

Monday July 13<sup>th</sup>

**Breakfast**

**Calories**

Bob's Red Mill - Extra Thick Rolled Oats, 35 gram	139
Plant Fusion - Vanilla Bean Protein Shake, 0.5 scoop (approx 30g)	60
Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0
Pears - Raw, 150 g	87
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	286

**Lunch**

Fage - 0% Plain Yogurt, 6 oz	100
Blueberries - Raw, 4.5 oz(s)	73
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Think Thin - Lean Protein & Fiber Bar, Salted Caramel, 1 bar (40g)	150
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	418

**Dinner**

Kroger - Baby Kale, 340 g	100
Chiz's - Original Ranch Dressing, 3 Tbsp (14g)	150
King's - Kimchee, 8 oz	60
Culinary Circle - Crumbled Gorgonzola Cheese, 0.3125 cup	125
popchips - Sea Salt Potato Chips, 1 bag	100
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	535

**Snacks**

Extra - Chewing Gum, 2 stick	10
Mentos - Sugarfree Chewing Gum, Fresh Mint (With Green Tea Extract), 2 piece (2g)	10
Synergy - Gingerberry Kombucha, 16 oz	70
Fage 2%, 1 container	150
Smucker's - Hot Fudge, 2 Tablespoons	130
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	370

**Totals 1,609**

Tuesday July 14<sup>th</sup>

**Breakfast**

**Calories**

Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0
Plant Fusion - Vanilla Bean Protein Shake, 0.5 scoop (approx 30g)	60
Bob's Red Mill - Extra Thick Rolled Oats, 35 gram	139
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	199

**Lunch**

Heirloom Tomato - Raw, 8 ounce	41
Fruits - Dragon Fruit (Pitahaya), 16 oz	120
Fage - 0% Plain Yogurt, 6 oz	100
Think Thin - Lean Protein & Fiber Bar, Salted Caramel, 1 bar (40g)	150
Emerald - Cocoa Roast Almonds, Dark Chocolate, 100-calorie Pack (Net Carbs), 1 package (18g)	100
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	511

**Dinner**

Kroger Fresh Selections - Vegetable Medley Broccoli, Cauliflower, Carrots, 4 cub (85g)	100
Rosarita - No Fat Zesty Salsa Refried Beans, 1.75 cup	350
Tillamook - Cheddar Cheese - Medium, 2 oz (28g)	220
Franks Redhot Wing Sauce - Hot Sauce, 4 tsp	0
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	670

**Snacks**

Extra - Chewing Gum, 2 stick	10
Fage - 0% Plain Yogurt, 6 oz	100
Torani - Dark Chocolate Sauce, 1 oz	100
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	210

**Totals 1,590**

Wednesday July 15<sup>th</sup>

Breakfast	Calories
Bob's Red Mill - Extra Thick Rolled Oats, 30 gram	119
Plant Fusion - Vanilla Bean Protein Shake, 0.5 scoop (approx 30g)	60
Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	179
<b>Lunch</b>	
Kroger - Sugar Snap Peas, 1.5 - 1/3 Cup	53
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Emerald - Cocoa Roast Almonds, Dark Chocolate, 100-calorie Pack (Net Carbs), 1 package (18g)	100
Fage - 0% Plain Yogurt, 6 oz	100
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	348
<b>Dinner</b>	
Chiz's - Original Ranch Dressing, 3 Tbsp (14g)	150
Kroger - Baby Kale, 340 g	100
Spices - Basil, fresh, 40 tbsp	29
Tillamook - Cheddar Cheese - Medium, 1 oz (28g)	110
Sunny Meadow - Jumbo Egg, 1 egg	90
Generic - Italian Seasoning, 1 tsp	0
Feng Shui All Natural - Nori Seaweed Rice Crackers, 1/2 cup	110
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	589
<b>Snacks</b>	
Mentos - Sugarfree Chewing Gum, Fresh Mint (With Green Tea Extract), 2 piece (2g)	10
G.I.'s Kombucha - Synergy Organic & Raw - Cosmic Cranberry, 16 oz	60
Dairy Pure - Fat Free Milk, 0.25 cup	23
Jell-O - Vanilla Sugar free - fat free, 1 package	100
Silk - Unsweetened Cashew Milk, 1 Cup (240ml)	25
Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25
Kraft - Cool Whip Lite, 10 Tbsp	100
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	343
<b>Totals</b>	<b>1,459</b>

Thursday July 16<sup>th</sup>

Breakfast	Calories
Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0
Plant Fusion - Vanilla Bean Protein Shake, 0.5 scoop (approx 30g)	60
Bob's Red Mill - Extra Thick Rolled Oats, 30 gram	119
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	179
<b>Lunch</b>	
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Kroger - Sugar Snap Peas, 2 - 1/3 Cup	70
Fage - 0% Plain Yogurt, 6 oz	100
Emerald - Cocoa Roast Almonds, Dark Chocolate, 100-calorie Pack (Net Carbs), 1 package (18g)	100
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	365
<b>Dinner</b>	
Fresh Selection by Kroger - Brussel Sprouts, 4 cup	140
Terra - Sweets & Beets, 1 oz	150
Treasure Cave - Crumbled Gorgonzola Cheese, 1/4 cup (28 g)	100
Chiz's - Original Ranch Dressing, 2 Tbsp (14g)	100
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	490
<b>Snacks</b>	
Synergy - Gingerberry Kombucha, 16 oz	70
Extra - Chewing Gum, 2 stick	10
Chocolate Pudding - Instant Sugar/fat Free Chocolate Pudding, 4 box unprepared	140
Dairy Pure - Fat Free Milk, 0.33 cup	30
Silk - Unsweetened Cashew Milk, 1 Cup (240ml)	25
Kraft - Cool Whip Lite, 10 Tbsp	100
Torani - Dark Chocolate Sauce, 0.5 oz	50
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	425
<b>Totals</b>	<b>1,459</b>

Friday July 17 <sup>th</sup> - Did not keep track.	Sunday July 19 <sup>th</sup>	
Saturday July 18 <sup>th</sup> - Did not keep track.	<b>Breakfast</b>	
	<b>Calories</b>	
	Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0
	Food Should Taste Good - Real Good Bar, 1 bar	220
	<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	220
	<b>Lunch</b>	
	Simple Truth organic - Power Greens, 170 g	50
	Epicurean - Black Truffle Butter, 0.5 oz	100
	Shrimp - Cooked, moist heat, 3 oz	84
	<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	234
	<b>Dinner</b>	
	Simple Truth Organic - Power Greens (Baby Spinach, Chard, Kale, & Mizuna), 6 oz - About 2 cups (85g)	50
	Peaches, raw, 7.5 oz(s)	83
	Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp	120
	Natural Choice - Honey Deli Ham, 9 slices	158
	Private Selection - Crumbled Blue Cheese, 1/4 cup = 28 g = 1 oz	100
	<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	511
	<b>Snacks</b>	
	Gf's Organic Raw Kombucha Synergy - Trilogy, 16 fl. oz.	60
	Kraft - Cool Whip Lite, 36 Tbsp	360
	Smucker's Simple Delight - Hot Fudge Topping, 38 g (2 Tbsp)	130
	Smuckers - Sundae Syrup Caramel, 1 T	50
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	600	
<b>Totals</b>	<b>1,565</b>	