



Printable Diary for Gmcinnes1

From:  Show: ☒ Food Diary ☐ Food Notes [change report](#)

To:  ☐ Exercise Diary ☐ Exercise notes

January 25, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Egg, whole, cooked, fried, 1 large	90	0g	7g	6g	184mg	95mg	0g	0g
Trader Joe's - Fire Roasted Tomato Salsa No Salt Added, 1 Tbsp	5	2g	0g	0g	0mg	10mg	1g	0g
Joseph's - Tortilla - Flax, Oat Bran & Whole Wheat Flour (Net Carbs), 42 g (1 tortilla)	80	5g	3g	7g	0mg	270mg	0g	6g
Boars Head - Turkey Breast No Sodium Added, 3 ounces	90	0g	2g	18g	30mg	83mg	0g	0g
Lunch								
Joseph's - Tortilla - Flax, Oat Bran & Whole Wheat Flour (Net Carbs), 42 g (1 tortilla)	80	5g	3g	7g	0mg	270mg	0g	6g
Bumble Bee - Tuna Fish, 1/2 can	60	0g	1g	13g	25mg	140mg	0g	0g
Kroger - Swiss Cheese, 1 slice	80	0g	6g	6g	20mg	45mg	0g	0g
Dinner								
Homemade - Pulled Pork Barbecue, 3 oz	90	0g	2g	17g	48mg	360mg	0g	0g
Earthbound - Salad, 2 cups	20	4g	0g	1g	0mg	95mg	1g	0g
Purdue Chicken Breast - Purdue Chicken Breast (4oz), 1 oz	30	0g	1g	7g	16mg	19mg	0g	0g
Oroweat Select - 100% Whole Wheat Burger Rolls, 57 g (1 Roll)	140	23g	2g	7g	0mg	310mg	3g	3g
Snacks								
Kashi - Chocolate Almond and Sea Salt with Chia, 1 Bar (35 grams)	140	21g	4g	6g	0mg	120mg	7g	4g
Banacol - Banana, 1 medium banana	110	29g	0g	1g	0mg	0mg	21g	4g
Joseph's - Tortilla - Flax, Oat Bran & Whole Wheat Flour (Net Carbs), 42 g (1 tortilla)	80	5g	3g	7g	0mg	270mg	0g	6g
Smucker's - Natural Peanut Butter, 1 Tbsp (32g)	105	3g	8g	4g	0mg	53mg	1g	1g
Generic - Heineken Beer, 12 oz	150	12g	0g	2g	0mg	8mg	0g	0g
Nice! - Maria Biscuits, 3.75 Biscuits	90	17g	2g	2g	0mg	75mg	5g	0g
Fage - Total Classic, 1 cup (227g)	220	9g	11g	20g	30mg	80mg	9g	0g
TOTAL:	1,660	135g	55g	131g	353mg	2,303mg	48g	30g

January 26, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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Breakfast									
Egg, whole, cooked, fried, 1 large	90	0g	7g	6g	184mg	95mg	0g	0g	
Boar's Head - Ovengold Roasted Turkey Breast, 2 OZ	60	0g	1g	13g	20mg	350mg	0g	0g	
Boars Head - Turkey Breast No Sodium Added, 3 ounces	90	0g	2g	18g	30mg	83mg	0g	0g	
Trader Joe's - Fire Roasted Tomato Salsa No Salt Added, 1 Tbsp	5	2g	0g	0g	0mg	10mg	1g	0g	
Lunch									
Earthbound - Salad, 2 cups	20	4g	0g	1g	0mg	95mg	1g	0g	
Simply Enjoy - Brie Triple Creme, 1 oz	130	0g	12g	4g	12mg	170mg	0g	0g	
Snacks									
Kashi - Chocolate Almond and Sea Salt with Chia, 1 Bar (35 grams)	140	21g	4g	6g	0mg	120mg	7g	4g	
TOTAL:	535	27g	26g	48g	246mg	923mg	9g	4g	