



## Printable Diary for Annwalk

From:   Show:  Food Diary  Food Notes

To:    Exercise Diary  Exercise notes

## January 11, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Kale - Raw, 1 cup, chopped	34	7g	0g	2g	0mg	29mg	0g	1g
Eggs - Scrambled (whole egg), 3 large	304	4g	22g	20g	644mg	512mg	3g	0g
Kroger - All Natural Cheese - Colby Jack (Finely Shredded Colby & Monterey Jack), 14 g (1/4 cup)	50	1g	4g	4g	15mg	85mg	0g	0g
Dove - Dark Chocolate Promises, 1 piece	42	4g	3g	1g	1mg	2mg	3g	0g
<b>Lunch</b>								
Chik Fil A - Nuggets, 12 nugget	384	0g	0g	48g	0mg	0mg	0g	0g
Chik Fil A - Small Waffle Fries, 1 small order	335	40g	18g	3g	0mg	140mg	2g	3g
Chik-fil-a - Side Salad, 1 salad	80	6g	5g	5g	15mg	110mg	3g	3g
Kraft Salad Dressing (Marsala - Classic Ranch Dressing, 0.5 Tbsp)	28	1g	3g	0g	1mg	75mg	0g	0g
<b>Dinner</b>								
Aldi - Sonetta - Serrano Ham, 2 Slice	60	0g	3g	8g	0mg	0mg	0g	0g
Blueberries, 0.75 cup	64	16g	0g	1g	0mg	1mg	11g	3g
Apples - Granny Smith Apple, 0.5 apple	40	11g	0g	0g	0mg	0mg	9g	3g
Wyder's - Hard Cider- Pear, 4.0 oz	47	7g	0g	0g	0mg	2mg	6g	0g
Nobilo - Wine, Sauvignon Blanc, 2.5 oz	48	1g	0g	0g	0mg	0mg	0g	0g
Veggie Fries - Kale & Potato Fries, 0.13 Cup	20	3g	1g	1g	0mg	3mg	0g	0g
Sargento - Cheddar Cheese Stick, 1 oz	60	1g	5g	5g	15mg	135mg	1g	0g
Wegmans - Cucumber, 0.25 cup	4	1g	0g	0g	0mg	1mg	0g	0g
Salami, cooked, beef, 1 slice	68	0g	6g	3g	18mg	296mg	0g	0g
Betty Crocker - Gluten Free Brownies, 0.33 piece	50	8g	2g	0g	0mg	20mg	6g	0g
Cheese - Blue, bleu, 2 oz	200	1g	16g	12g	42mg	790mg	0g	0g
Glutino - Gluten Free Crackers, 4 Crackers	70	11g	3g	1g	3mg	130mg	1g	1g
<b>Snacks</b>								
Starbucks - Small Decaf Coffee, 16 oz.	7	0g	0g	0g	0mg	13mg	0g	0g
<b>TOTAL:</b>	<b>1,995</b>	<b>123g</b>	<b>91g</b>	<b>114g</b>	<b>754mg</b>	<b>2,344mg</b>	<b>45g</b>	<b>14g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	0	1			
<b>TOTALS:</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>