


Printable Diary for Anncwalk

From: Show: Food Diary Food NotesTo:  Exercise Diary Exercise notes

January 13, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kroger Brand - Sharp Cheddar Cheese, 3 oz	330	2g	27g	21g	90mg	540mg	0g	0g
Mission - Tortillas Caseras Flour Tortillas, 1.5 tortilla (49g)	285	50g	7g	8g	0mg	615mg	3g	5g
Lunch								
Spinach - Raw, 3 cup	21	3g	0g	3g	0mg	71mg	0g	2g
Wishbone - Chunky Blue Cheese, 1.5 tblsp	105	1g	11g	0g	4mg	180mg	0g	0g
Blue Cheese-crumbled - Crumbled Blue Cheese, 1 oz,	100	1g	8g	7g	25mg	380mg	1g	0g
Mission - Flour Tortillas Caseras, 0.5 tortilla	95	17g	2g	3g	0mg	205mg	1g	2g
Cheese, cheddar, 1 oz(s)	115	0g	10g	7g	29mg	183mg	0g	0g
Carrots, Baby Raw Mine - Raw Baby Carrots, 0.5 cup	26	6g	0g	1g	0mg	30mg	3g	1g
Dinner								
Green - Olives, 5.5 olives	13	1g	1g	0g	0mg	165mg	0g	0g
Cheese - Parmesan, hard, 0.5 oz	55	0g	4g	5g	10mg	227mg	0g	0g
Prosciutto - Prosciutto, 2 slice	140	0g	10g	16g	50mg	1,140mg	0g	0g
Generic - Generic Merlot, 5 oz.	120	4g	0g	0g	0mg	0mg	0g	0g
Safeway - French Bread, 1 slice	120	24g	1g	4g	0mg	250mg	0g	1g
Generic - Flatbread Cheese Pizza-6", 1 whole pizza	340	45g	10g	21g	23mg	418mg	3g	3g
Snacks								
Mineola - Tangerine, 1 medium	50	13g	0g	1g	0mg	0mg	9g	2g
TOTAL:	1,915	167g	91g	97g	231mg	4,404mg	20g	16g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Fitbit calorie adjustment	0	1			
TOTALS:	0	1	0	0	0