

Examples Days in MyFitnessPal with 101-125grams of carbs

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	Sugar g	
Vital Protiens - Collagen Peptides, 1 Scoop (10 g)	35	0	0	9	0	0	⊖
Filippo Berio - Olive Oil, 1 g	9	0	1	0	0	0	⊖
Kraft - Fat Free Shredded Mozzarella, 15 g	24	1	0	5	0	0	⊖
Nutpods - Unsweetened Original, 5 Tbsp (15mL)	50	0	5	0	0	0	⊖
(Usda) - Whole Large Egg (Usda), 55 gram	77	0	5	7	0	0	⊖
Generic - Kirkland Egg Whites, 143 gram	78	0	0	16	0	0	⊖
Stronger U - Strawberries, 165 grams	53	13	0	1	3	0	⊖
Add Food Quick Tools	326	14	11	38	3	0	

Lunch	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	Sugar g	
Monari Federzoni S.p.a. - Balsamic Vinegar of Modena, 2 Tbsp (15 mL)	28	6	0	0	0	6	⊖
Spinach - Raw, 150 g	35	5	1	4	3	1	⊖
Stronger U - Tomato, 154 grams	28	6	0	1	2	0	⊖
Stronger U - Avocado, 27 grams	43	2	4	1	2	0	⊖
Kirkland - Cooked Tail Off Shrimp (50-70 Per Pound), 109 g	90	0	0	22	1	0	⊖
Peppers, sweet, red, raw, 160 g	50	10	0	2	3	7	⊖
Add Food Quick Tools	274	29	5	30	11	14	

Snack - Afternoon	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	Sugar g	
Clio Greek Yogurt Bar - Blueberry, 1 bar	140	13	6	8	1	10	⊖
Add Food Quick Tools	140	13	6	8	1	10	

Dinner	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	Sugar g	
Primal Kitchen - Avocado Oil, 13 gram	115	0	13	0	0	0	⊖
chicken and salsa, 200 serving(s)	230	4	5	39	0	2	⊖
Market Basket - Frozen Cauliflower, 341 g	80	12	0	8	8	4	⊖
Add Food Quick Tools	425	16	18	47	8	6	

Snack - Night	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	Sugar g	
Stronger U - Cantaloupe, 460 grams	156	38	1	4	4	0	⊖
Add Food Quick Tools	156	38	1	4	4	0	

Totals	1,321	110	41	127	27	30	
Your Daily Goal	1,345	110	45	125	25	70	

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	
Blueberries, 0.25 cup	21	5	0	0	1	-
Coffee - Black Coffee, 1 cup	5	1	0	0	0	-
califia unsweetened - Almond Milk, 3 fluid ounce	15	0	1	0	0	-
Marketside - Baby Spinach Organic, 2 cups (85g)	10	2	0	1	1	-
Filippo Berio - Olive Oil, 1 tsp(s)	40	0	5	0	0	-
Bilinski's - Breakfast Chicken Sausage, 2 link	100	2	5	14	0	-
Add Food Quick Tools	191	10	11	15	2	

Lunch	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	
Joseph's Flax* (Netcarbs) - Lavash, 1/2 lavash	60	9	2	5	4	-
Swiss Cheese - Baby Swiss Cheese, 1 slice	70	0	5	5	0	-
Wegmans - Hummus, 2 Tbsp (30g)	70	6	4	3	2	-
365 Organic - Honey Mustard, 1 tsp (5 g)	5	1	0	0	0	-
Applegate - Lemon Rosemary Turkey, 2 oz	70	1	2	13	0	-
Romaine lettuce - Chopped Romaine, 0.75 cup	6	1	0	0	1	-
Add Food Quick Tools	281	18	13	26	7	

Snack	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	
Gnc - Pb2 Powder, 2 TBS	45	5	2	5	2	-
Vega Sport - Performance Protein Chocolate, 1 pack (1.3 oz)	134	6	1	25	2	-
Whole Foods 365 Organic - Almonds- Roasted and Unsalted, 18 gram	109	3	10	4	2	-
Bananas - Frozen, Unsweetened, 2.33 ounce	59	15	0	1	2	-
Taylor Organic - Baby Spinach, 1 Cups	10	2	0	1	1	-
Garden of Eatin' - Red Hot Blues, 0.5 oz (28g/about 11chips)	70	9	4	1	1	-
Add Food Quick Tools	427	40	17	37	10	

Dinner	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	
Morrison - Roasted Brussels Sprouts, 0.67 cup	58	7	3	3	3	-
Costco - Chicken Breast Skewer - Chicken Skewer, 2.67 stick	200	4	5	32	0	-
Rice - White, glutinous, cooked, 0.5 cup	84	18	0	2	1	-
Trader Joe's - Zhoug Sauce: Green Spicy Herbal Sauce With Yemeni Roots, 0.5 Tbsp	23	1	2	0	0	-
Add Food Quick Tools	365	30	10	37	4	

Nighttime Snack	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	
Yasso - Chocolate Peanut Butter Chip, 1 bar	130	17	4	6	0	-
Add Food Quick Tools	130	17	4	6	0	

Totals	1,394	115	55	121	23	
Your Daily Goal	1,390	115	50	120	25	
Remaining	-4	0	-5	-1	2	
	Calories kcal	Carbs g	Fat g	Protein g	Fiber g	

Breakfast

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Fiber g	
Morningstar - Breakfast Sausage, 1 patty	80	3	3	10	260	1	⊖
Trader Joe's - English Muffins, 1 muffin	120	23	2	6	200	3	⊖
Premium Salad - Baby Spinach , 30 gram	7	1	0	1	23	1	⊖
Stronger U - Strawberries, 60 grams	19	5	0	0	0	1	⊖
Kroger - Vinegar, Apple Cider, 1 tsp(s)	0	0	0	0	3	0	⊖
Land O' Lakes - Naturally Slender White American, 1 oz	90	1	6	7	380	0	⊖
Trader Joe's - Egg Whites, Cage-Free 100% Liquid 46 g, 75 g	41	0	0	8	122	0	⊖
Add Food Quick Tools	357 of 323	33	11	32	988	6	

Lunch

Winn Dixie - Mini Cucumbers, 59 grams	7	1	0	1	21	1	⊖
Heavenly - Ald - Villagio Marzano Tomatoes, 19 gram	3	1	0	0	1	0	⊖
Eggs - Hard Boiled - Large, 1 egg	78	1	5	6	62	0	⊖
Sargento - Reduced Fat Cheddar Jack Shredded Cheese, 0.25 cup (28g)	80	1	6	8	190	0	⊖
Giant - Romaine Hearts, 150 gram	26	5	0	2	9	4	⊖
Tofurky - Deli Slices - Oven Roasted, 2.5 slices (52g)	50	3	2	7	150	2	⊖
Wegmans - Thousand Island Yogurt Dressing, 3 Tbsp	90	8	6	2	345	0	⊖
Add Food Quick Tools	334 of 323	20	19	26	778	7	

Dinner

Cabbage, raw, 300 g	75	17	0	4	54	8	⊖
Garden - the Ultimate Beefless Ground, 87 gram	110	9	2	18	340	4	⊖
Hunt's - Fire Roasted Diced Tomatoes, 0.5 container (410.8 gs ea.)	50	10	0	2	484	3	⊖
Onion - Onion, 50 grams	20	5	0	1	2	1	⊖
Spices, paprika, 1 tsp	6	1	0	0	2	1	⊖
Olivado - Extra Virgin Avocado Oil, 1 tsp(s)	40	0	5	0	0	0	⊖
Dorot - Crushed Garlic Cubes, 2 cube (4g)	20	2	0	0	50	0	⊖
Add Food Quick Tools	321 of 455	44	7	25	932	17	

Snax!

Enlightened - Fudge bar, 1 bar	70	14	2	8	30	5	⊖
Trader Joe's - Dark Chocolate Carmel Wedges, 1 pieces	30	4	2	1	10	1	⊖
Red Rose - Strawberry Cheesecake Tea, 1 cup	0	0	0	0	0	0	⊖
Add Food Quick Tools	100 of 97	18	4	9	40	6	

Totals	1,112	115	41	92	2,738	36
Your Daily Goal	1,198	115	42	90	2,300	25
Remaining	86	0	1	-2	-438	-11
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Fiber g

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Brownberry - Bread- Oatnut, 1 slice	120	22	3	4	150	4	-
Applegate Farms - Organic Uncured Turkey Bacon, 2 slice (28g)	70	0	3	12	400	0	-
Horizon - Organic American Singles Cheese, 1 slice	60	2	5	3	230	1	-
Harris Teeter Organics - 100% Liquid Egg Whites, 3 tbsp	25	0	0	5	75	0	-
Add Food Quick Tools	275	24	11	24	855	5	

Lunch	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Birds Eye - Riced Cauliflower, 290.5 g	88	11	0	7	735	7	-
Plainville Farms - Organic Ground Turkey, 4 oz	170	1	9	24	80	0	-
Harris Teeter Organics - Sour Cream, 2 tablespoon	70	1	7	1	15	1	-
Kale, raw, 2 cup, chopped	66	12	1	6	51	3	-
Garden Fresh Gourmet - Jack's Special Medium Salsa, 4 tbsp	20	4	0	0	230	4	-
Add Food Quick Tools	414	29	17	38	1,111	15	

Dinner	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Plainville Farms - 94% Fat Free Turkey Burger, 4 oz	160	1	7	24	85	0	-
Nature's Own - White Wheat Hamburger Buns, 1 bun (50g/1.8 oz)	110	22	2	6	210	2	-
Claussen - Dill Pickle Slices, 2 oz	10	1	0	0	0	0	-
Simple Truth - Baby Spinach, 0.5 Cups	5	1	0	1	16	0	-
365 Organic, Whole Foods, 1 Tsp = 5 g - Yellow Mustard, 2 tsp	0	0	0	0	110	0	-
Whole Foods 365 - Organic Tomato Ketchup, 0.25 Tbsp (17g)	5	1	0	0	40	1	-
Horizon - Organic American Singles Cheese, 1 slice	60	2	5	3	230	1	-
Add Food Quick Tools	350	28	14	34	691	4	

Snacks	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Icelandic Provisions - Skyr - Blueberry & Bilberry, 5.3 oz. (150 g)	130	15	2	15	65	11	-
Fit Crunch - Chocolate Peanut Butter Crunch Bar, 1 bar (46 g)	190	14	8	16	200	3	-
Stronger U - Pineapple, 100 grams	50	13	0	1	0	0	-
Add Food Quick Tools	370	42	10	32	265	14	

Totals	1,409	123	52	128	2,922	38
Your Daily Goal	1,430	120	50	125	2,300	57
Remaining	21	-3	-2	-3	-622	19
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g

June 26, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Udi's - Gluten Free Cinnamon Raisin Bread (Updated), 1 slices (49g)	70	12g	2g	2g	0mg	110mg	4g	0g
Generic - Egg Whites Lg, 4 large egg (White)	68	1g	0g	14g	0mg	215mg	0g	0g
Blueberries (78g), 50 g	29	7g	0g	0g	0mg	1mg	5g	1g
Oakhurst - 1% Lowfat Milk, 0.5 cup	55	7g	1g	4g	5mg	63mg	6g	0g
Nature's Place - Organic Old Fashioned Oatmeal, 0.5 cup (40g dry)	150	27g	3g	5g	0mg	0mg	0g	4g
Lunch								
Stronger U - Strawberries, 50 grams	16	4g	0g	0g	0mg	0mg	0g	1g
Selecion - Dill Pickle Slices, 1 slices (28g)	3	1g	0g	0g	0mg	145mg	0g	0g
Kraft - Deli Deluxe American Cheese Slices Double the Calcium of Process Cheese, 1 slice (21g)	60	0g	7g	4g	20mg	330mg	0g	0g
Chop'd - Red and Green Peppers, 43 grams	10	1g	0g	0g	0mg	2mg	1g	1g
Hormel - Natural Choice Smoked Deli Ham, 6 slices	90	2g	2g	15g	45mg	780mg	2g	0g
Arnold - Whole Wheat Sandwich Thins, 1 roll (57g)	140	28g	2g	6g	0mg	300mg	3g	4g
Dinner								
dijon mustard - mustard, 1 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Vinegar - Vinegar, 1 Tbsp	2	0g	0g	0g	0mg	0mg	0g	0g
Oil - Olive Oil (1 Tsp), 1 tsp	40	0g	5g	0g	0mg	0mg	0g	0g
ground Turkey - Turkey, 6 oz	240	2g	12g	33g	120mg	125mg	0g	0g
Tomatoes - Tomatoes, 50 grams	9	2g	0g	0g	0mg	3mg	1g	1g
Sunset (Corrected - 1 Mini Cucumber, 85 g	10	2g	0g	1g	0mg	30mg	1g	1g
Lettuce, green leaf, raw, 1 cup shredded	5	1g	0g	0g	0mg	10mg	0g	0g
Snacks								
One - Salted Caramel Bar, 1 bar	220	23g	6g	20g	5mg	180mg	1g	10g
TOTAL:	1,257	120g	42g	104g	195mg	2,301mg	24g	23g

Breakfast

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Vermont Bread Company - Multi-grain English Muffin, 1 muffin	160	30	2	7	250	3	-
Andrew & Everett - American Cheese, 22 g	90	1	7	5	300	1	-
Applegate Farms - Organic Uncured Turkey Bacon, 2 slice (28g)	70	0	3	12	400	0	-
Add Food Quick Tools	320	31	12	24	950	4	

Lunch

Joseph's - Net Carbs:flax, Oat Bran & Whole Wheat Flour Lavish Bread, 64 g (1/2 Lavash)	120	16	3	10	520	0	-
365 - Pizza Sauce, 62 g (1/4 cup)	45	5	2	1	240	3	-
Organic Valley - Shredded Italian Four-cheese Blend, 28 grams	90	1	7	7	230	0	-
Simple Truth - Baby Spinach, 2 Cups	20	3	0	2	65	0	-
Applegate Naturals - Uncured Turkey Pepperoni, 30 grams	80	0	4	10	600	0	-
Add Food Quick Tools	355	25	16	30	1,655	3	

Dinner

Fage - Total 0% In Grams, 150 gram	88	6	0	16	57	6	-
Blackberry Hills Bakery - Granola, No Sir No Nuts, 0.5 oz or 21g	60	8	2	2	20	2	-
Stronger U - Strawberries, 120 grams	38	9	0	1	0	0	-
Harris Teeter - Naturals - Organic - No Stir - Peanut Butter (Creamy), 1.5 tbsp	158	5	12	7	41	2	-
Add Food Quick Tools	344	28	14	26	118	10	

Snacks

Whole Foods 365 Organic - Organic Turkey Jerky, 28 gram	59	6	0	11	267	5	-
Fit Crunch - Chocolate Peanut Butter Crunch Bar, 1 bar (46 g)	190	14	8	16	200	3	-
Fage - Total 0% In Grams, 150 gram	88	6	0	16	57	6	-
Stronger U - Pineapple, 100 grams	50	13	0	1	0	0	-
Add Food Quick Tools	387	39	8	44	524	14	

Totals	1,406	123	50	124	3,247	31
Your Daily Goal	1,430	120	50	125	2,300	57
Remaining	24	-3	0	1	-947	26
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g

Your Food Diary For: Monday, June 25, 2018

Breakfast

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Fiber g	
Kraft Foods - Corrected - Philadelphia 1/3 Less Fat Cream Cheese, 14 g	35	0	3	1	60	0	-
Egg - Egg, 1 large	72	0	5	6	71	0	-
Price Chopper - 94% Fat Free Turkey Bacon, 1 slice (28g)	40	1	2	6	200	0	-
Easy Bagel Recipe, 1 serving(s)	158	24	1	9	512	1	-
Add Food Quick Tools	305 of 284	25	11	22	843	1	

Snack

Chocolate Peanut Butter Waffles with pumpkin, 1 serving(s)	139	6	1	26	211	1	-
Dannon - Light & Fit - Vanilla Yogurt, 5.3 oz	80	9	0	12	50	0	-
Fruit - Usda Fresh Peach, 100 g	39	9	1	1	0	1	-
Add Food Quick Tools	258 of 284	24	2	39	261	2	

Lunch

Ascheri - Basil Pesto Sauce, 2 tbsp	160	1	16	2	340	0	-
Usda Average - Grape Tomato, 100 g	18	4	0	1	5	1	-
Stronger U - Pork Tenderloin Cooked, 80 grams	98	0	2	18	0	0	-
Mission - Whole Wheat Soft Taco Medium Tortilla, 1 tortilla	130	22	3	4	290	3	-
Usda Database - Organic Baby Spinach, 20 gram	5	1	0	0	16	0	-
Usda Nnd - White Mushrooms, Raw, 30 g (1 cup pieces or slices)	6	1	0	1	2	0	-
Usda - Cucumber, With Peel, Raw, 100 g	16	4	0	1	2	1	-
Add Food Quick Tools	433 of 284	33	21	27	655	5	

Dinner

Farmland - Porketta Roast, 4 oz (112g)	140	2	5	20	220	0	-
Usda - White Rice Cooked Usda, 94 G	119	26	0	2	0	1	-
Meijer - Petite Green Peas, 0.67 cup	70	12	0	5	0	4	-
I Can't Believe It's Not Butter! - Light Spread, 0.5 Tbsp (14g)	20	0	2	0	43	0	-
Add Food Quick Tools	349 of 284	40	7	27	263	5	

Dessert

Optimum Nutrition - 100% Casein Chocolate Peanut Butter, 34 grams	120	3	1	24	240	1	-
Almond Breeze Unsweetened - Almond Milk, 90 milliliter	11	0	1	0	68	0	-
Add Food Quick Tools	131 of 284	3	2	24	308	1	

Totals	1,476	125	43	139	2,330	14
Your Daily Goal	1,420	125	40	140	2,300	25
Remaining	-56	0	-3	1	-30	11
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Fiber g