

Monday July 20 <sup>th</sup>		Tuesday July 21 <sup>st</sup>	
<b>Breakfast</b>		<b>Breakfast</b>	
	<b>Calories</b>		<b>Calories</b>
Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0	Bob's Red Mill - Extra Thick Rolled Oats, 30 gram	119
Plant Fusion - Vanilla Bean Protein Shake, 0.33 scoop (approx 30g)	40	Plant Fusion - Vanilla Bean Protein Shake, 0.33 scoop (approx 30g)	40
Bob's Red Mill - Extra Thick Rolled Oats, 30 gram	119	Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	159	<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	159
<b>Lunch</b>		<b>Lunch</b>	
Larabar - Cherry Pie Bar, 48 g (1 bar)	200	Larabar - Blueberry Muffin, 1 bar (45g)	190
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95	Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Fage - 0% Plain Yogurt, 6 oz	100	Fage - 0% Plain Yogurt, 6 oz	100
Kroger - Sugar Snap Peas, 1 -1/3 Cup	35	Kroger - Sugar Snap Peas, 1.5 -1/3 Cup	53
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	430	<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	438
<b>Dinner</b>		<b>Dinner</b>	
Boskovich Farms - Brussels Sprouts, 11 sprouts raw (84g)	110	Kroger Fresh Selections - Broccoli Florets, 3 cup (85g)	75
Simple Organic Truth - Baby Kale, 4 Cups	90	Trader Joe's - Mini Heirloom Tomatoes, 2 Cup	62
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp	120	Goya - Hearts of Palm, 0.666 cup	50
Natural Choice - Honey Deli Ham, 4 slices	70	Natural Choice - Honey Deli Ham, 4 slices	70
Treasure Cave - Crumbled Gorgonzola Cheese, 1/4 cup (28 g)	100	Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 2 Tbsp	60
Goya - Hearts of Palm, 0.666 cup	50	Terra - Sweets & Beets, 1 oz	150
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	540	<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	467
<b>Snacks</b>		<b>Snacks</b>	
Mentos - Sugarfree Chewing Gum, Fresh Mint (With Green Tea Extract), 2 piece (2g)	10	Gf's Enlightened - Kombucha - Gingerade, 16 oz.	60
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150	Extra - Chewing Gum, 2 stick	10
Torani - Dark Chocolate Sauce, 1.25 oz	125	N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	285	Smuckers - Sundae Syrup Caramel, 1 T	50
		Torani - Dark Chocolate Sauce, 1 oz	100
		<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	370
<b>Totals</b>	<b>1,414</b>	<b>Totals</b>	<b>1,434</b>

Wednesday July 22 <sup>nd</sup>		Thursday July 23 <sup>rd</sup>	
Breakfast		Breakfast	
Bob's Red Mill - Extra Thick Rolled Oats, 30 gram	119	Plant Fusion - Vanilla Bean Protein Shake, 0.33 scoop (approx 30g)	40
Plant Fusion - Vanilla Bean Protein Shake, 0.33 scoop (approx 30g)	40	Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0
Green Mountain Coffee - Hazelnut Keurig K-cup, 12 fl oz (178g)	4	Bob's Red Mill - Extra Thick Rolled Oats, 30 gram	119
Add Food   Quick Tools	163	Add Food   Quick Tools	159
Lunch		Lunch	
Larabar - Apple Pie, 1 Bar	190	Bolthouse Farms - Baby Cut Carrots Raw, 6 oz	70
Kroger - Sugar Snap Peas, 1.5 -1/3 Cup	53	Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Fage - 0% Plain Yogurt, 6 oz	100	Quaker Protein Baked Bar - Peanut Butter Chocolate, 1 bar	190
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95	Fage - 0% Plain Yogurt, 6 oz	100
Add Food   Quick Tools	438	Add Food   Quick Tools	455
Dinner		Dinner	
Two Moms In the Raw ( Net Carbs) - Pesto Sea Crackers, 12 g	60	Carrots, baby, raw, 6 oz(s)	60
Fennel, bulb, raw, 5 oz(s)	44	Kroger Fresh Selections - Broccoli Florets, 3 cup (85g)	75
Kroger- Simple Truth Organic - Baby Spring Mix, 6 oz/about cups	40	Kroger - Baby Kale, 340 g	100
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp	120	Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp	120
Goya - Hearts of Palm, 0.666 cup	50	Sargento - Fine Cut Cheddar Jack, 31.5 g	124
Carrots, baby, raw, 6.5 oz(s)	64	Terra - Sweets & Beets, 1.13 oz	169
Sargento - Fine Cut Cheddar Jack, 28 g	110	Goya - Hearts of Palm, 0.666 cup	50
Terra - Sweets & Beets, 1 oz	150	Add Food   Quick Tools	698
Add Food   Quick Tools	638	Snacks	
Snacks		Rockstar - Recovery Energy + Hydration (Lemonade), 16 fl. oz.	20
Orbit - Cinnamint, 1 piece	5	Mentos - Sugarfree Chewing Gum, Fresh Mint (With Green Tea Extract), 2 piece (2g)	10
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150	Gl's Enlightened - Kombucha - Gingerade, 16 oz.	60
Hershey's - Special Dark Chocolate Syrup, 20 g (2 Tbsp.)	50	N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150
Smuckers - Sundae Syrup Caramel, 1 T	50	Smucker's Simple Delight - Hot Fudge Topping, 38 g (2 Tbsp)	130
Add Food   Quick Tools	255	Smuckers - Sundae Syrup Caramel, 1 T	50
Totals		Totals	
1,494		1,732	

Friday July 24 <sup>th</sup>		Saturday July 25 <sup>th</sup> - Did not keep track.	
Breakfast		Calories	
Quaker Protein Baked Bar - Peanut Butter Chocolate, 1 bar	190		
Donut Shop Coffee - Vanilla Cream Puff, 1 kcup	0		
Add Food   Quick Tools	190		
Lunch			
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95		
Somersaults - Pacific Sea Salt, 14 pieces (30g)	150		
Add Food   Quick Tools	245		
Dinner			
Fresh Selection by Kroger - Brussel Sprouts, 3 cup	105		
Save Mart - Beef Loin Petite Sirloin Steak Ball Tip, 4 oz	256		
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 2 Tbsp	60		
Terra - Sweets & Beets, 1 oz	150		
Add Food   Quick Tools	571		
Snacks			
Mentos - Sugarfree Chewing Gum, Fresh Mint (With Green Tea Extract), 2 piece (2g)	10		
Gf's Organic Raw Kombucha Synergy - Trilogy, 16 fl. oz.	60		
Smuckers - Sundae Syrup Caramel, 2 T	100		
Smucker's Simple Delight - Hot Fudge Topping, 38 g (2 Tbsp)	130		
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150		
Add Food   Quick Tools	450		
Totals		1,456	

Sunday July 26<sup>th</sup>

## Breakfast

Calories

Green Mountain Coffee - Hazelnut Keurig K-cup, 12 fl oz (178g)

4

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4

## Lunch

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## Dinner

Mushrooms, white, raw, 8 oz(s)

50

Walmart Marketside - Half & Half Mix - Spring Mix and Baby Spinach, 5.5 oz

35

OPA - Greek yogurt feta dill dressing, 4 Tbl

100

Reese - Hearts of Palm Palmitos, 1.0 jar (140g)

45

Walmart - Pork Chops, 8 oz

260

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490

## Snacks

Pure Leaf - Unsweetened Real Brewed Tea, 20 fl oz (240 mL)

0

N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz

150

Torani - Dark Chocolate Sauce, 1 oz

100

Menchie's - Reese's Pourable Peanut Butter Topping, 1.33 tbsp

127

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377

Totals

871