

# iProfile / Food Journal Summary / View by Meal

Emily Kalwasinski

Start date: Thu Sep 24 2015 End date: Sat Sep 26 2015

Thursday, September 24		
Breakfast	8.0 fl.oz	Tea, Prepared
	1.0 cups	Milk, Skim
	0.8 cups	POST HONEY BUNCHES OF OATS Cereal, Honey Roasted
Lunch	1.0 items	MORNINGSTAR FARMS Veggie Burger, Spicy Black Bean
	11.0 pcs	ALEXIA Julienne Fries, Sweet Potato, Frozen
	1.0 items	VOSKOS Yogurt, Greek, Wild Blueberry, Non Fat
	1.0 pcs	Lettuce, Iceberg Leaves
	1.0 tsp	HUY FONG FOODS Sriracha Chili Sauce
Dinner	3.0 oz	Chicken, Breast, Meat Only, Boneless, Skinless, Roasted
	1.0 tsp	HUY FONG FOODS Sriracha Chili Sauce
	0.5 cups	Rice, Brown, Long Grain, Cooked
	0.7 cups	Asparagus
Snacks	1.0 items	KASHI TLC Bar, Fruit & Grain, Pumpkin Pecan
	33.0 oz	MuscleSport, Lean Whey Revolution, Banana Cream Pie
	1.0 items	Apple, Medium
	1.0 gal	Water, Tap
Friday, September 25		
Breakfast	8.0 fl.oz	Tea, Herbal, Prepared
	0.8 cups	KELLOGG'S RAISIN BRAN CRUNCH
	1.0 cups	Milk, Skim
Lunch	0.7 cups	Asparagus
	3.0 oz	Chicken, Breast, Meat Only, Boneless, Skinless, Roasted
Dinner	1.0 svgs	PANERA BREAD Salad, Caesar, Half
	1.0 svgs	PANERA BREAD Soup, Vegetarian Creamy Tomato, 8 oz
Snacks	2.0 tbsp	SABRA Hummus, Roasted Red Pepper
	2.0 items	NATURE VALLEY Bar, Granola, Oats 'n Honey
	33.0 oz	MuscleSport, Lean Whey Revolution, Banana Cream Pie
	25.0 items	ENER-G Pretzels, Crisp, Gluten & Wheat Free
	1.0 gal	Water, Tap

Saturday, September 26		
Breakfast	8.0 fl.oz	Coffee, Brewed
	1.0 items	Banana
	0.2 cups	QUAKER Oats, Steel Cut, Dry
	2.0 tsp	Cinnamon, Ground
Lunch	2.0 cups	Spinach, Chopped, Raw
	2.0 tbsp	SABRA Hummus, Roasted Red Pepper
	1.0 items	MORNINGSTAR FARMS Veggie Burger, Spicy Black Bean
	2.0 tbsp	Salad Dressing, Ranch
Dinner	1.0 svgs	PF CHANGS Mongolian Beef
	1.0 svgs	PF CHANGS Chang's Chicken Lettuce Wraps
	3.0 svgs	Wine, Red Table, Pinot Noir
Snacks	20.0 fl.oz	STARBUCKS Venti, Caramel Apple Spice, No Whip
	1.0 gal	Water, Tap
	33.0 oz	MuscleSport, Lean Whey Revolution, Banana Cream Pie
	1.0 items	STARBUCKS Greek Yogurt, Parfait, Honey, Reduced Fat