

Monday June 29 th		Tuesday June 30 th	
Breakfast		Breakfast	
	Calories		Calories
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	Bob's Red Mill - 5 Grain Rolled Whole Grain Hot Cereal With Flaxseed, 35 g (1/3 cup dry)	120
Green Mountain Coffee - Brown Sugar Crumble Donut, 1 Cup	30	Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0
Add Food Quick Tools	210	Add Food Quick Tools	180
Lunch		Lunch	
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150	N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150
Dry Roasted Almonds - Emerald 100 Calorie Pack, 1 pkg./ 18g/ .63 oz.	100	Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95	Dry Roasted Almonds - Emerald 100 Calorie Pack, 1 pkg./ 18g/ .63 oz.	100
Think Thin - Lean Protein & Fiber Bar, Salted Caramel, 1 bar (40g)	150	Larabar - Coconut Creme Pie, 1 bar (48g)	210
Add Food Quick Tools	495	Add Food Quick Tools	555
Dinner		Dinner	
Kroger Fresh Selections - Broccoli Florets, 3.5 cup (85g)	88	Eat Smart - Vegetable Medley With Broccoli, Carrots and Cauliflower, 12 oz	100
Usda - Portabella Mushroom, 200 g	44	Private Selection - Crumbled Blue Cheese, 1/4 cup = 28 g = 1 oz	100
La Choy - Bean Sprouts, 2.0 cup (142g)	45	Private Selection - Oven Roasted Turkey Breast- C, 6 slices	120
Kroger - Private Selection - Off the Bone Somekehouse Ham (Water Added) Deli Sliced, 6 Slices (59g)	140	Add Food Quick Tools	320
Tillamook - Cheese, Pepper Jack, 1 oz(28g, 1in cube)	110	Snacks	
Tuong Ot Sriracha - Sriracha Chili Sauce, 20 g (1 tsp)	20	Gf's Organic Raw Kombucha Synergy - Trilogy, 16 fl. oz.	60
Add Food Quick Tools	447	Fage - 0% Plain Yogurt, 6 oz	100
Snacks		Smuckers - Sundae Syrup Caramel, 0.5 T	25
Extra - Chewing Gum, 1 stick	5	Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25
Fage 2%, 1 container	150	Extra - Chewing Gum, 2 stick	10
Smuckers - Sundae Syrup Caramel, 0.5 T	25	Add Food Quick Tools	220
Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25	Totals	
Add Food Quick Tools	205	Totals	1,275
Totals		1,357	

Thursday July 2nd

Breakfast	Calories
Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0
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
Add Food Quick Tools	180

Lunch	Calories
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Dry Roasted Almonds - Emerald 100 Calorie Pack, 1 pkg./ 18g/ .63 oz.	100
Think Thin - Lean Protein & Fiber Bar, Salted Caramel, 1 bar (40g)	150
Yoplait - Plentiful Greek Yogurt Blueberry, 1 container	140
Add Food Quick Tools	485

Dinner	Calories
Eat Smart - Broccoli & Carrots, 12 oz (85 grams)	120
Real Food - Daikon Radish (Raw), 250 grams	45
Private Selection - Crumbled Blue Cheese, 1/4 cup = 28 g = 1 oz	100
Private Selection - Oven Roasted Turkey Breast- C, 6 slices	120
Add Food Quick Tools	385

Snacks	Calories
Extra - Chewing Gum, 1 stick	5
Gf's Classic - Organic Raw Kombucha (Multi-green), 16 fl oz	70
Mentos - Sugarfree Chewing Gum, Fresh Mint (With Green Tea Extract), 2 piece (2g)	10
Fage - 0% Plain Yogurt, 6 oz	100
Smuckers - Sundae Syrup Caramel, 0.5 T	25
Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25
Add Food Quick Tools	235

Totals 1,285

Friday July 2nd

Breakfast	Calories
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
Green Mountain Coffee - Brown Sugar Crumble Donut, 1 Cup	30
Add Food Quick Tools	210

Lunch	Calories
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Sargento - Light String Cheese, 2 piece (2g)	100
Emerald - Cocoa Roast Almonds, Dark Chocolate, 100-calorie Pack (Net Carbs), 1 package (18g)	100
Somersaults - Pacific Sea Salt, 14 pieces (30g)	150
Add Food Quick Tools	445

Dinner	Calories
Fresh Express - Leafy Green Romaine, 255 g (2 cups)	45
Pear, Raw - Fresh, 100g, 200 g	116
Private Selection - Crumbled Blue Cheese, 0.3125 cup = 28 g = 1 oz	125
Margherita - Prosciutto, 2.25 oz (56 g)	124
California Olive Ranch - Extra Virgin Olive Oil, 0.5 TBSP (15ml)	60
Grey Poupon - Dijon Mustard, 2 tsp (5g)	10
Vinegar, cider, 1 tbsp	3
Add Food Quick Tools	483

Snacks	Calories
Mentos - Sugarfree Chewing Gum, Fresh Mint (With Green Tea Extract), 2 piece (2g)	10
Noosa - Strawberry Rhubarb Yogurt, 8 oz	280
Add Food Quick Tools	290

Totals 1,428

Friday July 2nd

Saturday July 4th - Did not keep track.

Sunday July 5th - Did not keep track.

Breakfast

Calories

Bob's Red Mill - Whole Grain Steel Cut Oats - Gluten Free, 0.21875 cup dry	149
Green Mountain Coffee - Brown Sugar Crumble Donut, 1 Cup	30
Add Food Quick Tools	179

Lunch

Orange - Large Orange, 1 whole orange (280 g)	100
Balance Bar - Yogurt Honey Peanut, 1 bar (50g)	200
Add Food Quick Tools	300

Dinner

Earthbound Farm - (Organic) Baby Spinach, 170 g / 2 cups	40
Kroger - Simple Truth Organic - Baby Spring Mix, 6 oz/about cups	40
Fresh Selections by Kroger - snow peas, 6 oz (85g)	70
Blackberry - Blackberries, 200 grams	86
Raspberries - Raw, 6 oz(s)	88
Columbus - Rotisserie Style Chicken Breast (W/ Potassium), 5 oz (56 g)	175
Mccormick - Cajun Seasoning, 1 1/4 tsp	0
Private Selection - Crumbled Blue Cheese, 0.3125 cup = 28 g = 1 oz	125
Bolthouse Farms - Chunky Blue Cheese Yogurt Dressing (35 Calorie/serving), 4 tbsp.	70
Add Food Quick Tools	694

Snacks

Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz (240 mL)	0
Orbit - Cinnamon, 1 piece	5
Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25
Smuckers - Sundae Syrup Caramel, 1 T	50
Fage 2%, 1 container	150
Add Food Quick Tools	230

Totals 1,403