


Printable Diary for Annwalk

From:  Show: Food Diary Food Notes

To:  Exercise Diary Exercise notes

January 15, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Brown Rice - Rice, 0.67 cup	292	60g	3g	0g	0mg	13mg	1g	5g
Kale, raw, 2 cup 1" pieces, loosely packed	16	3g	0g	1g	0mg	12mg	1g	1g
Baby - Carrots, 8 Medium	32	7g	0g	0g	0mg	64mg	4g	2g
Onions - Sauteed, 0.25 cup chopped	29	2g	2g	0g	0mg	3mg	0g	0g
Oil - Vegetable, canola, 1 tsp(s)	41	0g	5g	0g	0mg	0mg	0g	0g
Egg - Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
Godiva - White Chocolate Peppermint Crunch, 1 blocks - 40g	55	6g	3g	1g	3mg	10mg	6g	0g
Raw - Grapefruit, 0.5 medium fruit (128 g)	41	10g	0g	1g	0mg	0mg	9g	1g
Lunch								
Kraft - Mozzarella String Cheese, 2 stick (28g)	160	2g	12g	14g	40mg	380mg	0g	0g
Wheat Thins - Spicy Buffalo, 50.75 g (14 pieces)	245	37g	9g	4g	0mg	315mg	7g	4g
Dinner								
Penne - Whole Wheat Penne Pasta, 2 cup cooked	416	99g	2g	19g	0mg	0mg	6g	13g
Cheese, cheddar, 1 oz	115	0g	10g	7g	29mg	183mg	0g	0g
Philadelphia 1/3 Less Fat Cream Cheese - Cream Cheese, 2 Tbsp (31 grams)	70	2g	6g	2g	20mg	140mg	2g	0g
Vegetables - Spinach, 2 cups	20	3g	0g	2g	0mg	65mg	0g	2g
Filippo Berio - Olive Oil, 2 tsp(s)	80	0g	9g	0g	0mg	0mg	0g	0g
Vinegar - Vinegar, 2 tsp(s)	1	0g	0g	0g	0mg	0mg	0g	0g
Dove - Dark Chocolate Promises, 2 piece	84	8g	6g	1g	2mg	4mg	7g	1g
Kroger - Milk 1% Lowfat, 1 cup	100	12g	3g	8g	10mg	120mg	11g	0g
Snacks								
Grapefruit - Half, 1 half	41	10g	0g	0g	0mg	0mg	9g	1g
TOTAL:	1,981	262g	80g	73g	476mg	1,451mg	63g	30g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stretching, hatha yoga		21		5	

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Hiking, cross country	417	80			
Fitbit calorie adjustment	-296	1			
TOTALS:	142	86	0	0	0