

Monday August 3<sup>rd</sup>

Breakfast	Calories
Plant Fusion - Vanilla Bean Protein Shake, 0.33 scoop (approx 30g)	40
Bob's Red Mill - Extra Thick Rolled Oats, 30 gram	119
Millstone - Hazelnut Cream Coffee (K-cup), 2 K-Cup	4
Strawberries, raw, 5 oz(s)	45
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	208
<b>Lunch</b>	
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Fage - 0% Plain Yogurt, 6 oz	100
Think Thin - Lean Protein & Fiber Bar, Salted Caramel, 1 bar (40g)	150
Driscoll's - Fresh Blackberries, 6 oz.	43
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	388
<b>Dinner</b>	
Marketside - French Beans (Green Beans), 1.25 cup	63
Eat Smart - Broccoli Florets, 12 oz	100
Opa by Lighthouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp	120
Culinary Circle - Crumbled Feta Cheese-Reduced Fat, 4 oz (approx 1/4 cup)	200
Food Should Taste Good - Salt & Vinegar Sweet Potato Chips, 28 g	150
Delallo - Mild Pepperoncini, 10 peppers	30
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	663
<b>Snacks</b>	
Fage - 0% Plain Yogurt, 6 oz	100
Smuckers - Caramel Sauce, 40 g	100
Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	225
<b>Totals</b>	<b>1,484</b>

Tuesday August 4<sup>th</sup>

Breakfast	Calories
Millstone - Hazelnut Cream Coffee (K-cup), 2 K-Cup	4
Plant Fusion - Vanilla Bean Protein Shake, 0.33 scoop (approx 30g)	40
Bob's Red Mill - Extra Thick Rolled Oats, 30 gram	119
Blackberries, wild, raw (Alaska Native), 200 g	104
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	267
<b>Lunch</b>	
Fage - 0% Plain Yogurt, 6 oz	100
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Think Thin - Lean Protein & Fiber Bar, Salted Caramel, 1 bar (40g)	150
Strawberries, raw, 12 oz(s)	109
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	454
<b>Dinner</b>	
Eat Smart - Snow Peas, 9 oz	105
Marketside - French Beans (Green Beans), 1.25 cup	63
Culinary Circle - Crumbled Feta Cheese-Reduced Fat, 4 oz (approx 1/4 cup)	200
Opa by Lighthouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp	120
Delallo - Mild Pepperoncini, 15 peppers	45
Snikiddy - Baked Mac N' Cheese Puffs (Label), 28 g	120
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	653
<b>Snacks</b>	
Kraft - Marshmallow Creme, 16 tbsp	320
Shale Snack - Valdosta Pecans W. Sweet Cranberries, Black Pepper, Orange Zest, 1 1/8 C- 25 g	585
Roland - Feng Shui Rice Crackers, 3/4 cup	165
Food Should Taste Good - Salt & Vinegar Sweet Potato Chips, 42 g	225
Magnum - Double Peanut Butter Ice Cream Bar, 1 Bar	340
Brown Cow All Natural Yogurt - Chocolate on the Bottom, 6 oz.	190
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	1,825
<b>Totals</b>	<b>3,199</b>

Wednesday August 5<sup>th</sup>

Breakfast	Calories
Green Mountain Coffee - Brown Sugar Crumble Donut, 1 Cup	30
Folders Classic Roast - Coffee , 2 cup(6oz)	0
Nature Valley - Oats N Chocolate, 2 bars	190
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	220
<b>Lunch</b>	
Strawberries, raw, 12 oz(s)	109
Fage - 0% Plain Yogurt, 6 oz	100
Granny Smith - Green Apple, Large, 0.5 apple (9oz/255g)	48
somersault - Snack, 22.75 pc	244
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	501
<b>Dinner</b>	
Monterey - Baby Bella Mushrooms, 8 oz	53
Eat Smart - Broccoli Florets, 12 oz	100
O Organics - Half & Half Blend Organic Spring Mix & Baby Spinach, 3 cups	30
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp	120
Culinary Circle - Crumbled Feta Cheese-Reduced Fat, 4 oz (approx 1/4 cup)	200
Delallo - Mild Pepperoncini, 20 peppers	60
Kettle Potato Chips - Pepperoncini, 1.5 oz (13 chips)	225
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	788
<b>Snacks</b>	
Extra - Chewing Gum, 4 stick	20
Hershey's - Special Dark Chocolate Syrup, 20 g (2 Tbsp.)	50
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150
Menchie's - Reese's Pourable Peanut Butter Topping, 2 tbsp	190
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	410
<b>Totals</b>	<b>1,919</b>

Thursday August 6<sup>th</sup>

Breakfast	Calories
Millstone - Hazelnut Cream Coffee (K-cup), 2 K-Cup	4
Plant Fusion - Vanilla Bean Protein Shake, 0.33 scoop (approx 30g)	40
Bob's Red Mill - Extra Thick Rolled Oats, 30 gram	119
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	163
<b>Lunch</b>	
Grapes Green Seedless - Grapes - Green/Large/seedless, 10 oz	200
Granny Smith - Green Apple, Large, 0.5 apple (9oz/255g)	48
Fage - 0% Plain Yogurt, 6 oz	100
Think Thin - Lean Protein & Fiber Bar, Salted Caramel, 1 bar (40g)	150
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	498
<b>Dinner</b>	
Fresh/raw - White Button Mushrooms, 8 ounce	71
Fresh Express - Leafy Green Romaine, 255 g (2 cups)	45
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp	120
Meijer - Colby Jack Cheese, 2 oz (28g)	220
Hormel Natural Choice - 100% Natural Deli Roast Beef (60), 6 Slices (56g)	90
Maille - Cornichons Mini Gherkins, 60 g (7 gherkins)	20
Napolean - Hearts of Palm, 1 1/4 cup	63
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	629
<b>Snacks</b>	
Synergy - Trilogy Kombucha, 16 oz	60
Bosco - Chocolate hazelnut syrup, 2 tbsp	110
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	320
<b>Totals</b>	<b>1,610</b>

Friday August 7<sup>th</sup>

Breakfast	Calories
Green Mountain Coffee - Brown Sugar Crumble Donut, 1 Cup	30
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	30
<b>Lunch</b>	
plenti - yoplait plentiful greek raspberry yogurt , 1 container	140
Generic - Green Grapes, Raw, 10 oz	200
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	340
<b>Dinner</b>	
Fresh Express - Leafy Green Romaine, 255 g (2 cups)	45
Napolean - Hearts of Palm, 1 1/4 cup	63
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 3 Tbsp	90
Giuliano - Feta Cheese Stuffed Olives, 4 olives	40
Maille - Cornichons Mini Gherkins, 60 g (7 gherkins)	20
Essential Everyday - Pepperoncini Peppers, 4 oz	20
Meijer - Colby Jack Cheese, 2 oz (28g)	220
Kettle Potato Chips - Pepperoncini, 1 oz (13 chips)	150
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	648
<b>Snacks</b>	
Mary's Gone Crackers - Super Seed, 13 crackers (30g)	160
Synergy - Gingerberry Kombucha, 16 oz	70
snap - Peas, 9 oz	120
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150
Smuckers - Sundae Syrup Caramel, 2 T	100
smuckers - Magic Shell chocolate fudge, 1 tbsp	105
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	705
<b>Totals</b>	<b>1,723</b>

Saturday August 8<sup>th</sup>

Breakfast	Calories
Green Mountain Coffee - Brown Sugar Crumble Donut, 1 Cup	30
Nature Valley - Crunchy Coconut, 2 Bars	190
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	220
<b>Lunch</b>	
Marketside - Tri-color Cole Slaw (Correct), 425 g (1 1/2 cups)	100
Dolce - Windset Farms Dolce Super Sweet Baby Bell Peppers, 6 peppers	90
Generic - Italian Seasoning, 3 tsp	0
Epicurean - Roasted Garlic Herb Butter, 1 tbsp	80
Quick Add - Myfitnesspal Premium, 1 serving(s)	20
Meijer - Colby Jack Cheese, 2 oz (28g)	220
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	510
<b>Dinner</b>	
Fresh Express - Baby Kale Mix Salad, 1 package (5 oz/141g)	50
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 3 Tbsp	90
Save Mart - Beef Loin Petite Sirloin Steak Ball Tip, 4 oz	256
Salemville - Amish Blue Cheese Crumbles, 1 oz (28g)	100
Essential Everyday - Pepperoncini Peppers, 4 oz	20
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	516
<b>Snacks</b>	
Mentos - Sugarfree Chewing Gum, Fresh Mint (With Green Tea Extract), 2 piece (2g)	10
One - Pure Coconut Water, 625 mL	106
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150
Torani - Dark Chocolate Sauce, 1 oz	100
Hershey - Caramel Sauce, 20.5 g	55
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	421
<b>Totals</b>	<b>1,667</b>

Sunday August 9<sup>th</sup>

### Breakfast

Calories

Seattle's Best Coffee - House Blend Keurig K Cup, 1 K Cup	5
Nature Valley - Oats N Chocolate, 2 bars	190
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	195

### Lunch

Think Thin - Lean Protein & Fiber Bar, Salted Caramel, 1 bar (40g)	150
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	150

### Dinner

Earth Greens Baby Romaine Organic - Baby Romaine Organic, 130 grams	30
Earthbound Farm - Organic Half/half Baby Spinach & Baby Arugula, 2 cups (85g or 3oz)	20
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp	120
Merretta - Imported Golden Greek Peperoncini, 9 Peppers	30
Sargento - Fine Cut Cheddar Jack, 56 g	220
Hormel Natural Choice - 100% Natural Deli Roast Beef (60), 6 Slices (56g)	90
Kettle Potato Chips - Peperoncini, 2 oz (13 chips)	300
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	810

### Snacks

Odoul's - Non-alcoholic Beer, 12 oz	65
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150
Hershey - Caramel Sauce, 20.5 g	55
Bosco - Chocolate hazelnut syrup, 2.67 tbsp	147
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	417

Totals 1,572