Monday June 29 th		Tuesday June 30 th	
Breakfast	Calories	Breakfast	Calorie
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	150	Larabar - Coconut Creme Pie, 1 bar (48g)	210
Caramel, 1 bar (40g)		Add Food Quick Tools	555
Add Food Quick Tools	495	Dinner	
Dinner		Diffice	
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 =	100
La Choy - Bean Sprouts, 2.0 cup (142g)	45	28 g = 1 oz	
Kroger - Private Selection - Off the Bone Somekehouse Ham (Water Added) Deli Sliced, 6	140	Private Selection - Oven Roasted Turkey Breast- C, 6 slices	120
Slices (59g)		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	olidona	
Add Food Quick Tools	447	Gt's Organic Raw Kombucha Synergy - Trilogy, 16 fl. oz.	60
Snacks			100
Extra - Chewing Gum, 1 stick	5	Fage - 0% Plain Yogurt, 6 oz	100
Fage 2%, 1 container	150	Smuckers - Sundae Syrup Caramel, 0.5 T	25
Smuckers - Sundae Syrup Caramel, 0.5 T	25	Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25
Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25	Extra - Chewing Gum, 2 stick	10
Add Food Quick Tools	205	Add Food Quick Tools	220
Totals	1,357	Totals	1,27

Thursday July 2 nd	_	Friday July 2 nd	
Breakfast	Calories	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
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	60
Plant Fusion - Vanilla Bean Protein Shake, 0.5 scoop (approx 30g)	60	(approx 30g) Green Mountain Coffee - Brown Sugar Crumble	30
Add Food Quick Tools	180	Donut, 1 Cup	30
Lunch		Add Food Quick Tools	210
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95	Cranny Swith Croop Apple Large 1 apple	
Dry Roasted Almonds - Emerald 100 Calorie Pack, 1	100	Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
pkg./ 18g/ .63 oz.		Sargento - Light String Cheese, 2 piece (2g)	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
Yoplait - Plentiful Greek Yogurt Blueberry, 1 container	140	Somersaults - Pacific Sea Salt, 14 pieces (30g)	150
Add Food Quick Tools	485	Add Food Quick Tools	445
Dinner		Dinner	
Eat Smart - Broccoli & Carrots, 12 oz (85 grams)	120	Fresh Express - Leafy Green Romaine, 255 g (2	
Real Food - Daikon Radish (Raw), 250 grams	45	cups)	45
Private Selection - Crumbled Blue Cheese, 1/4 cup = 28 g = 1 oz	100	Pear, Raw - Fresh, 100g, 200 g	116
Private Selection - Oven Roasted Turkey Breast- C, 6 slices	120	Private Selection - Crumbled Blue Cheese, 0.3125 cup = 28 g = 1 oz	125
Add Food Quick Tools	385	Margherita - Prosciutto, 2.25 oz (56 g)	124
Snacks		California Olive Ranch - Extra Virgin Olive Oil, 0.5 TBSP (15ml)	60
Extra - Chewing Gum, 1 stick	5	Grey Poupon - Dijon Mustard, 2 tsp (5g)	10
Gt's Classic - Organic Raw Kombucha (Multi-green),	70	Vinegar, cider, 1 tbsp	3
16 fl oz	70	Add Food Quick Tools	483
Mentos - Sugarfree Chewing Gum, Fresh Mint (With Green Tea Extract), 2 piece (2g)	10	Snacks	
Fage - 0% Plain Yogurt, 6 oz	100	Mentos - Sugarfree Chewing Gum, Fresh Mint (With	40
Smuckers - Sundae Syrup Caramel, 0.5 T	25	Green Tea Extract), 2 piece (2g)	10
Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25	Noosa - Strawberry Rhubarb Yogurt, 8 oz Add Food Quick Tools	280 290
Add Food Quick Tools	235	Add I Ood Quick IOOIS	250
Totals	1,285	Totals	1,428

Sunda Tree, 0.21875 cup dry Green Mountain Coffee - Brown Sugar Crumble John Mountain Coffee - John Mountain Coffee John Moun	Friday July 2 nd	
Sob's Red Mill - Whole Grain Steel Cut Oats - Gluten Free, 0.21875 cup dry Green Mountain Coffee - Brown Sugar Crumble Jonut, 1 Cup Add Food Quick Tools Junch Drange - Large Orange, 1 whole orange (280 g) Junch Drange - Large Orange, 1 whole orange (280 g) Junch Drange - Large Orange, 1 whole orange (280 g) Junch Drange - Large Orange, 1 whole orange (280 g) Junch Drange - Large Orange, 1 whole orange (280 g) Junch Drange - Large Orange, 1 whole orange (280 g) Junch Drange - Large Orange, 1 whole orange (280 g) Junch Drange - Large Orange, 1 whole orange (280 g) Junch Junch Drange - Large Orange, 1 whole orange (280 g) Junch Ju		Calorina
ree, 0.21875 cup dry freen Mountain Coffee - Brown Sugar Crumble fronut, 1 Cup		Calonics
Add Food Quick Tools 179 Add Food Quick Tools 179 Add Food Quick Tools 100 Balance Bar - Yogurt Honey Peanut, 1 bar (50g) 200 Add Food Quick Tools 300 Add Food Quick Tools 300 Add Food Quick Tools 40 Balance Bar - Yogurt Honey Peanut, 1 bar (50g) 200 Add Food Quick Tools 40 Balance Street Structure 40 Balance Street Structure 40 Balance Bar - Yogurt Honey Peanut, 1 bar (50g) 40 Balance Bar - Yogurt Honey Peanut, 1 bar (50g) 40 Balance Bar - Yogurt Honey Peanut, 1 bar (50g) 40 Balance Bar - Yogurt Honey Peanut, 1 bar (50g) 40 Balance Bar - Yogurt Honey Peanut, 1 bar (50g) 40 Balance Bar - Yogurt Honey Peanut, 1 bar (50g) 40 Balance Bar - Yogurt Honey Baby Spring Mix, 6 40 Balance Bar - Yogurt Honey Baby Spring Mix, 6 40 Balance Bar - Yogurt - Show Peanut, 1 bar (50g) 40 Bala	Bob's Red Mill - Whole Grain Steel Cut Oats - Gluten Free, 0.21875 cup dry	149
Add Food Quick Tools Grange - Large Orange, 1 whole orange (280 g) Add Food Quick Tools Granthbound Farm - (Organic) Baby Spinach, 170 g / 2 Augus Groger- Simple Truth Organic - Baby Spring Mix, 6 Early Selections by Kroger - snow peas, 6 oz (85g) Granthbound - Rotisserie Style Chicken Breast (W/ Potassium), 5 oz (56 g) Groger- Grunde - Crumbled Blue Cheese, 0.3125 Early - 28 g = 1 oz Botthouse Farms - Chunky Blue Cheese Yogurt Oressing (35 Calorie/serving), 4 tbsp. Add Food Quick Tools Bracks Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece Firsh Selection - Sundae Syrup Caramel, 1 T Singe 2%, 1 container 150 Firsh Selection - Sundae Syrup Caramel, 1 T Firsh Selection - Crumbled Syrup, 10 g (2 Firsh Selection - Crumbled Syrup, 10 g (2 Firsh Selection - Sundae Syrup Caramel, 1 T Firsh Selection - Crumbled Syrup Caramel Caramel Caramel Cara	Green Mountain Coffee - Brown Sugar Crumble Donut, 1 Cup	30
Parange - Large Orange, 1 whole orange (280 g) Balance Bar - Yogurt Honey Peanut, 1 bar (50g) Balance Bar (5	Add Food Quick Tools	179
Add Food Quick Tools 300 Add Food Quick Tools 40 Add Food Quick Tools 40 Blackberry - Simple Truth Organic - Baby Spring Mix, 6 40 Blackberry - Blackberries, 200 grams 86 Blackberry - Blackberries, 200 grams 86 Blackberry - Blackberries, 200 grams 86 Columbus - Rotisserie Style Chicken Breast (W/ 200 Columbus - Rotisserie Style Ch	unch	
Add Food Quick Tools inner Earthbound Farm - (Organic) Baby Spinach, 170 g / 2 Jups Groger- Simple Truth Organic - Baby Spring Mix, 6 Earthbourd Loups Fresh Selections by Kroger - snow peas, 6 oz (85g) Fresh Selections by Kroger - snow peas, 6 oz (85g) Blackberry - Blackberries, 200 grams Raspberries - Raw, 6 oz(s) Columbus - Rotisserie Style Chicken Breast (W/ Potassium), 5 oz (56 g) Mccormick - Cajun Seasoning, 1 1/4 tsp Orrivate Selection - Crumbled Blue Cheese, 0.3125 Eup = 28 g = 1 oz Solthouse Farms - Chunky Blue Cheese Yogurt Oressing (35 Calorie/serving), 4 tbsp. Add Food Quick Tools Park Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece Fershey's - Special Dark Chocolate Syrup, 10 g (2 Tibsp.) Smuckers - Sundae Syrup Caramel, 1 T Fage 2%, 1 container	Orange - Large Orange, 1 whole orange (280 g)	100
Earthbound Farm - (Organic) Baby Spinach, 170 g / 2 Augus Groger - Simple Truth Organic - Baby Spring Mix, 6 Earthbound Carbon Spring Mix, 6 Earthbound Carbon Spring Mix, 6 Earthbound Spring Mix, 6 Earthbound Carbon Spring Mi	Balance Bar - Yogurt Honey Peanut, 1 bar (50g)	200
Earthbound Farm - (Organic) Baby Spinach, 170 g / 2 sups Groger - Simple Truth Organic - Baby Spring Mix, 6 bz/about cups Fresh Selections by Kroger - snow peas, 6 oz (85g) Blackberry - Blackberries, 200 grams Raspberries - Raw, 6 oz(s) Columbus - Rotisserie Style Chicken Breast (W/ Potassium), 5 oz (56 g) Mccormick - Cajun Seasoning, 1 1/4 tsp Orivate Selection - Crumbled Blue Cheese, 0.3125 sup = 28 g = 1 oz Bolthouse Farms - Chunky Blue Cheese Yogurt Oressing (35 Calorie/serving), 4 tbsp. Add Food Quick Tools Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece Gershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.) Smuckers - Sundae Syrup Caramel, 1 T Fage 2%, 1 container	Add Food Quick Tools	300
Augus Scroger- Simple Truth Organic - Baby Spring Mix, 6 bz/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 pup = 28 g = 1 oz 125 Bolthouse Farms - Chunky Blue Cheese Yogurt 170 Private Selection - Quick Tools 694 Add Food Quick Tools 694 Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) 0 Privit - Cinnamint, 1 piece 5 Hershey's - Special Dark Chocolate Syrup, 10 g (2 25 25 25) Brunckers - Sundae Syrup Caramel, 1 T 50 Fage 2%, 1 container 150	Dinner	
pz/about cups Fresh Selections by Kroger - snow peas, 6 oz (85g) Fresh Selections by Kroger - snow peas. Fresh Selection	Earthbound Farm - (Organic) Baby Spinach, 170 g / 2 cups	40
Blackberry - Blackberries, 200 grams Raspberries - Raw, 6 oz(s) Columbus - Rotisserie Style Chicken Breast (W/ Potassium), 5 oz (56 g) Mccormick - Cajun Seasoning, 1 1/4 tsp Orivate Selection - Crumbled Blue Cheese, 0.3125 Bup = 28 g = 1 oz Bolthouse Farms - Chunky Blue Cheese Yogurt Oressing (35 Calorie/serving), 4 tbsp. Add Food Quick Tools Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.) Smuckers - Sundae Syrup Caramel, 1 T Fage 2%, 1 container 150	Kroger- Simple Truth Organic - Baby Spring Mix, 6 oz/about cups	40
Raspberries - Raw, 6 oz(s) Columbus - Rotisserie Style Chicken Breast (W/ Potassium), 5 oz (56 g) Mccormick - Cajun Seasoning, 1 1/4 tsp Orivate Selection - Crumbled Blue Cheese, 0.3125 Eup = 28 g = 1 oz Solthouse Farms - Chunky Blue Cheese Yogurt Oressing (35 Calorie/serving), 4 tbsp. Add Food Quick Tools Ourse Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.) Smuckers - Sundae Syrup Caramel, 1 T Fage 2%, 1 container 150	Fresh Selections by Kroger - snow peas, 6 oz (85g)	70
Columbus - Rotisserie Style Chicken Breast (W/ Potassium), 5 oz (56 g) Mccormick - Cajun Seasoning, 1 1/4 tsp 0 Private Selection - Crumbled Blue Cheese, 0.3125 Eup = 28 g = 1 oz Bolthouse Farms - Chunky Blue Cheese Yogurt Oressing (35 Calorie/serving), 4 tbsp. Add Food Quick Tools Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece Hershey's - Special Dark Chocolate Syrup, 10 g (2 fbsp.) Smuckers - Sundae Syrup Caramel, 1 T Fage 2%, 1 container 150	Blackberry - Blackberries, 200 grams	86
Potassium), 5 oz (56 g) Mccormick - Cajun Seasoning, 1 1/4 tsp Private Selection - Crumbled Blue Cheese, 0.3125 Bothouse Farms - Chunky Blue Cheese Yogurt Poressing (35 Calorie/serving), 4 tbsp. Add Food Quick Tools Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Porbit - Cinnamint, 1 piece Hershey's - Special Dark Chocolate Syrup, 10 g (2 25 25 25 25) Smuckers - Sundae Syrup Caramel, 1 T 50 Fage 2%, 1 container 150	Raspberries - Raw, 6 oz(s)	88
Private Selection - Crumbled Blue Cheese, 0.3125 Eup = 28 g = 1 oz Bolthouse Farms - Chunky Blue Cheese Yogurt Pressing (35 Calorie/serving), 4 tbsp. Add Food Quick Tools Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece Hershey's - Special Dark Chocolate Syrup, 10 g (2 15sp.) Smuckers - Sundae Syrup Caramel, 1 T Fage 2%, 1 container 125 125 125 125 126 127 128 129 129 129 129 129 120 120 121 125 125 125 125 125	Columbus - Rotisserie Style Chicken Breast (W/ Potassium), 5 oz (56 g)	175
Bolthouse Farms - Chunky Blue Cheese Yogurt Oressing (35 Calorie/serving), 4 tbsp. Add Food Quick Tools Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.) Smuckers - Sundae Syrup Caramel, 1 T Fage 2%, 1 container 125 70 70 70 70 70 70 70 70 70 7	Mccormick - Cajun Seasoning, 1 1/4 tsp	0
Add Food Quick Tools 694 Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece 5 Hershey's - Special Dark Chocolate Syrup, 10 g (2 75sp.) Smuckers - Sundae Syrup Caramel, 1 T 50 Fage 2%, 1 container 150	Private Selection - Crumbled Blue Cheese, 0.3125 cup = 28 g = 1 oz	125
Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece 5 Hershey's - Special Dark Chocolate Syrup, 10 g (2 7bsp.) Smuckers - Sundae Syrup Caramel, 1 T 50 Fage 2%, 1 container 150	Bolthouse Farms - Chunky Blue Cheese Yogurt Dressing (35 Calorie/serving), 4 tbsp.	70
Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz 240 mL) Orbit - Cinnamint, 1 piece 5 Hershey's - Special Dark Chocolate Syrup, 10 g (2 7bsp.) Smuckers - Sundae Syrup Caramel, 1 T 50 Fage 2%, 1 container 150	Add Food Quick Tools	694
240 mL) Orbit - Cinnamint, 1 piece dershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.) Smuckers - Sundae Syrup Caramel, 1 T 50 Fage 2%, 1 container 150	Snacks	
Hershey's - Special Dark Chocolate Syrup, 10 g (2 7bsp.) Smuckers - Sundae Syrup Caramel, 1 T 50 Fage 2%, 1 container 150	Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz (240 mL)	0
Smuckers - Sundae Syrup Caramel, 1 T 50 Fage 2%, 1 container 150	Orbit - Cinnamint, 1 piece	5
Fage 2%, 1 container 150	Hershey's - Special Dark Chocolate Syrup, 10 g (2 Tbsp.)	25
	Smuckers - Sundae Syrup Caramel, 1 T	50
Add Food Quick Tools 230	Fage 2%, 1 container	150
	Add Food Quick Tools	230
Totals 1,403		