

MyFoodList Report

The MyFoodList Report shows the foods you have entered and their calories.

Profile Info

Personal: Alexandra_Sazhin Female 20 yrs 5 ft 2 in 123 lb

Day(s): Day 1 (Breakfast, Lunch, Snack), Day 2 (Breakfast, Lunch, Dinner, Snack), Day 3 (Breakfast, Lunch, Snack), Day 4 (Breakfast, Lunch, Dinner, Snack), Day 5 (Breakfast, Dinner, Snack), Day 6 (Breakfast, Lunch, Snack), Day 7 (Breakfast, Dinner, Snack)

Activity Level: Active

Strive for an Active activity level.

Weight Change: None

Best not to exceed 2 lbs per week.

BMI: 22.5

Normal is 18.5 to 25. Clinically Obese is 30 or higher.

Amount		Item	Cals
<i>Day 1</i>			
1.0	ea	bagel, asiago, gourmet (Manhattan Bagel)	370
1.0	order	meal, chicken burrito, with rice, without sauce (On The Border)	920
9.0	ea	candy, milk chocolate, Kisses (Hershey's)	200
1.5	ltr	water, Poland Spring (USDA: Nestle)	0
4.0	cup	tea, black, brewed, with tap water (USDA)	9
6.0	Tbs	cream cheese (USDA)	304
3.0	Tbs	sour cream, cultured (USDA)	71
<i>Day Total</i>			<i>1875</i>
<i>Day 2</i>			
1.0	ea	sandwich, ham & cheese, with whole wheat	444
1.5	cup	soup, classic chicken noodle, Chunky, canned (USDA:	171
9.0	ea	candy, milk chocolate, Kisses (Hershey's)	200
1.0	cup	potato, baked, with salt (USDA)	113
1.0	ea	pork chop, top loin, pan fried (USDA)	278
3.0	cup	tea, black, brewed, with tap water (USDA)	7
2.0	slice	cheese, provolone, deli sliced, reduced fat (Sargento)	100
4.0	Tbs	mayonnaise, real (Kraft)	360
1.5	ltr	water, municipal tap (USDA)	0
<i>Day Total</i>			<i>1674</i>
<i>Day 3</i>			
1.5	ea	breakfast wrap, bacon egg & cheese (Arby's)	765
1.0	ea	sandwich, turkey ham & cheese, with wheat	421
1.0	ea	cookie, chocolate chip, soft (USDA)	54
9.0	ea	candy, milk chocolate, Kisses (Hershey's)	200
3.0	cup	tea, black, brewed, with tap water (USDA)	7
1.5	ltr	water, municipal tap (USDA)	0
2.0	Tbs	mayonnaise, real (Kraft)	180
<i>Day Total</i>			<i>1628</i>
<i>Day 4</i>			
1.5	ea	breakfast wrap, bacon egg & cheese (Arby's)	765
1.0	ea	sandwich, turkey ham & cheese, with firm white	424
3.0	cup	soup, ramen noodle, cooked (Survey)	461
9.0	ea	candy, milk chocolate, Kisses (Hershey's)	200
2.0	Tbs	mayonnaise, real (Kraft)	180
1.2	ltr	water, municipal tap (USDA)	0
1.0	cup	tea, black, brewed, with tap water (USDA)	2
<i>Day Total</i>			<i>2032</i>
<i>Day 5</i>			
1.5	ea	breakfast sandwich, bacon egg & cheese, with croissant	735
1.0	cup	pasta sauce, tomato basil & garlic (USDA: Prego)	160
1.0	entree	penne pasta, cooked (Fazoli's)	510
2.0	ea	chicken breast, roasted, skinless (USDA)	284
9.0	ea	candy, milk chocolate, Kisses (Hershey's)	200
1.0	tsp	garlic, crushed (California Style)	10
2.0	ltr	water, municipal tap (USDA)	0
2.0	cup	tea, black, brewed, with tap water (USDA)	5
<i>Day Total</i>			<i>1904</i>
<i>Day 6</i>			
1.0	ea	bagel, everything (Bruegger's)	310
3.0	ea	cream cheese, original (Philadelphia)	296
1.0	order	meal, chicken burrito, with rice, without sauce (On The Border)	920
9.0	ea	candy, milk chocolate, Kisses (Hershey's)	200
3.0	Tbs	sour cream, cultured (USDA)	71
15.0	ea	potato chips, classic (Lays)	160
1.0	ltr	water, municipal tap (USDA)	0
2.0	cup	tea, black, brewed, with tap water (USDA)	5

			Day Total	1962
Day 7				
2.0	ea	sandwich, turkey ham & cheese, with wheat		843
30.0	ea	potato chips, classic (Lays)		320
9.0	ea	candy, milk chocolate, Kisses (Hershey's)		200
1.0	ea	cheeseburger, Big Mac (USDA: McDonald's)		563
1.0	sml	french fries (USDA: McDonald's)		229
1.0	ltr	water, municipal tap (USDA)		0
2.0	cup	tea, black, brewed, with tap water (USDA)		5
			Day Total	2160
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			Total	13235
			Day Average	1891
			Item Average	250