

Monday July 27 th		Tuesday July 28 th	
Breakfast		Breakfast	
	Calories		Calories
Green Mountain Coffee - Hazelnut Keurig K-cup, 6 fl oz (178g)	2	Bob's Red Mill - Extra Thick Rolled Oats, 30 gram	119
Green Mountain Coffee - Hazelnut Keurig K-cup, 12 fl oz (178g)	4	Green Mountain Coffee - Hazelnut Keurig K-cup, 12 fl oz (178g)	4
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	Add Food Quick Tools	163
Add Food Quick Tools	165	Lunch	
Lunch		Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95
Eat Smart - Snap Peas, 7.5 oz. (85 g)	100	Eat Smart - Snap Peas, 4.5 oz. (85 g)	60
Fage - 0% Plain Yogurt, 6 oz	100	Think Thin - Lean Protein & Fiber Bar, Salted Caramel, 1 bar (40g)	150
Granny Smith - Green Apple, Large, 1 apple (9oz/255g)	95	FAGE - 2% with Cherry, 150 g	140
Balance - Bites - Chocolate, 1 bag	190	Add Food Quick Tools	445
Add Food Quick Tools	485	Dinner	
Dinner		Walmart Marketside - Vegetable Medley, 4 cup	100
Fresh Selection by Kroger - Brussel Sprouts, 3 cup	105	Oscar Mayer - Carving Board Oven Roasted Turkey Breast, 4 oz (56g)	120
Rhythm Superfoods - Zesty Nacho Kale Chips, 1 oz	160	OPA - Greek yogurt feta dill dressing, 2 Tbl	50
Reese - Hearts of Palm Palmitos, 1.0 jar (140g)	45	Terra - Sweets & Beets, 1 oz	150
OPA - Greek yogurt feta dill dressing, 2 Tbl	50	Add Food Quick Tools	420
Add Food Quick Tools	360	Snacks	
Snacks		Gf's - Kombucha- Gingerade, 16 fl. oz.	60
Extra - Chewing Gum, 2 stick	10	Orbit - Cinnamon, 2 piece	10
Gf's Enlightened - Kombucha - Gingerade, 16 oz.	60	N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150
Fage - 0% Plain Yogurt, 6 oz	100	Menchie's - Reese's Pourable Peanut Butter Topping, 1.25 tbsp	119
Menchie's - Reese's Pourable Peanut Butter Topping, 1 tbsp	95	Hershey's - Special Dark Chocolate Syrup, 26.67 g (2 Tbsp.)	67
Torani - Dark Chocolate Sauce, 1 oz	100	Add Food Quick Tools	406
Add Food Quick Tools	365	Totals 1,434	
Totals 1,375			

Wednesday July 29th

Thursday July 30th

Breakfast

Calories

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

4

Nature Valley - Oats N Chocolate, 2 bars

190

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194

Lunch

Granny Smith - Green Apple, Large, 1 apple (9oz/255g)

95

Somersaults - Pacific Sea Salt, 14 pieces (30g)

150

Chick Fil-A - Diet Pepsi- Large, 32 oz

5

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250

Dinner

Vegetable - Marketside - Snow Peas - Raw, 2.5 Cup

88

Spinach - Fresh, Raw, 5 cup (30g)

35

OPA - Greek yougurt feta dill dressing, 3 Tbl

75

Premium Quality Private Selection - Crumbled Feta Cheese Traditional, 1/4 cup

80

Tillamook - Colby-Jack "Finely Shredded" Cheese, 1/4 cup (28g)

120

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

45

Food Should Taste Good - Salt & Vinegar Sweet Potato Chips, 28 g

150

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593

Snacks

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

Menchie's - Reese's Pourable Peanut Butter Topping, 1.25 tbsp

119

Hershey's - Special Dark Chocolate Syrup, 20 g (2 Tbsp.)

50

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329

Totals **1,366**

Did not keep track.

Friday July 31st

Did not keep track.

Saturday August 1st

Breakfast

Calories

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Lunch

Safeway - Sugar Snap Peas, 1.5 cup (85g) 53

Popchips - Barbecue Potato, 1 bag 100

Chobani - Greek Yogurt - Plum (Blended), 5.3 oz 140

Odwalla - Chewy Nut Bar-Chocolate Almond Coconut, 1 bar 200

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Dinner

Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 4 Tbsp 120

Fresh Express - Leafy Green Romaine, 255 g (2 cups) 45

Marketside - Arugula & Spinach Mix, 5 oz 35

Stella - Freshly Shaved Parmesan Cheese, 0.25 cup (4 tblsp) 100

Oscar Mayer - Carving Board Oven Roasted Turkey Breast, 4 oz (56g) 120

Napolean - Hearts of Palm, 1 1/8 cup 56

Feng Shui All Natural - Nori Seaweed Rice Crackers, 1/2 cup 110

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Snacks

N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz 150

Menchie's - Reese's Pourable Peanut Butter Topping, 1 tbsp 95

smuckers - Magic Shell chocolate fudge, 1 tbsp 105

[Add Food](#) | [Quick Tools](#) 350

Totals 1,429

Sunday August 2nd

Breakfast

Calories

Green Mountain Coffee - Brown Sugar Crumble Donut, 1 Cup	30
Nature Valley - Crunchy Coconut, 2 Bars	190
Add Food Quick Tools	220

Lunch

Driscoll's - Fresh Blackberries, 6 oz.	43
Mariani Honey Bar - All Natural Sweet & Salty, 1 bar	200
Wegmans - Cauliflower, 1032 g	240
Butter - Salted, 1 tbsp	102
Vinegar - Vinegar, 2 Tbsp	4
Treasure cave - Blue Cheese, 1 oz	100
Add Food Quick Tools	689

Dinner

O Organics - Half & Half Blend Organic Spring Mix & Baby Spinach, 3 cups	30
Opa by Litehouse - Greek Yogurt Blue Cheese Dressing, 3 Tbsp	90
Food Should Taste Good - Salt & Vinegar Sweet Potato Chips, 28 g	150
Add Food Quick Tools	270

Snacks

G.t.'s Kombucha - Synergy Organic & Raw - Cosmic Cranberry, 16 oz	60
N Fage 7 oz - 2% Plain Greek Yogurt, 7 oz	150
Menchie's - Reese's Pourable Peanut Butter Topping, 1 tbsp	95
smuckers - Magic Shell chocolate fudge, 1.5 tbsp	158
Add Food Quick Tools	463

Totals 1,642