



Printable Diary for Anncwalk

From:  Show: Food Diary Food Notes

To:  Exercise Diary Exercise notes

January 12, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Rustic Sourdough Bakery - Rustic Whole Grain, 2 slice	210	34g	3g	10g	0mg	260mg	2g	6g
Smart Balance - Buttery Spread Original, 0.67 Tbsp (14 g)	53	0g	6g	0g	0mg	60mg	0g	0g
Great Value - Strawberry Jelly, 0.33 Tbsp	17	4g	0g	0g	0mg	2mg	3g	0g
Bananas, raw, 0.5 medium (7" to 7-7/8" long)	53	13g	0g	1g	0mg	1mg	7g	2g
Generic - Kroger Pineapple Chunks In Pineapple Juice, 1 cup	140	34g	0g	0g	0mg	0mg	28g	2g
Silk - Protein & Nut Milk (Soy Free), 0.5 cup	65	2g	4g	5g	0mg	110mg	1g	1g
Lunch								
Cheese, cheddar, 0.25 cup, shredded	115	0g	10g	7g	29mg	182mg	0g	0g
Sugar Snap - Peas, Raw, 15 Pods (34g)	21	5g	0g	2g	0mg	0mg	2g	2g
Ghiradelli - Chocolate Squares, Dark 60% Cacao, 0.5 square (10.6g)	25	3g	2g	1g	0mg	0mg	2g	1g
Lentil Frito Pie - 1 c. serving, 0 serving(s)	0	0g	0g	0g	0mg	0mg	0g	0g
Lentil Frito Pie - 1 c. serving, 1.5 serving(s)	409	70g	5g	22g	0mg	386mg	5g	21g
Dinner								
Wegmans - Spicy Tuna Roll, 0.75 package, 8 pieces (171g)	195	24g	5g	11g	23mg	255mg	2g	1g
California. Roll - California Roll, 6 piece	255	38g	7g	9g	0mg	0mg	0g	6g
TOTAL:	1,558	227g	42g	68g	52mg	1,256mg	52g	42g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stretching, hatha yoga	21	5			
Aerobics, general	84	15			
Fitbit calorie adjustment	0	1			
Strength Training					
Abdominal Twist, Seated, Machine			5	10	
TOTALS:	105	21	5	10	0