



Printable Diary for Annwalk

From:  Show: Food Diary Food Notes

To:  Exercise Diary Exercise notes

January 10, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Gallo Salame - Uncured Salame, 5 slices	110	2g	8g	7g	25mg	440mg	1g	0g
Kraft - Mozzarella String Cheese, 1 stick (28g)	80	1g	6g	7g	20mg	190mg	0g	0g
Generic - Kroger Pineapple Chunks In Pineapple Juice, 1.13 cup	158	38g	0g	0g	0mg	0mg	32g	2g
Silk - Protein & Nut Milk (Soy Free), 0.75 cup	98	3g	6g	8g	0mg	165mg	2g	1g
Bananas, raw, 0.5 medium (7" to 7-7/8" long)	53	13g	0g	1g	0mg	1mg	7g	2g
Flavia - Coffee, 2 cup	4	1g	0g	0g	0mg	0mg	1g	0g
Lunch								
Cottage cheese - Lowfat, 2% milkfat, 1 cup (not packed)	203	8g	4g	31g	18mg	918mg	1g	0g
Ghiradelli - Chocolate Squares, Dark 60% Cacao, 1 square (10.6g)	50	6g	4g	1g	0mg	0mg	4g	1g
Dinner								
Ortega - Hard Shell Taco, 2 shells	120	16g	6g	2g	0mg	150mg	0g	1g
Aldi - Happy Farms - Shredded Mild Cheddar Cheese, 1/8 cup (28g)	55	1g	5g	4g	15mg	90mg	0g	0g
Daisy - Sour Cream, 1 tbsp	30	1g	3g	1g	10mg	8mg	1g	0g
Spinach - Raw, 1.5 cup	10	2g	0g	1g	0mg	36mg	0g	1g
Schnucks - Honey goat cheese, 0.5 tbsp	20	1g	2g	1g	6mg	20mg	1g	0g
Crisco - Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Balsamic Vinegar - Balsamic Vinegar, 1 tbsp	14	3g	0g	0g	0mg	156mg	2g	0g
Santitos - Yellow Corn Chips, 0.5 oz (About 9 chips)	70	10g	3g	1g	0mg	55mg	0g	1g
Generic - Homemade Mexican Rice, 0.67 cup	220	30g	8g	2g	200mg	580mg	0g	0g
Beer - Modelo Especial, 12 oz.	120	30g	0g	0g	0mg	0mg	0g	0g
Eddy's - Slow Churned Vanilla Bean, 0.5 cup	120	0g	4g	21g	65mg	70mg	12g	0g
90% Lean Taco Meat - 90% Lean Taco Meat, 2 oz	125	0g	6g	11g	9mg	0mg	0g	0g
Snacks								
Wheat Thins - Spicy Buffalo, 29 g (14 pieces)	140	21g	5g	2g	0mg	180mg	4g	2g
Baby - Carrots, 7 Medium	28	6g	0g	0g	0mg	56mg	3g	1g
Sugar Snap - Peas, Raw, 5 Pods (34g)	7	2g	0g	1g	0mg	0mg	1g	1g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Celery, raw, 3 strip (4" long)	2	0g	0g	0g	0mg	10mg	0g	0g
Grapefruit - Half, 2 half	82	21g	0g	0g	0mg	0mg	18g	3g
Kraft - Mozzarella String Cheese, 2 stick (28g)	160	2g	12g	14g	40mg	380mg	0g	0g
TOTAL:	2,139	218g	89g	116g	408mg	3,505mg	90g	16g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Running (jogging), 6 mph (10 min mile)	260	30			
Fitbit calorie adjustment	0	1			
TOTALS:	260	31	0	0	0