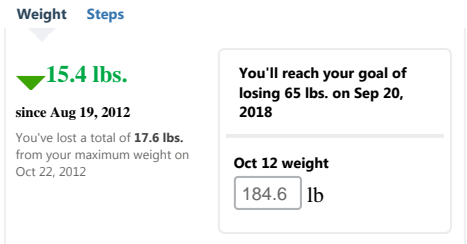
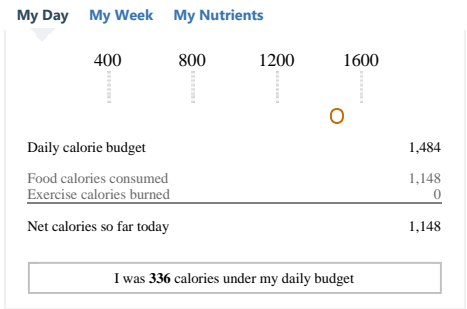




Thursday Oct 12, 2017 ▾

Budget	Food	Exercise	Net	Under
1,484	1,148	-	1,148	336
Breakfast: 226 search & add food				
	Blueberries, Fzn	1 Cup	70	
	Isonatural Chocolate Whey Protein	30 Grams	110	
	Oil, Flaxseed	1 Teaspoon	40	
	Coffee, Brewed	20 Fluid ounces	6	
Lunch: 335 search & add food				
	Soup, Zesty Gumbo	2 1/4 Cups	225	
	Whole Wheat Mini Bagel	1 Serving	110	
Dinner: 389 search & add food				
	Baked Talapia	5 Ounces	325	
	Pickles- Kosher Dill Sand. Slices	1 Slice	3	
	Broccoli	2 Cups	61	
Snacks: 198 search & add food				
	Water	8 Fluid ounces	0	
	Centrum Adult	1 Serving	0	
	Cheese, Cheddar, Extra Sharp, Stick	2 Ounces	180	
	Water	8 Fluid ounces	0	
	Gum, Sugar Free, Mentos, Pure Fresh Mint, MF	3 Pieces	12	
	Coffee, Brewed	20 Fluid ounces	6	
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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