



## Printable Diary for Annwalk

From:   **Show:**  Food Diary  Food Notes

To:    Exercise Diary  Exercise notes

### January 14, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Generic - Flatbread Cheese Pizza-6", 1 whole pizza	340	45g	10g	21g	23mg	418mg	3g	3g
Godiva - White Chocolate Peppermint Crunch, 1 blocks - 40g	55	6g	3g	1g	3mg	10mg	6g	0g
<b>Lunch</b>								
Spinach - Raw, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Wishbone - Chunky Blue Cheese, 2 tblsp	140	1g	14g	1g	5mg	240mg	1g	0g
Blue Cheese-crumbled - Crumbled Blue Cheese, 1 oz,	100	1g	8g	7g	25mg	380mg	1g	0g
Tangerine - Generic, 1 medium	50	12g	0g	1g	0mg	2mg	9g	2g
<b>Dinner</b>								
Homemade - Enchilada- Corn Tortilla, Chicken, No Cheese, 2 roll	352	0g	0g	0g	0mg	0mg	0g	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
Daisy - Sour Cream, 1 tbsp	30	1g	3g	1g	10mg	8mg	1g	0g
Cabbage, napa, cooked, 2.5 cup	33	6g	0g	3g	0mg	30mg	0g	0g
Kroger - Canola Oil, 0.33 tbsp	40	0g	5g	0g	0mg	0mg	0g	0g
Don Julio - Reposado Tequila, 1.5 oz	97	5g	0g	0g	0mg	0mg	5g	0g
on the House - Light Margarita Cocktail Mix, 8 oz	10	4g	0g	0g	0mg	30mg	0g	0g
<b>Snacks</b>								
Blueberries - Raw, 0.5 cup	41	11g	0g	1g	0mg	1mg	7g	2g
<b>TOTAL:</b>	<b>1,359</b>	<b>96g</b>	<b>47g</b>	<b>43g</b>	<b>81mg</b>	<b>1,275mg</b>	<b>33g</b>	<b>9g</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>