



## Printable Diary for Ebquija

From:   Show:  Food Diary  Food Notes

To:    Exercise Diary  Exercise notes

## September 9, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Philly Gourmet - Beef Burger, 2 pattie	560	0g	40g	44g	120mg	90mg	0g	0g
Carrots - Fresh, Raw, Baby, 85 grams	35	8g	0g	1g	0mg	65mg	5g	2g
<b>Lunch</b>								
Blackberries - Raw, 0.5 cup	31	7g	0g	1g	0mg	1mg	4g	4g
Bright leaf hot dog - Hot Dog, 2 hot dog	200	8g	16g	10g	40mg	900mg	0g	4g
Eggs - Boiled Egg, 2 piece	140	2g	10g	12g	370mg	130mg	0g	0g
<b>Dinner</b>								
Eggs - Boiled Egg, 1 piece	70	1g	5g	6g	185mg	65mg	0g	0g
Egg Yolk - Egg - Yolk only, 1 yolk	55	1g	5g	3g	184mg	8mg	0g	0g
Lindt - Lindt 90% Dark Chocolate, 2 squares (20g)	120	3g	11g	2g	0mg	4mg	1g	3g
<b>TOTAL:</b>	<b>1,211</b>	<b>30g</b>	<b>87g</b>	<b>79g</b>	<b>899mg</b>	<b>1,263mg</b>	<b>10g</b>	<b>13g</b>

## September 10, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Lindt - Lindt 90% Dark Chocolate, 2 squares (20g)	120	3g	11g	2g	0mg	4mg	1g	3g
Jenny O - 1/3 Pound Turkey Burgers 60% Less Fat Correct Macros, 1 patty	260	0g	18g	23g	115mg	390mg	0g	0g
Carrots - Fresh, Raw, Baby, 3 ounce	35	8g	0g	1g	0mg	65mg	5g	2g
Philly Gourmet - Beef Burger, 1 pattie	280	0g	20g	22g	60mg	45mg	0g	0g
<b>Lunch</b>								
Blueberries - Raw, 28.0 g	16	4g	0g	0g	0mg	0mg	3g	1g
Blackberries - Raw, 1 oz	43	10g	0g	1g	0mg	1mg	5g	5g
Jack Links - Beef and Cheese, 68 g	280	2g	22g	16g	60mg	1,120mg	0g	0g
Hardees - Small Cheeseburger No Bun, 1 burger	150	4g	10g	11g	40mg	500mg	3g	0g
<b>Dinner</b>								
Oscar Mayer - Classic Beef Franks, 2 Hot Dog (45g)	280	2g	26g	10g	50mg	720mg	2g	0g
Lindt - Lindt 90% Dark Chocolate, 1 squares (20g)	60	1g	6g	1g	0mg	2mg	1g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>1,524</b>	<b>34g</b>	<b>113g</b>	<b>87g</b>	<b>325mg</b>	<b>2,847mg</b>	<b>20g</b>	<b>12g</b>

### September 11, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Oscar Mayer - Classic Beef Franks, 1 Hot Dog (45g)	140	1g	13g	5g	25mg	360mg	1g	0g
Lindt - Lindt 90% Dark Chocolate, 2 squares (20g)	120	3g	11g	2g	0mg	4mg	1g	3g
Orca Bay - Wild Caught Swordfish Steak, 5 oz	200	0g	9g	28g	95mg	115mg	0g	0g
<b>Lunch</b>								
Sargento - Cheddar-Mozzarella Cheese Stick, 3 stick	240	0g	18g	15g	60mg	420mg	0g	0g
Chicken of the Sea - Whole Oysters, Canned, In Water (Corrected), 1 container (4 oz drained ea.)	120	4g	4g	16g	70mg	400mg	0g	0g
Kale, raw, 1.5 oz(s)	21	4g	0g	2g	0mg	16mg	1g	2g
Thai Kitchen - Lite Coconut Milk, 0.75 cup(s)	113	2g	10g	0g	0mg	45mg	0g	0g
<b>Dinner</b>								
Great Value - Shredded Sharp Cheddar, 0.33 cup	110	1g	9g	7g	25mg	180mg	0g	0g
Dole - Classic Romaine Lettuce, 1 2/5 oz	9	2g	0g	0g	0mg	7mg	1g	1g
Food Lion - Ground Beef 93%, 4 oz	170	0g	8g	24g	65mg	70mg	0g	0g
<b>TOTAL:</b>	<b>1,243</b>	<b>17g</b>	<b>82g</b>	<b>99g</b>	<b>340mg</b>	<b>1,617mg</b>	<b>4g</b>	<b>6g</b>

### September 12, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Oil - Peanut, 20 g	177	0g	20g	0g	0mg	0mg	0g	0g
Food Lion - Peanut Butter, 1.7 tbsp	170	6g	14g	7g	0mg	128mg	3g	2g
Crown Princes - Skinless and Boneless Sardines in Olive Oil, 1 can (80 g)	170	0g	10g	21g	15mg	230mg	0g	0g
<b>Lunch</b>								
Roland - Skinless & Boneless Mackerel Fillets In Soybean Oil, 80 g	190	1g	14g	14g	30mg	320mg	0g	0g
Lindt - 90% Supreme Dark Chocolate, 2 squares	120	6g	11g	2g	0mg	5mg	2g	3g
Sargento - Cheddar-Mozzarella Cheese Stick, 1 stick	80	0g	6g	5g	20mg	140mg	0g	0g
Kale, raw, 17 gram	8	1g	0g	1g	0mg	6mg	0g	1g
<b>Dinner</b>								
Ball Park (Afc) - Uncured Angus Beef Franks, 1 frank	150	2g	13g	6g	30mg	490mg	0g	0g
Oscar Mayer - Classic Beef Franks, 1 Hot Dog (45g)	140	1g	13g	5g	25mg	360mg	1g	0g
Dole - Classic Romaine Lettuce, 1 oz	7	1g	0g	0g	0mg	5mg	1g	1g
Great Value - Shredded Sharp Cheddar, 0.5 cup	165	2g	14g	11g	38mg	270mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>1,377</b>	<b>20g</b>	<b>115g</b>	<b>72g</b>	<b>158mg</b>	<b>1,954mg</b>	<b>7g</b>	<b>7g</b>

### September 13, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Great Value - Uncured Beef Franks Bun Length, 1 frank	150	3g	13g	5g	10mg	500mg	1g	0g
Great Value - Sharp Finely Shredded Cheddar Cheese, 0.3 cup(s)	132	0g	11g	8g	30mg	216mg	0g	0g
Food Lion - Ground Beef 93%, 4 oz	170	0g	8g	24g	65mg	70mg	0g	0g
Carrots - Fresh, Raw, Baby, 2 carrots	6	1g	0g	0g	0mg	12mg	1g	0g
Lindt - Lindt 90% Dark Chocolate, 1 squares (20g)	60	1g	6g	1g	0mg	2mg	1g	1g
<b>Lunch</b>								
Blackberries - Raw, 0.25 cup	15	3g	0g	1g	0mg	0mg	2g	2g
Eggs - Boiled Egg, 2 piece	140	2g	10g	12g	370mg	130mg	0g	0g
Polar - Herring Filets, Boneless Smoked, 4 oz	370	6g	20g	19g	65mg	400mg	4g	0g
Sargento - Cheddar-Mozzarella Cheese Stick, 1 stick	80	0g	6g	5g	20mg	140mg	0g	0g
Blueberries, 0.1 cup	9	2g	0g	0g	0mg	0mg	2g	0g
<b>Dinner</b>								
Sam's Choice - Organic Uncured Beef Hot Dogs, 2 hotdog	200	2g	16g	12g	50mg	500mg	2g	0g
Oil - Peanut, 1 tablespoon	119	0g	14g	0g	0mg	0mg	0g	0g
Great Value - Peanut Butter, 2.6 Tbsp	260	9g	21g	12g	0mg	130mg	4g	3g
Sargento - Cheddar-Mozzarella Cheese Stick, 1 stick	80	0g	6g	5g	20mg	140mg	0g	0g
<b>TOTAL:</b>	<b>1,791</b>	<b>29g</b>	<b>131g</b>	<b>104g</b>	<b>630mg</b>	<b>2,240mg</b>	<b>17g</b>	<b>6g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fencing	448	25			
<b>TOTALS:</b>	<b>448</b>	<b>25</b>	<b>0</b>	<b>0</b>	<b>0</b>

### September 14, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Carrots - Fresh, Raw, Baby, 5 carrots	16	4g	0g	0g	0mg	30mg	2g	1g
Food Lion - Ground Beef 93%, 4 oz	170	0g	8g	24g	65mg	70mg	0g	0g
Great Value - Sharp Finely Shredded Cheddar Cheese, 0.25 cup(s)	110	0g	9g	7g	25mg	180mg	0g	0g
Sam's Choice - Organic Uncured Beef Hot Dogs, 1 hotdog	100	1g	8g	6g	25mg	250mg	1g	0g
<b>Lunch</b>								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Crown Princes - Skinless and Boneless Sardines in Olive Oil, 1 can (80 g)	170	0g	10g	21g	15mg	230mg	0g	0g
Blackberries - Raw, 0.66 cup	41	9g	0g	1g	0mg	1mg	5g	5g
Sargento - Cheddar-Mozzarella Cheese Stick, 1 stick	80	0g	6g	5g	20mg	140mg	0g	0g
<b>Dinner</b>								
Mt. Olive - Dill Pickles, 84 g (1/2 pickle)	15	3g	0g	0g	0mg	780mg	0g	0g
Hannah's - Pickled Sausage, 2 Sausage (30g)	120	0g	10g	8g	0mg	1,180mg	2g	0g
Suncrest Farms Bar-B-Q Pork Rinds - Pork Rinds, 630 g (0.5 oz)	360	0g	23g	36g	68mg	1,260mg	0g	0g
<b>Snacks</b>								
Sargento Jalapeno Cheese Stick - Cheese Stick, 2 piece	160	0g	14g	8g	40mg	280mg	0g	0g
<b>TOTAL:</b>	<b>1,342</b>	<b>17g</b>	<b>88g</b>	<b>116g</b>	<b>258mg</b>	<b>4,401mg</b>	<b>10g</b>	<b>6g</b>

### September 15, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Kellogg's - Pumpkin Spice Bakery Crisp, 0.66 crisps	33	7g	1g	0g	0mg	28mg	2g	0g
Silk Coconut Milk - Unsweetened Coconut Milk, 312 ml	59	1g	6g	0g	0mg	52mg	0g	1g
Armour - Vienna Sausage Original, 8 Sausages	240	2g	20g	14g	110mg	1,260mg	0g	0g
Mt Olive - Jalapeno Pickles, 1 oz	5	1g	0g	0g	0mg	260mg	0g	0g
Hannah's - Pickled Sausage, 2 Sausage (30g)	120	0g	10g	8g	0mg	1,180mg	2g	0g
<b>Lunch</b>								
Mt Olive - Jalapeno Pickles, 1 oz	5	1g	0g	0g	0mg	260mg	0g	0g
Suncrest Farms Bar-B-Q Pork Rinds - Pork Rinds, 630 g (0.5 oz)	360	0g	23g	36g	68mg	1,260mg	0g	0g
Armour - Vienna Sausage Original, 8 Sausages	240	2g	20g	14g	110mg	1,260mg	0g	0g
<b>Dinner</b>								
Silk Coconut Milk - Unsweetened Coconut Milk, 240 ml (1 Cup)	45	1g	5g	0g	0mg	40mg	0g	1g
Smithfields - Bbq Pork Regular, 255 g	645	0g	47g	51g	195mg	1,065mg	0g	0g
<b>Snacks</b>								
Armour - Vienna, 1 container (7.5 sauges)	250	3g	20g	13g	100mg	1,175mg	0g	0g
<b>TOTAL:</b>	<b>2,002</b>	<b>18g</b>	<b>152g</b>	<b>136g</b>	<b>583mg</b>	<b>7,840mg</b>	<b>4g</b>	<b>2g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fishing, general	3,583	400			
<b>TOTALS:</b>	<b>3,583</b>	<b>400</b>	<b>0</b>	<b>0</b>	<b>0</b>

### September 16, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Land-o-lakes - Unsalted Butter, 1 tbsp	100	0g	11g	0g	30mg	0mg	0g	0g
Scrambled Egg - Scramble Eggs, 3 egg	240	2g	14g	18g	555mg	0mg	0g	0g
Smithfield Bacon - Bacon, 12 Strip	600	0g	48g	30g	120mg	2,160mg	0g	0g
<b>Lunch</b>								
Smithfield Chicken and Bbq - Shredded Pork Bbq, 0.25 pint	293	0g	21g	23g	89mg	485mg	0g	0g
Silk Coconut Milk - Unsweetened Coconut Milk, 480 ml (1 Cup)	90	2g	9g	0g	0mg	80mg	0g	2g
<b>Dinner</b>								
Kraft - American Cheese - 1 Slice, 1 Slice (21g)	60	2g	5g	4g	15mg	220mg	2g	0g
Land-o-lakes - Unsalted Butter, 1 tbsp	100	0g	11g	0g	30mg	0mg	0g	0g
Scrambled Egg - Scramble Eggs, 3 egg	240	2g	14g	18g	555mg	0mg	0g	0g
<b>Snacks</b>								
Silk Coconut Milk - Unsweetened Coconut Milk, 720 ml	135	3g	14g	0g	0mg	120mg	0g	3g
<b>TOTAL:</b>	<b>1,858</b>	<b>11g</b>	<b>147g</b>	<b>93g</b>	<b>1,394mg</b>	<b>3,065mg</b>	<b>2g</b>	<b>5g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fishing, general	2,867	320			
<b>TOTALS:</b>	<b>2,867</b>	<b>320</b>	<b>0</b>	<b>0</b>	<b>0</b>

### September 17, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Green Giant Steamers - Chopped Spinach, 0.5 container (1 cup cooked ea.)	30	5g	0g	3g	0mg	255mg	2g	2g
Land O' Lakes - Salted Butter, 1 tbsp	100	0g	11g	0g	30mg	90mg	0g	0g
Steak - Steak - T Bone - (6oz.), 10 oz.	602	0g	41g	55g	157mg	153mg	0g	0g
<b>Lunch</b>								
Mt Olive - Jalapeno Pickles, 2 oz	10	2g	0g	0g	0mg	520mg	0g	0g
Silk Coconut Milk - Unsweetened Coconut Milk, 480 ml (1 Cup)	90	2g	9g	0g	0mg	80mg	0g	2g
Steak - Steak - T Bone - (6oz.), 4 oz.	241	0g	16g	22g	63mg	61mg	0g	0g
<b>Dinner</b>								
Lettuce, green leaf, raw, 2 cup shredded	11	2g	0g	1g	0mg	20mg	1g	1g
Kroger - Extra Virgin Olive Oil, 1.5 tbsp.	180	0g	21g	0g	0mg	0mg	0g	0g
Cheese, feta, 0.5 cup, crumbled	198	3g	16g	11g	67mg	688mg	3g	0g
<b>Snacks</b>								
Hannah's - Pickled Sausage, 2 Sausage (30g)	120	0g	10g	8g	0mg	1,180mg	2g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lindt - 90% Supreme Dark Chocolate, 2 squares	120	6g	11g	2g	0mg	5mg	2g	3g
<b>TOTAL:</b>	<b>1,702</b>	<b>20g</b>	<b>135g</b>	<b>102g</b>	<b>317mg</b>	<b>3,052mg</b>	<b>10g</b>	<b>8g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 2.0 mph, slow pace	111	15			
<b>TOTALS:</b>	<b>111</b>	<b>15</b>	<b>0</b>	<b>0</b>	<b>0</b>

### September 18, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Kraft - American Cheese - 1 Slice, 2 Slice (21g)	120	4g	9g	8g	30mg	440mg	4g	0g
Smithfield Bacon - Bacon, 4 Strip	200	0g	16g	10g	40mg	720mg	0g	0g
Scrambled Egg - Scramble Eggs, 3 egg	240	2g	14g	18g	555mg	0mg	0g	0g
Organic Girl - I <3 baby kale!, 2 cups (85g)	17	3g	0g	1g	0mg	50mg	0g	1g
Cheese, feta, 0.5 cup, crumbled	198	3g	16g	11g	67mg	688mg	3g	0g
Marzetti - Simply Dressed Greek Feta Salad Dressing, 3 Tbsp	165	3g	17g	2g	15mg	375mg	2g	0g
<b>Lunch</b>								
Sargento - Cheddar-Mozzarella Cheese Stick, 1 stick	80	0g	6g	5g	20mg	140mg	0g	0g
Silk Coconut Milk - Unsweetened Coconut Milk, 8 fluid ounce	44	1g	4g	0g	0mg	39mg	0g	1g
Vigo Mussels In Marinade Sauce - Mussels, 1 container (1/2 cup ea.)	176	4g	8g	22g	50mg	500mg	0g	0g
<b>Dinner</b>								
Eggs - Boiled Egg, 4 piece	280	4g	20g	24g	740mg	260mg	0g	0g
<b>Snacks</b>								
Lindt - 90% Supreme Dark Chocolate, 2 squares	120	6g	11g	2g	0mg	5mg	2g	3g
<b>TOTAL:</b>	<b>1,640</b>	<b>30g</b>	<b>121g</b>	<b>103g</b>	<b>1,517mg</b>	<b>3,217mg</b>	<b>11g</b>	<b>5g</b>

### September 19, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Food Lion - Peanut Butter Creamy, 2 tablespoon	200	7g	16g	7g	0mg	150mg	3g	2g
Generic - Grassfed Ground Beef 93%, 4 oz	170	0g	8g	23g	70mg	75mg	0g	0g
Oil - Peanut, 1 tbsp(s)	119	0g	14g	0g	0mg	0mg	0g	0g
Sam's Choice - Organic Uncured Beef Hot Dogs, 1 hotdog	100	1g	8g	6g	25mg	250mg	1g	0g
<b>Lunch</b>								
Roland - Skinless & Boneless Mackerel Fillets In Soybean Oil, 80 g	190	1g	14g	14g	30mg	320mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Marzetti - Simply Dressed Greek Feta Salad Dressing, 2 Tbsp	110	2g	11g	1g	10mg	250mg	1g	0g
Organic Girl - I <3 baby kale!, 2 cups (85g)	17	3g	0g	1g	0mg	50mg	0g	1g
Blueberries, 15 g	13	3g	0g	0g	0mg	0mg	2g	1g
<b>Dinner</b>								
Sauerkraut, canned, solids and liquids, 1 cup	27	6g	0g	1g	0mg	939mg	3g	4g
Polish sausage, pork, 5 ounce	462	2g	41g	20g	99mg	1,241mg	0g	0g
<b>Snacks</b>								
Potassium Tablet - Potassium Tablet, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Lindt - 90% Supreme Dark Chocolate, 2 squares	120	6g	11g	2g	0mg	5mg	2g	3g
<b>TOTAL:</b>	<b>1,528</b>	<b>31g</b>	<b>123g</b>	<b>75g</b>	<b>234mg</b>	<b>3,280mg</b>	<b>12g</b>	<b>11g</b>

### September 20, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Lindt - Lindt 90% Dark Chocolate, 2 squares (20g)	120	3g	11g	2g	0mg	4mg	1g	3g
Kale, raw, 1 cup, chopped	33	6g	1g	3g	0mg	25mg	2g	2g
Oil - Olive, 1 tablespoon	119	0g	14g	0g	0mg	0mg	0g	0g
Generic - Ground Beef 80/20, 4 oz (113 g)	287	0g	23g	19g	80mg	75mg	0g	0g
<b>Lunch</b>								
Kroger - Swiss Cheese, 2 slice	160	0g	12g	12g	40mg	90mg	0g	0g
Wendy's - Applewood Smoked Bacon, 3 strips	105	0g	9g	8g	23mg	345mg	0g	0g
Vegetable oil - Vegetable Oil, 2 tbs	240	0g	28g	0g	0mg	0mg	0g	0g
Pickles, cucumber, sour, 2 cup	34	7g	1g	1g	0mg	3,745mg	3g	4g
Dole - Classic Romaine Lettuce, 3 oz	20	4g	0g	1g	0mg	15mg	2g	2g
Walmart - Tomato, 0.25 tomato	6	1g	0g	0g	0mg	2mg	1g	0g
Turkey, Deli Sliced - Turkey, 7 oz.	177	7g	4g	35g	53mg	1,768mg	0g	0g
Generic - Avocado Aioli, 2 tbsp	35	2g	4g	2g	0mg	0mg	0g	1g
<b>Snacks</b>								
Endangered Species Chocolate Co. - Extreme Dark 88%, 4 square	112	9g	11g	2g	0mg	0mg	3g	3g
<b>TOTAL:</b>	<b>1,448</b>	<b>39g</b>	<b>118g</b>	<b>85g</b>	<b>196mg</b>	<b>6,069mg</b>	<b>12g</b>	<b>15g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fencing	358	20			
<b>TOTALS:</b>	<b>358</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>

### September 21, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Potassium Tablet - Potassium Tablet, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Spam - Low Sodium, 3 oz	270	2g	24g	11g	60mg	870mg	0g	0g
Margaritaville (Correct) - Sunset Shrimp Scampi, 6 shrimp (4 oz)	280	4g	24g	11g	145mg	490mg	1g	0g
<b>Lunch</b>								
Lindt - Lindt 90% Dark Chocolate, 1 squares (20g)	60	1g	6g	1g	0mg	2mg	1g	1g
Sargento Jalapeno Cheese Stick - Cheese Stick, 1 piece	80	0g	7g	4g	20mg	140mg	0g	0g
Oscar Mayer - Bun Length Beef Franks, 2 link (57g)	340	4g	32g	12g	70mg	900mg	2g	0g
<b>Dinner</b>								
Mayonaise, 2 tbsp	200	0g	22g	0g	0mg	0mg	0g	0g
Great Value - Tuna, Canned, 2 container (4 oz)	200	4g	4g	40g	100mg	720mg	0g	4g
<b>Snacks</b>								
Sargento Jalapeno Cheese Stick - Cheese Stick, 1 piece	80	0g	7g	4g	20mg	140mg	0g	0g
Lindt - 90% Supreme Dark Chocolate, 2 1/5 squares	132	7g	12g	2g	0mg	6mg	2g	3g
Potassium Tablet - Potassium Tablet, 4 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,642</b>	<b>22g</b>	<b>138g</b>	<b>85g</b>	<b>415mg</b>	<b>3,268mg</b>	<b>6g</b>	<b>8g</b>

### September 22, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Oil - Peanut, 1 tablespoon	119	0g	14g	0g	0mg	0mg	0g	0g
Great Value - Peanut Butter, 1 Tbsp	100	4g	8g	5g	0mg	50mg	2g	1g
Iga - Real Mayonaise, 2 Tbsp (14 g)	220	0g	24g	0g	20mg	160mg	0g	0g
Great Value - Tuna, Canned, 2 container (4 oz)	200	4g	4g	40g	100mg	720mg	0g	4g
<b>Lunch</b>								
Eggs - Boiled Egg, 2 piece	140	2g	10g	12g	370mg	130mg	0g	0g
Hormel - Pepperoni Stix, 1 stick	140	0g	13g	5g	35mg	490mg	0g	0g
Blueberries, 40 g	34	8g	0g	0g	0mg	0mg	6g	1g
<b>Dinner</b>								
Eggs - Boiled Egg, 1 piece	70	1g	5g	6g	185mg	65mg	0g	0g
Silk Coconut Milk - Unsweetened Coconut Milk, 240 ml (1 Cup)	45	1g	5g	0g	0mg	40mg	0g	1g
Blueberries, 0.2 cup	17	4g	0g	0g	0mg	0mg	3g	1g
Suncrest Farms - Pork Skins Salt and Vinegar , 0.65 container (2 3/10 oz. ea.)	234	0g	15g	23g	23mg	1,404mg	0g	0g
<b>Snacks</b>								
Spring Valley - Gelatin Capsule, 2 capsules	4	0g	0g	1g	0mg	0mg	0g	0g
Spring Valley - Collagen plus vitamin C type 1&3, 1000 mf	10	0g	0g	2g	0mg	0mg	0g	0g
Potassium Tablet - Potassium Tablet, 5 tablet	0	0g	0g	0g	0mg	0mg	0g	0g



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>TOTAL:</b>	<b>1,333</b>	<b>24g</b>	<b>98g</b>	<b>94g</b>	<b>733mg</b>	<b>3,059mg</b>	<b>11g</b>	<b>8g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Speed Bag	60	6			
Walking, 3.0 mph, mod. pace	168	17			
<b>TOTALS:</b>	<b>228</b>	<b>23</b>	<b>0</b>	<b>0</b>	<b>0</b>

### September 23, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Lindt - Lindt 90% Dark Chocolate, 2 squares (20g)	120	3g	11g	2g	0mg	4mg	1g	3g
Great Value - Tuna, Canned, 2 container (4 oz)	200	4g	4g	40g	100mg	720mg	0g	4g
Mayo - Hellmans Real, 2 Tbsp (15ml)	180	0g	20g	0g	10mg	180mg	0g	0g
<b>Lunch</b>								
Eggs - Boiled Egg, 1 piece	70	1g	5g	6g	185mg	65mg	0g	0g
Suncrest Farms - Pork Skins Salt and Vinegar , 0.33 container (2 3/10 oz. ea.)	119	0g	7g	12g	12mg	713mg	0g	0g
Sun World - Scarlet Royal Red Seedless Grapes, 0.25 Cup	15	4g	0g	0g	0mg	0mg	4g	0g
Blueberries, 3 tbsp(s)	16	4g	0g	0g	0mg	0mg	3g	1g
Armour - Vienna Sausage Original, 1 container (7.5 sausages ea.)	250	3g	20g	13g	100mg	1,175mg	0g	0g
<b>Dinner</b>								
Grapes - Raw, 2 grape	3	1g	0g	0g	0mg	0mg	1g	0g
Great Value - Finely Shredded Sharp Cheddar Cheese (4cups/1 lb), 38 gram	149	0g	12g	10g	34mg	244mg	0g	0g
Mayo - Hellmans Real, 1 Tbsp (15ml)	90	0g	10g	0g	5mg	90mg	0g	0g
Great Value - Tuna, Canned, 1 container (4 oz)	100	2g	2g	20g	50mg	360mg	0g	2g
<b>Snacks</b>								
Sun World - Scarlet Royal Red Seedless Grapes, 0.2 Cup	12	3g	0g	0g	0mg	0mg	3g	0g
<b>Supplements</b>								
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,391</b>	<b>31g</b>	<b>93g</b>	<b>110g</b>	<b>516mg</b>	<b>3,551mg</b>	<b>12g</b>	<b>15g</b>

### September 24, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Oil - Peanut, 1.2 tablespoon	143	0g	16g	0g	0mg	0mg	0g	0g
Mayo - Hellmans Real, 2.5 Tbsp (15ml)	225	0g	25g	0g	13mg	225mg	0g	0g
Great Value - Peanut Butter, 2.5 Tbsp	250	9g	20g	11g	0mg	125mg	4g	3g
Great Value - Tuna, Canned, 2 container (4 oz)	200	4g	4g	40g	100mg	720mg	0g	4g
<b>Lunch</b>								
Flik - Fresh Steamed Broccoli, 1 cup(s)	39	8g	0g	3g	0mg	37mg	2g	3g
Silk Coconut Milk - Unsweetened Coconut Milk, 480 ml (1 Cup)	90	2g	9g	0g	0mg	80mg	0g	2g
Homemade - Steamed Chicken Breast, 100 gram	168	0g	6g	26g	0mg	20mg	0g	0g
<b>Dinner</b>								
Baby - Carrots, 0.5 Carrots	2	0g	0g	0g	0mg	3mg	0g	0g
Flik - Fresh Steamed Broccoli, 1 cup(s)	39	8g	0g	3g	0mg	37mg	2g	3g
Homemade - Steamed Chicken Breast, 100 gram	168	0g	6g	26g	0mg	20mg	0g	0g
<b>Snacks</b>								
Armour - Vienna Sausage Original, 1 container (7.5 sausages ea.)	250	3g	20g	13g	100mg	1,175mg	0g	0g
<b>Supplements</b>								
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,641</b>	<b>40g</b>	<b>108g</b>	<b>129g</b>	<b>233mg</b>	<b>2,442mg</b>	<b>8g</b>	<b>20g</b>

### September 25, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Trader Joe's - Swordfish Steaks, 5 oz	175	0g	8g	28g	56mg	125mg	0g	0g
Lindt - Lindt 90% Dark Chocolate, 2 squares (20g)	120	3g	11g	2g	0mg	4mg	1g	3g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Great Value - Peanut Butter, 2.5 Tbsp	250	9g	20g	11g	0mg	125mg	4g	3g
Oil - Peanut, 1 tablespoon	119	0g	14g	0g	0mg	0mg	0g	0g
<b>Lunch</b>								
Generic - Pure Leaf, Unsweetened, 128 fluid ounce	0	0g	0g	0g	0mg	227mg	0g	0g
Fiorucci - Pepperoni With Mozzarella Sticks, 1 container (8 pieces (85g) ea.)	600	4g	50g	34g	60mg	720mg	0g	0g
<b>Dinner</b>								
Calavo - Guacamole - Authentic Recipe, 8 Tbsp. (30g)	180	12g	16g	4g	0mg	460mg	0g	8g
Costco - Chicken Kabob, 2 skewers	150	3g	4g	24g	55mg	420mg	1g	0g
<b>Supplements</b>								
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,661</b>	<b>37g</b>	<b>125g</b>	<b>110g</b>	<b>191mg</b>	<b>2,081mg</b>	<b>6g</b>	<b>19g</b>

**Food Notes**

37-11=26g net carbs.

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fencing	358	20			
<b>TOTALS:</b>	<b>358</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>

**September 26, 2017**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Mayo - Hellmans Real, 1 Tbsp (15ml)	90	0g	10g	0g	5mg	90mg	0g	0g
Great Value - Tuna, Canned, 2 container (4 oz)	200	4g	4g	40g	100mg	720mg	0g	4g
Calavo - Guacamole - Authentic Recipe, 8 Tbsp. (30g)	180	12g	16g	4g	0mg	460mg	0g	8g
<b>Lunch</b>								
Pickles, cucumber, sour, 3 cup	51	11g	1g	2g	0mg	5,617mg	5g	6g
Salami - Salami, 1.5 ounce	111	1g	10g	5g	29mg	484mg	1g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Pepperoni - Pepperoni, 1.5 ounce	99	3g	20g	26g	0mg	0mg	0g	1g
Fontal - Cheese, 4.5 ounce	467	0g	39g	30g	0mg	0mg	0g	0g
ranch dressing - Dressing, 1.5 fluid ounce	210	3g	21g	2g	15mg	390mg	2g	0g
Vegetable oil - Vegetable Oil, 1 tbs	120	0g	14g	0g	0mg	0mg	0g	0g
<b>Supplements</b>								
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,595</b>	<b>40g</b>	<b>137g</b>	<b>116g</b>	<b>169mg</b>	<b>7,761mg</b>	<b>8g</b>	<b>24g</b>

### September 27, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Oil - Peanut, 1 tablespoon	119	0g	14g	0g	0mg	0mg	0g	0g
Great Value - Peanut Butter, 2 Tbsp	200	7g	16g	9g	0mg	100mg	3g	2g
Margaritaville (Correct) - Sunset Shrimp Scampi, 6 shrimp (4 oz)	280	4g	24g	11g	145mg	490mg	1g	0g
<b>Lunch</b>								
Suncrest Farms - Pork Skins, 1.13 oz (14g)	180	0g	11g	18g	34mg	630mg	0g	0g
Generic - Broccoli - Steamed, 100 gram	35	7g	0g	2g	0mg	32mg	1g	3g
Homemade - Steamed Chicken Breast, 1.5 oz	71	0g	3g	11g	0mg	8mg	0g	0g
<b>Dinner</b>								
Bicks - Hot Banana Pepper Rings (Pickled), 1 ounce	3	1g	0g	0g	0mg	416mg	0g	0g
Google - Sauerkraut, 4 ounce	22	5g	0g	1g	0mg	750mg	2g	3g
Cumberland Farms - Roller Grill, Jumbo Hotdog, 1.3 hotdog	455	5g	40g	17g	104mg	1,326mg	3g	0g
<b>Snacks</b>								
P3 - Protein snack, 1 container	180	4g	13g	13g	35mg	450mg	0g	0g
<b>Supplements</b>								
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,612</b>	<b>39g</b>	<b>123g</b>	<b>89g</b>	<b>338mg</b>	<b>4,202mg</b>	<b>10g</b>	<b>13g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace	246	25			
<b>Strength Training</b>					
Dumbbell Press, One-Arm, Palm-In			4	10	60
Flat Dumbbell Press			1	10	30
Triceps Pull-down			2	10	70
Machine Fly			2	10	170
Squat			1	10	40
Shoulder Shrug			2	15	140
Standing One-Arm Dumbbell Curl			2	10	25
<b>TOTALS:</b>	<b>246</b>	<b>25</b>	<b>14</b>	<b>75</b>	<b>535</b>

### September 28, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Lindt - Lindt 90% Dark Chocolate, 1 squares (20g)	60	1g	6g	1g	0mg	2mg	1g	1g
Spam Less Sodium - Spam Less Sodium, 168 gram 2 slice	540	3g	48g	21g	120mg	1,740mg	0g	0g
<b>Lunch</b>								
Oscar Mayer P3 - Protein Pack, 1 package	170	3g	11g	14g	30mg	470mg	1g	1g
P3 - Protein Pack, 2 oz	170	4g	11g	13g	30mg	440mg	0g	1g
<b>Dinner</b>								
Eggs - Boiled Egg, 2 piece	140	2g	10g	12g	370mg	130mg	0g	0g
Oscar Mayer - P3 Portable Protein Pack (Ham/cheese/almonds), 1 package	190	4g	14g	12g	35mg	420mg	0g	1g
<b>Snacks</b>								
Sabra - Quacamole, 0.5 container (14 tbsp ea.)	175	14g	14g	4g	0mg	525mg	0g	7g
Expresco - Prosticks Mediterranean Style, 2 pack	300	6g	8g	46g	120mg	1,260mg	2g	0g
Volpi - Roltini - Mozzarella and Spicy Salami, 1 package	110	1g	8g	10g	30mg	350mg	0g	0g
<b>Supplements</b>								
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,922</b>	<b>44g</b>	<b>132g</b>	<b>140g</b>	<b>755mg</b>	<b>5,337mg</b>	<b>4g</b>	<b>16g</b>

### September 29, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Food Lion - Steak pinwheels, 3 each	780	3g	51g	63g	0mg	0mg	0g	0g
<b>Supplements</b>								
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
<b>TOTAL:</b>	<b>847</b>	<b>9g</b>	<b>53g</b>	<b>70g</b>	<b>20mg</b>	<b>0mg</b>	<b>0g</b>	<b>5g</b>

### September 30, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Lunch</b>								
Organic Girl - I Heart Baby Kale, 3 cups	25	5g	0g	2g	0mg	75mg	1g	2g
Cheese, feta, 1 cup, crumbled	396	6g	32g	21g	134mg	1,376mg	6g	0g
Girards - Greek Feta Dressing, 3 tablespoons	150	2g	17g	0g	0mg	390mg	2g	0g
<b>Dinner</b>								
Smithfield - Low Sodium Bacon, 6 slices	240	0g	21g	15g	60mg	510mg	0g	0g
Generic - 3 Fried Eggs In Butter, 0.5 Cup	251	1g	18g	19g	630mg	280mg	1g	0g
<b>Snacks</b>								
Hannah's - Pickled Sausage, 1 Sausage (30g)	60	0g	5g	4g	0mg	590mg	1g	0g
<b>TOTAL:</b>	<b>1,122</b>	<b>14g</b>	<b>93g</b>	<b>61g</b>	<b>824mg</b>	<b>3,221mg</b>	<b>11g</b>	<b>2g</b>

October 1, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Organic Girl - I Heart Baby Kale, 3 cups	25	5g	0g	2g	0mg	75mg	1g	2g
Girards - Greek Feta Dressing, 3 tablespoons	150	2g	17g	0g	0mg	390mg	2g	0g
Cheese, feta, 0.5 cup, crumbled	198	3g	16g	11g	67mg	688mg	3g	0g
<b>Lunch</b>								
Kraft Velveta Slices - Cheese Slices, 2 slice	80	6g	3g	6g	10mg	580mg	4g	0g
Smithfield - Low Sodium Bacon, 6 slices	240	0g	21g	15g	60mg	510mg	0g	0g
Generic - 3 Fried Eggs In Butter, 0.5 Cup	251	1g	18g	19g	630mg	280mg	1g	0g
<b>Dinner</b>								
Expresco - Prosticks Mediterranean Style, 1 pack	150	3g	4g	23g	60mg	630mg	1g	0g
Wholey Guacamole - 100 Calorie Packs, 1 pouch	100	5g	9g	1g	0mg	200mg	0g	3g
<b>Snacks</b>								
Sabra - Quacamole, 7 Tbsp	175	14g	14g	4g	0mg	525mg	0g	7g
Expresco - Prosticks Mediterranean Style, 1 pack	150	3g	4g	23g	60mg	630mg	1g	0g
Lindt - 90% Supreme Dark Chocolate, 2 squares	120	6g	11g	2g	0mg	5mg	2g	3g
Hannah's - Pickled Sausage, 2 Sausage (30g)	120	0g	10g	8g	0mg	1,180mg	2g	0g
<b>Supplements</b>								
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,826</b>	<b>54g</b>	<b>129g</b>	<b>121g</b>	<b>907mg</b>	<b>5,693mg</b>	<b>17g</b>	<b>20g</b>

**Food Notes**

48-20ish=28ish net carbs.

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Elliptical Trainer	457	17			
Stair-treadmill ergometer, general	81	3			
<b>Strength Training</b>					
Dumbbell Press, One-Arm, Palm-In			4	10	60

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Flat Dumbbell Press			1	10	30
Triceps Pull-down			2	10	70
Machine Fly			2	10	170
Shoulder Shrug			2	15	140
Standing One-Arm Dumbbell Curl			2	10	25
Lat Pulldown			2	10	120
Squat			2	10	100
<b>TOTALS:</b>	<b>538</b>	<b>20</b>	<b>17</b>	<b>85</b>	<b>715</b>

### October 2, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Bird's Eye Veggie Made - Riced Cauliflower, 1 container (2.6 cups ea.)	88	11g	0g	7g	0mg	735mg	7g	7g
Tasty Bite - Indian Kashmir Spinach (New), 1 container (10 oz/142.g ea.)	220	12g	14g	12g	30mg	940mg	4g	6g
Old Waynesboro - Country Ham, 8 oz	400	0g	22g	56g	220mg	3,100mg	0g	0g
<b>Lunch</b>								
Fiorucci - Hard Salami Panino, 1 container (8 pieces ea.)	600	4g	50g	34g	60mg	720mg	0g	0g
<b>Supplements</b>								
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,375</b>	<b>33g</b>	<b>88g</b>	<b>116g</b>	<b>330mg</b>	<b>5,495mg</b>	<b>11g</b>	<b>18g</b>

### Food Notes

6+4 breakfast = 10 net carbs

### October 3, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
So Delicious - Organic Coconut Milk Unsweetened Vanilla, 8 fluid ounce	45	1g	5g	0g	0mg	25mg	0g	0g



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Pictsweet - Steamables Broccoli Florets, 120 g	49	7g	0g	3g	0mg	42mg	3g	4g
Margaritaville (Correct) - Sunset Shrimp Scampi, 1 container (12 shrimp (4 oz) ea.)	560	8g	48g	22g	290mg	980mg	2g	0g
<b>Lunch</b>								
Sargento Jalapeno Cheese Stick - Cheese Stick, 2 piece	160	0g	14g	8g	40mg	280mg	0g	0g
<b>Snacks</b>								
Wholey Guacamole - 100 Calorie Packs, 1 pouch	100	5g	9g	1g	0mg	200mg	0g	3g
Food Lion Fresh Deli - Sliced Swiss Cheese, 2 slice	160	2g	12g	12g	40mg	100mg	0g	0g
Fiorucci - Pepperoni, 2 oz.	260	2g	24g	12g	50mg	960mg	0g	0g
<b>Supplements</b>								
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,401</b>	<b>31g</b>	<b>114g</b>	<b>65g</b>	<b>440mg</b>	<b>2,587mg</b>	<b>5g</b>	<b>12g</b>

**Food Notes**

Breakfast=12g net carbs.  
 Supplements=1g net carbs  
 Other-6g net carbs  
 19 total net carbs

**October 4, 2017**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Food Lion - Cooked Ham Deli, 240 gram	212	4g	4g	38g	106mg	1,693mg	4g	0g
Food Lion - Swiss Cheese, 2 slice	160	2g	12g	12g	40mg	100mg	0g	0g
Fiorucci - Pepperoni, 2 oz.	260	2g	24g	12g	50mg	960mg	0g	0g
Pictsweet - Steamables Broccoli Florets, 90 g	37	5g	0g	2g	0mg	32mg	2g	3g
<b>TOTAL:</b>	<b>669</b>	<b>13g</b>	<b>40g</b>	<b>64g</b>	<b>196mg</b>	<b>2,785mg</b>	<b>6g</b>	<b>3g</b>

**October 5, 2017**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Pictsweet - Steamables Broccoli Florets, 70 g	29	4g	0g	2g	0mg	25mg	2g	2g
Fiorucci - Pepperoni, 2 oz.	260	2g	24g	12g	50mg	960mg	0g	0g
Food Lion - Swiss Cheese, 2 slice	160	2g	12g	12g	40mg	100mg	0g	0g
Food Lion - Cooked Ham Deli, 180 gram	159	3g	3g	29g	79mg	1,270mg	3g	0g
<b>Lunch</b>								
Kraft Natural Cheese- - Finely Shredded Triple Cheddar, 60 gram	236	2g	19g	13g	54mg	364mg	0g	2g
Oscar Mayer - Premium All Beef Hot Dog, 2 hotdog	260	2g	0g	8g	0mg	0mg	0g	0g
<b>Dinner</b>								
Food Lion - Swiss Cheese, 1 slice	80	1g	6g	6g	20mg	50mg	0g	0g
Fiorucci - Riserva Genoa Salami With Wine, 56 g (2 oz	230	1g	21g	10g	50mg	810mg	1g	0g
Great Value - Peanut Butter, 2 Tbsp	200	7g	16g	9g	0mg	100mg	3g	2g
Oil - Peanut, 1 tablespoon	119	0g	14g	0g	0mg	0mg	0g	0g
<b>Snacks</b>								
Aspen Naturals - Beef Gelatin, 3 tbsp	68	0g	0g	14g	0mg	0mg	0g	0g
Lipton - Luscious Herbal Tea (Peach Mango), 2 Tea Bag	10	2g	0g	0g	0mg	0mg	0g	0g
<b>Supplements</b>								
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
Cvs - Magnesium 500mg, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Equate - Fiber Therapy 100% Natural Psyllium Husk Fiber Capsule, 10 capsules	17	5g	0g	0g	0mg	0mg	0g	5g
CVS - Potassium Gluconate, 6 pill	0	0g	0g	0g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,878</b>	<b>32g</b>	<b>117g</b>	<b>122g</b>	<b>313mg</b>	<b>3,679mg</b>	<b>9g</b>	<b>11g</b>

### October 6, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Aspen Naturals - Beef Gelatin, 3 tbsp	68	0g	0g	14g	0mg	0mg	0g	0g
Food Lion - Swiss Cheese, 1 slice	80	1g	6g	6g	20mg	50mg	0g	0g
Fiorucci - Riserva Genoa Salami With Wine, 78.4 g (2 oz	322	1g	29g	14g	70mg	1,134mg	1g	0g
<b>Lunch</b>								
Mcdonald's - Mcdouble no Bun & no Ketchup, 2 Burger	460	6g	34g	36g	130mg	1,060mg	2g	2g
<b>Dinner</b>								
Aspen Naturals - Beef Gelatin, 2 tbsp	45	0g	0g	9g	0mg	0mg	0g	0g
Lipton - Luscious Herbal Tea (Peach Mango), 1 Tea Bag	5	1g	0g	0g	0mg	0mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Homemade - Steamed Chicken Breast, 4 oz	190	0g	7g	29g	0mg	23mg	0g	0g
Wholly Guacamole - Layered Dips (Spicy Pico Over Guacamole), 0.33 container (18 tbsp (30 g) ea.)	104	6g	7g	0g	0mg	416mg	3g	3g
<b>Supplements</b>								
Spring Valley - Collagen plus vitamin C type 1&3, 2000 mf	20	0g	0g	4g	0mg	0mg	0g	0g
Spring Valley - Gelatin 1300 Mcg, 4 capsules	10	0g	0g	2g	0mg	0mg	0g	0g
CVS: Spectravite - Multivitamin/Multimineral, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Nature Made - Fish Oil 1000mg, 2 softgels	20	1g	2g	1g	20mg	0mg	0g	0g
CVS - B12 1000 mcg, 1 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,324</b>	<b>16g</b>	<b>85g</b>	<b>115g</b>	<b>240mg</b>	<b>2,683mg</b>	<b>6g</b>	<b>5g</b>

### October 7, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Great Value - Uncured Franks, 2 frank	340	6g	30g	12g	60mg	1,000mg	2g	0g
Fiorucci - Riserva Genoa Salami With Wine, 56 g (2 oz)	230	1g	21g	10g	50mg	810mg	1g	0g
Food Lion - Swiss Cheese, 1 slice	80	1g	6g	6g	20mg	50mg	0g	0g
Aspen Naturals - Beef Gelatin, 2 tbsp	45	0g	0g	9g	0mg	0mg	0g	0g
<b>Lunch</b>								
Hardees - Chili Dog No Bun, 145 g	270	3g	23g	12g	50mg	920mg	3g	1g
Hardee's - Double Cheeseburger (No Bun, No Ketchup, No Mustard), 2 patties	250	4g	19g	20g	70mg	570mg	3g	1g
<b>Dinner</b>								
Wholly Guacamole - Layered Dips (Spicy Pico Over Guacamole), 0.33 container (18 tbsp (30 g) ea.)	104	6g	7g	0g	0mg	416mg	3g	3g
Homemade - Steamed Chicken Breast, 4 oz	190	0g	7g	29g	0mg	23mg	0g	0g
Lipton - Luscious Herbal Tea (Peach Mango), 1 Tea Bag	5	1g	0g	0g	0mg	0mg	0g	0g
Aspen Naturals - Beef Gelatin, 2 tbsp	45	0g	0g	9g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,559</b>	<b>22g</b>	<b>113g</b>	<b>107g</b>	<b>250mg</b>	<b>3,789mg</b>	<b>12g</b>	<b>5g</b>

### October 8, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Aspen Naturals - Beef Gelatin, 2 tbsp	45	0g	0g	9g	0mg	0mg	0g	0g
Food Lion - Swiss Cheese, 1 slice	80	1g	6g	6g	20mg	50mg	0g	0g
Fiorucci - Riserva Genoa Salami With Wine, 72.8 g (2 oz)	299	1g	27g	13g	65mg	1,053mg	1g	0g
<b>Lunch</b>								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Blue Diamond - Lightly Salted Almonds with Sea Salt, 1.5 oz--28 almonds	255	8g	24g	9g	0mg	60mg	2g	5g
Jack Links - All American Beef & Cheese, 2 pack (34g)	280	2g	22g	16g	60mg	1,120mg	0g	0g
<b>Dinner</b>								
Blue Diamond - Lightly Salted Almonds with Sea Salt, 1.2 oz--28 almonds	204	6g	19g	7g	0mg	48mg	1g	4g
food lion - angus roast beef, 8 ounces	240	0g	8g	40g	140mg	920mg	0g	0g
<b>Snacks</b>								
Blue Diamond - Lightly Salted Almonds with Sea Salt, 1.1 oz--28 almonds	187	6g	18g	7g	0mg	44mg	1g	3g
<b>TOTAL:</b>	<b>1,590</b>	<b>24g</b>	<b>124g</b>	<b>107g</b>	<b>285mg</b>	<b>3,295mg</b>	<b>5g</b>	<b>12g</b>

### October 9, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
food lion - angus roast beef, 8 ounces	240	0g	8g	40g	140mg	920mg	0g	0g
Girards - Greek Feta Dressing, 3 3/10 tablespoons	165	2g	18g	0g	0mg	429mg	2g	0g
Cheese, feta, 0.5 cup, crumbled	198	3g	16g	11g	67mg	688mg	3g	0g
Organic Girl - I Heart Baby Kale, 3 cups	25	5g	0g	2g	0mg	75mg	1g	2g
<b>Lunch</b>								
Bojangles - Sausage, Egg, and Cheese (No Biscuit), 1 Pattie	375	2g	33g	16g	0mg	690mg	2g	0g
<b>Dinner</b>								
Lettuce, green leaf, raw, 2 cup shredded	11	2g	0g	1g	0mg	20mg	1g	1g
Member's Mark - Sam's Club - Ranch Dressing, 2 ounce	283	2g	30g	0g	0mg	526mg	2g	0g
Butter - Salted, 3 tbsp(s)	305	0g	35g	0g	92mg	245mg	0g	0g
Usda Supertracker - Scallops, Broiled, Baked, or Grilled, W/o Fat, 9 oz	279	6g	2g	54g	105mg	1,326mg	0g	0g
Generic - Shrimp (Baked or Broiled), 6 ounce	262	2g	9g	42g	311mg	871mg	0g	0g
<b>Snacks</b>								
Flounder - Flounder, 2 ounces	60	0g	3g	9g	28mg	145mg	0g	0g
Butter - Butter, 2 T.	200	0g	22g	0g	60mg	180mg	0g	0g
Grilled chicken - Chicken, 4 oz	100	1g	2g	22g	50mg	110mg	1g	0g
Blue Diamond - Lightly Salted Almonds with Sea Salt, 0.4 oz--28 almonds	68	2g	6g	2g	0mg	16mg	0g	1g
Lindt - 90% Supreme Dark Chocolate, 2 squares	120	6g	11g	2g	0mg	5mg	2g	3g
<b>TOTAL:</b>	<b>2,691</b>	<b>33g</b>	<b>195g</b>	<b>201g</b>	<b>853mg</b>	<b>6,246mg</b>	<b>14g</b>	<b>7g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Fencing	506	30			
<b>TOTALS:</b>	<b>506</b>	<b>30</b>	<b>0</b>	<b>0</b>	<b>0</b>

### October 10, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Harris Teeter - Bacon, 4 slices	107	0g	8g	7g	20mg	387mg	0g	0g
Cheese, feta, 0.33 cup, crumbled	131	2g	11g	7g	44mg	454mg	2g	0g
Medium Eggs - 2 Eggs, Scrambled With Butter, 183 grams	327	3g	27g	18g	507mg	31mg	2g	0g
Organic Girl - I Heart Baby Kale, 3 cups	25	5g	0g	2g	0mg	75mg	1g	2g
Girards - Greek Feta Dressing, 3 3/10 tablespoons	165	2g	18g	0g	0mg	429mg	2g	0g
<b>Lunch</b>								
Wholly Guacamole - Layered Dips (Spicy Pico Over Guacamole), 0.33 container (18 tbsp (30 g) ea.)	104	6g	7g	0g	0mg	416mg	3g	3g
Homemade - Steamed Chicken Breast, 5 oz	238	0g	9g	36g	0mg	28mg	0g	0g
Fiorucci - Sandwich Pepperoni, 1 oz.	130	1g	12g	5g	25mg	500mg	1g	0g
<b>Dinner</b>								
Great Value - Uncured Franks, 1 frank	170	3g	15g	6g	30mg	500mg	1g	0g
Oil - Peanut, 1 tablespoon	119	0g	14g	0g	0mg	0mg	0g	0g
Great Value - Peanut Butter, 2 Tbsp	200	7g	16g	9g	0mg	100mg	3g	2g
Aspen Naturals - Beef Gelatin, 2 tbsp	45	0g	0g	9g	0mg	0mg	0g	0g
Lipton - Luscious Herbal Tea (Peach Mango), 1 Tea Bag	5	1g	0g	0g	0mg	0mg	0g	0g
Blue Diamond - Lightly Salted Almonds with Sea Salt, 0.5 oz--28 almonds	85	3g	8g	3g	0mg	20mg	1g	2g
<b>Snacks</b>								
Blue Diamond - Lightly Salted Almonds with Sea Salt, 1 oz--28 almonds	170	5g	16g	6g	0mg	40mg	1g	3g
<b>TOTAL:</b>	<b>2,021</b>	<b>38g</b>	<b>161g</b>	<b>108g</b>	<b>626mg</b>	<b>2,980mg</b>	<b>17g</b>	<b>12g</b>

### October 11, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Blue Diamond - Lightly Salted Almonds with Sea Salt, 0.5 oz--28 almonds	85	3g	8g	3g	0mg	20mg	1g	2g
Great Value - Sharp Cheddar, 30 gram	116	1g	10g	7g	26mg	190mg	0g	0g
Fiorucci - Pepperoni, 2.2 oz.	286	2g	26g	13g	55mg	1,056mg	0g	0g
Aspen Naturals - Beef Gelatin, 2 tbsp	45	0g	0g	9g	0mg	0mg	0g	0g
<b>Lunch</b>								

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Zaxby's - Grilled Chicken Breast, 6 ounce	192	2g	4g	37g	102mg	1,042mg	1g	0g
Sargento Jalapeno Cheese Stick - Cheese Stick, 2 piece	160	0g	14g	8g	40mg	280mg	0g	0g
Blue Diamond - Lightly Salted Almonds with Sea Salt, 1 oz--28 almonds	170	5g	16g	6g	0mg	40mg	1g	3g
<b>Dinner</b>								
Guacamole - Guacamole, 1 container	100	5g	9g	1g	0mg	170mg	1g	3g
Generic - Lettuce (Iceberg), 1 cup shredded (72 g)	10	2g	0g	1g	0mg	7mg	1g	1g
Restaurant - Pork Chile Verde, 10.5 oz	361	11g	18g	37g	103mg	410mg	6g	3g
<b>Snacks</b>								
Blue Diamond - Lightly Salted Almonds with Sea Salt, 0.4 oz--28 almonds	68	2g	6g	2g	0mg	16mg	0g	1g
<b>TOTAL:</b>	<b>1,593</b>	<b>33g</b>	<b>111g</b>	<b>124g</b>	<b>326mg</b>	<b>3,231mg</b>	<b>11g</b>	<b>13g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fencing	337	20			
<b>TOTALS:</b>	<b>337</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>

**October 12, 2017**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Foster Farms - Turkey Bologna, 1 Slice	60	0g	5g	4g	25mg	300mg	0g	0g
Wholly Guacamole - Layered Dips (Spicy Pico Over Guacamole), 0.5 container (18 tbsp (30 g) ea.)	158	9g	11g	0g	0mg	630mg	5g	5g
Cooked, Steam - Chicken Breast, 4 ounce	248	0g	14g	28g	0mg	76mg	0g	0g
<b>Lunch</b>								
Eggs - Boiled Egg, 2 piece	140	2g	10g	12g	370mg	130mg	0g	0g
Blue Diamond - Lightly Salted Almonds with Sea Salt, 1 oz--28 almonds	170	5g	16g	6g	0mg	40mg	1g	3g
<b>Dinner</b>								
Silk - Unsweetened Coconut Milk, 2 cup	90	2g	8g	0g	0mg	70mg	2g	0g
Meat - Pepperoni, 1 oz	120	0g	10g	4g	30mg	370mg	0g	0g
Kfc - Extra Crispy Thigh (Skin and Breeding Removed), 4 ounce	203	0g	11g	25g	0mg	1mg	0g	0g
Kfc - Extra Crispy Chicken Breast With Beading and Skin Removed, 1 piece	232	0g	7g	41g	122mg	668mg	0g	0g
<b>Snacks</b>								
Blue Diamond - Lightly Salted Almonds with Sea Salt, 0.4 oz--28 almonds	68	2g	6g	2g	0mg	16mg	0g	1g
<b>TOTAL:</b>	<b>1,489</b>	<b>20g</b>	<b>98g</b>	<b>122g</b>	<b>547mg</b>	<b>2,301mg</b>	<b>8g</b>	<b>9g</b>

## October 13, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fiorucci - Pepperoni, 2.2 oz.	286	2g	26g	13g	55mg	1,056mg	0g	0g
Margaritaville - Island Lime Shrimp (Correct), 4 oz (6 shrimp)	240	5g	11g	12g	115mg	330mg	2g	0g
<b>Lunch</b>								
Blue Diamond - Lightly Salted Almonds with Sea Salt, 0.5 oz--28 almonds	85	3g	8g	3g	0mg	20mg	1g	2g
Starkist - Tuna in Water (Canned), 1.5 container (0.50 cup)	150	0g	3g	30g	75mg	540mg	0g	0g
Hellman - Mayonnaise, 25 gram	173	0g	19g	0g	10mg	173mg	0g	0g
Wholly - 100 Calorie Guacomle, 1 PACK	100	5g	9g	1g	0mg	170mg	0g	3g
<b>Dinner</b>								
Armour - Vienna, 1 container (7.5 sauges)	250	3g	20g	13g	100mg	1,175mg	0g	0g
<b>Snacks</b>								
Blue Diamond - Lightly Salted Almonds with Sea Salt, 0.7 oz--28 almonds	119	4g	11g	4g	0mg	28mg	1g	2g
<b>TOTAL:</b>	<b>1,403</b>	<b>22g</b>	<b>107g</b>	<b>76g</b>	<b>355mg</b>	<b>3,492mg</b>	<b>4g</b>	<b>7g</b>

## October 14, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Silk Coconut Milk - Unsweetened Coconut Milk, 480 ml (1 Cup)	90	2g	9g	0g	0mg	80mg	0g	2g
Birds Eye - Rice Cauliflower, 205 gram	63	8g	0g	5g	0mg	525mg	5g	5g
Hannah's - Pickled Sausage, 1 Sausage (30g)	60	0g	5g	4g	0mg	590mg	1g	0g
Tasty Bites - Kashmir Spinach, 1/2 pack	90	7g	5g	5g	0mg	510mg	1g	3g
<b>Lunch</b>								
Silk Coconut Milk - Unsweetened Coconut Milk, 480 ml (1 Cup)	90	2g	9g	0g	0mg	80mg	0g	2g
Fiorucci - Hard Salami Panino, 4 pieces	300	2g	25g	17g	30mg	360mg	0g	0g
Nathan's - Beef Hot Dog, 1 Hot Dog	150	1g	13g	6g	30mg	410mg	0g	0g
Johnsonville - Smoked Brats, 1 link (2.3 oz=66 g)	200	2g	18g	8g	40mg	600mg	1g	0g
<b>Dinner</b>								
Fiorucci - Hard Salami Panino, 4 pieces	300	2g	25g	17g	30mg	360mg	0g	0g
Silk - Unsweetened Coconut Milk, 2 cup	90	2g	8g	0g	0mg	70mg	2g	0g
Nathan's - Beef Hot Dog, 1 Hot Dog	150	1g	13g	6g	30mg	410mg	0g	0g
Johnsonville - Smoked Brats, 1 link (2.3 oz=66 g)	200	2g	18g	8g	40mg	600mg	1g	0g
<b>Snacks</b>								
Nathan's - Beef Hot Dog, 1 Hot Dog	150	1g	13g	6g	30mg	410mg	0g	0g
<b>TOTAL:</b>	<b>1,933</b>	<b>32g</b>	<b>161g</b>	<b>82g</b>	<b>230mg</b>	<b>5,005mg</b>	<b>11g</b>	<b>12g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Chopping wood	349	20			
<b>TOTALS:</b>	<b>349</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>

### October 15, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Silk Coconut Milk - Unsweetened Coconut Milk, 480 ml (1 Cup)	90	2g	9g	0g	0mg	80mg	0g	2g
Kirkland - Bacon, 3 slice(s)	120	0g	9g	9g	30mg	525mg	0g	0g
Eggs - Large Egg - Scrambled, 3 Egg - Scrambled	273	3g	21g	18g	507mg	264mg	2g	0g
<b>Lunch</b>								
Lindt - 90% Supreme Dark Chocolate, 2 squares	120	6g	11g	2g	0mg	5mg	2g	3g
Hannah's - Pickled Sausage, 2 Sausage (30g)	120	0g	10g	8g	0mg	1,180mg	2g	0g
<b>Dinner</b>								
Old Waynesboro - Country Ham, 5 oz	250	0g	14g	35g	138mg	1,938mg	0g	0g
Cheese, feta, 0.25 cup, crumbled	99	2g	8g	5g	33mg	344mg	2g	0g
Girards - Greek Feta Dressing, 6 tablespoons	300	3g	33g	0g	0mg	780mg	3g	0g
Organic Girl - I Heart Baby Kale, 3 cups	25	5g	0g	2g	0mg	75mg	1g	2g
Lindt - 90% Supreme Dark Chocolate, 1 squares	60	3g	6g	1g	0mg	3mg	1g	1g
<b>Snacks</b>								
Hannah's - Pickled Sausage, 2 Sausage (30g)	120	0g	10g	8g	0mg	1,180mg	2g	0g
<b>TOTAL:</b>	<b>1,577</b>	<b>24g</b>	<b>131g</b>	<b>88g</b>	<b>708mg</b>	<b>6,374mg</b>	<b>15g</b>	<b>8g</b>

### October 16, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Messick's Farm Market - Mild Pickled Okra, 2 Two pods (28g)	30	6g	0g	0g	0mg	500mg	4g	3g
Lindt - 90% Supreme Dark Chocolate, 1 squares	60	3g	6g	1g	0mg	3mg	1g	1g
Cheese, feta, 0.1 cup, crumbled	40	1g	3g	2g	13mg	138mg	1g	0g
Butter - Salted, 1 tbsp	102	0g	12g	0g	31mg	82mg	0g	0g
Eggs - Large Egg - Scrambled, 3 Egg - Scrambled	273	3g	21g	18g	507mg	264mg	2g	0g
Harris Teeter - Premium Bacon-hickory Smoked, 0.6 container (16 fried slices ea.)	336	0g	29g	24g	72mg	1,200mg	0g	0g
<b>Lunch</b>								
Girards - Greek Feta Dressing, 5 tablespoons	250	3g	28g	0g	0mg	650mg	3g	0g
Organic Girl - I Heart Baby Kale, 3 cups	25	5g	0g	2g	0mg	75mg	1g	2g
Old Waynesboro - Country Ham, 4 oz	200	0g	11g	28g	110mg	1,550mg	0g	0g
<b>Dinner</b>								



FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Atkins - Farmhouse Style Sausage Scramble, 1 bowl (Net Carbs)	360	7g	29g	21g	395mg	960mg	2g	1g
<b>Snacks</b>								
Sargento - Cheddar-Mozzarella Cheese Stick, 2 stick	160	0g	12g	10g	40mg	280mg	0g	0g
<b>TOTAL:</b>	<b>1,836</b>	<b>28g</b>	<b>151g</b>	<b>106g</b>	<b>1,168mg</b>	<b>5,702mg</b>	<b>14g</b>	<b>7g</b>

**Food Notes**

20 hour day.

**October 17, 2017**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Aspen Naturals - Beef Gelatin, 2 tbsp	45	0g	0g	9g	0mg	0mg	0g	0g
Johnsonville - Stadium Brat, 2 link	440	6g	40g	18g	90mg	1,020mg	2g	0g
<b>Lunch</b>								
Organic Girl - I Heart Baby Kale, 3 cups	25	5g	0g	2g	0mg	75mg	1g	2g
Girards - Greek Feta Dressing, 5 tablespoons	250	3g	28g	0g	0mg	650mg	3g	0g
Johnsonville - Stadium Brat, 2 link	440	6g	40g	18g	90mg	1,020mg	2g	0g
<b>Dinner</b>								
Blue Diamond - Lightly Salted Almonds with Sea Salt, 0.25 oz--28 almonds	43	1g	4g	2g	0mg	10mg	0g	1g
Jack Links - Teriyaki Beef Steak, 36.4 g	85	6g	1g	14g	33mg	546mg	0g	0g
Eggs - Boiled Egg, 1 piece	70	1g	5g	6g	185mg	65mg	0g	0g
Eggs - Egg White Hard Boiled, 1 Egg White	17	0g	0g	4g	0mg	50mg	0g	0g
<b>Snacks</b>								
Blue Diamond - Lightly Salted Almonds with Sea Salt, 1 oz--28 almonds	170	5g	16g	6g	0mg	40mg	1g	3g
<b>TOTAL:</b>	<b>1,585</b>	<b>33g</b>	<b>134g</b>	<b>79g</b>	<b>398mg</b>	<b>3,476mg</b>	<b>9g</b>	<b>6g</b>

**October 18, 2017**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Johnsonville - Stadium Brat, 2 link	440	6g	40g	18g	90mg	1,020mg	2g	0g
Girards - Greek Feta Dressing, 3 tablespoons	150	2g	17g	0g	0mg	390mg	2g	0g
Organic Girl - I Heart Baby Kale, 3 cups	25	5g	0g	2g	0mg	75mg	1g	2g
<b>Dinner</b>								
Phil's - Philly Cheesesteak, No Bun, 0.5 sandwich	180	4g	10g	18g	0mg	0mg	0g	0g
Bologna, pork, 5 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	346	1g	28g	21g	83mg	1,270mg	0g	0g
Smithfield - Country Ham Center Slices, 4 oz	220	0g	14g	28g	106mg	2,550mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Eggs - Large Egg - Scrambled, 3 Egg - Scrambled	273	3g	21g	18g	507mg	264mg	2g	0g
<b>TOTAL:</b>	<b>1,634</b>	<b>21g</b>	<b>130g</b>	<b>105g</b>	<b>786mg</b>	<b>5,569mg</b>	<b>7g</b>	<b>2g</b>

### October 19, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Snacks</b>								
Quick Add - MyFitnessPal Premium, 1 serving(s)	1,600	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,600</b>	<b>0g</b>	<b>0g</b>	<b>0g</b>	<b>0mg</b>	<b>0mg</b>	<b>0g</b>	<b>0g</b>

### October 20, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Snacks</b>								
Quick Add - MyFitnessPal Premium, 1 serving(s)	2,000	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>2,000</b>	<b>0g</b>	<b>0g</b>	<b>0g</b>	<b>0mg</b>	<b>0mg</b>	<b>0g</b>	<b>0g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fencing	2,025	120			
<b>TOTALS:</b>	<b>2,025</b>	<b>120</b>	<b>0</b>	<b>0</b>	<b>0</b>

### October 21, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Snacks</b>								
Quick Add - MyFitnessPal Premium, 1 serving(s)	500	0g	0g	0g	0mg	0mg	0g	0g
Quick Add - MyFitnessPal Premium, 1 serving(s)	2,000	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>2,500</b>	<b>0g</b>	<b>0g</b>	<b>0g</b>	<b>0mg</b>	<b>0mg</b>	<b>0g</b>	<b>0g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fencing	2,025	120			
<b>TOTALS:</b>	<b>2,025</b>	<b>120</b>	<b>0</b>	<b>0</b>	<b>0</b>

### October 22, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Eggs - Scrambled (whole egg), 1 large	101	1g	7g	7g	215mg	171mg	1g	0g
Kirkland - Bacon, 2 slices (18g)	80	0g	6g	6g	20mg	350mg	0g	0g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Margherita - Hard Salami, 24 slices	440	4g	36g	24g	100mg	2,000mg	4g	0g
Blue Diamond - Almonds - Smokehouse, 28 g	170	5g	16g	6g	0mg	150mg	1g	3g
<b>Lunch</b>								
Taylor Organic - Baby Spinach, 2 Cups	20	3g	0g	2g	0mg	65mg	0g	2g
Atkins - Crustless Chicken Pot Pie, 1 Bowl	330	8g	22g	22g	95mg	880mg	2g	3g
Blue Diamond - Lightly Salted Almonds with Sea Salt, 1.25 oz--28 almonds	213	6g	20g	8g	0mg	50mg	1g	4g
Girards - Greek Feta Dressing, 3 tablespoons	150	2g	17g	0g	0mg	390mg	2g	0g
<b>Dinner</b>								
Wholey Guacamole - 100 Calorie Packs, 1 pouch	100	5g	9g	1g	0mg	200mg	0g	3g
Homemade - Steamed Chicken Breast, 4 oz	190	0g	7g	29g	0mg	23mg	0g	0g
Orca Bay - Wild Caught Swordfish, 4 oz (113g)	160	0g	8g	22g	75mg	90mg	0g	0g
<b>TOTAL:</b>	<b>1,954</b>	<b>34g</b>	<b>148g</b>	<b>127g</b>	<b>505mg</b>	<b>4,369mg</b>	<b>11g</b>	<b>15g</b>

### October 23, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Fresh - Baby Spinach - Raw, 3 cup	21	3g	0g	2g	0mg	66mg	0g	2g
Blue Diamond - Lightly Salted Almonds with Sea Salt, 1 oz--28 almonds	170	5g	16g	6g	0mg	40mg	1g	3g
Great Value - Uncured Franks, 1 frank	170	3g	15g	6g	30mg	500mg	1g	0g
Aspen Naturals - Beef Gelatin, 2 tbsp	45	0g	0g	9g	0mg	0mg	0g	0g
Girards - Greek Feta Dressing, 3 tablespoons	150	2g	17g	0g	0mg	390mg	2g	0g
Orca Bay - Wild Caught Swordfish, 4 oz (113g)	160	0g	8g	22g	75mg	90mg	0g	0g
<b>TOTAL:</b>	<b>716</b>	<b>13g</b>	<b>56g</b>	<b>45g</b>	<b>105mg</b>	<b>1,086mg</b>	<b>4g</b>	<b>5g</b>