

Printable Diary for Coachwayne

From: July 22 2013

Show: Food Diary

Food Notes

[change](#)

To: August 3 2013

Exercise Diary

Exercise notes

July 22, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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, 2 Tablespoons	45	5g	2g	5g	0mg	94mg	1g	2g
Beachbody Shakeology - Chocolate Packet (Net Carbs), 1 packet	150	17g	1g	18g	15mg	100mg	9g	3g
A's homemade bread - Homemade Bread, 1 slice	100	20g	1g	3g	0mg	200mg	3g	3g
Smucker's - Natural Peanut Butter - Creamy, 1 Tbsp	100	3g	8g	4g	0mg	53mg	1g	1g
AM Snacks								
Bear Naked - Natural Granola Fruit and Nut, 76 g	340	44g	16g	8g	0mg	0mg	14g	6g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Lunch								
A's homemade bread - Homemade Bread, 2 slice	200	40g	2g	6g	0mg	400mg	6g	6g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Sargento Deli - Swiss Cheese, 1 slice	70	0g	5g	5g	15mg	35mg	0g	0g
Oscar Meyer - Deli Fresh Honey Ham, 6 ounce (56g)	180	6g	5g	27g	90mg	1,530mg	6g	0g
Bush's Best - Black Beans - Reduced Sodium, 1/2 cup (130g)	105	23g	1g	7g	0mg	240mg	1g	6g
PM Snacks								
Apple - Apple, Large Gala (3.25 In Diameter), 1 apple	116	31g	0g	1g	0mg	2mg	23g	5g
Quaker Oats - Quick 1 Min, 3/4 CUP DRY	225	41g	5g	8g	0mg	0mg	2g	6g
Dinner / Evening								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Long Grain Brown Rice Cooked - Nutritiondata.Com - Long Grain Brown Rice, 1.5 cup / 195 Grams	324	68g	3g	8g	0mg	15mg	2g	6g
Generic - Roasted White Chick Peas, 1/2 cup	120	19g	2g	6g	0mg	10mg	3g	5g
Broccoli - Broccoli Florets, 2 c	50	8g	1g	6g	0mg	50mg	4g	4g
TOTAL:	2,864	361g	65g	238g	280mg	3,104mg	79g	57g

July 23, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	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
A's homemade bread - Homemade Bread, 2 slice	200	40g	2g	6g	0mg	400mg	6g	6g
Smucker's - Natural Peanut Butter - Creamy , 1 Tbsp	100	3g	8g	4g	0mg	53mg	1g	1g
AM Snacks								
Quaker Oats - Quick -1 Minute, 1 cup dry (40 g)	300	54g	6g	10g	0mg	0mg	2g	8g
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								
A's Ground Beef Stew - Homemade Ground Beef Stew, 2 large bowl	560	44g	18g	44g	0mg	1,600mg	22g	12g
PM Snacks								
Whirly Pop - Popcorn (3/4cup and 1tbsp), 1 Whole pot	600	116g	20g	16g	0mg	0mg	0g	24g
Dinner / Evening								
Bush's Best - Black Beans - Reduced Sodium , 1/2 cup (130g)	105	23g	1g	7g	0mg	240mg	1g	6g
Long Grain Brown Rice Cooked - Nutritiondata.Com - Long Grain Brown Rice, 1 cup / 195 Grams	216	45g	2g	5g	0mg	10mg	1g	4g
Pork - Fresh, loin, top loin (chops), boneless, lean only, raw, 8 oz	265	0g	5g	51g	125mg	417mg	0g	0g
TOTAL:	2,944	386g	69g	222g	155mg	3,017mg	62g	71g

July 24, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	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
A's homemade bread - Homemade Bread, 2 slice	200	40g	2g	6g	0mg	400mg	6g	6g
Smucker's - Natural Peanut Butter - Creamy , 1 Tbsp	100	3g	8g	4g	0mg	53mg	1g	1g
AM Snacks								
Quest Bar Protein Bar - Chocolate Brownie - 4 Net Carbs, 1 bar (60g)	170	24g	6g	20g	2mg	340mg	1g	19g
Quaker Oats - Quick 1 Min, 1 1/2 CUP DRY	450	81g	9g	15g	0mg	0mg	3g	12g

Lunch									
Qdoba Mexican Grill - Naked Pulled Pork Burrito (Pork, Rice, Black Beans, Pico), 1 Burrito (14 oz.)	560	69g	14g	36g	80mg	1,530mg	1g	15g	
PM Snacks									
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1.5 scoop (28g)	159	2g	0g	36g	0mg	75mg	0g	0g	
California - Naval Orange - Peeled - Large 6.5 oz, 230 g	108	28g	0g	3g	0mg	0mg	21g	5g	
Dinner / Evening									
Beef - Short loin, top loin, lean only, prime, raw (Kansas City Strip, New York Strip, Club Steak), 6 oz	321	0g	18g	37g	100mg	100mg	0g	0g	
Sweet potato - Cooked, baked in skin, without salt (Sweetpotato), 2 cup	360	83g	1g	8g	0mg	144mg	34g	13g	
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 - Tomato - Red, Ripe, Raw (100 Gram), 50 gr	9	2g	0g	0g	0mg	0mg	2g	1g	
Northeast - Baby Spinach , 2 cup	15	2g	0g	2g	0mg	51mg	0g	1g	
TOTAL:	2,825	366g	60g	226g	197mg	2,919mg	85g	80g	

July 25, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
Breakfast									
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	
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g	
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g	
Quaker Oats - Quick 1 Min, 1 CUP DRY	300	54g	6g	10g	0mg	0mg	2g	8g	
AM Snacks									
Cheerios - Cheerios (W/o Milk), 56 g 1 cup	200	40g	4g	6g	0mg	280mg	2g	6g	
Pure Protein - Protein Bar - Chewy Chocolate Chip, 1 bar (50g)	200	18g	5g	20g	15mg	120mg	3g	2g	
Lunch									
Hillshire Farms - Deli Select Smoked Ham Ultra Thin 97% Fat Free, 6 ounces	180	3g	5g	27g	90mg	2,010mg	3g	0g	
Arnold - Health Full - Double Protein Bread, 2 Slice	200	32g	3g	12g	0mg	260mg	4g	6g	
Kraft - String Cheese 2% Milk, 2 stick	140	0g	9g	16g	30mg	380mg	0g	0g	
Carrots (Raw) - Sticks, 4 oz, 28 g	56	11g	0g	0g	0mg	78mg	1g	1g	
Sargento - Ultra Thin Swiss Cheese, 1 Slice, 2 slice	80	1g	6g	6g	20mg	44mg	0g	0g	
Washington Red Delicious - Large Red Apple, 242 g 8oz	130	34g	0g	1g	0mg	0mg	25g	5g	
PM Snacks									
Jack Link's - Original Beef Jerky Net Wt 3.25oz(92g), 2 oz	160	6g	2g	30g	40mg	1,180mg	6g	0g	

Dinner / Evening									
Hamburger - 90/10 4 oz Grilled Hamburger, 6 ounce	330	0g	18g	35g	105mg	105mg	0g	0g	
Aunt Millie's - Homestyle Whole Grain Wheat Hamburger Buns, 1 bun	120	22g	2g	5g	0mg	210mg	2g	3g	
Peas - Green, cooked, boiled, drained, without salt, 2 cup	269	50g	1g	17g	0mg	10mg	19g	18g	
Generic - Potato - Red With Skin Roasted - Small, 276 g	246	54g	0g	6g	0mg	34mg	4g	4g	
TOTAL:	2,976	368g	63g	238g	315mg	4,908mg	98g	61g	

July 26, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
Breakfast									
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	
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g	
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g	
Quaker Oats - Quick 1 Min, 1 CUP DRY	300	54g	6g	10g	0mg	0mg	2g	8g	
AM Snacks									
Smucker's - Natural Peanut Butter - Creamy , 1 Tbsp	100	3g	8g	4g	0mg	53mg	1g	1g	
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g	
Washington Red Delicious - Large Red Apple, 242 g 8oz	130	34g	0g	1g	0mg	0mg	25g	5g	
A's homemade bread - Homemade Bread, 2 slice	200	40g	2g	6g	0mg	400mg	6g	6g	
Lunch									
La Tortilla Factory - Low Carb/high Fiber Whole Wheat Tortillas, Large Size (Net Carbs), 3 Tortilla (62g) from package	240	54g	9g	24g	0mg	900mg	3g	36g	
Garden Fresh Gourmet - Jack's Special Medium Salsa, 6 tbsp	30	6g	0g	0g	0mg	375mg	3g	1g	
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g	
Fats - Avacado - Fresh - Whole Raw, 0.5 of Whole	120	6g	11g	2g	0mg	6mg	0g	5g	
Kraft - 2% Shredded Cheddar Cheese, 1/4 cup	80	1g	6g	7g	15mg	230mg	0g	0g	
PM Snacks									
Kashi - Go Lean Crunch! 1, 1 Cup	200	38g	3g	9g	0mg	100mg	13g	8g	
Dinner / Evening									
Talapia - Generic - Talapia (Baked), 8 oz	256	0g	5g	52g	114mg	126mg	0g	0g	
Rice - Brown, long-grain, cooked, 1.5 cup	325	67g	3g	8g	0mg	15mg	1g	5g	
Asparagus - Cooked, boiled, drained, 1 cup	40	7g	0g	4g	0mg	25mg	2g	4g	
TOTAL:	2,786	370g	63g	244g	289mg	2,652mg	85g	89g	

July 27, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
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Breakfast								
Great Value - Liquid Egg Whites - Cwd, 16 Tbsp	133	5g	0g	27g	0mg	400mg	0g	0g
Oscar Meyer - Deli Fresh Honey Ham, 4 ounce (56g)	120	4g	3g	18g	60mg	1,020mg	4g	0g
Vegetable - Green Bell Pepper (Raw), 0.5 Cup, chopped (149 g)	15	3g	0g	1g	0mg	2mg	2g	1g
Generic - Organic Baby Spinach, 0.5 cup (30 g)	4	1g	0g	0g	0mg	12mg	0g	0g
Quaker Oats - Quick -1 Minute, 1 1/2 cup dry (40 g)	450	81g	9g	15g	0mg	0mg	3g	12g
AM Snacks								
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Washington Red Delicious - Large Red Apple, 242 g 8oz	130	34g	0g	1g	0mg	0mg	25g	5g
Lunch								
Aunt Millie's - Homestyle Whole Grain Wheat Hamburger Buns, 2 bun	240	44g	4g	10g	0mg	420mg	4g	6g
Hamburger - 90/10 4 oz Grilled Hamburger, 8 ounce	440	0g	24g	46g	140mg	140mg	0g	0g
Sargento - Ultra Thin Swiss Cheese, 1 Slice, 2 slice	80	1g	6g	6g	20mg	44mg	0g	0g
Watermelon - Raw, 0.13 melon (15" long x 7-1/2" dia)	169	43g	1g	3g	0mg	6mg	35g	2g
PM Snacks								
Kashi - Go Lean Crunch! 1, 1 Cup	200	38g	3g	9g	0mg	100mg	13g	8g
Dinner / Evening								
Talapia - Generic - Talapia (Baked), 8 oz	256	0g	5g	52g	114mg	126mg	0g	0g
Garden Fresh Gourmet - Jack's Special Medium Salsa, 6 tbsp	30	6g	0g	0g	0mg	375mg	3g	1g
Generic - Potato - Red With Skin Roasted - Small, 276 g	246	54g	0g	6g	0mg	34mg	4g	4g
Peas - Green, cooked, boiled, drained, without salt, 2 cup	269	50g	1g	17g	0mg	10mg	19g	18g
TOTAL:	2,962	381g	61g	231g	349mg	2,764mg	114g	59g

July 28, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g
Quaker Oats - Quick 1 Min, 1 CUP DRY	300	54g	6g	10g	0mg	0mg	2g	8g
AM Snacks								
Bear Naked Fit - Vanilla Almond Crunch Granola - 100% Pure & Natural, 3/4 cup [30 g/1.1 oz]	360	66g	8g	12g	0mg	30mg	12g	6g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g

Lunch									
Pork - Fresh, loin, top loin (chops), boneless, lean only, raw, 8 oz	265	0g	5g	51g	125mg	417mg	0g	0g	
Sweet potato - Cooked, baked in skin, without salt (Sweetpotato), 2 cup	360	83g	1g	8g	0mg	144mg	34g	13g	
Peas - Green, cooked, boiled, drained, without salt, 2 cup	269	50g	1g	17g	0mg	10mg	19g	18g	
PM Snacks									
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g	
Produce - Whole Raw Banana, 1 medium banana	105	27g	0g	1g	0mg	1mg	14g	3g	
Smucker's - Natural Peanut Butter - Creamy, 1 Tbsp	100	3g	8g	4g	0mg	53mg	1g	1g	
Dinner / Evening									
Papa Murphy's - Veggie De-Lite, 3 slice	480	36g	27g	27g	60mg	900mg	3g	2g	
Arctic Zero - Mint Chocolate Cookie Frozen Dessert, 1 cup	74	12g	0g	7g	20mg	160mg	10g	4g	
TOTAL:	2,964	392g	63g	228g	235mg	2,037mg	124g	65g	

July 29, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
Breakfast									
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	
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g	
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g	
Quaker Oats - Quick 1 Min, 1 CUP DRY	300	54g	6g	10g	0mg	0mg	2g	8g	
AM Snacks									
Washington Red Delicious - Large Red Apple, 242 g 8oz	130	34g	0g	1g	0mg	0mg	25g	5g	
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g	
Lunch									
Quaker Oats - Quick -1 Minute, 1 cup dry (40 g)	300	54g	6g	10g	0mg	0mg	2g	8g	
Beachbody Ultimate - Chocolate Vegan Shakeology, 1 scoop (44g)	170	22g	3g	16g	0mg	215mg	0g	5g	
Sun Warrior - Raw Vegan Protein Powder- Natural, 1 scoop	70	3g	1g	17g	0mg	50mg	0g	1g	
Smucker's - Natural Peanut Butter - Creamy, 1 Tbsp	100	3g	8g	4g	0mg	53mg	1g	1g	
PM Snacks									
Jack Link's - Original Beef Jerky Net Wt 3.25oz(92g), 2 oz	160	6g	2g	30g	40mg	1,180mg	6g	0g	
Strawberries - Raw, 1 cup, halves	49	12g	0g	1g	0mg	2mg	7g	3g	
Dinner / Evening									
Steak - New York Strip Grilled, 9 oz	306	0g	12g	48g	108mg	102mg	0g	0g	
Rice - Brown, long-grain, cooked, 1 cup	216	45g	2g	5g	0mg	10mg	1g	4g	

Potatoes - Russet, flesh and skin, baked, 1 potato large (3" to 4-1/4" dia)	290	64g	0g	8g	0mg	24mg	3g	7g
Whole Foods - Steamed Mixed Veggies, 8 oz	60	20g	12g	16g	40mg	2,900mg	6g	4g
TOTAL:	2,696	377g	59g	233g	218mg	4,808mg	82g	56g

July 30, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g
Quaker Oats - Quick 1 Min, 1 CUP DRY	300	54g	6g	10g	0mg	0mg	2g	8g
AM Snacks								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Strawberries - Raw, 1 cup, halves	49	12g	0g	1g	0mg	2mg	7g	3g
Cheerios - Cheerios (W/o Milk), 56 g 1 cup	200	40g	4g	6g	0mg	280mg	2g	6g
Lunch								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Sargento - Ultra Thin Swiss Cheese, 1 Slice, 2 slice	80	1g	6g	6g	20mg	44mg	0g	0g
Ezekiel Sprouted Grain Bread - Bread/Toast, 2 slice	160	30g	1g	8g	0mg	150mg	0g	6g
Blue Diamond - Almonds (Roasted & Salted) , 24 nuts	170	5g	15g	6g	0mg	135mg	1g	3g
Washington Red Delicious - Large Red Apple, 242 g 8oz	130	34g	0g	1g	0mg	0mg	25g	5g
PM Snacks								
Kashi - Go Lean Crunch! 1, 1 Cup	200	38g	3g	9g	0mg	100mg	13g	8g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
Dinner / Evening								
A's ground beef spag sauce - Homemade Spag Sauce, 2 cups	210	12g	9g	19g	0mg	520mg	6g	2g
Spaghetti Noodles - Mueller's - Whole Wheat Angel Hair (Correct), 4 oz	420	82g	3g	14g	0mg	0mg	4g	10g
Asparagus - Grilled, 200 g	40	8g	0g	4g	0mg	4mg	4g	4g
Kraft Cheese - 100% Grated Parmesan Cheese, 6 tsp (teaspoon)	60	0g	5g	6g	15mg	225mg	0g	0g
TOTAL:	2,890	377g	62g	231g	195mg	1,932mg	93g	65g

July 31, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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Breakfast									
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	
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g	
Quaker Oats - Quick 1 Min, 1 CUP DRY	300	54g	6g	10g	0mg	0mg	2g	8g	
Blueberries - Raw, 1 cup	83	21g	0g	1g	0mg	1mg	14g	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	
Washington Red Delicious - Large Red Apple, 242 g 8oz	130	34g	0g	1g	0mg	0mg	25g	5g	
Carrots (Raw) - Sticks, 4 oz, 28 g	56	11g	0g	0g	0mg	78mg	1g	1g	
Lunch									
Spaghetti Noodles - Mueller's - Whole Wheat Angel Hair (Correct), 4 oz	420	82g	3g	14g	0mg	0mg	4g	10g	
A's ground beef spag sauce - Homemade Spag Sauce, 2 cups	210	12g	9g	19g	0mg	520mg	6g	2g	
PM Snacks									
Whirly Pop - Popcorn (3/4cup and 1tbsp), 0.5 Whole pot	300	58g	10g	8g	0mg	0mg	0g	12g	
Sun Warrior - Warrior Blend Raw Protein Powder - Chocolate, 1 Scoop (21grams)	80	4g	2g	15g	0mg	350mg	1g	1g	
Dinner / Evening									
Beef - Short loin, porterhouse steak, lean only, choice, raw, 0.75 lb	544	0g	28g	69g	208mg	197mg	0g	0g	
Generic - Baby Red Potatoes, 8 oz	200	44g	0g	5g	0mg	27mg	0g	4g	
Vegetable - Yellow Squash / Zucchini, 2 cup (124 grams)	40	8g	0g	4g	0mg	24mg	4g	2g	
Arctic Zero - Mint Chocolate Cookie Frozen Dessert, 1 cup	74	12g	0g	7g	20mg	160mg	10g	4g	
TOTAL:	2,896	378g	65g	218g	258mg	1,629mg	79g	58g	

August 01, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
California - Naval Orange - Peeled - Large 6.5 oz, 184 g	86	22g	0g	2g	0mg	0mg	17g	4g
Quaker Oats - Quick 1 Min, 1 CUP DRY	300	54g	6g	10g	0mg	0mg	2g	8g
AM Snacks								
Washington Red Delicious - Large Red Apple, 242 g 8oz	130	34g	0g	1g	0mg	0mg	25g	5g
Strawberries - Raw, 1 cup, halves	49	12g	0g	1g	0mg	2mg	7g	3g

Grapes - Raw, 1 cup	62	16g	0g	1g	0mg	2mg	15g	1g
Blue Diamond - Almonds (Roasted & Salted) , 36 nuts	255	8g	23g	9g	0mg	203mg	2g	5g
Lunch								
Ezekiel Sprouted Grain Bread - Bread/Toast, 2 slice	160	30g	1g	8g	0mg	150mg	0g	6g
Oscar Meyer - Deli Fresh Honey Ham, 6 ounce (56g)	180	6g	5g	27g	90mg	1,530mg	6g	0g
Sargento - Ultra Thin Swiss Cheese, 1 Slice, 1 slice	40	0g	3g	3g	10mg	22mg	0g	0g
Generic - Organic Baby Spinach, 0.25 cup (30 g)	2	0g	0g	0g	0mg	6mg	0g	0g
Vegetable - Green Bell Pepper (Raw), 0.5 Cup, chopped (149 g)	15	3g	0g	1g	0mg	2mg	2g	1g
Carrots (Raw) - Sticks, 4 oz, 28 g	56	11g	0g	0g	0mg	78mg	1g	1g
Pure Protein - Pure Protein Bar - Chocolate Deluxe, 1 bar (1.76 oz/50 g)	180	17g	5g	20g	15mg	75mg	2g	2g
PM Snacks								
Bear Naked Fit - Vanilla Almond Crunch Granola - 100% Pure & Natural, 1/2 cup [30 g/1.1 oz]	240	44g	5g	8g	0mg	20mg	8g	4g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Dinner / Evening								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Peas - Green, cooked, boiled, drained, without salt, 2 cup	269	50g	1g	17g	0mg	10mg	19g	18g
Rice - Brown, long-grain, cooked, 1 cup	216	45g	2g	5g	0mg	10mg	1g	4g
TOTAL:	2,845	374g	56g	232g	260mg	2,507mg	117g	66g

August 02, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Blueberries - Raw, 1 cup	83	21g	0g	1g	0mg	1mg	14g	3g
Quaker Oats - Quick 1 Min, 1 1/2 CUP DRY	450	81g	9g	15g	0mg	0mg	3g	12g
AM Snacks								
A's homemade bread - Homemade Bread, 162 g	200	40g	2g	6g	0mg	400mg	6g	6g
Smucker's - Natural Peanut Butter - Creamy , 1 Tbsp	100	3g	8g	4g	0mg	53mg	1g	1g
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Lunch								
Chicken - Boneless Skinless Breast 3lbs - Chicken Breast, 8 OZ	220	0g	3g	50g	130mg	150mg	0g	0g
Generic - Organic Baby Spinach, 2 cup (30 g)	14	2g	0g	2g	0mg	48mg	0g	1g

Fats - Avacado - Fresh - Whole Raw, 0.5 of Whole	120	6g	11g	2g	0mg	6mg	0g	5g
Garden Fresh Gourmet - Jack's Special Medium Salsa, 6 tbsp	30	6g	0g	0g	0mg	375mg	3g	1g
Long Grain Brown Rice Cooked - Nutritiondata.Com - Long Grain Brown Rice, 1 cup / 195 Grams	216	45g	2g	5g	0mg	10mg	1g	4g
Bush's Best - Black Beans - Reduced Sodium , 3/4 cup (130g)	158	35g	1g	11g	0mg	360mg	2g	9g
PM Snacks								
Bear Naked Fit - Vanilla Almond Crunch Granola - 100% Pure & Natural, 3/4 cup [30 g/1.1 oz]	360	66g	8g	12g	0mg	30mg	12g	6g
Dinner / Evening								
Salmon - Salmon - Grilled Plain, 8 ounces	380	0g	18g	42g	110mg	138mg	0g	0g
Generic - Baby Red Potatoes, 8 oz	200	44g	0g	5g	0mg	27mg	0g	4g
Flav-R-Pac - Broccoli Florets (Grams), 127.5 grams	38	6g	0g	3g	0mg	30mg	2g	3g
TOTAL:	2,954	377g	64g	227g	255mg	1,875mg	54g	59g

August 03, 2013

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Generic - Large Egg - Whites, Raw, Fresh**, 4 large egg (whites only)	60	1g	0g	14g	0mg	220mg	1g	0g
Eggs - Whole, raw, 2 large	147	1g	10g	13g	423mg	140mg	1g	0g
Oscar Meyer - Deli Fresh Honey Ham, 2 ounce (56g)	60	2g	2g	9g	30mg	510mg	2g	0g
Bell Pepper - Green - Raw, 100 g	26	6g	0g	1g	0mg	2mg	4g	2g
Quaker Oats - Quick -1 Minute, 1 1/2 cup dry (40 g)	450	81g	9g	15g	0mg	0mg	3g	12g
Blueberries - Raw, 1 cup	83	21g	0g	1g	0mg	1mg	14g	3g
AM Snacks								
Dymatize - Iso 100 Whey Protein Isolate - Gourmet Chocolate, 1 scoop (28g)	106	1g	0g	24g	0mg	50mg	0g	0g
Smucker's - Natural Peanut Butter - Creamy , 1 Tbsp	100	3g	8g	4g	0mg	53mg	1g	1g
A's homemade bread - Homemade Bread, 81 g	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								
Qdoba Mexican Grill - Naked Pulled Pork Burrito (Pork, Rice, Black Beans, Pico), 1 Burrito (14 oz.)	560	69g	14g	36g	80mg	1,530mg	1g	15g
Washington Red Delicious - Large Red Apple, 242 g 8oz	130	34g	0g	1g	0mg	0mg	25g	5g
PM Snacks								
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
Sun Warrior - Warrior Blend Raw Protein Powder - Chocolate, 1 Scoop (21grams)	80	4g	2g	15g	0mg	350mg	1g	1g

Dinner / Evening

Long Grain Brown Rice Cooked - Nutritiondata.Com - Long Grain Brown Rice, 1 cup / 195 Grams	216	45g	2g	5g	0mg	10mg	1g	4g
A's Ground Beef Stew - Homemade Ground Beef Stew, 2 large bowl	560	44g	18g	44g	0mg	1,600mg	22g	12g
TOTAL:	3,031	369g	73g	226g	563mg	4,888mg	91g	64g