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Your Food Diary For:

Monday, March 20, 2017



Breakfast	Calories kcal	Net Carbs	Carbs g	Fiber g	Fat g	Protein g
Land O Lakes - Butter, 1 Tbsp	100	0	0	0	11	0
Egg - Egg - Usda Lg, 3 egg	216	1	1	0	14	19
Generic - Smoked Ribs, 4 oz	230	0	0	0	17	18
Kraft - Colby Jack Cheese Block, 1.76 oz	176	0	0	0	16	11
Add Food Quick Tools	722	1 1%	1	0	58 73%	48 27%

Lunch	Calories kcal	Net Carbs	Carbs g	Fiber g	Fat g	Protein g
Best Choice - Natural Walnuts, 0.25 c.	200	2	4	2	20	5
Philadelphia - Cream Cheese- Regular, 1 oz	100	2	2	0	9	2
Keto Kookie - Chocolate Chip Keto Kookie (Net Carbs), 2 Cookies	180	2	4	2	16	11
Best Choice - Pecan Halves, 1/4 cup (30g)	210	1	4	3	22	3
Peter Pan - 100% Natural Creamy, 2 tbsp (32g)	210	4	6	2	17	8
Add Food Quick Tools	900	11 5%	20	9	84 83%	29 13%

Dinner	Calories kcal	Net Carbs	Carbs g	Fiber g	Fat g	Protein g
Kraft - Colby Jack Cheese Block, 1.48 oz	148	0	0	0	13	9
Egg - Egg - Usda Lg, 3 egg	216	1	1	0	14	19
Land O Lakes - Butter, 1.5 Tbsp	150	0	0	0	17	0
Add Food Quick Tools	514	1 1%	1	0	44 77%	28 22%

Snacks	Calories kcal	Net Carbs	Carbs g	Fiber g	Fat g	Protein g
Coffee-mate - Sugar Free Hazelnut Creamer, Powder, 6 tbsp	180	6	6	0	15	0
Add Food Quick Tools	180	6 15%	6	0	15 85%	0 0%

Totals	2,316	19 3%	28	9	201 78%	105 18%
Your Daily Goal	1,200	15 5%	15	25	93 70%	75 25%
Remaining	-1,116	-4	-13	16	-108	-30
	Calories kcal	Net Carbs	Carbs g	Fiber g	Fat g	Protein g

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8.86 MiB (9293528 Bytes)

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