

Monday July 6 <sup>th</sup>		Tuesday July 7 <sup>th</sup>	
<b>Breakfast</b>		<b>Breakfast</b>	<b>Calories</b>
Bob's Red Mill - 5 Grain Rolled Whole Grain Hot Cereal With Flaxseed, 35 g (1/3 cup dry)	120	Bob's Red Mill - 5 Grain Rolled Whole Grain Hot Cereal With Flaxseed, 35 g (1/3 cup dry)	120
Plant Fusion - Vanilla Bean Protein Shake, 0.5 scoop (approx 30g)	60	Plant Fusion - Vanilla Bean Protein Shake, 0.5 scoop (approx 30g)	60
Green Mountain Coffee - Brown Sugar Crumble Donut, 1 Cup	30	Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0
Blackberries - Blackberries, 7 ounce	74	<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>180</b>
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>284</b>	<b>Lunch</b>	
<b>Lunch</b>		Cherries, sweet, raw, 200 g	126
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150	Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Cherries, sweet, raw, 200 g	126	Fage - 0% Plain Yogurt, 6 oz	100
Nectarines, raw, 175 g	77	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>	<b>353</b>	<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>421</b>
<b>Dinner</b>		<b>Dinner</b>	
Kroger- Simple Truth Organic - Baby Spring Mix, 6 oz/about cups	40	Eat Smart - Broccoli & Carrots, 12 oz (85 grams)	120
Opa by Lighthouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp	120	Kroger's Private Selection - Naturally Dry Aged Prosciutto Cubetti, 2.25 oz (28g)	135
Columbus - Rotisserie Style Chicken Breast (W/ Potassium), 3 oz (56 g)	105	Plgj Giuliano - Peperoncini, 3.13 oz	16
Private Selection - Crumbled Blue Cheese, 1/4 cup = 28 g = 1 oz	100	Giuliano - Feta Cheese Stuffed Olives, 7 olives	70
Plgj Giuliano - Peperoncini, 4.5 oz	23	Private Selection - Crumbled Blue Cheese, 1/4 cup = 28 g = 1 oz	100
Pop Chips - Sea Salt & Vinegar, 1 oz (28g/About 22 Chips)	120	Pop Chips - Sea Salt & Vinegar, 1 oz (28g/About 22 Chips)	120
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>508</b>	<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>561</b>
<b>Snacks</b>		<b>Snacks</b>	
Reeds - Cabernet Grape Kombucha, 8 oz	50	Orbit - Cinnamon, 2 piece	10
Gauche Ranch - Dulce De Leche Caramel Spread, 56 g	200	Mok - Coors Non-Alcoholic Beer, 12 oz.	66
Fage - 0% Plain Yogurt, 6 oz	100	Noosa - Coconut Yoghurt, 8 oz	300
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	<b>350</b>	Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25
<b>Totals</b>		<b>Totals</b>	<b>1,563</b>
<b>1,495</b>			

Wednesday July 8<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
<b>Add Food   Quick Tools</b>	<b>199</b>

**Lunch**

Cherries, sweet, raw, 200 g	126
Sargento - Lite Cheese Stick, 1 piece	50
Jennie o - Sweet bbq turkey breast sticks, 2 stick	50
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Quaker Protein Baked Bar - Peanut Butter Chocolate, 1 bar	190
<b>Add Food   Quick Tools</b>	<b>511</b>

**Dinner**

Eat Smart - Vegetable Medley With Broccoli, Carrots and Cauliflower, 12 oz	100
Private Selection - Crumbled Blue Cheese, 1/4 cup = 28 g = 1 oz	100
Tillamook - Cheese, Pepper Jack, 1 oz(28g, 1in cube)	110
King's - Kimchee, 6 oz	45
Private Selection - Blue Cheese Stuffed Green Olives In Brine, 4 olives (15 g)	60
Pop Chips - Sea Salt & Vinegar, 1 oz (28g/About 22 Chips)	120
<b>Add Food   Quick Tools</b>	<b>535</b>

**Snacks**

Orbit - Cinnamint, 2 piece	10
Mok - Coors Non-Alcoholic Beer, 12 oz.	66
Mentos - Sugarfree Chewing Gum, Fresh Mint (With Green Tea Extract), 2 piece (2g)	10
Chobani - Salted Caramel Crunch, 1 container	190
<b>Add Food   Quick Tools</b>	<b>276</b>

**Totals 1,521**

Thursday July 9<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
<b>Add Food   Quick Tools</b>	<b>199</b>

**Lunch**

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
Cherries, sweet, raw, 200 g	126
Fage - 0% Plain Yogurt, 6 oz	100
<b>Add Food   Quick Tools</b>	<b>421</b>

**Dinner**

Eat Smart - Sugar Snap Peas, 9 oz (85g)	120
Kroger - Baby Kale, 340 g	100
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 3 Tbsp	90
Private Selection - Crumbled Blue Cheese, 1/4 cup = 28 g = 1 oz	100
Pop Chips - Sea Salt & Vinegar, 0.75 oz (28g/About 22 Chips)	90
<b>Add Food   Quick Tools</b>	<b>500</b>

**Snacks**

G.t.'s Kombucha - Synergy Organic & Raw - Cosmic Cranberry, 16 oz	60
Extra - Chewing Gum, 2 stick	10
Jell-o - Pudding, Chocolate, Sugar Free, Fat Free, Instant, Mix Only, 44 g	140
Silk - Unsweetened Cashew Milk, 1.5 Cup (240ml)	38
Kraft - Cool Whip Original, 20 tbsp	250
<b>Add Food   Quick Tools</b>	<b>498</b>

**Totals 1,618**

Friday July 10<sup>th</sup>

Saturday July 11<sup>th</sup>

Did not keep track.

**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
Blueberries (78g), 4 ounce	65
Green Mountain Coffee - Brown Sugar Crumble Donut, 1 Cup	30

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**Lunch**

the Chia Co - Vanilla Chia Pod, 6 oz	164
Kind Plus - Peanut Butter Dark Chocolate +Protein, 1 bar	200

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**Dinner**

Save Mart - Beef Loin Petite Sirloin Steak Ball Tip, 4 oz	258
Kroger - Baby Kale, 340 g	100
Culinary Circle - Crumbled Gorgonzola Cheese, 1/4 cup	100
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 3 Tbsp	90

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**Snacks**

balance - pb bites, 1 pouch	190
Gt's Enlightened - Kombucha - Gingerade, 16 oz.	60
Fage 2%, 1 container	150
Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25
Smuckers - Sundae Syrup Caramel, 0.5 T	25

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**Totals** **1,654**

Sunday July 12<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
Blueberries (78g), 3 ounce	48

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**Lunch**

Generic - Lemon Zest, 1 tsp	1
Lemon juice - Raw, 1 oz(s)	7
Butter - Salted, 0.5 oz(s)	102
Salt, table, 1 tsp	0
Spices, pepper, black, 1 tsp, ground	6
Simple Truth organic - Power Greens, 5 ounce	42
Cheese - Parmesan, shredded, 0.5 oz(s)	59
Heirloom Tomato - Raw, 4 ounce	20

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**Dinner**

Kroger Fresh Selections - Broccoli Florets, 3.5 cup (85g)	88
Simple Truth - Natural Gouda Cheese W Omega 3, 3 slice 22 grams	240
Walmart - Pork Chops, 6 oz	195

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**Snacks**

Gi's Organic Raw Kombucha Synergy - Trilogy, 16 fl. oz.	60
Fage 2%, 1 container	150
Gaucho Ranch - Dulce De Leche Caramel Spread, 58 g	200
Torani - Dark Chocolate Sauce, 1 oz	100

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**Totals 1,517**