

	Calories	Fat	Protein	Carbohydrates
Tuesday				
4/17/2018 Breakfast Bowl w/ 30g Whey Isolate	590	13	47	73
Chicken Salad & Sweet Potato	540	25	38	38
Oats/Protein/Coconut Water	370	3	44	45
Oats/Protein/Coconut Water	325	3	44	34
Coconut Oil Coffee	120	14	0	0
Rice Mix w/ Greens & Salsa + Apple	415	5	38	54
Chocolate Peanut Butter Pudding	430	17	49	38
	2790	78	259	282
4/18/2018 Wednesday				
Egg Whites & Breakfast Bowl	635	15	47	72
Oats/Protein/Rice Milk	420	5	45	52
Oats,Hemp,Chocolate Protein	350	9	41	54
Tuna/Avocado Salad	680	32	68	29
Power Greens w/ Turkey & Salsa	460	22	49	21
Yogurt, Blueberry Apples	430	0	47	62
	2975	83	297	288
4/19/2018 Thursday				
Egg Whites, Breakfast bowl	595	14	39	72
Oats/Protein/Rice Milk	420	5	45	52
Turkey/Avocado Salad	665	39	57	28
PB Choc Protein Smoothie	375	5	45	43
Chicken, Spinach, Apple, Salsa	260	2	34	27
Greek Yogurt & Blueberry	335	0	51	42
	2650	64	270	262
4/20/2018 Friday				
Breakfast Bowl w/ 32g Whey Isolate	605	13	49	74
Protein Smoothie	475	13	40	54
Rice, Beef, Broccoli	615	20	46	62
Turkey/Avocado Salad	695	40	59	32
Yogurt-Blueberry	280	0	38	32
Levels Vanilla Whey 15g	65	1	12	2
	2735	87	243	255
4/21/2018 Saturday				
Scrambled Eggs	265	10	36	2
Breakfast Bowl New	375	13	13	64
Superfood Smoothie	605	13	42	87
Cheeseburger Fried Rice	405	20	26	40
Chocolate/Peanut Butter Smoothie	390	7	42	43
Greek Yogurt, Blueberry, Cinnamon Apple	450	1	57	58
Chocolate/PB Pudding	350	8	46	25
	2840	71	261	318
4/22/2018 Scrambled Eggs & Egg Whites - 260g + 5g Yeast				
Scrambled Eggs & Egg Whites - 260g + 5g Yeast	280	9	37	4
Breakfast Bowl New	375	13	13	64
Protein Smoothie	630	6	45	
Blueberry-Protein Smoothie	370	6	39	50
Chocolate Post Workout Smoothie	437	9	48	44
Chicken, Onion, Rice, Greens	305	10	35	24
Chocolate-PB Pudding	290	7	43	16
	2687	58	260	201

4/23/2018 Monday

Protein Levels Vanilla Whey	173	3	32	4
Breakfast Bowl New	375	13	13	64
Ground Turkey w/ Greens, Salsa, Feta, Rice	660	25	50	53
Pre-Workout 40g Oats, 33g Isolate, 16g Chocolate, 8oz Mile	460	6	50	54
Choc-Banana Smoothie Post Workout	410	4	40	56
Chicken, Rice, Onion, Turkey, Greens	425	14	38	38
Yogurt, Orgain Protein, Blueberry	395	3	54	45
	2898	68	276	312

4/24/2018 Tuesday

Breakfast Bowl w/ 30g Orgain	475	16	26	76
Chicken, Spinach, Apple	440	15	43	39
Chicken Salad with Feta & Pickles + Almonds & Greens Powder	380	15	41	23
Oats/Protein/Rice Milk	400	5	45	48
Post Workout Chocolate Smoothie	545	7	59	67
Greek Yogurt, Blueberry, Orgain	380	3	51	44
	2620	60	265	297

4/25/2018 Thursday

Eggs, Tuna Salad w/ Sweet Potato	730	27	76	41
Chicken Salad w/ Olives, Mulberries, Hemp	415	10	40	41
Pre Workout Promix, Chocolate, PB, Oat Bran	510	8	56	58
Post Workout Chocolate-Banana Smoothie	410	6	49	44
Greek Yogurt, Blueberry, Orgain	395	3	52	48
	2460	53	272	231

4/26/2018 Friday

Scrambled Eggs	275	10	37	2
MCT Oil	125	14	0	0
Breakfast Bowl New	385	8	13	64
Chicken Salad	255	7	36	12
Sweet Potato (Cooked in Coconut Oil) 150g	258	8	4	44
Pre Workout Protein, PB, Rice Milk	390	6	49	36
Rainin' Blood & Molson Canadian @ Park Bar	600	0	0	150
Protein Smoothie	305	7	42	20
Greek Yogurt, Pineapple, Orgain	395	3	52	48
Chocolate-PB ProteinPudding	417	17	48	30
	3405	81	283	406

4/27/2018 Saturday

Cheat Day - Supino's, Vivio's	4810	140	279	628
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4/28/2018 Sunday

Scrambled Eggs & Egg Whites 274g	265	10	36	2
Breakfast Bowl New	385	8	13	64
Orgain Vanilla Protein 30g	75	3	8	8
Blueberry-Banana Protein Smoothie, Coffee x3	432	5	41	63
Protein Smoothie 30g Hemp, 30g Chocolate, 8oz Rice Milk, 28g Mul	408	9	37	59
Chicken Wise Rice	650	25	46	69
Chocolate Protein Pudding with Cacao, Maca	332	6	45	25
	2547	65	227	290

4/30/2018 Monday

False Finish Eggs	325	9	42	9
Breakfast Bowl New	385	8	13	64
Chicken Salad	432	11	40	44
Sweet Potato 132g	227	7	4	39
Superfood Protein Smoothie	381	6	45	46
Chicken Salad with Rice & Pickles	287	2	33	34
Mango Greek Yogurt	415	3	53	50
	2452	45	230	286

5/1/2018 Tuesday

False Finish Eggs	325	9	42	9
Breakfast Bowl New	385	8	13	64
Red Skin Potatoes	305	10	6	47
Chicken Salad with Pineapple	414	2	35	66
Oats/Protein/Rice Milk w/ Isolate & Chocolate	460	6	50	54
Post Workout Casein Smoothie with Banana & PB Powder	320	6	41	28
Mango, Greek Yogurt, Orgain	415	3	53	50
	2624	45	240	316

5/2/2018 Wednesday

Breakfast Bowl New	385	8	13	64
Orgain Vanilla Protein 30g	100	3	13	13
Breakfast Bowl New	385	8	13	64
Protein Levels Vanilla Whey 30g	130	2	24	3
Coconut Oil Coffee 10g	85	10	0	0
Chicken-Pineapple Salad	593	13	39	117
Oats/Protein/Rice Milk w/ Isolate & Chocolate	460	6	50	54
Casein, Banana & Milk Post Workout	275	5	35	26
Chicken 5oz, Onion 100g, Apple 164g, Greens 85g	290	2	33	41
Greek Yogurt Fage 0% 227g	130	0	23	9
	2833	57	243	390

5/3/2018 Thursday

Superfood Protein Smoothie with Walnuts, Orgain	580	22	49	51
Chicken Salad with Pickles, Eggs, Rice, Feta, Greens Powder	403	16	35	30
Almond Butter, Apple, Protein w/ PB Powder	830	41	61	62
Protein Natural Whey Chocolate 33g	260	5	48	6
Greek Yogurt, Raspberries, Blueberries, Orgain Protein	368	2	47	45
Protein Promix Chocolate Casein 39g w/ Creatine	145	1	26	7
	2586	86	265	201

5/4/2018 Friday

Superfood Protein Smoothie - Walnuts, Banana, Blueberry	680	24	51	71
Chicken Salad - Kidney Beans, Mulberries, Balsamic, Feta	523	8	46	72
Coconut Oil Coffee 10g	85	10	0	0
Pre Workout Isolate, Chocolate, Oats, PB Powder, Rice Milk	433	7	52	44
Post Workout 50g Chocolate, 8oz Rice Milk, 18g PB, 70g Banana	452	9	47	49
Chicken Salad w/ Goji, Apple, Rice	458	2	37	97
Greek Yogurt, Orgain, Cinnamon	250	2	41	21
	2881	61	274	353

5/5/2018 Saturday

MCT Oil Coffee	125	14	0	0
False Finish Fried Eggs, Ezekiel Cinnamon/Raisin w/ Thrive Honey	545	10	48	62
Superfood Smoothie w/ Spinach, Walnuts, Mulberries, Blueberry	727	25	52	80
Pre Workout Isolate, Orgain, Coconut Water	262	3	38	27

Post Workout Chocolate Banana Smoothie	452	9	47	49
Chicken Salad w/ Apple, Mulberries, Rice	455	2	36	84
Greek Yogurt with Cinnamon & Orgain	520	2	88	39
	3086	63	310	341
5/6/2018 Sunday				
MCT Oil Coffee	125	14	0	0
False Finish Fried Eggs	325	9	42	9
Breakfast Bowl New	484	8	15	88
Protein Smoothie with Blueberry, Mulberry, Rice Milk, Spinach	452	5	44	64
Chocolate Smoothie w/ Coconut Water, PB Powder, Cacao	396	6	47	39
Chicken, Apple, Onion Salad	410	5	37	61
Jack Fruit 110g	105	1	2	25
Greek Yogurt, Orgain, Cinnamon	249	2	41	21
	2546	49	227	307
5/7/2018 Monday				
Breakfast Bowl New	484	8	15	88
Protein Isolate Promix 33g	125	1	30	2
Coconut Oil 14g	120	14	0	0
5oz Chicken Salad with Eggs & Aminos	408	11	45	55
5oz Chicken Salad with Feta, Kidney Beans, Mulberries, Balsamic	523	8	46	72
Chocolate Protein Smoothie with Cacao, Coconut Water, PB Powder	372	6	44	36
Greek Yogurt, Orgain, Mulberries	399	3	53	48
	2430	49	232	301
5/8/2018 Tuesday				
Breakfast Bowl New	484	8	15	88
Scrambled Eggs & Egg Whites 274g	265	10	36	2
Coconut Oil 14g	120	14	0	0
Sardine Salad with Spinach, Mulberries, Olives	342	13	29	36
Pre Workout Blueberry Protein Smoothie	382	5	40	50
Post Workout Chocolate-Banana Protein Smoothie	394	7	34	54
Chicken, Spinach, Apple, Olive Salad	304	4	36	35
Greek Yogurt 366g, Cinnamon, Stevia	209	0	37	15
	2500	61	227	279
5/9/2018 Wednesday				
Breakfast Bowl New	484	8	15	88
Scrambled Eggs & Egg Whites 274g	265	10	36	2
Chicken-Spinach Salad with Apples, Feta, Balsamic	345	8	42	41
Pre-Workout Base 20g Oat, 33g Isolate, 16g Choc, 12g PB + Rice Milk	433	7	52	44
Post Workout Banana 91g, Blue 140g, Isolate 33g, Orgain 20g	525	7	42	83
Chicken, Broccoli, Olive Oil, Feta, Aminos	380	19	39	14
Greek Yogurt w/ Cinnamon, Stevia 707g	405	0	72	28
	2837	57	297	300
5/10/2018 Thursday				
Blueberry Protein Smoothie with Hemp, Spirulina	551	12	51	75
Breakfast Bowl New	484	8	15	88
Vanilla Whey 33g	135	2	25	3
Chicken, Pickle, Mulberry, Spinach, Olive Oil Salad	450	16	41	34
Pre Workout Oats, Isolate, Choc, Rice Milk	399	6	49	40
Post Workout Mulberry 42g, Blueberry 70g, 8oz Rice Milk, 33/20	485	5	45	74
Greek Yogurt w/ Stevia & Strawberry	230	0	33	21
	2734	49	258	335

5/11/2018 Friday

Breakfast Bowl New	484.08	7.84	14.56	88.29
Scrambled Eggs w/ Moringa, Dulse, Yeast	325	9	42	9
Chicken, Power Greens, Rice, Pickles, Hemp Seed, Balsamic	406.5	8.25	40.2	37.75
Sardines & Apple	310	13.4	26.78	24
Pre-Workout Blueberry, Protein, Coconut Water	335	2.5	39.9	44.4
Post-Workout Mango, Mulberry, Coconut Water Smoothie	400	2.5	41.4	59.9
Cod, Broccoli, Feta	256	6.7	35.35	15.8
Greek Yogurt w/ Orgain	197	2	31.4	17.4
	2714	52	272	297

5/12/2018 Saturday

Scrambled Eggs w/ Moringa, Dulse, Yeast	325	9	42	9
Ezekiel Bread Cinnamon Raisin	240	0	9	54
MCT Oil	120	13.5	0	0
Blueberry Protein Pre Workout Smoothie	460	7.75	41.9	62.9
Post Workout Choc-Banana, Mulberry Smoothie	455	8.06	40.51	58
Sardines, Broccoli, Jasmine Rice	437.5	15.05	38.1	43.25
Tuna, Chicken, Avocado, Power Greens, Rice	481.5	12.75	59.1	31.75
Raspberry Greek Yogurt	260	2	32.4	29.4
	2779	68.11	263.01	288.3

5/13/2018 Sunday

Protein-Spinach Smoothie	475	12.5	40	53.4
Breakfast Bowl 100g	160.00	2.60	3.00	29.00
Mother's Day Cheat Meal - Sausage/Pork, Salad, Baked Beans	1200	55	60	90
Fresh Fruit, Keto Chocolate Cake, Ricotta Cookie				
Chocolate Protein Smoothie	546	17.19	57	49.7
Greek Yogurt with Raspberry, Orgain, Mulberry	379	2	45.2	49.1
	2760	89.29	205.2	271.2

5/14/2018 Wednesday

Scrambled Eggs w/ Dulse, Yeast	325	9.5	42	9
Breakfast Bowl New	460	11.3	12.8	77
Chicken, Broccoli, Avocado, Salad with Jasmine Rice	467.5	13.95	42	45.55
Almond Butter, Apple, Isolate	500	25.55	38.75	34.1
Blueberry-Banana Smoothie with Isolate, Hemp, Orgain, Moringa	444	9.7	53.96	57.4
Chicken, Power Greens, Rice, Artichokes	309	5.22	35.48	28.1
Greek Yogurt, Raspberry, Orgain	309	2	42.2	33.1
	2814.5	77.22	267.19	284.25

5/15/2018 Tuesday

Superfood Protein Smoothie	320	6	31	44
Breakfast Bowl New	460	11.3	12.8	77
Scrambled Eggs with Dulse, Yeast	325	9.25	42	9
Chicken Salad with Avocado, Rice, Power Greens	407.5	13.25	36	34.25
Blueberry-Banana Protein Smoothie	394	8.2	45.66	47.1
Tropical Fruit-Protein Smoothie Post Workout	502	7	45.4	75.7
Chicken Salad with Onion, Shredded Almonds, Sweet Potato	501	14.15	43.26	67.37
	2910	69	256	354

5/16/2018 Wednesday

Superfood Smoothie	486	14.15	71.76	54.5
Breakfast Bowl w/ 30g Orgain	560	14.3	25.4	89.6

Chicken, Spinach, Avocado, Pickle, Greens Powder, Hemp Protein	402	18.08	41.93	29
Pre Workout Banana-Blueberry Smoothie	361	7.2	41.46	42.9
Pot Workout Strawberry-Banana Protein Smoothie	401	8.1	44.56	50.4
Cod & Broccoli	161	0.7	27.1	13.5
400g Yogurt, Raspberry	290	0	41.7	27.9
Proten Pudding with Peanut Butter Powder, Stevia, Apple	310	3.69	42.58	28.6
	2971	66	336	336
5/17/2018 Thursday				
Breakfast Bowl New + 20g Orgain + 6g Coconut Oil w/ Coffee	577	19.3	21.2	85.4
Chicken Salad with Sauerkraut, Olive Oil, Artichokes, Hemp Protein	452.35	23.5	47.425	23.525
Sweet Potato (Cooked in Coconut Oil) 150g	258	7.95	4.29	44.4
PreWorkout Blueberry-Banana Smoothie	330	3.91	48.02	31.54
Post Workout Chocolate, Banana, Cacao, Hemp Protein, PB Powder	562	12.5	57.96	63.5
Texas Roadhouse - New York Strip, Baked Potato, Broccoli, Carrots	1020	35	60	110
	3199	102	239	358
5/18/2018 Friday				
Smoothie with Avocado, Banana, Blueberry, Isolate, Hemp, Greens	510	17.15	51.42	55.5
Breakfast Bowl New	585	11.8	42.8	79
Chicken Salad with Artichokes, Hemp Protein, Olive Oil, Sauerkraut	452.35	23.5	47.425	23.525
Sweet Potato (Cooked in Coconut Oil) 150g	332	10.2	5.5	57
Apple-Blueberry Post Workout Smoothie	385	5.46	48.5	42.04
Spinach, Chicken, Onion, Broccoli, Feta	372	11.27	46	31.6
Greek Yogurt & Raspberry	172.6	0	23.71	17.52
	2809	79	265	306
5/19/2018 Saturday				
MCT Oil Coffee	125	14	0	0
Blueberry-Banana Protein Smoothie - Delicious!	472	7.26	43.81	74
Chocolate Smoothie Post Workout	545	6.65	59.4	67.44
Breakfast Bowl New W/ 30g Orgain	560	14.3	25.4	89.6
Chicken Wise Rice with Power Greens, Onion, Feta, Pine Nuts	650	24.6	46.4	69.4
Blue Moon w/ Oranges, Hemp Beer, New Amsterdam	1197	0	0	299.25
Sorrento Pizza, Hard Boiled Eggs, Greek Yogurt w/ Raspberry/Strawberry	1250	50	60	140
Simply Naked Popcorn	780	42	12	96
	5579	158.81	247.01	835.69
5/20/2018 Sunday				
Blueberry Protein Smoothie	452	11.95	72.3	41.6
John's Omelette with Feta, Hashbrowns	1400	65	55	100
Chicken Salad w/ Onions, Feta, Pickle, Aminos	500	26	40	30
Greek Yogurt w/ Raspberry & Stevia	300	0	43	29
	2652	103	210	201
5/21/2018 Monday				
Blueberry-Protein Smoothie w/ Spinach, Spirulina, Hemp Seed	385.515	11.475	46.5075	31.2075
Breakfast Bowl New w/ Protein	410	9	23.65	57.2
Chicken Salad with Egg, Pickle, Hemp Protein	305	9.5	43.23	21.2
Coconut Oil 10g Coffee	85	10	0	0
Blueberry, Banana, Isolate, Almond Milk	360	4.71	48.41	36.79
Post Workout 50g Chocolate, 12oz Coconut Water, 18g PB, 28g Mul	486	6.25	48.96	62

Greek Yogurt, Raspberry, Goji, Mulberry, Apple	494	0.2	43.9	79
	2526	51	255	287
5/22/2018 Tuesday				
Superfood Protein Smoothie w/ MCT Oil Hagen Coffee	485	20.53	53.91	49.65
Breakfast Bowl New w/ Protein	410	9	23.65	57.2
Chicken, Spinach, Mulberry, Pickle, Hemp Seed, Balsamic, Hemp Prot	513	13.2	58.03	54.33
Post Workout Protein, Oats, Rice Milk	471	7	49.3	54.18
Greek Yogurt, Raspberry, Blueberry	279	0	38	29
Casein Pudding with Mulberry, PB Powder, Almond Milk, Cacao	330	7	37.5	31.5
Greek Yogurt with Apple	257	0.2	33.2	32.5
	2745	57	294	308
5/23/2018 Wednesday				
Protein Smoothie with Tropical Fruit, Moringa, Spirulina, Orgain	366	6.45	45.21	44.15
Breakfast Bowl New w/ Protein	410	9	23.65	57.2
Coconut Oil 10g	85	10	0	0
Spinach, Chicken, Mulberry, Raisin, Kelp, Dulse, Hemp Protein	405	4.18	46.1	50.27
Pre Workout Tropical Fruit, Isolate, Stevia, Cinnamon, Mulberry	313	4.25	35.25	40.25
Post Workout Chocolate Protein Smoothie	396	6.25	45.96	41
Normandy Vegetables with Chicken, Feta, Aminos	464.2	12.064	55.8255	44.52
	2439.2	52.194	251.9955	277.39
5/24/2018 Thursday				
Scrambled Eggs, Breakfast Bowl, Coconut Oil Starbucks	760	28.5	59.65	58.7
Chicken Salad with Kelp, Dulse, Raisins, Balsamic, Hemp Protein	402.25	4.18	40.87	54.24
Pre Workout Smoothie	313	4.25	35.25	40.25
Post Workout Chocolate Smoothie w/ Banana, Almond Milk	445	10.3	48.05	46.75
Stir Fry with Normandy Vegetables, Chicken, Pickle	352	6.5	40.4	30.56
40g Casein, 28g Mulberry, 10oz Almond Milk, Cinnamon, Stevia	273	4.75	30.25	29.25
	2545	58	254	260
5/25/2018 Friday				
Coconut Oil 7g	60	7	0	0
Breakfast Bowl New w/ Protein	410	9	23.65	57.2
Scrambled Eggs & Egg Whites 274g	265	9.5	36	1.5
Spinach, Chicken, Raisin, Kelp, Dulse, Aminos, Pickles	281	1.5	37.23	26.73
Tropical Fruit Protein Smoothie Pre-Workout	313	4.25	35.25	40.25
Chocolate Smoothie Post Workout	364	10	47.21	25.75
Normandy Veggies, Chicken, Onion	333.76	4.7208	43.7072	35.1568
Sweet Potato 150g	208	4.36	3.85	39.9
Casein Bedtime Smoothie w/ Mulberries, Stevia, Cinnamon	323	6.25	36.25	33.25
	2557.76	56.58	263.15	259.74
5/26/2018 Saturday				
Blueberry-Banana Protein Smoothie	389	6.45	46.21	46.15
MCT Oil Coffee x 2	168	18.8	0	0
Red Eye Minha's, Breakfast Bowl 480g	680.0	15.3	41.1	93.0
Blueberry Protein Smoothie, Coffee with Stevia & Almond Milk	360	8.45	38.21	43.15
Ribeye Steak Dinner with Normandy Veggies, Sweet Potato AMAZING	979	69.41	75.24	46.79
Strawberry 450g	150	1.35	3.15	36
Greek Yogurt, Raspberry, Chocolate Casein	484	0.77	76.8	39.09
	3210	121	281	304

5/27/2018 Sunday

Smoothie with Banana, Blueberry, Spinach, Almond Milk, Protein	451	12.22	45.774	45.34
Breakfast Bowl w/ Protein Blah!	422.10	9.62	25.82	57.76
Chocolate Protein Smoothie w/ Goji Berry	693	4.67	57.144	106.8
Chicken Salad with Mushrooms, Hemp Seed, Mulberries, Good!!	438.35	8	45.025	46.025
Sweet Potato New 150g	208	4.36	3.85	39.9
Chocolate Protein Smoothie with Coconut Water, Cacao Nibs	363	12.14	43.7	26
Greek Yogurt w/ Blueberry & Raspberry & Stevia	247	0	33.8	28.7
	2822	51	255	351

5/28/2018 Monday

Scrambled Eggs & Egg Whites 274g w/ Onion, Yeast, Dulse	383	9.75	45.25	27.1
Sweet Potato New 150g, Greek Yogurt Bark	238	5.36	5.3	43.7
MCT Oil Coffee 20g	168	18.8	0	0
Blueberry Protein Smoothie Pre-Workout	308	4.02	36.42	34.97
Chocolate Protein Smoothie Post Workout	489	12.71	46.92	52.1
Cast Iron Chicken Breast with Olive Oil	497	19.7	55.2	32.6
200g Greek Yogurt Bark	338.56	11.132	16.7716	43.7276
Greek Yogurt w/ Blueberry & Raspberry, Choc Casein, Apple	580	4.2	69.6	66.7
	3002	86	275	301

5/29/2018 Tuesday

Scrambled Eggs & Egg Whites 274g w/ Onion	340	9.85	39.5	28.5
Breakfast Bowl w/ Protein Blah!	422.10	9.62	25.82	57.76
BCAA's & Post Workout Oats, Protein	279	3	48	17.38
Red Robin Chicken Teriyaki Burger w/ Fries, Onion Rings, Blue Moon	2700	106	69	338
Greek Yogurt Bark, Mulberries, Grapes	740	24	36.5	95
Casein Pudding, Apple, Pudding Delicious!	365	6.75	43.7	35.8
	4846	159	263	572

5/30/2018 Wednesday

Coconut Oil Coffee 10g	85	10	0	0
Scrambled Eggs, Egg Whites, Yeast, Dulse, Dried Onion, Spices	335	9.55	42.47	11.37
Sweet Potato 206g	285	5.97	5.27	54.7
Chicken, Spinach, Pickle, Raisin, Greens Powder, Hemp Protein	337.35	5.18	44.395	34.565
Post Workout Chocolate Smoothie	500	13.24	47	54.7
Skillet Chicken, Veggies, Sweet Potato, Grapes	689	16.55	57.72	78.315
Greek Yogurt, Casein, Raspberry, Cinnamon, Stevia	354	0.77	53.8	30.09
Late Night Casein Pudding, Yogurt, Mulberries	543	5.8	76.31	49.17
	3128	67	327	313

5/31/2018 Thursday

Scrambled Eggs, Egg Whites, Yeast, Dulse, Dried Onion, Spices	335	9.55	42.47	11.37
Breakfast Bowl w/ Protein Blah!	422.10	9.62	25.82	57.76
Chicken, Spinach, Sardine, Pickle, Raisin, Salad	388.35	13.25	43.975	44.025
Sweet Potato New 150g	208	4.36	3.85	39.9
Smoothie w/ Protein, Spinach, Flax Seed, Spirulina, Banana, Blueberry	429.35	10.75	45.92	42.955
Chicken, Dried Onion, Spinach, Spices, Jasmine Rice	382.355	4.38	42.976	38.6325
Greek Yogurt, Choc Casein, Raspberry, Cinnamon, Stevia	400.41	5.054	55.228	33.66
	2566	57	260	268

6/1/2018 Friday

Scrambled Eggs & Egg Whites	273.5	11.5	24.15	14
Breakfast Bowl w/ Protein Blah!	422.10	9.62	25.82	57.76
Promix Vanilla, Creatine, PB Powder, Rice Milk	428	8.19	43.79	59
Chicken, Spinach, Apple, Mulberry, Spices	365.355	1.45	37.376	50.0325
Sweet Potato New 150g	208	4.36	3.85	39.9
Smoothie w/ Protein, Ban/Blue, Sprulina, Spinach, Camu, Ginger, Beet	466.35	7.06	48.19	60.625
Spinach, Rice, Sardines, Garbanzo Beans	394.9	13.01	34.3	34.78
Casein Pudding with PB Powder, Cinnamon, Stevia	290	6.55	43.3	16
Greek Yogurt & Mulberries	272	0	35.8	33.7
	3120	62	297	366

6/2/2018 Saturday

Scrambled Eggs & Egg Whites	273.5	11.5	24.15	14
Breakfast Bowl New 300g	376.67	4.30	9.81	73.62
MCT Oil Coffee 10g	84	9.38	0	0
Protein Smoothie with Spinach, Oat Bran, Blue/Banana	445.35	8.22	45.5	54.245
Coconut Water w/ 50g Promix Vanilla Whey	243	2.94	36.75	21.29
Post Workout Chocolate, Banana, Rice Milk Smoothie	388	5.42	40.41	44.83
NY Strip Steak, Broccoli, Sweet Potato, Delish But Overcooked 2:45	837.5	48.5385	48.95	54.2
Chocolate Protein Smoothies w/ Coconut and Cashew Butter	940	37	74	90
	3588	127	280	352

6/3/2018 Sunday

Sunday Eggs w/ Onion & Yeast, Breakfast Bowl, MCT Hagen	912	23.68	53.55	107.64
Super Smoothie	455.00	8.38	50.17	52.71
MCT Oil 10g Starbucks	90	10	0	0
Chicken, Spinach, Pickle, Mulberry, Aminos, Balsamic, Garbanzo, Swt P	610.4	6.62	47.18	90.73
Wise Eats Chocolate Ice Cream Recipe	576	11.97	84.65	37.53
Greek Yogurt Kirkland 310g	182	0	32.8	12.7
<u>Totals</u>	2825.40	60.65	268.35	301.31

6/4/2018 Monday

Starbucks w/ Coconut Oil, Eggs/Onion/Yeast, Breakfast Bowl New 300g	850.67	22.81	47.07	102.6
Chicken, Spinach, Salsa, Apple, Hemp Seed, Sweet Potato	629.9	13.68	45.9	79.26
Coconut Water 8oz, 50g Vanilla Promix, Blueberry, Onnit PreW, Grape	397.00	3.13	39.50	59.42
Post Workout Chocolate Protein, Coconut Water, Banana	310	2.85	38.66	32.79
Greek Yogurt, Apple, Mulberry, Vanilla Protein	577.00	2.08	92.27	51.63
	2765	45	263	326

6/5/2018 Tuesday

Breakfast Bowl, CocoHagen, Vanilla Protein	597.00	16.30	34.81	80.62
Chicken, Spinach, Garbanzo, Apple, Feta	424.9	8.4	45.61	40.69
Pre Workout Vanilla Protein, Coconut Water, Almond Milk, Blu/Mulb	388	5.94	40.25	49.79
Post Workout Vanilla Protein and Coconut Water	291	2.94	36.75	33.12
Chicken Breast, Dried Onion, Feta. Pickle, Yeast	334.00	12.25	37.75	13.50
Wise Eats "Chocolate Ice Cream"	532.41	11.424	77.188	34.77
	2567	57	272	252

6/6/2018 Wednesday

Breakfast Bowl New w/ Vanilla 415g + MCT Oil Coffee	688	19.74	37.44	98.03
Chicken, Broccoli, Rice	335	2.48	39.76	39.44
Post Workout Protein, Rice Milk	457	7.1	51.28	53.06
Chicken, Spinach, Mulberry, Feta, Beans, Hemp Seed	392.4	7.5	46.53	33.43
Watermelon 1260g	340	1.6	6.8	84
Cod 11oz	220	0	49.5	0
Greek Yogurt, Mulberry, Chocolate Casein, Cacao, PB Powder	780	10.5	111.68	65.44
	3212	49	343	373

6/7/2018 Thursday

Breakfast Bowl New w/ Vanilla Promix 300g	440.44	7.56	27.32	71.53
Eggs 335g	307	11.5	37.5	6
Chicken, Spinach, Great Northern Beans, Feta, Ham, Spices	401.4	11.5	50.03	20.93
Pre-Workout Blueberry, Protein Isolate, Rice Milk, Coconut Water	333	3.6	30.9	47.73
Post Workout Chocolate-Banana Smoothie	433	6.54	37.56	55.94
Chicken Wise Rice w/ Chicken, Ham, Dried Onion	569	16.035	46.05	54.6755
Greek Yogurt with Mixed Berries	345	0	43.2	43.4
	2829	57	273	300

6/8/2018 Friday

Breakfast Bowl New w/ Vanilla Promix 300g	440.44	7.56	27.32	71.53
Eggs 335g	307	11.5	37.5	6
MCT Oil 15g	125	14	0	0
Chicken Wise Rice with Ham, Spinach, Feta, Northern Beans \$\$	570.4	11.88	53.95	56.78
Superfood Smoothie	478.4	7.46	58.55	51.552
Sardines & Apple	322	12.688	25.386	30.492
Chocolate Casein Pudding	465	11.7	48.728	46.07
Greek Yogurt & Watermelon	488	1.192	47.066	78.48
	3196	78	298	341

6/9/2018 Saturday

MCT Oil 10g	84	9.38	0	0
Eggs w/ Dried Onion & Spinach	372	11.5	41	18.25
Breakfast Bowl New w/ Vanilla Promix 300g	440.44	7.56	27.32	71.53
Protein Smoothie with Flax, Spinach, Spirulina, Blueberry, Banana	447.4	12.12	67.77	41.95
Protein Smoothie with Blueberry, Mulberries \$\$\$	388	5.94	41.75	49.29
Dried Cherries, Mulberries, Dates	570	1.5	6	111
Chocolate-Banana Post Workout	294	2.79	36.11	31.94
Chocolate-Greek Yogurt Protein Ice Cream	260	4.5	40	16
Chocolate Protein Greek Yogurt Ice Cream	319.41	9.084	43.728	19.77
Late Night Binge - Choc Pudding, Yogurt/Fruit, Goji Berry	1640.6	14.89	146.55	238.34
<u>Totals</u>	4815.85	79.26	450.23	598.07

6/10/2018 Sunday

Eggs w/ Dried Onion & Spinach	372	11.5	41	18.25
Breakfast Bowl New w/ Vanilla Promix 300g	440.44	7.56	27.32	71.53
Sardine Salad with 32g Feta, 50g Garbanzo, 130g Sardine	401.40	21.33	41.47	12.53
MCT Oil Starbucks 10g	84	9.38	0	0
Cod Fillets & Broccoli Fried Rice	516	13.5	38.82	59.76
Chocolate Protein Ice Cream	605	6.72	66.56	72.27
Greek Yogurt & Strawberry	165	0.3	23.7	17

	2584	70	239	251
6/11/2018 Monday				
MCT Oil 7g	59	6.57	0	0
Scrambled Eggs w/ 4 Eggs Dried Onion, Whites - 671g	310	11.5	37.5	6
Breakfast Bowl New w/ Protein 300g	412	5.6	27.1	62.6
Sardine Salad with Garbanzo, Feta, Hemp Protein, Greens Powder	480	23.76	50.3	30.5
Protein Smoothie with Blueberry, Mulberries \$\$\$	388	5.94	41.75	49.29
Post Workout Chocolate-Banana Protein Smoothie	369	5.79	40.11	42.94
Cast Iron Chicken with Fried Rice	535	11.3	51	54
Chocolate Casein Pudding	405	5.59	42.55	49.94
Middle of the Night Binge - Yogurt, Casein Protein, Goji, Strawberry	700	6.6	83.8	78.2
	3658	83	374	373
6/12/2018 Tuesday				
MCT Oil 10g	84	9.38	0	0
Scrambled Eggs w/ 4 Eggs Dried Onion, Whites - 671g	310	11.5	37.5	6
Breakfast Bowl New w/ Protein 300g	412	5.6	27.1	62.6
Chicken, Spinach, Garbanzo, Pickle, Almond, Sunflower Seeds	400.4	15.88	44.03	21.53
Pot Workout Berry Protein Smoothie with Promix & Mulberry	448	7.09	42.67	60.29
Chicken Fried Rice	460	7	34	65
Greek Yogurt, Mulberries	325	0	38.5	45
	2439	56	224	260
6/13/2018 Wednesday				
MCT Oil 7g	59	6.57	0	0
Scrambled Eggs/Whites with Dried Onion	358	11.5	37.5	18
Breakfast Bowl New w/ Protein 300g	412	5.6	27.1	62.6
Post Workout Vanilla Protein & Rice Milk	458	8.35	38.915	60.09
Protein-Berry Smoothie with Spinach, Spirulina	413	5.94	46.75	47.79
Chicken Fried Rice w/ Beets	463	4.57	35.45	63.8
Vanilla Protein Smoothie with Banana	251.2	5.096	34.385	23.011
Greek Yogurt w/ Mango & Mulberry, Cinnamon, Stevia \$\$\$	495	0	59.16	64.92
	2909	48	279	340
6/14/2018 Thursday				
MCT Oil 6g	59	6.57	0	0
Scrambled Eggs/Whites with Dried Onion	358	11.5	37.5	18
Breakfast Bowl New w/ Protein 300g	412	5.6	27.1	62.6
Chicken, Spinach Salad with Feta & Garbanzo	300.4	7.88	43.03	12.53
Fruit-Protein Smoothie	396	6.69	42	49.54
Post Workout Banana, Mulberry, Protein Shake w/ Coconut Water	318	4.344	32.956	47.932
Spinach, Sardines, Jasmine Rice & Mixed Vegetables	455.4	20.88	33	33.23
500g Greek Yogurt with 56g Mulberries	465	0	56.5	61.7
	2764	63	272	286
6/15/2018 Friday				
MCT Oil 18g	150	16.8	0	0
Scrambled Eggs, Whites, Dried Onion - 580g 1/2 Serving	323	9.25	34.5	17.5
Breakfast Bowl New w/ Protein 300g	412	5.6	27.1	62.6
Sardine, Spinach, Jasmine Rice	423.4	16.5	33.23	33.23
Smoothie with Protein, Walnuts, Spirulina, Spinach, Frozen Berries	551.35	25.69	50.27	36.315

Orleans Hawaiian Pizza	1800	78	96	180
Blue Moon Draft	600	0	0	150
Greek Yogurt with Chocolate Casein	423	0.64	75.4	27.4
	4683	152	317	507
6/16/2018 Saturday				
Scrambled Eggs, Whites, Dried Onion - 580g 1/2 Serving	323	9.25	34.5	17.5
Breakfast Bowl 420g	478	9.18	14.49	86.03
PreWorkout Banana, Pineapple Protein Smoothie	360	6.89	39.56	42.54
Post Workout Pineapple Protein Smoothie	533	5.44	44.25	83.79
Crab Cakes, Colossal Shrimp, Peas, Spinach	753.4	31.11	53.86	61.36
Greek Yogurt, Chocolate Casein, Mango/Blueberry Madness	502	1	82.3	39.7
	2949	63	269	331
6/17/2018 Sunday				
336g Scrambled Eggs, Whites, Onion, 10g Yeast	413	6048	44	24
Garden of Life Protein Smoothie, Strawberry, Watermelon	499	14.47	45.96	55.12
Father's Day Feast - Beef Brisket, Pulled Pork, Beans, Fruit, Broccoli	1750	90	95	140
Amazing Chocolate Crunch Smoothie with Banana, Mulberry	518	8	49.82	66.22
	3180	6160	235	285
6/18/2018 Monday				
336g Scrambled Eggs, Whites, Onion, 10g Yeast	413	1606	44	24
MCT Oil Hagen 10g	84	9.38	0	0
Breakfast Bowl New	340	6.5	10.3	61.2
Chopped Spinach, Pork, Pickles, Spices, Aminos	270	12.42	29.6	8.23
Pre-Workout Blueberry Smoothie	318	2.35	31.9	47.73
Post-Workout Chocolate-Banana Smoothie	373	4.71	30.92	53.98
Pork, Onion, Normandy Veggies	421	19	38.92	30.58
Greek Yogurt with Casein Protein	205	0.51	36.36	12.6
	2424	1661	222	238
6/19/2018 Tuesday				
MCT Oil 9g	75.6	8.442	0	0
Scrambled Eggs with Fresh Onion	295	9.45	36.3	16.4
Breakfast Bowl New	340	6.5	10.3	61.2
Pork, Spinach Salad with Rice, Aminos, Kelp Powder	405.4	10.56	28.23	44.63
Mixed Fruit Protein Smoothie Pre-Workout, Bucks & Hagen	311	6.1	33.15	37.98
Chocolate Smoothie Post Workout	385	3.74	44.504	45.96
400g Greek Yogurt w/ 40g Chocolate Casein, Stevia, Cinnamon	380	1	67.42	23.1
	2192	46	220	229
6/20/2018 Wednesday				
MCT Oil 7g	59	6.57	0	0
Scrambled Eggs with Fresh Onion & Yeast Seasoning	335	9.45	40.3	20.4
Breakfast Bowl New	340	6.5	10.3	61.2
Spinach, Kale, Sardines, Feta Cheese, Greens Powder	383.4	20.8	39.83	12.23
Pre Workout Blueberry Protein Smoothie	298	5.94	38.75	28.29
Post Workout Chocolate Smoothie	370	6.74	45.504	35.96
Chicken, Sweet Potato, Veggies	422.65	5.5584	40.328	50.6347
Pre-Bed Protein Pudding	190	1	26	18
	2398	63	241	227

6/21/2018 Thursday

MCT Oil Coffee 11g	90	10	0	0
Scrambled Eggs w/ Turmeric, Sweet Potato	585	17.04	43	57.8
Chicken, Spinach, Kale Salad with Hemp Seed, Pickle, Turmeric	303.4	8.25	39.48	14.73
Blueberry-Mulberry Protein Smoothie	358	2.94	39.25	48.79
Pre-Bed Chocolate Protein Pudding	418	6.7	52.6	37
Chicken Salad	303.4	1.25	36.98	34.23
Potato 200g	181.35	3.714	3.945	33.915
Watermelon 280g	85	0.4	1.7	21
	2324	50	217	247

6/22/2018 Friday

MCT Oil 9g	76	8.5	0	0
Scrambled Eggs w/ Turmeric, Sweet Potato	585	17.04	43	57.8
Post Workout Rice Milk, Whey, Hemp Protein	319.5	9.11	24.47	47.588
Chicken Salad with Sweet Potato	433.88	5.8716	38.061	55.524
Garden of Life Protein Smoothie with Spinach, Spirulina, Blueberry, Waterm	531	8.3	50	73.6
Chicken, Normandy Vegetables, Onion	286.25	1.675	39.325	34.85
Mount Clemens Fireworks Re-Feed - Yogurt, Blueberry, Mango, Straw/Apple	1089	1.3	86.8	190.4
Bedtime Pudding	373	6.14	46.64	33.42
	3694	58	328	493

6/23/2018 Saturday

MCT 12g Hagen Coffee	105	12	0	0
Protein Smoothies	358	2.94	39.25	48.79
Scrambled Eggs, Apple	358	2.94	39.25	48.79
Matt-Christina Wedding Kielbasa, Potatoes, Jager, Brisket, Mac & Cheese	1500	90	50	120
Auggie's Blue Moon & Oberon	850	0	0	50
Greek Yogurt, Chocolate Protein, Raspberry, Mulberry, Goji	1113.3	4.35	112.32	156.1
	4284	112	241	424

6/24/2018 Sunday

Scrambled Whites - 1 Full White, 4 Eggs, 40g Dried Onion 671g Total	773	22	83	42
Blueberry-Protein Smoothie	339	3.36	42.08	38.94
Apple 182g	95	0.3	0.5	25
Perch, Potato Early Dinner	440	5.64	47.07	55
CocoCups Prep Peanut Butter, Cacao, Coconut Oil	100	6	0	11.5
Tuna, Avocado Salad	347.4	9.445	46.85	19.91
Chocolate Smoothie	533	5	48.82	76.22
	2627	52	268	269

6/25/2018 Monday

Scrambled Whites - 1 Full White, 4 Eggs, 40g Dried Onion 671g Total	370.74	10.62	39.65	20.11
White Potatoes 200g	177	3.61	3.84	33.1
Perch, Avocado, Spinach, Kale, Garbanzo, Pickle, Aminos, White Potatoes	505.4	11.67	50.22	48.09
Post Workout Banana, Berry, Protein Smoothie with Mulberry	528	5.59	44.17	82.29
Chicken Wise Rice	345	3.6	23.8	53.82
Greek Yogurt, Chocolate Casein, Cacao Nibs	466	8.75	73.48	26.73
	2392	44	235	264

6/26/2018 Tuesday

Scrambled Whites - 1 Full White, 4 Eggs, 40g Dried Onion 671g Total	370.74	10.62	39.65	20.11
Breakfast Bowl 252g	312.35	6.44	9.73	40.94
Chicken Salad	369.9	2.13	46.03	38.28
Post Workout Smoothie	425	6	40	69
Chicken Wise Rice, Salsa	373	4.25	35.2	41.55
Chocolate Protein Smoothie with Hemp & Mulberries	345	9.5	43	29
	2196	39	214	239
6/27/2018 Wednesday				
Whole Scrambled Eggs with Dried Onion	335.50	18.25	21.00	19.50
Breakfast Bowl 300g	372.29	7.67	11.6	48.79
Chicken, Spinach, Pickle, Moringa, Garbanzo, Aminos	369.9	2.13	46.03	38.28
Post Workout Blueberry Smoothie	420	9.5	41	59
Chicken Wise Rice with Turmeric	295.0375	1.672	31.30175	42.17525
Potatoes White Cooked in 30g Grass Fed Butter 150g	133	2.72	2.89	24.87
Chocolate Protein Smoothie with PB Powder and Hemp Protein	348	10.14	50.14	20.42
	2274	52	204	253
6/28/2018 Thursday				
Whole Scrambled Eggs with Dried Onion	335.50	18.25	21.00	19.50
Breakfast Bowl 300g	372.29	7.67	11.6	48.79
Chicken, Spinach, Pickle, Garbanzo, Salsa	367.9	2.13	40.03	43.78
Post Workout Blueberry Smoothie	447	9.59	41.28	65.9
Chicken, Rice, Onion, Bone Broth, Miracle Noodles, Garlic	298	4.316	42.154	27.5
140g Potato	124	2.52	2.69	23.13
Greek Yogurt & Chocolate Casein	380	2	67.7	21.9
	2325	46	226	251
6/29/2018 Friday				
Breakfast Bowl 397g w/ 40g Hemp Protein	600	15.48	30.05	80.48
Chicken, Spinach, Rice, Salsa	294.9	1.68	37.13	29.82
160g Potato	142	2.91	3.09	26.6
Post Workout Chocolate Smoothie	510	10.8	48.65	69.5
Chicken Salad with Pickle, Salsa	279.35	2.375	43.645	19.025
Chocolate, Peanut Butter Ice Cream with Cacao Nibs	465	9.31	68.52	30.36
	2291	43	231	256
6/30/2018 Saturday				
Scrambled Eggs with Dulse, Dried Onion, Potatoes, Watermelon	722.5	26.11	29.94	97.07
Superfood Smoothie with Blueberry, Banana, Hemp, Moringa, Spirulina, Beet	536	10.595	51.87	75.95
78g Sweet Potato, 250g Strawberry	180.5	0.75	3.505	42.62
Chicken Salad, Hemp Seed, Pickle	371.4	8.6	58.53	9.73
Greek Yogurt, Chocolate Casein, Peanut Butter Powder	450	4	75.7	27.4
Apple 100g	52.5	0.14	0.28	13.86
	2313	50	220	267
7/1/2018 Sunday				
Greek Yogurt Protein Smoothie w/ Blueberry & Spirulina	420	4	57	47.5
Sweet Potato Brownie 100g & Sip of Sam Adams New England IPA / Pineapple	335	18	6.2	35
Brown Rice Pasta, Chicken, Rao Marinara Sauce w/ Apple	568	11.62	29.53	89
Chicken Salad with Delmonico Steak, Normandy Vegetables, Mushroom	703.4	28.1	65.65	36.71
Chocolate, Greek Yogurt Smoothie with Banana, Almond Milk, PB Powder	496	7.7	69.36	39.2

Greek Yogurt, Choc Casein, Mulberry, PB Powder	447	4	69.3	34.7
	2969	73	297	282

7/2/2018 Monday

450g Breakfast Bowl w/ Hemp	693	18.195	35.82	93.285
Chicken Salad, Almonds, Pickle, Balsamic, Sweet Potato	516.4	12.86	42.58	58.13
Pre-Workout Blueberry-Protein Smoothie w/ Mulberries	358	2.94	39.25	48.79
Post Workout Chocolate-Banana Smoothie	362	9.45	44.82	32.5
Greek Yogurt 402g w/ 25g Chocolate Casein, Cinnamon, Stevia	329	1.32	58.52	19.86
	2258	45	221	253

7/3/2018 Tuesday

450g Breakfast Bowl w/ Hemp	693	18.195	35.82	93.285
Chicken Salad with Spinach, Pickles, Balsamic, Raisins	424.4	1.5	41.08	57.08
Sweet Potato 190g	265	5.54	4.89	50.7
Pre-Workout Bluberry, Coconut Water, Hemp, Mulberry Smoothie	335	4	33	51.5
Post Workout Chocolate Smoothie	362	9.45	44.82	32.5
Cashew Butter, Watermelon, Strawberry, Apple	521.5	17.72	9.64	94.58
Greek Yogurt with Chocolate Protein, Peanut Butter Powder	429	4	72	26
Goji Berry, More Yogurt, Cinnamon, Mulberry	584.3	0	40.6	106.5
	3614	60	282	512