Saturday Journal

	Daily Allowance	FLEX Used Today	Weekly FLEX Remaining	Activity Used Today	Points Used Today	Daily Remaining
POINTS®	28	0.0	35.0	0.0	14.5	13.5

Breakfast =>	5.2	Activity Pts. Banked	Dinner => 0.0
Lunch =>	9.3	0.0	Snacks => 0.0

Food Data Number	Food Item by Meal	Serving Size	Quantity	Calories	Fat (grams)	Fiber (grams)	Calculated Points	Assigned Points Override
	Breakfast							
124	oatmeal, Publix Quick Cooking Oats	1/2 cup	1	140	2.5	4.0	2.2	
106	bread, Arnold 100% Whole Wheat	1 slice	1	100	1.5	3.0	1.5	
46	lunch meat, Hormel NC Smoked Deli Ham	4 slices	0.5	60	1.5	0.0	0.7	
129	cheese, Sargento Reduced Fat Swiss	1 slice	0.5	60	4.0	0.0	0.8	
							0.0	
							0.0	
							0.0	
							0.0	
	Lunch							
106	bread, Arnold 100% Whole Wheat	1 slice	1	100	1.5	3.0	1.5	
46	lunch meat, Hormel NC Smoked Deli Ham	4 slices	0.5	60	1.5	0.0	0.7	
129	cheese, Sargento Reduced Fat Swiss	1 slice	0.5	60	4.0	0.0	0.8	
39	parmesean cheese, Publix (red top)	2 tsp	1	25	1.5	0.0	0.6	
33	crackers, Triscuit ~ Roasted Garlic	6 crkrs	1	120	4.5	3.0	2.2	
66	yogurt, Activia Vanilla & Cereal	1 contnr	1	110	2.0	3.0	1.8	
48	trail mix, Planters Sweet & Nutty	3 tbsp	0.5	160	10.0	2.0	1.8	
							0.0	
							0.0	
							0.0	
							0.0	
							0.0	
	Dinner							
	2 slices of Pizza						0.0	
	BBQ chicken						0.0	
							0.0	
							0.0	
							0.0	
							0.0	
							0.0	
							0.0	
							0.0	
							0.0	
							0.0	
							0.0	
	Snacks							