

Printable Diary for Siyangjing

From: 2018-02-01



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To: 2018-02-07

☐ Exercise Diary☐ Exercise notes

February 1, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
kellogs - kellogs, 30 gram	379	84g	1g	7g	0mg	0mg	8g	0g
Silk soymilk - Soymilk, 1 cup	100	10g	4g	6g	0mg	100mg	8g	1g
Fry's - Egg, 1 whole	70	0g	5g	6g	185mg	70mg	0g	0g
Deli - Black Forest Ham, 4 slices	60	0g	3g	22g	20mg	780mg	2g	0g
Roman - Lettuce, 0.5 Cup	4	1g	0g	1g	0mg	0mg	0g	1g
Heb - Whole Wheat Bread, 2 slice	140	26g	2g	8g	0mg	300mg	4g	4g
Lunch								
Subway - Subway Footlong Turkey Sandwich, 482 g	770	94g	28g	44g	85mg	2,100mg	14g	9g
Dinner								
Ramen - Ramen, 1 cup	190	26g	7g	5g	0mg	830mg	1g	1g
Snacks								
Orange juice - Raw, 1 cup	112	26g	0g	2g	0mg	2mg	21g	0g
TOTAL:	1,825	267g	50g	101g	290mg	4,182mg	58g	16g

February 2, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Heb - Whole Wheat Bread, 2 slice	140	26g	2g	8g	0mg	300mg	4g	4g
Roman - Lettuce, 0.5 Cup	4	1g	0g	1g	0mg	0mg	0g	1g
Deli - Black Forest Ham, 4 slices	60	0g	3g	22g	20mg	780mg	2g	0g
Fry's - Egg, 1 whole	70	0g	5g	6g	185mg	70mg	0g	0g
Lucerne - Fat Free Milk, 1 cup	90	13g	0g	9g	5mg	130mg	12g	0g
Lunch								
Subway - Subway Footlong Turkey Sandwich, 482 g	770	94g	28g	44g	85mg	2,100mg	14g	9g
Dinner								
Ramen - Ramen, 1 cup	190	26g	7g	5g	0mg	830mg	1g	1g
TOTAL:	1,444	189g	45g	95g	295mg	4,210mg	61g	15g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Snacks								
Wanglaoji - Drink, 1 cup	120	29g	0g	0g	0mg	0mg	28g	0g
TOTAL:	1,444	189g	45g	95g	295mg	4,210mg	61g	15g

February 3, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
kellogs - kellogs, 30 gram	379	84g	1g	7g	0mg	0mg	8g	0g
Lucerne - Fat Free Milk, 1 cup	90	13g	0g	9g	5mg	130mg	12g	0g
Fry's - Egg, 1 whole	70	0g	5g	6g	185mg	70mg	0g	0g
Heb - Whole Wheat Bread, 1 slice	70	13g	1g	4g	0mg	150mg	2g	2g
Salami - Slice Salami, 15 g	45	0g	3g	3g	0mg	0mg	0g	0g
Lunch								
Restaurant - Beef Curry With Rice, 1 Plate	960	108g	38g	46g	96mg	1,740mg	10g	0g
Dinner								
Porridge - Oats, 40 g	174	34g	3g	9g	0mg	2mg	7g	3g
Snacks								
Orange juice - Raw, 1 cup	112	26g	0g	2g	0mg	2mg	21g	0g
TOTAL:	1,900	278g	51g	86g	286mg	2,094mg	60g	5g

February 4, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Lunch								
Homemade - Lamb Hot Pot, 2 serving	580	50g	24g	42g	0mg	0mg	0g	0g
Dinner								
Quick Add - MyFitnessPal Premium, 1 serving(s)	1,000	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,580	50g	24g	42g	0mg	0mg	0g	0g

February 5, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Deli - Black Forest Ham, 4 slices	60	0g	3g	22g	20mg	780mg	2g	0g
Roman - Lettuce, 0.5 Cup	4	1g	0g	1g	0mg	0mg	0g	1g
Heb - Whole Wheat Bread, 1 slice	70	13g	1g	4g	0mg	150mg	2g	2g
Fry's - Egg, 1 whole	70	0g	5g	6g	185mg	70mg	0g	0g
Lucerne - Fat Free Milk, 1 cup	90	13g	0g	9g	5mg	130mg	12g	0g
TOTAL:	1,509	241g	19g	115g	210mg	1,134mg	46g	7g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
kellogs - kellogs, 30 gram	379	84g	1g	7g	0mg	0mg	8g	0g
Lunch								
Subway - Footlong Chicken Teriyaki, 12 " Sub	600	80g	6g	56g	0mg	0mg	0g	0g
Dinner								
Porridge - Oats, 40 g	174	34g	3g	9g	0mg	2mg	7g	3g
Snacks								
Grapes - Raw, 1 cup	62	16g	0g	1g	0mg	2mg	15g	1g
TOTAL:	1,509	241g	19g	115g	210mg	1,134mg	46g	7g

February 6, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
kellogs - kellogs, 30 gram	379	84g	1g	7g	0mg	0mg	8g	0g
Lucerne - Fat Free Milk, 1 cup	90	13g	0g	9g	5mg	130mg	12g	0g
Fry's - Egg, 1 whole	70	0g	5g	6g	185mg	70mg	0g	0g
Heb - Whole Wheat Bread, 1 slice	70	13g	1g	4g	0mg	150mg	2g	2g
Roman - Lettuce, 0.5 Cup	4	1g	0g	1g	0mg	0mg	0g	1g
Deli - Black Forest Ham, 4 slices	60	0g	3g	22g	20mg	780mg	2g	0g
Lunch								
Subway - Subway Footlong Turkey Sandwich, 482 g	770	94g	28g	44g	85mg	2,100mg	14g	9g
Dinner								
Ramen - Ramen, 1 cup	190	26g	7g	5g	0mg	830mg	1g	1g
Snacks								
Oranges - Orange, 1 c	62	15g	0g	1g	0mg	0mg	12g	3g
TOTAL:	1,695	246g	45g	99g	295mg	4,060mg	51g	16g

February 7, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Deli - Black Forest Ham, 4 slices	60	0g	3g	22g	20mg	780mg	2g	0g
Roman - Lettuce, 0.5 Cup	4	1g	0g	1g	0mg	0mg	0g	1g
Heb - Whole Wheat Bread, 1 slice	70	13g	1g	4g	0mg	150mg	2g	2g
Fry's - Egg, 1 whole	70	0g	5g	6g	185mg	70mg	0g	0g
Lucerne - Fat Free Milk, 1 cup	90	13g	0g	9g	5mg	130mg	12g	0g
kellogs - kellogs, 30 gram	379	84g	1g	7g	0mg	0mg	8g	0g
Lunch								
TOTAL:	1,666	251g	41g	103g	295mg	3,234mg	52g	18g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Subway - Subway Footlong Turkey Sandwich, 482 g	770	94g	28g	44g	85mg	2,100mg	14g	9g
Dinner								
Porridge - Oats, 40 g	174	34g	3g	9g	0mg	2mg	7g	3g
Snacks								
Strawberries, raw, 1 cup, halves	49	12g	0g	1g	0mg	2mg	7g	3g
TOTAL:	1,666	251g	41g	103g	295mg	3,234mg	52g	18g