	450	36		
2015-11	Sun, Nov 08, 2015	46	Nov-08 - Nov-14	05 - Dinner	Pb2 - Peanut Butter, 3 tbsps	68	8	3	5	2	8	0	141	2		
2015-11	Sun, Nov 08, 2015	46	Nov-08 - Nov-14	05 - Dinner	Crystal Farms - Marble Jack Cheese	143	0	0	0	12	8	39	234	0		
2015-11	Sun, Nov 08, 2015	46	Nov-08 - Nov-14	05 - Dinner	Celery, raw, 3 stalk, medium (7-1/2	19	4	2	2	0	1	0	96	2		
2015-11	Sun, Nov 08, 2015	46	Nov-08 - Nov-14	05 - Dinner	Fage Yogurt - Yogurt, Greek, 2% (F	64	3	0	3	2	9	4	24	3		
2015-11	Mon, Nov 09, 2015	46	Nov-08 - Nov-14	01 - Breakfast	Detour - Lean Muscle Bar, 1 bar	370	33	3	30	12	32	20	460	3		
2015-11	Mon, Nov 09, 2015	46	Nov-08 - Nov-14	03 - Lunch	Aldi Little Salad Bar - Hummus, Eve	50	4	1	3	3	1	0	190	1		
2015-11	Mon, Nov 09, 2015	46	Nov-08 - Nov-14	03 - Lunch	Oscar Mayer - Carving Board South	147	1	0	1	3	31	80	720	0		
2015-11	Mon, Nov 09, 2015	46	Nov-08 - Nov-14	04 - Snacks	Paul Shredded Wheat Protein Bar f	196	18	4	14	10	11	8	30	2		
2015-11	Mon, Nov 09, 2015	46	Nov-08 - Nov-14	04 - Snacks	Oscar Mayer - Carving Board South	73	1	0	1	1	15	40	360	0		
2015-11	Mon, Nov 09, 2015	46	Nov-08 - Nov-14	04 - Snacks	Aldi Little Salad Bar - Hummus, Eve	50	4	1	3	3	1	0	190	1		
2015-11	Mon, Nov 09, 2015	46	Nov-08 - Nov-14	05 - Dinner	Oikos - Triple Zero Coconut Creme,	120	15	6	9	0	15	5	65	7		
2015-11	Mon, Nov 09, 2015	46	Nov-08 - Nov-14	05 - Dinner	Kill Cliff Bar - Mocha Almond Prote	240	21	3	18	8	20	5	190	1		
2015-11	Tue, Nov 10, 2015	46	Nov-08 - Nov-14	01 - Breakfast	Organic Food Bar - Active Greens +	300	41	10	31	10	16	0	60	26		
2015-11	Tue, Nov 10, 2015	46	Nov-08 - Nov-14	03 - Lunch	Hot Head's - Paul's Burrito Bowl - C	221	16	3	13	14	17	50	905	0		
2015-11	Tue, Nov 10, 2015	46	Nov-08 - Nov-14	04 - Snacks	Chicken of the Sea - Tilapia, 3 oz	110	9	0	9	3	15	0	0	0		
2015-11	Tue, Nov 10, 2015	46	Nov-08 - Nov-14	04 - Snacks	Hot Head's - Paul's Burrito Bowl - C	221	16	3	13	14	17	50	905	0		
2015-11	Tue, Nov 10, 2015	46	Nov-08 - Nov-14	04 - Snacks	Paul Shredded Wheat Protein Bar f	203	19	4	15	10	12	8	31	2		
2015-11	Tue, Nov 10, 2015	46	Nov-08 - Nov-14	05 - Dinner	Hot Head's - Paul's Burrito Bowl - C	221	16	3	13	14	17	50	905	0		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	01 - Breakfast	Paul Shredded Wheat Protein Bar f	203	19	4	15	10	12	8	31	2		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	02 - Exercise	Walking, 4.5 mph, very, very brisk	(456)	0	0	0	0	0	0	0	0	42	
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	03 - Lunch	Muscle Milk - Chocolate, 14 oz	230	11	2	9	9	25	10	380	3		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	03 - Lunch	Pro Bar - Cookie Dough, 1 bar (70g	290	33	4	29	9	20	0	390	16		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	04 - Snacks	Aldi-lunchmate - Deli Style Oven R	35	1	0	1	1	6	11	301	1		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	04 - Snacks	Crystal Farms - String Cheese-mozz	70	0	0	0	5	5	10	170	0		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	04 - Snacks	Paul Shredded Wheat Protein Bar f	127	12	3	9	7	7	5	19	1		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	05 - Dinner	New York Strip Steak - New York St	121	0	0	0	6	15	40	670	0		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	05 - Dinner	Baked Beans - Baked Beans, 0.25 c	70	9	2	7	1	2	1	213	4		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	05 - Dinner	Atkins - Collard Greens Boiled, 1 fl	1	0	0	0	0	0	0	1	0		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	05 - Dinner	Wu - Fresh Cocktail Shrimp, 2 ounce	56	0	0	0	1	12	111	127	0		
2015-11	Wed, Nov 11, 2015	46	Nov-08 - Nov-14	05 - Dinner	Tgif - Spinach & Artichoke Dip, 2 TE	30	2	1	1	2	2	5	135	1		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	01 - Breakfast	Paul Shredded Wheat Protein Bar f	117	11	2	9	6	7	5	18	1		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	03 - Lunch	Homemade - Moong Dal Lentil Sou	150	18	0	18	5	7	0	0	0		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	03 - Lunch	Homemade - Channa Chaat, 1 cup	160	22	8	14	2	9	0	431	1		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	03 - Lunch	Trader Joe's - Vegetable Pakora, 0.	19	3	0	3	1	1	0	119	1		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	03 - Lunch	paneer - Paneer, 1 ounce	101	0	0	0	8	6	30	10	0		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	04 - Snacks	Fairlife - Chocolate Milk, 0.5 cup	70	7	0	7	2	7	10	125	6		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	04 - Snacks	Silk - Dark Chocolate Almond Milk,	50	10	1	9	1	1	0	120	9		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	05 - Dinner	Refried Beans - Refried Beans, 2.5 f	63	11	3	8	1	4	0	338	1		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	05 - Dinner	Gorton's - Grilled Shrimp, 2 oz (8)	55	3	0	3	1	9	25	460	1		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	05 - Dinner	Homemade - Guacamole, 2 table	46	2	1	1	2	1	0	43	0		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	05 - Dinner	pico - pico, 2 tbsps	5	2	0	2	0	0	0	0	0		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	05 - Dinner	Homemade Fresh - Tomato Salsa, 1	56	13	3	10	0	2	0	388	1		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	05 - Dinner	Lettuce, green leaf, raw, 1 cup shre	5	1	0	1	0	0	0	10	0		
2015-11	Thu, Nov 12, 2015	46	Nov-08 - Nov-14	06 - Weigh in		0	0	0	0	0	0	0	0	0		227
2015-11	Fri, Nov 13, 2015	46	Nov-08 - Nov-14	01 - Breakfast	Paul Shredded Wheat Protein Bar f	313	29	6	23	16	18	12	48	3		
2015-11	Fri, Nov 13, 2015	46	Nov-08 - Nov-14	02 - Exercise	Elliptical Trainer	(463)	0	0	0	0	0	0	0	0	30	
2015-11	Fri, Nov 13, 2015	46	Nov-08 - Nov-14	03 - Lunch	Restaurant - Chicken, Steak, Shrim	180	12	3	9	6	22	0	770	0		
2015-11	Fri, Nov 13, 2015	46	Nov-08 - Nov-14	03 - Lunch	Homemade - Channa Chaat, 1 cup	160	22	8	14	2	9	0	431	1		
2015-11	Fri, Nov 13, 2015	46	Nov-08 - Nov-14	04 - Snacks	Detour simple - Salted Carmel cool	230	22	6	16	8	20	0	210	7		
2015-11	Fri, Nov 13, 2015	46	Nov-08 - Nov-14	04 - Snacks	Atkins - Collard Greens Boiled, 1 fl	1	0	0	0	0	0	0	1	0		
2015-11	Fri, Nov 13, 2015	46	Nov-08 - Nov-14	04 - Snacks	Baked Beans - Baked Beans, 0.13 c	35	5	1	4	0	1	0	107	2		
2015-11	Fri, Nov 13, 2015	46	Nov-08 - Nov-14	04 - Snacks	New York Strip Steak - New York St	240	0	0	0	12	31	80	1,334	0		
2015-11	Fri, Nov 13, 2015	46	Nov-08 - Nov-14	05 - Dinner	Nature's Best - Java Pro Whey Prot	147	3	0	3	2	27	67	60	1		
2015-11	Fri, Nov 13, 2015	46	Nov-08 - Nov-14	05 - Dinner	Skimmed Milk - Milk, 2 cup	180	10	0	10	0	6	0	98	10		

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2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	01 - Breakfast	Baby Back Ribs - Baby Back Pork Ri	79	0	0	0	6	5	25	22	0		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	01 - Breakfast	Chicken Breast - Chicken Breast,, 2	89	0	0	0	1	15	0	0	0		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	03 - Lunch	Homemade - Beef and Broccoli, 0.2	69	1	1	0	4	6	14	156	1		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	03 - Lunch	Plgj Chinese - Crab Rangoon, 1 eac	67	4	0	4	5	2	13	127	0		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	03 - Lunch	Chicken - Wing, Baked, Roasted, 1	60	0	0	0	5	4	19	22	0		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	03 - Lunch	asian - egg noodles , 1 ounce	70	14	0	14	0	2	0	0	0		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	03 - Lunch	Generic - Fresh Tofu Spring Roll (N	148	27	2	25	2	6	0	201	1		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	04 - Snacks	Paul Shredded Wheat Protein Bar f	211	19	4	15	11	12	8	32	2		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	04 - Snacks	Metabolic Nutrition Protizym - Me	135	3	1	2	3	24	58	49	2		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	04 - Snacks	Skimmed Milk - Milk, 2 cup	180	10	0	10	0	6	0	98	10		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	05 - Dinner	Homemade - Beef and Broccoli, 0.2	69	1	1	0	4	6	14	156	1		
2015-11	Sat, Nov 14, 2015	46	Nov-08 - Nov-14	05 - Dinner	asian - egg noodles , 1 ounce	70	14	0	14	0	2	0	0	0		
2015-11	Sun, Nov 15, 2015	47	Nov-15 - Nov-21	01 - Breakfast	Celery, raw, 2 stalk, medium (7-1/2	13	2	1	1	0	1	0	64	1		
2015-11	Sun, Nov 15, 2015	47	Nov-15 - Nov-21	01 - Breakfast	Fage Yogurt - Yogurt, Greek, 2% (F	43	2	0	2	1	6	3	16	2		
2015-11	Sun, Nov 15, 2015	47	Nov-15 - Nov-21	03 - Lunch	Starkist Selects - Very Low Sodium	120	0	0	0	1	28	50	70	0		
2015-11	Sun, Nov 15, 2015	47	Nov-15 - Nov-21	03 - Lunch	Fage Yogurt - Yogurt, Greek, 2% (F	43	2	0	2	1	6	3	16	2		
2015-11	Sun, Nov 15, 2015	47	Nov-15 - Nov-21	04 - Snacks	Paul chia flax peanut butter chocol	182	19	3	16	9	10	12	63	5		
2015-11	Sun, Nov 15, 2015	47	Nov-15 - Nov-21	04 - Snacks	Paul chia flax peanut butter chocol	296	31	5	26	14	17	19	103	9		
2015-11	Sun, Nov 15, 2015	47	Nov-15 - Nov-21	05 - Dinner	Davis Creek Meats - Beef Sirloin Fil	272	0	0	0	18	26	84	648	0		
2015-11	Sun, Nov 15, 2015	47	Nov-15 - Nov-21	05 - Dinner	Broccoli - Broccoli Steamed, 1.6 flu	6	1	0	1	0	1	0	6	0		