

Printable Diary for Coachwayne

From: December 31 2012

To: January 13 2013

Show: Food Diary Food Notes

Exercise Diary Exercise notes

[CHANGE REPORT](#)

December 31, 2012

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Workout								
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g
Breakfast								
Beachbody Ultimate - Chocolate Vegan Shakeology, 1 scoop (44g)	170	22g	3g	16g	0mg	215mg	0g	5g
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
A's homemade bread - Homemade Bread, 1 slice	100	20g	1g	3g	0mg	200mg	3g	3g
AM Snacks								
Jack Link's - Beef Jerky - Original Beefy Jerky, 2 oz	160	6g	2g	30g	40mg	1,180mg	6g	0g
Apple - Apple, Large Gala (3.25 In Diameter), 1 apple	116	31g	0g	1g	0mg	2mg	23g	5g
Lunch								
Oscar Meyer - Deli Fresh Chicken Breast- Rotisserie Seasoned, 24 slices (2oz/51 grams)	200	4g	4g	40g	120mg	1,760mg	0g	0g
Carrots (Raw) - Sticks, 6 oz, 28 g	84	17g	0g	0g	0mg	118mg	1g	1g
Pure Protein - Chocolate Peanut Butter Bar, 50 g (1 bar)	200	16g	6g	20g	10mg	200mg	2g	1g
PM Snacks								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	0g	0g
Blue Diamond 10/31/R.2/14 - Raw Almonds, 28 Nuts 1oz	160	6g	14g	6g	0mg	0mg	1g	3g
Kraft - String Cheese 2% Milk, 1 stick	70	0g	5g	8g	15mg	190mg	0g	0g
Dinner / Evening								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Del Monte - Fresh Cut Whole Green Beans, 3 cup	120	18g	0g	0g	0mg	1,740mg	6g	6g
TOTAL:	1,888	146g	39g	237g	315mg	6,167mg	43g	25g

January 1, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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Workout									
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g	
Breakfast									
Beachbody Ultimate - Chocolate Vegan Shakeology, 1 scoop (44g)	170	22g	3g	16g	0mg	215mg	0g	5g	
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g	
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g	
A's homemade bread - Homemade Bread, 2 slice	200	40g	2g	6g	0mg	400mg	6g	6g	
AM Snacks									
Deleted Duplicate Apple - Gala, 4.38 ounce med	90	24g	0g	1g	0mg	0mg	21g	4g	
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g	
Lunch									
Flatout - Artisan Foldit Flatbread - 5 Grain Flax, 1 flatbread (43g)	90	15g	3g	7g	0mg	360mg	1g	7g	
Oscar Meyer - Deli Fresh Chicken Breast- Rotisserie Seasoned, 24 slices (2oz/51 grams)	200	4g	4g	40g	120mg	1,760mg	0g	0g	
Northeast - Baby Spinach , 0.5 cup	4	1g	0g	1g	0mg	13mg	0g	0g	
Mustard - Classic Yellow Mustard, 2 tsp (5 g)	0	0g	0g	0g	0mg	110mg	0g	0g	
Kraft - String Cheese 2% Milk, 1 stick	70	0g	5g	8g	15mg	190mg	0g	0g	
PM Snacks									
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	0g	0g	
Blue Diamond 10/31/R.2/14 - Raw Almonds, 28 Nuts 1oz	160	6g	14g	6g	0mg	0mg	1g	3g	
Dinner / Evening									
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 10 OZ	275	0g	4g	63g	163mg	188mg	0g	0g	
Northeast - Baby Spinach , 2 3/4 cup	20	3g	0g	3g	0mg	70mg	0g	2g	
Broccoli - Stalks, raw, 2 stalk	64	12g	1g	7g	0mg	62mg	0g	0g	
TOTAL:	1,811	150g	42g	241g	313mg	3,855mg	32g	30g	

January 2, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Workout								
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g
Beachbody - E & E, Preworkout Formula (Lemon-Lime), 11 grams (1 scoop)	20	5g	0g	0g	0mg	200mg	4g	0g
Breakfast								
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g

Beachbody Shakeology - Chocolate Packet (Net Carbs), 1 packet	150	17g	1g	18g	15mg	100mg	9g	3g
Quaker Oats - Quick -1 Minute, 3/4 cup dry (40 g)	225	41g	5g	8g	0mg	0mg	2g	6g
AM Snacks								
Jack Link's - Beef Jerky - Original Beefy Jerky , 2 oz	160	6g	2g	30g	40mg	1,180mg	6g	0g
Apple - Apple, Large Gala (3.25 In Diameter), 1 apple	116	31g	0g	1g	0mg	2mg	23g	5g
Lunch								
Raw - Carrot Stick, 3 Large (7 1/4" - 8 1/2")	90	21g	0g	3g	0mg	150mg	9g	6g
Starkist - Chunk White Albacore Tuna In Water *** Very Low Sodium, 8 oz drained	280	0g	4g	64g	100mg	140mg	0g	0g
Pure Protein - Chocolate Peanut Butter Bar, 50 g (1 bar)	200	16g	6g	20g	10mg	200mg	2g	1g
PM Snacks								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	0g	0g
Dinner / Evening								
Beef - Ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned (hamburger), 1.5 serving (3 oz)	293	0g	15g	36g	113mg	111mg	0g	0g
Fresh - Romaine Lettuce , 6 oz (28g)	30	6g	1g	2g	0mg	12mg	0g	6g
Homemade - Fresh Salsa; Tomatoes, Cilantro, Onion, Salt, Green Chiles, Jalapenos, 1 cup	20	5g	0g	1g	0mg	120mg	0g	1g
TOTAL:	1,872	154g	35g	246g	278mg	2,627mg	56g	29g

January 3, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Workout								
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g
Breakfast								
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Beachbody Shakeology - Chocolate Packet (Net Carbs), 1.5 packet	225	26g	2g	27g	23mg	150mg	14g	5g
AM Snacks								
Apple - Apple, Large Gala (3.25 In Diameter), 1 apple	116	31g	0g	1g	0mg	2mg	23g	5g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Lunch								
Spinach - Raw, 2 cup	14	2g	0g	2g	0mg	47mg	0g	1g
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Bush's - Reduced Sodium Garbonzo Beans, 1/2 cup	105	20g	2g	6g	0mg	230mg	0g	5g
Tomato - Cherry Tomato, 10 tomato	15	2g	0g	0g	0mg	1mg	0g	1g

Kraft - String Cheese 2% Milk, 1 stick	70	0g	5g	8g	15mg	190mg	0g	0g
PM Snacks								
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 2 scoop (28g)	212	2g	0g	48g	0mg	100mg	0g	0g
Dinner / Evening								
Farm Raised - Salmon (Livestrong.Com), 6 Ounces	368	0g	19g	46g	0mg	0mg	0g	0g
Generic - Raw Green String Beans, 2 cup raw (110g)	68	16g	0g	4g	0mg	14mg	4g	8g
TOTAL:	1,808	142g	37g	241g	183mg	1,296mg	61g	32g

January 4, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Workout								
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g
Beachbody - E & E, Preworkout Formula (Lemon-Lime), 11 grams (1 scoop)	20	5g	0g	0g	0mg	200mg	4g	0g
Breakfast								
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Beachbody Shakeology - Chocolate Packet (Net Carbs), 1.5 packet	225	26g	2g	27g	23mg	150mg	14g	5g
A's homemade bread - Homemade Bread, 1 slice	100	20g	1g	3g	0mg	200mg	3g	3g
AM Snacks								
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g
Lunch								
Northeast - Baby Spinach , 2 cup	15	2g	0g	2g	0mg	51mg	0g	1g
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Usda - Cucumber, With Peel, Raw (Grams), 100 g	15	4g	0g	1g	0mg	2mg	2g	1g
Bell Pepper - Green - Raw, 75 g	20	5g	0g	1g	0mg	2mg	3g	2g
Bush's - Reduced Sodium Garbonzo Beans, 1/2 cup	105	20g	2g	6g	0mg	230mg	0g	5g
Tomato - Cherry Tomato, 10 tomato	15	2g	0g	0g	0mg	1mg	0g	1g
PM Snacks								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	0g	0g
Blue Diamond - Almonds (Roasted & Salted) , 36 nuts	255	8g	23g	9g	0mg	203mg	2g	5g
Dinner / Evening								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 10 OZ	275	0g	4g	63g	163mg	188mg	0g	0g

Birds Eye - Steam Fresh Broccoli Cuts, 2 cup (cooked)	60	9g	1g	4g	0mg	50mg	4g	4g
TOTAL:	1,879	146g	42g	251g	331mg	1,914mg	52g	34g

January 5, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Workout								
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g
Beachbody - E & E, Preworkout Formula (Lemon-Lime), 11 grams (1 scoop)	20	5g	0g	0g	0mg	200mg	4g	0g
Breakfast								
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Beachbody Shakeology - Chocolate Packet (Net Carbs), 1.5 packet	225	26g	2g	27g	23mg	150mg	14g	5g
A's homemade bread - Homemade Bread, 1 slice	100	20g	1g	3g	0mg	200mg	3g	3g
AM Snacks								
Apple - Apple, Large Gala (3.25 In Diameter), 1 apple	116	31g	0g	1g	0mg	2mg	23g	5g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Lunch								
Northeast - Baby Spinach , 0.5 cup	4	1g	0g	1g	0mg	13mg	0g	0g
Kraft - String Cheese 2% Milk, 1 stick	70	0g	5g	8g	15mg	190mg	0g	0g
Starkist - Chunk White Albacore Tuna In Water *** Very Low Sodium, 8 oz drained	280	0g	4g	64g	100mg	140mg	0g	0g
Flatout - Artisan Foldit Flatbread - 5 Grain Flax, 1 flatbread (43g)	90	15g	3g	7g	0mg	360mg	1g	7g
Carrots (Raw) - Sticks, 4 oz, 28 g	56	11g	0g	0g	0mg	78mg	1g	1g
PM Snacks								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Blue Diamond 10/31/R.2/14 - Raw Almonds, 28 Nuts 1oz	160	6g	14g	6g	0mg	0mg	1g	3g
Dinner / Evening								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Generic - Raw Green String Beans, 3 cup raw (110g)	102	24g	0g	6g	0mg	21mg	6g	12g
TOTAL:	1,858	161g	38g	244g	283mg	1,966mg	56g	39g

January 6, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
A's homemade bread - Homemade Bread, 2 slice	200	40g	2g	6g	0mg	400mg	6g	6g

Crystal Farms - All Whites 100% Liquid Egg Whites, 16.0 Tbsp (46g)	133	0g	0g	27g	0mg	400mg	0g	0g
Pace - Medium Picante Sauce, 2 tbsp (30mL)	10	3g	0g	0g	0mg	250mg	2g	1g
Smucker's - Natural Peanut Butter - Creamy, 1 Tbsp	100	3g	8g	4g	0mg	53mg	1g	1g
AM Snacks								
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Blue Diamond 10/31/R.2/14 - Raw Almonds, 28 Nuts 1oz	160	6g	14g	6g	0mg	0mg	1g	3g
Lunch								
Northeast - Baby Spinach, 2 cup	15	2g	0g	2g	0mg	51mg	0g	1g
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Bell Pepper - Green - Raw, 75 g	20	5g	0g	1g	0mg	2mg	3g	2g
Usda - Cucumber, With Peel, Raw (Grams), 50 g	8	2g	0g	0g	0mg	1mg	1g	0g
Generic - Tomato - Red, Ripe, Raw (100 Gram), 50 gr	9	2g	0g	0g	0mg	0mg	2g	1g
Birds Eye - Steam Fresh Broccoli Cuts, 2 cup (cooked)	60	9g	1g	4g	0mg	50mg	4g	4g
PM Snacks								
Beachbody - Shakeology - Chocolate, 1 scoop (42 g)	160	17g	2g	17g	1mg	150mg	6g	6g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	0g	0g
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dinner / Evening								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 10 OZ	275	0g	4g	63g	163mg	188mg	0g	0g
Beans - Snap, green, cooked, boiled, drained, without salt, 2 cup	88	20g	1g	5g	0mg	3mg	4g	8g
TOTAL:	1,906	153g	41g	246g	309mg	1,895mg	50g	40g

January 7, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Workout								
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g
Beachbody - E & E, Preworkout Formula (Lemon-Lime), 11 grams (1 scoop)	20	5g	0g	0g	0mg	200mg	4g	0g
Breakfast								
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Beachbody Shakeology - Chocolate Packet (Net Carbs), 1.5 packet	225	26g	2g	27g	23mg	150mg	14g	5g
A's homemade bread - Homemade Bread, 1 slice	100	20g	1g	3g	0mg	200mg	3g	3g
AM Snacks								

California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Blue Diamond 10/31/R.2/14 - Raw Almonds, 28 Nuts 1oz	160	6g	14g	6g	0mg	0mg	1g	3g
Lunch								
Northeast - Baby Spinach , 2 cup	15	2g	0g	2g	0mg	51mg	0g	1g
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Bell Pepper - Green - Raw, 75 g	20	5g	0g	1g	0mg	2mg	3g	2g
Usda - Cucumber, With Peel, Raw (Grams), 50 g	8	2g	0g	0g	0mg	1mg	1g	0g
Generic - Tomato - Red, Ripe, Raw (100 Gram), 50 gr	9	2g	0g	0g	0mg	0mg	2g	1g
Birds Eye - Steam Fresh Broccoli Cuts, 2 cup (cooked)	60	9g	1g	4g	0mg	50mg	4g	4g
PM Snacks								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	0g	0g
Apple - Apple, Large Gala (3.25 In Diameter), 1 apple	116	31g	0g	1g	0mg	2mg	23g	5g
Dinner / Evening								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 10 OZ	275	0g	4g	63g	163mg	188mg	0g	0g
Birds Eye - Steam Fresh Broccoli Cuts, 2 cup (cooked)	60	9g	1g	4g	0mg	50mg	4g	4g
TOTAL:	1,842	162g	32g	246g	331mg	1,531mg	79g	35g

January 8, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Workout								
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g
Beachbody - E & E, Preworkout Formula (Lemon-Lime), 11 grams (1 scoop)	20	5g	0g	0g	0mg	200mg	4g	0g
Breakfast								
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Beachbody Shakeology - Chocolate Packet (Net Carbs), 1 packet	150	17g	1g	18g	15mg	100mg	9g	3g
AM Snacks								
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g
Jack Link's - Original Beef Jerky, 1.5 oz	120	5g	2g	20g	30mg	645mg	5g	0g
Lunch								
Flatout - Artisan Foldit Flatbread - 5 Grain Flax, 1 flatbread (43g)	90	15g	3g	7g	0mg	360mg	1g	7g
Oscar Meyer - Deli Fresh Chicken Breast- Rotisserie Seasoned,	200	4g	4g	40g	120mg	1,760mg	0g	0g

24 slices (2oz/51 grams)									
Apple - Apple, Large Gala (3.25 In Diameter), 1 apple	116	31g	0g	1g	0mg	2mg	23g	5g	
PM Snacks									
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	0g	0g	
Blue Diamond 10/31/R.2/14 - Raw Almonds, 28 Nuts 1oz	160	6g	14g	6g	0mg	0mg	1g	3g	
Dinner / Evening									
Bush's Best - Low Sodium Black Beans, 130 g (1/2 cup)	105	23g	1g	7g	0mg	240mg	1g	6g	
Northeast - Baby Spinach , 2 cup	15	2g	0g	2g	0mg	51mg	0g	1g	
Beef - Ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned (hamburger), 1.5 serving (3 oz)	293	0g	15g	36g	113mg	111mg	0g	0g	
Pace - Medium Picante Sauce, 2 tbsp (30mL)	10	3g	0g	0g	0mg	250mg	2g	1g	
TOTAL:	1,833	156g	46g	222g	293mg	4,206mg	66g	33g	

January 9, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
Workout									
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g	
Beachbody - E & E, Preworkout Formula (Lemon-Lime), 11 grams (1 scoop)	20	5g	0g	0g	0mg	200mg	4g	0g	
Breakfast									
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g	
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g	
Beachbody Ultimate - New Chocolate Vegan Shakeology, 1 scoop (42g)	170	22g	3g	16g	0mg	215mg	9g	5g	
A's homemade bread - Homemade Bread, 1 slice	100	20g	1g	3g	0mg	200mg	3g	3g	
AM Snacks									
Jack Link's - Original Beef Jerky, 2 oz	160	6g	2g	26g	40mg	860mg	6g	0g	
Apple - Apple, Large Gala (3.25 In Diameter), 1 apple	116	31g	0g	1g	0mg	2mg	23g	5g	
Lunch									
Carrots (Raw) - Sticks, 4 oz, 28 g	56	11g	0g	0g	0mg	78mg	1g	1g	
Starkist - Chunk White Albacore Tuna In Water *** Very Low Sodium, 8 oz drained	280	0g	4g	64g	100mg	140mg	0g	0g	
Kraft - String Cheese 2% Milk, 1 stick	70	0g	5g	8g	15mg	190mg	0g	0g	
Bell Pepper - Green - Raw, 100 g	26	6g	0g	1g	0mg	2mg	4g	2g	
Usda - Cucumber, With Peel, Raw (Grams), 100 g	15	4g	0g	1g	0mg	2mg	2g	1g	
Generic - Celery, Raw 19-20cm (7.5-8inch) 40 g, 120 g	18	4g	0g	1g	0mg	96mg	1g	0g	
PM Snacks									

Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Blue Diamond 10/31/R.2/14 - Raw Almonds, 28 Nuts 1oz	160	6g	14g	6g	0mg	0mg	1g	3g
Dinner / Evening								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 10 OZ	275	0g	4g	63g	163mg	188mg	0g	0g
Northeast - Baby Spinach , 2 cup	15	2g	0g	2g	0mg	51mg	0g	1g
Bush's Best - Low Sodium Black Beans, 130 g (1/2 cup)	105	23g	1g	7g	0mg	240mg	1g	6g
TOTAL:	1,821	145g	35g	250g	318mg	2,851mg	56g	28g

January 10, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Workout								
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g
Breakfast								
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Beachbody Ultimate - New Chocolate Vegan Shakeology, 1 scoop (42g)	170	22g	3g	16g	0mg	215mg	9g	5g
A's homemade bread - Homemade Bread, 1 slice	100	20g	1g	3g	0mg	200mg	3g	3g
AM Snacks								
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Apple - Apple, Large Gala (3.25 In Diameter), 1 apple	116	31g	0g	1g	0mg	2mg	23g	5g
Carrots (Raw) - Sticks, 4 oz, 28 g	56	11g	0g	0g	0mg	78mg	1g	1g
Lunch								
Northeast - Baby Spinach , 2 cup	15	2g	0g	2g	0mg	51mg	0g	1g
Bell Pepper - Green - Raw, 100 g	26	6g	0g	1g	0mg	2mg	4g	2g
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Usda - Cucumber, With Peel, Raw (Grams), 100 g	15	4g	0g	1g	0mg	2mg	2g	1g
Generic - Tomato - Red, Ripe, Raw (100 Gram), 50 gr	9	2g	0g	0g	0mg	0mg	2g	1g
Eggs - Hard-boiled (whole egg), 1 large	78	1g	5g	6g	212mg	62mg	1g	0g
PM Snacks								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 2 scoop (28g)	212	2g	0g	48g	0mg	100mg	0g	0g
Blue Diamond 10/31/R.2/14 - Raw Almonds, 14 Nuts 1oz	80	3g	7g	3g	0mg	0mg	1g	2g
Dinner / Evening								
Costco - Pork, Fresh, Loin, Top Loin (Chops), Boneless, Raw, 8 oz	344	0g	16g	48g	152mg	104mg	0g	0g
Birds Eye - Steam Fresh Broccoli Cuts, 2 cup (cooked)	60	9g	1g	4g	0mg	50mg	4g	4g

Whirly Pop - Popcorn (3/4cup and 1tbsp), 0.25 Whole pot	150	29g	5g	4g	0mg	0mg	0g	6g
TOTAL:	1,960	163g	47g	234g	509mg	1,428mg	53g	34g

January 11, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Workout								
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g
Beachbody - E & E, Preworkout Formula (Lemon-Lime), 11 grams (1 scoop)	20	5g	0g	0g	0mg	200mg	4g	0g
Breakfast								
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Beachbody Ultimate - New Chocolate Vegan Shakeology, 1.5 scoop (42g)	255	33g	5g	24g	0mg	323mg	14g	8g
AM Snacks								
Smucker's - Natural Peanut Butter - Creamy , 1 Tbsp	100	3g	8g	4g	0mg	53mg	1g	1g
A's homemade bread - Homemade Bread, 1 slice	100	20g	1g	3g	0mg	200mg	3g	3g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Lunch								
Starkist - Chunk White Albacore Tuna In Water *** Very Low Sodium, 8 oz drained	280	0g	4g	64g	100mg	140mg	0g	0g
Flatout - Artisan Foldit Flatbread - 5 Grain Flax, 1 flatbread (43g)	90	15g	3g	7g	0mg	360mg	1g	7g
Kraft - String Cheese 2% Milk, 1 stick	70	0g	5g	8g	15mg	190mg	0g	0g
Carrots (Raw) - Sticks, 4 oz, 28 g	56	11g	0g	0g	0mg	78mg	1g	1g
PM Snacks								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	0g	0g
Apple - Apple, Large Gala (3.25 In Diameter), 1 apple	116	31g	0g	1g	0mg	2mg	23g	5g
Dinner / Evening								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Birds Eye - Steam Fresh Broccoli Cuts, 2 cup (cooked)	60	9g	1g	4g	0mg	50mg	4g	4g
TOTAL:	1,835	150g	36g	248g	260mg	2,233mg	54g	32g

January 12, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Workout								
Scivation - Xtend (Orange Dream), 13.8 g	0	0g	0g	0g	0mg	240mg	0g	0g
Beachbody - E & E, Preworkout Formula (Lemon-Lime), 11 grams								

(1 scoop)	20	5g	0g	0g	0mg	200mg	4g	0g
Breakfast								
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Beachbody Ultimate - New Chocolate Vegan Shakeology, 1 scoop (42g)	170	22g	3g	16g	0mg	215mg	9g	5g
Arnold's - Double Protein Multigrain Bread, 1 slice	100	16g	2g	6g	0mg	130mg	2g	3g
AM Snacks								
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Lunch								
Flatout - Artisan Foldit Flatbread - 5 Grain Flax, 1 flatbread (43g)	90	15g	3g	7g	0mg	360mg	1g	7g
Kraft - String Cheese 2% Milk, 1 stick	70	0g	5g	8g	15mg	190mg	0g	0g
Carrots (Raw) - Sticks, 4 oz, 28 g	56	11g	0g	0g	0mg	78mg	1g	1g
Oscar Meyer - Deli Fresh - Rotisserie Style Chicken Breast Seasoned, 6 oz	150	3g	3g	30g	90mg	1,320mg	0g	0g
PM Snacks								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 2 scoop (28g)	212	2g	0g	48g	0mg	100mg	0g	0g
					0mg	0mg	1g	3g
Bitdefender Internet Security 2013								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 10 OZ	275	0g	4g	63g	163mg	188mg	0g	0g
Beans - Snap, green, cooked, boiled, drained, without salt, 2 cup	88	20g	1g	5g	0mg	3mg	4g	8g
TOTAL:	1,786	143g	41g	238g	283mg	3,196mg	42g	34g

Food Notes

Here you can see that one of the entries I have used is off and not accurate. I am withing 1g of fat, that's only 9 calories... but it says I have 114 calories left. Something is off.

January 13, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Egg Beaters - Made With All Natural Egg Whites- Orignal, 16.0 tbsp	133	5g	0g	27g	0mg	400mg	0g	0g
Hillshire Farms - Deli Select Smoked Ham Ultra Thin 97% Fat Free, 2 ounces	60	1g	2g	9g	30mg	670mg	1g	0g
Onions - Sweet, raw, 0.25 onion	26	6g	0g	1g	0mg	7mg	4g	1g
Peppers - Sweet, green, raw, 0.5 cup, chopped	15	3g	0g	1g	0mg	2mg	2g	1g
A's homemade bread - Homemade Bread, 1 slice	100	20g	1g	3g	0mg	200mg	3g	3g

AM Snacks									
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g	
Beachbody Shakeology - Chocolate Packet (Net Carbs), 1 packet	150	17g	1g	18g	15mg	100mg	9g	3g	
Bell Plantation - Pb2: Powdered Peanut Butter Packet, 1 Tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g	
Lunch									
Northeast - Baby Spinach , 2 cup	15	2g	0g	2g	0mg	51mg	0g	1g	
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 10 OZ	275	0g	4g	63g	163mg	188mg	0g	0g	
Usda - Cucumber, With Peel, Raw (Grams), 100 g	15	4g	0g	1g	0mg	2mg	2g	1g	
Generic - Kale - Raw, 50 g	25	5g	0g	2g	0mg	22mg	0g	1g	
Generic - Tomato - Red, Ripe, Raw (100 Gram), 50 gr	9	2g	0g	0g	0mg	0mg	2g	1g	
Beans - Snap, green, cooked, boiled, drained, without salt, 1 cup	44	10g	0g	2g	0mg	1mg	2g	4g	
PM Snacks									
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g	
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g	
Kraft - String Cheese 2% Milk, 1 stick	70	0g	5g	8g	15mg	190mg	0g	0g	
Dinner / Evening									
Beef - Ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned (hamburger), 2 serving (3 oz)	391	0g	20g	48g	151mg	148mg	0g	0g	
Bush's - Reduced Sodium Garbonzo Beans, 1/2 cup	105	20g	2g	6g	0mg	230mg	0g	5g	
Homemade - Fresh Salsa; Tomatoes, Cilantro, Onion, Salt, Green Chiles, Jalapenos, 1 cup	20	5g	0g	1g	0mg	120mg	0g	1g	
Fresh - Romaine Lettuce , 6 oz (28g)	30	6g	1g	2g	0mg	12mg	0g	6g	
TOTAL:	1,878	149g	42g	243g	389mg	2,515mg	45g	35g	