


## Printable Diary for Anncwalk

From:   Show:  Food Diary  Food Notes

To:    Exercise Diary  Exercise notes

January 9, 2017

| FOODS  | Calories     | Carbs       | Fat         | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|--|--------------|-------------|-------------|------------|--------------|----------------|------------|------------|
| <b>Breakfast</b>   |              |             |             |            |              |                |            |            |
| Salami - Hard Salami, 6 pc.  | 110          | 1g          | 21g         | 11g        | 50mg         | 930mg          | 0g         | 0g         |
| Cheese, brie, 1 cubic inch   | 57           | 0g          | 5g          | 4g         | 17mg         | 107mg          | 0g         | 0g         |
| Nabisco - Wheat Thins - Original - 100% Whole Grain, 31 g (16 pieces)        | 140          | 22g         | 5g          | 2g         | 0mg          | 230mg          | 4g         | 3g         |
| Bananas, raw, 1 medium (7" to 7-7/8" long)                                   | 105          | 27g         | 0g          | 1g         | 0mg          | 1mg            | 14g        | 3g         |
| Flavia - Coffee, 2 cup   | 4            | 1g          | 0g          | 0g         | 0mg          | 0mg            | 1g         | 0g         |
| <b>Lunch</b>   |              |             |             |            |              |                |            |            |
| Cheese, cheddar, 0.25 cup, shredded  | 115          | 0g          | 10g         | 7g         | 29mg         | 182mg          | 0g         | 0g         |
| Kroger - Traditional Gold Tortilla Chips, 8.25 chips                         | 113          | 14g         | 5g          | 2g         | 0mg          | 105mg          | 0g         | 2g         |
| Ghiradelli - Dark Chocolate With Sea Salt Caramel Filling Squares, 1 Squares | 70           | 9g          | 4g          | 1g         | 0mg          | 30mg           | 7g         | 1g         |
| Lentil Frito Pie - 1 c. serving, 1.5 serving(s)                              | 409          | 70g         | 5g          | 22g        | 0mg          | 386mg          | 5g         | 21g        |
| <b>Dinner</b>  |              |             |             |            |              |                |            |            |
| Lettuce, cos or romaine, raw, 4 cup shredded                                 | 32           | 6g          | 1g          | 2g         | 0mg          | 15mg           | 2g         | 4g         |
| Chik-fil-a Creamy Salsa Dressing - Chik-fil-a Creamy Salsa Dressing, 1.75 oz | 290          | 3g          | 31g         | 1g         | 25mg         | 640mg          | 1g         | 0g         |
| Chik Fil A - Red Bell Pepper Crunchy Salad Topping, 1 packet                 | 80           | 6g          | 6g          | 1g         | 0mg          | 80mg           | 1g         | 1g         |
| Wegmans - Cucumber, 0.5 cup  | 8            | 2g          | 0g          | 0g         | 0mg          | 1mg            | 1g         | 0g         |
| Noosa - Mango Yogurt, 8 oz   | 270          | 27g         | 11g         | 14g        | 30mg         | 110mg          | 25g        | 1g         |
| <b>Snacks</b>  |              |             |             |            |              |                |            |            |
| Kraft - Mozzarella String Cheese, 1 stick (28g)                              | 80           | 1g          | 6g          | 7g         | 20mg         | 190mg          | 0g         | 0g         |
| Wheat Thins - Spicy Buffalo, 14.5 g (14 pieces)                              | 70           | 11g         | 3g          | 1g         | 0mg          | 90mg           | 2g         | 1g         |
| <b>TOTAL:</b>  | <b>1,953</b> | <b>200g</b> | <b>113g</b> | <b>76g</b> | <b>171mg</b> | <b>3,097mg</b> | <b>63g</b> | <b>37g</b> |

| EXERCISES              | Calories  | Minutes  | Sets     | Reps     | Weight   |
|------------------------|-----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>  |           |          |          |          |          |
| Stretching, hatha yoga | 17        | 8        |          |          |          |
| <b>TOTALS:</b>         | <b>17</b> | <b>8</b> | <b>0</b> | <b>0</b> | <b>0</b> |