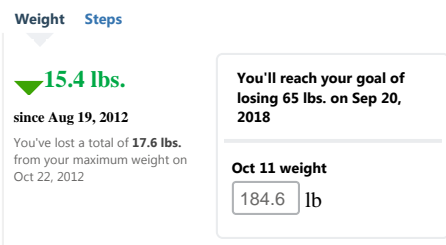
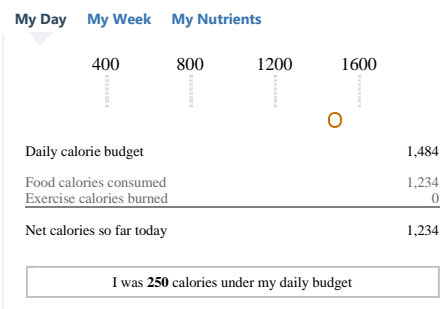




Wednesday Oct 11, 2017 ▾

Budget	Food	Exercise	Net	Under
1,484	1,234	-	1,234	250
Breakfast: 220 search & add food				
	Blueberries, Fzn	1 Cup	70	
	Isonatural Chocolate Whey Protein	30 Grams	110	
	Oil, Flaxseed	1 Teaspoon	40	
Lunch: 280 search & add food				
	Fresco Crunchy Taco - Beef	2 Servings	280	
Dinner: 534 search & add food				
	Squash, Spaghetti, Baked, Cooked	1 Cup	42	
	Mashed Potatoes, Homemade w/ Whole Milk	1/2 Cup	87	
	Baked Talapia	5 Ounces	325	
	Best Choice Olive Oil	2/3 Tablespoon	80	
Snacks: 200 search & add food				
	String Cheese	1 Serving	70	
	Water	8 Fluid ounces	0	
	Tic Tac Cherry Cola Mixers	4 Pieces	8	
	Milk, 2%, w/ Vitamin A & D	1 Cup	122	
Exercise: 0 search & add exercise				
No exercises logged for today				
Notes				
No notes logged for today				



- Activities Friends Challenges Groups**
- Write a comment
- [Marc Ashworth](#) spent 25 minutes running with RunKeeper. 276 calories burned. 4 days ago [Comment](#)
 - [Marc Ashworth](#) last logged food or exercise 4 days ago. 4 days ago [Comment](#)
 - [Marc Ashworth](#) spent 28 minutes running with RunKeeper. 260 calories burned. 6 days ago [Comment](#)
 - [Marc Ashworth](#) spent 26 minutes running with RunKeeper. 249 calories burned. Oct 16, 2017 [Comment](#)
 - I set a new weekly weight loss plan. Oct 14, 2017 [Comment](#) [Delete](#)
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