Printable Diary for Siyangjing

From:	2018-02-01	Show:	✓ Food Diary	Food Notes	change report
To:	2018-02-07		Exercise Diary	Exercise notes	

February 1, 2018

	TOTAL:	1,825	267g	50g	101g	290mg	4,182mg	58g	16g
Orange juice - Raw, 1 cup		112	26g	0g	2g	0mg	2mg	21g	0g
Snacks									
Ramen - Ramen, 1 cup		190	26g	7g	5g	0mg	830mg	1g	1g
Dinner									
Subway - Subway Footlong Turkey Sandwich, 482 g		770	94g	28g	44g	85mg	2,100mg	14g	9g
Lunch									
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
Silk soymilk - Soymilk, 1 cup		100	10g	4g	6g	0mg	100mg	8g	1g
kellogs - kellogs, 30 gram		379	84g	1g	7g	0mg	0mg	8g	0g
Breakfast									
FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber

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

FOODS Snacks	Calones	Carbs	гаі	Protein	Cholest	Sodium	Sugars	riber
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

	TOTAL:	1,900	278g	51g	86g	286mg	2,094mg	60g	5g
Orange juice - Raw, 1 cup		112	26g	0g	2g	0mg	2mg	21g	00
Snacks									
Porridge - Oats, 40 g		174	34g	3g	9g	0mg	2mg	7g	3g
Dinner									
Restaurant - Beef Curry With Rice, 1 Plate		960	108g	38g	46g	96mg	1,740mg	10g	00
Lunch									
Salami - Slice Salami, 15 g		45	0g	3g	3g	0mg	0mg	0g	00
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
Breakfast									
FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fibe

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

1,509

241g 19g

115g

210mg 1,134mg

TOTAL:

7g

46g

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

190	26g 15g	7g 0g	44g 5g	0mg	2,100mg 830mg 0mg	14g 1g 12g	9g 1g 3g
770	9 1 9	zoy	44g	85mg	2,100mg	14g	9(
110	₽ŦĠ	zoy	44g	85mg	2,100mg	14g	9
770	94g	200	4.4				
60	0g	3g	22g	20mg	780mg	2g	0
4	1g	0g	1g	0mg	0mg	0g	1
70	13g	1g	4g	0mg	150mg	2g	2
70	0g	5g	6g	185mg	70mg	0g	0
90	13g	0g	9g	5mg	130mg	12g	0
379	84g	1g	7g	0mg	0mg	8g	0
Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fibe
	379 90 70 70 4 60	379 84g 90 13g 70 0g 70 13g 4 1g 60 0g	379 84g 1g 90 13g 0g 70 0g 5g 70 13g 1g 4 1g 0g 60 0g 3g	379 84g 1g 7g 90 13g 0g 9g 70 0g 5g 6g 70 13g 1g 4g 4 1g 0g 1g 60 0g 3g 22g	379 84g 1g 7g 0mg 90 13g 0g 9g 5mg 70 0g 5g 6g 185mg 70 13g 1g 4g 0mg 4 1g 0g 1g 0mg 60 0g 3g 22g 20mg	379 84g 1g 7g 0mg 0mg 90 13g 0g 9g 5mg 130mg 70 0g 5g 6g 185mg 70mg 70 13g 1g 4g 0mg 150mg 4 1g 0g 1g 0mg 0mg	379 84g 1g 7g 0mg 0mg 8g 90 13g 0g 9g 5mg 130mg 12g 70 0g 5g 6g 185mg 70mg 0g 70 13g 1g 4g 0mg 150mg 2g 4 1g 0g 1g 0mg 0mg 0g

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