



## Printable Diary for Ryanjbaxter

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 Food Diary Food Notes[change report](#)To:   Exercise Diary Exercise notes

June 19, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Usda - Egg, 2 egg (50g)	142	1g	10g	12g	374mg	124mg	1g	0g
Onnit - Emulsified MCT Oil - Coconut, 1 tablespoon	70	1g	7g	0g	0mg	0mg	0g	0g
thrive market - ghee, 1 teaspoon	70	0g	7g	0g	15mg	0mg	0g	0g
Sunja's Kimchi - Medium Spicy Kimchi, 4 oz.	30	6g	0g	0g	0mg	300mg	4g	2g
CABO FRESH - Organic Guacamole, 2 tbsp	50	3g	5g	0g	0mg	125mg	1g	2g
<b>Lunch</b>								
Spinach - Baby Spinach , 1 Cups (85 g)	13	1g	0g	2g	0mg	33mg	0g	1g
Peppers, Red Bell, Generic - Peppers, Red, 25 gram	8	2g	0g	0g	0mg	1mg	1g	1g
Cucumber, peeled, raw, 0.25 cup(s)	4	1g	0g	0g	0mg	1mg	0g	0g
Tomatoes - Cherry Tomato, 29 g (about 5 tomatoes)	7	1g	0g	0g	0mg	3mg	1g	0g
Broccoli, raw, 0.25 cup, chopped	7	1g	0g	1g	0mg	7mg	0g	1g
Mushrooms, white, raw, 0.25 cup, pieces or slices	4	1g	0g	1g	0mg	1mg	0g	0g
Green - Olives, 5 olives	11	0g	1g	0g	0mg	150mg	0g	0g
Hannaford - Balsamic Vinegar of Modena, 2 Tablespoon (15mL)	10	4g	0g	0g	0mg	0mg	4g	0g
Carrots, raw, 0.25 cup chopped	13	3g	0g	0g	0mg	22mg	2g	1g
Epic - Uncured Bacon Bits Hickory Smoked , 7 g	30	0g	2g	2g	5mg	60mg	0g	0g
Avacado - Medium, 58 gram	102	6g	9g	4g	0mg	0mg	0g	4g
Sunflower Seeds - Raw, 1 tsp(s)	17	1g	1g	1g	0mg	0mg	0g	0g
Pecans - Raw- Pecan Halves Frm Usda, 14 gram	97	2g	10g	1g	0mg	0mg	1g	1g
Wild Planet - Wild Sardines In Extra Virgin Olive Oil Lightly Smoked, 140 g	250	0g	15g	30g	63mg	475mg	0g	0g
Raw - Diced Green Pepper, 0.25 cup	8	2g	0g	0g	0mg	0mg	0g	0g
Organic Valley - Feta Cheese, 0.4 oz	24	0g	2g	2g	4mg	172mg	0g	0g
Colavita Organic - Balsamic Vinegar of Modena, 1 tsp(s)	5	1g	0g	0g	0mg	0mg	1g	0g

<b>Dinner</b>									
Generic - Sweet Potatoes Boiled and Mashed, 1 cup	114	27g	0g	4g	0mg	73mg	19g	8g	
Generic - Grilled Brussel Sprouts, 1 cup	65	13g	3g	6g	0mg	23mg	0g	6g	
Veggies - Zucchini, 0.5 cup sliced	20	4g	0g	2g	0mg	11mg	2g	1g	
Olivari - Extra Virgin Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g	
Homemade - Baked Chicken Wings, 3 wing	258	0g	17g	24g	75mg	363mg	0g	0g	
thrive market - ghee, 1 teaspoon	70	0g	7g	0g	15mg	0mg	0g	0g	
Red Onion - Chopped, 0.25 cup	17	4g	0g	0g	0mg	2mg	2g	1g	
<b>Snacks</b>									
Generation Ucan - Plain Powder, 1 Scoop (25g)	90	22g	0g	0g	0mg	15mg	0g	0g	
Once Again - Creamy Almond Butter, 1 tbsp	95	3g	9g	3g	0mg	0mg	1g	2g	
Nature's Place - Unsweetened Almond Milk, 0.5 cup	15	1g	1g	0g	0mg	85mg	0g	0g	
Thrive market - Cacao nibs, 0.3 oz	45	4g	3g	1g	0mg	3mg	0g	4g	
Thrive Market - Organic Coconut Chips (unsweetened), 1 tablespoon	40	4g	3g	1g	0mg	5mg	3g	1g	
Julian Bakery ProGranola - Vanilla Cinnamon Cluster, 18.5 gram	49	7g	2g	6g	0mg	65mg	0g	6g	
Living Intentions - Activated Malted Maple, 0.06 cup	33	2g	3g	1g	0mg	0mg	0g	0g	
Generic - Brazilian Nut, 1 nut (5g)	33	1g	3g	1g	0mg	0mg	0g	0g	
<b>TOTAL:</b>	<b>1,976</b>	<b>129g</b>	<b>127g</b>	<b>105g</b>	<b>551mg</b>	<b>2,119mg</b>	<b>43g</b>	<b>42g</b>	

### June 20, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Onnit - Emulsified MCT Oil - Coconut, 1 tablespoon	70	1g	7g	0g	0mg	0mg	0g	0g
Sunja's Kimchi - Medium Spicy Kimchi, 4 oz.	30	6g	0g	0g	0mg	300mg	4g	2g
Usda - Egg, 1 egg (50g)	71	0g	5g	6g	187mg	62mg	1g	0g
Avacado - Medium, 58 gram	102	6g	9g	4g	0mg	0mg	0g	4g
Ruby bay - Smoked salmon, 2 oz	70	0g	3g	13g	30mg	60mg	0g	0g
<b>Lunch</b>								
Peppers, Red Bell, Generic - Peppers, Red, 25 gram	8	2g	0g	0g	0mg	1mg	1g	1g
Cucumber, peeled, raw, 0.25 cup(s)	4	1g	0g	0g	0mg	1mg	0g	0g
Tomatoes - Cherry Tomato, 29 g (about 5 tomatoes)	7	1g	0g	0g	0mg	3mg	1g	0g
Broccoli, raw, 0.25 cup, chopped	7	1g	0g	1g	0mg	7mg	0g	1g
Mushrooms, white, raw, 0.25 cup, pieces or slices	4	1g	0g	1g	0mg	1mg	0g	0g
Green - Olives, 5 olives	11	0g	1g	0g	0mg	150mg	0g	0g

Carrots, raw, 0.25 cup chopped	13	3g	0g	0g	0mg	22mg	2g	1g
Epic - Uncured Bacon Bits Hickory Smoked , 7 g	30	0g	2g	2g	5mg	60mg	0g	0g
Sunflower Seeds - Raw, 1 tsp(s)	17	1g	1g	1g	0mg	0mg	0g	0g
Pecans - Raw- Pecan Halves Frm Usda, 14 gram	97	2g	10g	1g	0mg	0mg	1g	1g
Raw - Diced Green Pepper, 0.25 cup	8	2g	0g	0g	0mg	0mg	0g	0g
Organic Valley - Feta Cheese, 0.4 oz	24	0g	2g	2g	4mg	172mg	0g	0g
Homemade - Baked Chicken Wings, 3 wing	258	0g	17g	24g	75mg	363mg	0g	0g
Primal Kitchen - Caesar Dressing, 1 Tbsp	70	1g	8g	0g	0mg	110mg	0g	0g
Spinach - Baby Spinach , 1.5 Cups (85 g)	19	2g	0g	2g	0mg	49mg	0g	1g
Avacado - Medium Avacado, 73 gram	122	6g	11g	1g	0mg	0mg	0g	5g
<b>Dinner</b>								
Shady Brook Farm - Ground Turkey 85/15, 4 oz	240	0g	17g	20g	85mg	75mg	0g	0g
Yellow - Onion, 26 g	10	2g	0g	0g	0mg	1mg	2g	1g
Peppers, Red Bell, Generic - Peppers, Red, 0.25 cup chopped (149 g)	12	2g	0g	0g	0mg	2mg	2g	1g
Raw - Diced Green Pepper, 0.25 cup	8	2g	0g	0g	0mg	0mg	0g	0g
Generic - Cauliflower, Riced, 2 cup (107g)	54	10g	1g	4g	0mg	64mg	4g	4g
CABO FRESH - Organic Guacamole, 2 tbsp	50	3g	5g	0g	0mg	125mg	1g	2g
Field Day Organic - Black Beans, 0.5 cup	120	22g	0g	8g	0mg	85mg	1g	9g
Siete - Cassava & Coconut Tortillas, 1 tortilla	65	12g	2g	1g	0mg	130mg	1g	1g
Thrive Market - Organic Virgin Coconut Oil, 0.5 tablespoon	65	0g	7g	0g	0mg	0mg	0g	0g
Mitchell's Fresh - Fresh Medium Salsa, 2 tablespoon	5	1g	0g	0g	0mg	135mg	1g	0g
Peppers, jalapeno, raw, 0.25 cup, sliced	7	1g	0g	0g	0mg	1mg	1g	1g
Kerry Gold - Cheddar Cheese, 0.4 oz.	44	0g	4g	3g	10mg	84mg	0g	0g
<b>Snacks</b>								
Pro Bar - Organic Mixed Berry Almond Butter - Patty verified, 32 gram (1 pkg)	190	16g	16g	5g	0mg	40mg	4g	3g
Julian Bakery ProGranola - Vanilla Cinnamon Cluster, 18.5 gram	49	7g	2g	6g	0mg	65mg	0g	6g
<b>TOTAL:</b>	<b>1,961</b>	<b>114g</b>	<b>130g</b>	<b>105g</b>	<b>396mg</b>	<b>2,168mg</b>	<b>27g</b>	<b>44g</b>

**June 21, 2017**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Onnit - Emulsified MCT Oil - Coconut, 1 tablespoon	70	1g	7g	0g	0mg	0mg	0g	0g
Sunja's Kimchi - Medium Spicy Kimchi, 4 oz.	30	6g	0g	0g	0mg	300mg	4g	2g
Usda - Egg, 1 egg (50g)	71	0g	5g	6g	187mg	62mg	1g	0g

Ruby bay - Smoked salmon, 2 oz	70	0g	3g	13g	30mg	60mg	0g	0g
Avacado - Medium, 45 gram	79	5g	7g	3g	0mg	0mg	0g	3g
<b>Lunch</b>								
Wellshire - Sugar Free Dry Rub Bacon, 1 slices	60	0g	5g	4g	10mg	150mg	0g	0g
Bilinski's - Organic Chicken Sausage, Mild Italian, 1 link	80	1g	3g	13g	50mg	500mg	0g	0g
Peppers, Red Bell, Generic - Peppers, Red, 0.25 cup chopped (149 g)	12	2g	0g	0g	0mg	2mg	2g	1g
Veggies - Zucchini, 0.5 cup sliced	20	4g	0g	2g	0mg	11mg	2g	1g
Spinach - Baby Spinach , 1 Cups (85 g)	13	1g	0g	2g	0mg	33mg	0g	1g
Tomatoes - Cherry Tomato, 29 g (about 5 tomatoes)	7	1g	0g	0g	0mg	3mg	1g	0g
Broccoli, raw, 0.25 cup, chopped	7	1g	0g	1g	0mg	7mg	0g	1g
Mushrooms, white, raw, 0.25 cup, pieces or slices	4	1g	0g	1g	0mg	1mg	0g	0g
Red Onion - Chopped, 0.25 cup	17	4g	0g	0g	0mg	2mg	2g	1g
Squash Steamed - Summer/yellow Squash Steamed, 0.5 cup (113g)	9	2g	0g	1g	0mg	1mg	1g	1g
Green - Olives, 5 olives	11	0g	1g	0g	0mg	150mg	0g	0g
thrive market - ghee, 1 teaspoon	70	0g	7g	0g	15mg	0mg	0g	0g
Usda - Egg, 2 egg (50g)	142	1g	10g	12g	374mg	124mg	1g	0g
Organic Valley - Raw Mozzarella Cheese, 28 g	80	1g	6g	7g	20mg	190mg	0g	0g
CABO FRESH - Organic Guacamole, 2 tbsp	50	3g	5g	0g	0mg	125mg	1g	2g
<b>Dinner</b>								
Beef - Short Ribs, 6 oz	328	0g	13g	50g	0mg	86mg	0g	0g
Generic - Sweet Potatoes Boiled and Mashed, 1 cup	114	27g	0g	4g	0mg	73mg	19g	8g
Raw - Brussel Spout, 6.2 ounce	67	8g	0g	8g	0mg	33mg	0g	8g
Olivari - Extra Virgin Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
thrive market - ghee, 1 teaspoon	70	0g	7g	0g	15mg	0mg	0g	0g
Paleo & Gluten-Free Tortillas Recipe, 0.5 serving(s)	27	4g	1g	1g	15mg	38mg	0g	0g
<b>Snacks</b>								
Pro Bar - Organic Mixed Berry Almond Butter - Patty verified, 32 gram (1 pkg)	190	16g	16g	5g	0mg	40mg	4g	3g
Blueberries, 0.5 cup	43	11g	0g	1g	0mg	1mg	8g	2g
Native Forest - Unsweetened Premium Organic Coconut Cream , 2 tablespoon	60	1g	6g	0g	0mg	0mg	1g	0g
Julian Bakery ProGranola - Vanilla Cinnamon Cluster, 37 gram	97	14g	5g	12g	0mg	130mg	0g	12g
<b>TOTAL:</b>	<b>1,958</b>	<b>115g</b>	<b>114g</b>	<b>146g</b>	<b>716mg</b>	<b>2,122mg</b>	<b>47g</b>	<b>46g</b>

**June 22, 2017**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Onnit - Emulsified MCT Oil - Coconut, 1 tablespoon	70	1g	7g	0g	0mg	0mg	0g	0g
Sunja's Kimchi - Medium Spicy Kimchi, 4 oz.	30	6g	0g	0g	0mg	300mg	4g	2g
Usda - Egg, 1 egg (50g)	71	0g	5g	6g	187mg	62mg	1g	0g
Ruby bay - Smoked salmon, 2 oz	70	0g	3g	13g	30mg	60mg	0g	0g
Avacado - Medium, 47 gram	83	5g	7g	3g	0mg	0mg	0g	3g
<b>Lunch</b>								
Peppers, Red Bell, Generic - Peppers, Red, 25 gram	8	2g	0g	0g	0mg	1mg	1g	1g
Cucumber, peeled, raw, 0.25 cup(s)	4	1g	0g	0g	0mg	1mg	0g	0g
Tomatoes - Cherry Tomato, 29 g (about 5 tomatoes)	7	1g	0g	0g	0mg	3mg	1g	0g
Broccoli, raw, 0.25 cup, chopped	7	1g	0g	1g	0mg	7mg	0g	1g
Mushrooms, white, raw, 0.25 cup, pieces or slices	4	1g	0g	1g	0mg	1mg	0g	0g
Green - Olives, 5 olives	11	0g	1g	0g	0mg	150mg	0g	0g
Hannaford - Balsamic Vinegar of Modena, 2 Tablespoon (15mL)	10	4g	0g	0g	0mg	0mg	4g	0g
Carrots, raw, 0.25 cup chopped	13	3g	0g	0g	0mg	22mg	2g	1g
Epic - Uncured Bacon Bits Hickory Smoked , 7 g	30	0g	2g	2g	5mg	60mg	0g	0g
Sunflower Seeds - Raw, 1 tsp(s)	17	1g	1g	1g	0mg	0mg	0g	0g
Pecans - Raw- Pecan Halves Frm Usda, 14 gram	97	2g	10g	1g	0mg	0mg	1g	1g
Raw - Diced Green Pepper, 0.25 cup	8	2g	0g	0g	0mg	0mg	0g	0g
Organic Valley - Feta Cheese, 0.4 oz	24	0g	2g	2g	4mg	172mg	0g	0g
Primal Kitchen - Caesar Dressing, 1 Tbsp	70	1g	8g	0g	0mg	110mg	0g	0g
Spinach - Baby Spinach , 1.5 Cups (85 g)	19	2g	0g	2g	0mg	49mg	0g	1g
Wild Planet - Wild Alaska Pink Salmon, 6 oz	180	0g	3g	36g	60mg	165mg	0g	0g
Primal Kitchen - Paleo Avocado oil MAYO, 0.5 tbsp(15g)	50	0g	6g	0g	10mg	58mg	0g	0g
Primal Kitchen - Avocado Oil - Extra Virgin, 0.5 tbsp	62	0g	7g	0g	0mg	0mg	0g	0g
Izumi - Organic Raw Nori Sheets, 1 sheet	10	1g	0g	1g	0mg	0mg	0g	0g
Thrive - Organic Walnut Halves and Pieces, 0.08 cup - 30g	70	1g	7g	2g	0mg	0mg	0g	1g
Avacado - Medium Avacado, 69 gram	115	6g	10g	1g	0mg	0mg	0g	5g
<b>Dinner</b>								
Bob's Red Mill - Shredded Unsweetened Coconut, 2.0 tablespoons (15 g)	67	3g	7g	1g	0mg	3mg	1g	1g
Bob's Red Mill - Coconut Flour, 7 grams	30	4g	1g	1g	0mg	15mg	1g	3g
Bob's Red Mill - Flax Seed Ground Organic, 1 tbsp	30	2g	2g	2g	0mg	0mg	0g	2g
Usda - Egg, 1 egg (50g)	71	0g	5g	6g	187mg	62mg	1g	0g

Great Lakes Gelatin - Collagen Hydolysate, 2 Tablespoons	43	0g	0g	11g	0mg	12mg	0g	0g
Julian Bakery ProGranola - Vanilla Cinnamon Cluster, 37 gram	97	14g	5g	12g	0mg	130mg	0g	12g
Thrive market - Cacao nibs, 0.3 oz	45	4g	3g	1g	0mg	3mg	0g	4g
Thrive Market - Organic Coconut Chips (unsweetened), 1 tablespoon	40	4g	3g	1g	0mg	5mg	3g	1g
Native Forest - Unsweetened Classic Organic Coconut Milk , 80 ml	140	2g	15g	1g	0mg	10mg	0g	0g
Native Forest - Unsweetened Premium Organic Coconut Cream , 2 tablespoon	60	1g	6g	0g	0mg	0mg	1g	0g
Bananas, raw, 113 gram	85	22g	0g	1g	0mg	1mg	12g	2g
<b>Snacks</b>								
Generation Ucan - Plain Powder, 1 Scoop (25g)	90	22g	0g	0g	0mg	15mg	0g	0g
Once Again - Creamy Almond Butter, 1 tbsp	95	3g	9g	3g	0mg	0mg	1g	2g
Nature's Place - Unsweetened Almond Milk, 0.5 cup	15	1g	1g	0g	0mg	85mg	0g	0g
Thrive market - Cacao nibs, 0.3 oz	45	4g	3g	1g	0mg	3mg	0g	4g
Thrive Market - Organic Coconut Chips (unsweetened), 1 tablespoon	40	4g	3g	1g	0mg	5mg	3g	1g
Julian Bakery ProGranola - Vanilla Cinnamon Cluster, 18.5 gram	49	7g	2g	6g	0mg	65mg	0g	6g
<b>TOTAL:</b>	<b>2,182</b>	<b>138g</b>	<b>144g</b>	<b>120g</b>	<b>483mg</b>	<b>1,635mg</b>	<b>37g</b>	<b>54g</b>

### June 23, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Onnit - Emulsified MCT Oil - Coconut, 1 tablespoon	70	1g	7g	0g	0mg	0mg	0g	0g
Sunja's Kimchi - Medium Spicy Kimchi, 4 oz.	30	6g	0g	0g	0mg	300mg	4g	2g
Usda - Egg, 1 egg (50g)	71	0g	5g	6g	187mg	62mg	1g	0g
Ruby bay - Smoked salmon, 2 oz	70	0g	3g	13g	30mg	60mg	0g	0g
Avacado - Medium, 47 gram	83	5g	7g	3g	0mg	0mg	0g	3g
<b>Lunch</b>								
Peppers, Red Bell, Generic - Peppers, Red, 25 gram	8	2g	0g	0g	0mg	1mg	1g	1g
Cucumber, peeled, raw, 0.25 cup(s)	4	1g	0g	0g	0mg	1mg	0g	0g
Tomatoes - Cherry Tomato, 29 g (about 5 tomatoes)	7	1g	0g	0g	0mg	3mg	1g	0g
Broccoli, raw, 0.25 cup, chopped	7	1g	0g	1g	0mg	7mg	0g	1g
Mushrooms, white, raw, 0.25 cup, pieces or slices	4	1g	0g	1g	0mg	1mg	0g	0g
Green - Olives, 5 olives	11	0g	1g	0g	0mg	150mg	0g	0g
Carrots, raw, 0.25 cup chopped	13	3g	0g	0g	0mg	22mg	2g	1g

Epic - Uncured Bacon Bits Hickory Smoked , 7 g	30	0g	2g	2g	5mg	60mg	0g	0g
Sunflower Seeds - Raw, 1 tsp(s)	17	1g	1g	1g	0mg	0mg	0g	0g
Pecans - Raw- Pecan Halves Frm Usda, 14 gram	97	2g	10g	1g	0mg	0mg	1g	1g
Raw - Diced Green Pepper, 0.25 cup	8	2g	0g	0g	0mg	0mg	0g	0g
Spinach - Baby Spinach , 1.5 Cups (85 g)	19	2g	0g	2g	0mg	49mg	0g	1g
Peppers, jalapeno, raw, 0.25 cup, sliced	7	1g	0g	0g	0mg	1mg	1g	1g
CABO FRESH - Organic Guacamole, 2 tbsp	50	3g	5g	0g	0mg	125mg	1g	2g
Mitchell's Fresh - Fresh Medium Salsa, 2 tablespoon	5	1g	0g	0g	0mg	135mg	1g	0g
Kerry Gold - Cheddar Cheese, 0.2 oz.	22	0g	2g	1g	5mg	42mg	0g	0g
Shady Brook Farm - Ground Turkey 85/15, 4 oz	240	0g	17g	20g	85mg	75mg	0g	0g
Primal Kitchen - Avocado Oil - Extra Virgin, 0.5 tbsp	62	0g	7g	0g	0mg	0mg	0g	0g
<b>Dinner</b>								
Spring Crossing Cattle Co. - Grass Fed Beef 85% Lean 15% Fat, 4 oz	240	0g	17g	21g	75mg	75mg	0g	0g
Avacado - Medium, 20 gram	35	2g	3g	1g	0mg	0mg	0g	1g
CABO FRESH - Organic Guacamole, 1 tbsp	25	2g	2g	0g	0mg	63mg	1g	1g
Generic - Sweet Potatoes Boiled and Mashed, 0.25 cup	29	7g	0g	1g	0mg	18mg	5g	2g
Olivari - Extra Virgin Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g
Paleo Bread - Almond Flour Bread, 2 piece	120	12g	6g	14g	0mg	230mg	2g	10g
thrive market - ghee, 1 teaspoon	70	0g	7g	0g	15mg	0mg	0g	0g
Raw - Brussel Spout, 3.1 ounce	33	4g	0g	4g	0mg	17mg	0g	4g
Squash Steamed - Summer/yellow Squash Steamed, 0.5 cup (113g)	9	2g	0g	1g	0mg	1mg	1g	1g
Veggies - Zucchini, 0.5 Cup (Sliced)	11	2g	0g	1g	0mg	5mg	2g	1g
Earthbound Farm - Organic Butternut Squash , 110.5 gram	46	12g	0g	1g	0mg	0mg	4g	3g
Primal Kitchen - Paleo Avocado oil MAYO, 0.25 tbsp(15g)	25	0g	3g	0g	5mg	29mg	0g	0g
Steves - Paleo Ketchup, 3.5 gram	4	1g	0g	0g	0mg	21mg	1g	0g
Sir Kensington - Dijon Mustard, 0.25 teaspoon	3	0g	0g	0g	0mg	35mg	0g	0g
Kerry Gold - Cheddar Cheese, 0.4 oz.	44	0g	4g	3g	10mg	84mg	0g	0g
<b>Snacks</b>								
Generation Ucan - Plain Powder, 1 Scoop (25g)	90	22g	0g	0g	0mg	15mg	0g	0g
Once Again - Creamy Almond Butter, 1 tbsp	95	3g	9g	3g	0mg	0mg	1g	2g
Nature's Place - Unsweetened Almond Milk, 0.5 cup	15	1g	1g	0g	0mg	85mg	0g	0g
Thrive market - Cacao nibs, 0.3 oz	45	4g	3g	1g	0mg	3mg	0g	4g
Thrive Market - Organic Coconut Chips (unsweetened), 1 tablespoon	40	4g	3g	1g	0mg	5mg	3g	1g

Julian Bakery ProGranola - Vanilla Cinnamon Cluster, 18.5 gram	49	7g	2g	6g	0mg	65mg	0g	6g
Blueberries, 0.25 cup	21	5g	0g	0g	0mg	0mg	4g	1g
Bananas, raw, 55 gram	41	11g	0g	1g	0mg	0mg	6g	1g
Native Forest - Unsweetened Premium Organic Coconut Cream , 0.5 tablespoon	15	0g	2g	0g	0mg	0mg	0g	0g
Once Again - Creamy Almond Butter, 0.5 tbsp	48	2g	4g	2g	0mg	0mg	1g	1g
<b>TOTAL:</b>	<b>2,208</b>	<b>136g</b>	<b>147g</b>	<b>112g</b>	<b>417mg</b>	<b>1,845mg</b>	<b>44g</b>	<b>52g</b>

### June 24, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Egg, duck, whole, fresh, raw, 1 egg	130	1g	10g	9g	619mg	102mg	1g	0g
Peppers, Red Bell, Generic - Peppers, Red, 0.25 cup chopped (149 g)	12	2g	0g	0g	0mg	2mg	2g	1g
Tomatoes - Cherry Tomato, 29 g (about 5 tomatoes)	7	1g	0g	0g	0mg	3mg	1g	0g
Broccoli, raw, 0.25 cup, chopped	7	1g	0g	1g	0mg	7mg	0g	1g
Spinach - Baby Spinach , 1 Cups (85 g)	13	1g	0g	2g	0mg	33mg	0g	1g
Mushrooms, white, raw, 0.25 cup, pieces or slices	4	1g	0g	1g	0mg	1mg	0g	0g
Egg - Egg, 100 g	140	0g	10g	12g	370mg	140mg	0g	0g
Red Onion - Chopped, 0.1 cup	7	2g	0g	0g	0mg	1mg	1g	0g
Veggies - Zucchini, 0.25 cup sliced	10	2g	0g	1g	0mg	6mg	1g	1g
Wellshire - Sugar Free Dry Rub Bacon, 1 slices	60	0g	5g	4g	10mg	150mg	0g	0g
Organic Valley - Raw Mozzarella Cheese, 22 g	63	1g	5g	6g	16mg	149mg	0g	0g
CABO FRESH - Organic Guacamole, 1 tbsp	25	2g	2g	0g	0mg	63mg	1g	1g
<b>Lunch</b>								
Tomatoes - Cherry Tomato, 29 g (about 5 tomatoes)	7	1g	0g	0g	0mg	3mg	1g	0g
Epic - Uncured Bacon Bits Hickory Smoked , 7 g	30	0g	2g	2g	5mg	60mg	0g	0g
Spinach - Baby Spinach , 1.5 Cups (85 g)	19	2g	0g	2g	0mg	49mg	0g	1g
Primal Kitchen - Avocado Oil - Extra Virgin, 0.5 tbsp	62	0g	7g	0g	0mg	0mg	0g	0g
Chicken - Grilled Chicken Breast, Cubed, 70 g (1 cup)	116	0g	3g	22g	60mg	52mg	0g	0g
Avacado - Medium Avacado, 69 gram	115	6g	10g	1g	0mg	0mg	0g	5g
Red Delicious - Medium Apple, 0.25 apple	20	6g	0g	0g	0mg	0mg	4g	1g
Wellshire - Sugar Free Dry Rub Bacon, 1 slices	60	0g	5g	4g	10mg	150mg	0g	0g
Usda - Egg, 1 egg (50g)	71	0g	5g	6g	187mg	62mg	1g	0g
Red Onion - Chopped, 0.1 cup	7	2g	0g	0g	0mg	1mg	1g	0g



<b>Dinner</b>									
Spring Crossing Cattle Co. - Grass Fed Beef 85% Lean 15% Fat, 4 oz	240	0g	17g	21g	75mg	75mg	0g	0g	
Olivari - Extra Virgin Olive Oil, 1 tbsp	120	0g	14g	0g	0mg	0mg	0g	0g	
thrive market - ghee, 1 teaspoon	70	0g	7g	0g	15mg	0mg	0g	0g	
Kerry Gold - Cheddar Cheese, 0.4 oz.	44	0g	4g	3g	10mg	84mg	0g	0g	
Generic - Sweet Potatoes Boiled and Mashed, 0.75 cup	86	20g	0g	3g	0mg	55mg	14g	6g	
Spinach - Baby Spinach , 0.5 Cups (85 g)	6	1g	0g	1g	0mg	16mg	0g	0g	
Cucumber, peeled, raw, 0.25 cup(s)	4	1g	0g	0g	0mg	1mg	0g	0g	
Tomatoes - Cherry Tomato, 29 g (about 5 tomatoes)	7	1g	0g	0g	0mg	3mg	1g	0g	
Once Again - Creamy Almond Butter, 0.5 tbsp	48	2g	4g	2g	0mg	0mg	1g	1g	
Thrive market - Cacao nibs, 0.2 oz	30	3g	2g	1g	0mg	2mg	0g	2g	
Julian Bakery ProGranola - Vanilla Cinnamon Cluster, 18.5 gram	49	7g	2g	6g	0mg	65mg	0g	6g	
<b>Snacks</b>									
Primal Kitchen - Chocolate Hazelnut Bar, 1.7 oz. (48 g)	230	13g	16g	15g	0mg	70mg	3g	6g	
Avacado - Medium Avacado, 29 gram	48	2g	4g	1g	0mg	0mg	0g	2g	
Native Forest - Unsweetened Classic Organic Coconut Milk , 0.25 cup	104	1g	11g	1g	0mg	7mg	0g	0g	
Nature's Place - Unsweetened Almond Milk, 0.5 cup	15	1g	1g	0g	0mg	85mg	0g	0g	
Bananas, raw, 130 gram	98	25g	0g	1g	0mg	1mg	13g	3g	
<b>TOTAL:</b>	<b>2,184</b>	<b>108g</b>	<b>146g</b>	<b>128g</b>	<b>1,377mg</b>	<b>1,498mg</b>	<b>46g</b>	<b>38g</b>	

### June 25, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	
<b>Breakfast</b>									
Bob's Red Mill - Shredded Unsweetened Coconut, 2.0 tablespoons (15 g)	67	3g	7g	1g	0mg	3mg	1g	1g	
Bob's Red Mill - Coconut Flour, 7 grams	30	4g	1g	1g	0mg	15mg	1g	3g	
Bob's Red Mill - Flax Seed Ground Organic, 1 tbsp	30	2g	2g	2g	0mg	0mg	0g	2g	
Usda - Egg, 1 egg (50g)	71	0g	5g	6g	187mg	62mg	1g	0g	
Great Lakes Gelatin - Collagen Hydolysate, 2 Tablespoons	43	0g	0g	11g	0mg	12mg	0g	0g	
Julian Bakery ProGranola - Vanilla Cinnamon Cluster, 37 gram	97	14g	5g	12g	0mg	130mg	0g	12g	
Native Forest - Unsweetened Classic Organic Coconut Milk , 80 ml	140	2g	15g	1g	0mg	10mg	0g	0g	
Blueberries, 0.25 cup	21	5g	0g	0g	0mg	0mg	4g	1g	
Strawberry - Strawberry, 0.5 cups	27	6g	0g	1g	0mg	1mg	4g	2g	
<b>Lunch</b>									

Peppers, Red Bell, Generic - Peppers, Red, 25 gram	8	2g	0g	0g	0mg	1mg	1g	1g
Cucumber, peeled, raw, 0.25 cup(s)	4	1g	0g	0g	0mg	1mg	0g	0g
Tomatoes - Cherry Tomato, 29 g (about 5 tomatoes)	7	1g	0g	0g	0mg	3mg	1g	0g
Broccoli, raw, 0.25 cup, chopped	7	1g	0g	1g	0mg	7mg	0g	1g
Carrots, raw, 0.25 cup chopped	13	3g	0g	0g	0mg	22mg	2g	1g
Epic - Uncured Bacon Bits Hickory Smoked , 7 g	30	0g	2g	2g	5mg	60mg	0g	0g
Sunflower Seeds - Raw, 1 tsp(s)	17	1g	1g	1g	0mg	0mg	0g	0g
Pecans - Raw- Pecan Halves Frm Usda, 14 gram	97	2g	10g	1g	0mg	0mg	1g	1g
Raw - Diced Green Pepper, 0.25 cup	8	2g	0g	0g	0mg	0mg	0g	0g
Spinach - Baby Spinach , 1.5 Cups (85 g)	19	2g	0g	2g	0mg	49mg	0g	1g
Peppers, jalapeno, raw, 0.25 cup, sliced	7	1g	0g	0g	0mg	1mg	1g	1g
Primal Kitchen - Caesar Dressing, 1 Tbsp	70	1g	8g	0g	0mg	110mg	0g	0g
Spring Crossing Cattle Co. - Grass Fed Beef 85% Lean 15% Fat, 4 oz	240	0g	17g	21g	75mg	75mg	0g	0g
<b>Dinner</b>								
Trader Joes - Fully Cooked Pork Belly, 2 oz (85g)	160	0g	14g	9g	30mg	233mg	0g	0g
Wild Planet - Wild Alaska Pink Salmon, 6 oz	180	0g	3g	36g	60mg	165mg	0g	0g
Lundberg (Andrew) - Sushi Rice, 33.75 g (1/4c)	120	26g	1g	4g	0mg	0mg	0g	1g
<b>TOTAL:</b>	<b>1,513</b>	<b>79g</b>	<b>91g</b>	<b>112g</b>	<b>357mg</b>	<b>960mg</b>	<b>17g</b>	<b>28g</b>