

Printable Diary for Rverrips

From: 2018-05-29

To: 2018-06-03

Show:

☒ Food Diary

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change report

May 29, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Giant - Plain Nonfat Yogurt, 6 ounce	82	12g	0g	7g	4mg	112mg	9g	0g
Centrum - Men, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Peppers - Sweet, green, sauteed, 30 gram	38	1g	4g	0g	0mg	5mg	1g	1g
Cucumber - With peel, raw, 35 g(s)	5	1g	0g	0g	0mg	1mg	1g	0g
Generic - Fresh Tomato Slice, 35 gram	5	1g	0g	0g	0mg	2mg	1g	0g
Chicken - Breast, Raw, 135 g	149	0g	1g	31g	78mg	88mg	0g	0g
Dinner								
Polar - Seltzer Water, 12 oz	0	0g	0g	0g	0mg	0mg	0g	0g
Spinach - Raw, 35 g	8	1g	0g	1g	0mg	28mg	0g	1g
Generic - Fresh Tomato Slice, 35 gram	5	1g	0g	0g	0mg	2mg	1g	0g
Mushrooms - Mushroom, 35 g	11	1g	0g	1g	0mg	3mg	1g	0g
Steak - Grilled, 140 g	269	0g	12g	17g	108mg	81mg	0g	0g
Snacks								
Natural - Orange, 1 orange	62	15g	0g	1g	0mg	0mg	12g	3g
Wrigley's - 5 Cobalt Gum, 2 stick	10	4g	0g	0g	0mg	0mg	0g	0g
Generic - Tea - Rooibos, 1 cup	0	0g	0g	0g	0mg	7mg	0g	0g
Generic - Tea - Rooibos, 1 cup	0	0g	0g	0g	0mg	7mg	0g	0g
Saltines - Saltines, 14 crackers	168	31g	4g	3g	0mg	392mg	0g	0g
Apples, raw, with skin, 2 medium (2-3/4" dia) (approx 3 per lb)	144	38g	0g	1g	0mg	3mg	29g	7g
TOTAL:	956	106g	21g	62g	190mg	731mg	55g	12g

May 30, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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Breakfast								
Giant - Plain Nonfat Yogurt, 6 ounce	82	12g	0g	7g	4mg	112mg	9g	0g
Centrum - Men, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Peppers - Sweet, green, sauteed, 70 gram	89	3g	8g	1g	0mg	12mg	2g	1g
Mozarella Light - Low-Fat Mozarella Cheese, 65 gr	109	1g	6g	13g	0mg	0mg	0g	0g
Cucumber - With peel, raw, 35 g(s)	5	1g	0g	0g	0mg	1mg	1g	0g
Dinner								
Cabbage, raw, 30 g	8	2g	0g	0g	0mg	5mg	1g	1g
Cauliflower - Raw, 30 g	8	2g	0g	1g	0mg	9mg	1g	1g
Chicken - Breast, Raw, 120 g	132	0g	1g	28g	70mg	78mg	0g	0g
Mushrooms - Mushroom, 30 g	10	1g	0g	1g	0mg	2mg	1g	0g
Spinach - Raw, 30 g	7	1g	0g	1g	0mg	24mg	0g	1g
Pepsi - Diet Pepsi 20 oz. (591ml), 20 fl oz. (591ml)	0	0g	0g	0g	0mg	60mg	0g	0g
Snacks								
Wrigley's - 5 Cobalt Gum, 2 stick	10	4g	0g	0g	0mg	0mg	0g	0g
Apples, raw, with skin, 2 medium (2-3/4" dia) (approx 3 per lb)	144	38g	0g	1g	0mg	3mg	29g	7g
Saltines - Saltines, 14 crackers	168	31g	4g	3g	0mg	392mg	0g	0g
Natural - Orange, 1 orange	62	15g	0g	1g	0mg	0mg	12g	3g
TOTAL:	834	111g	19g	57g	74mg	698mg	56g	14g

May 31, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Giant - Plain Nonfat Yogurt, 6 ounce	82	12g	0g	7g	4mg	112mg	9g	0g
Centrum - Men, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Mozarella Light - Low-Fat Mozarella Cheese, 65 gr	109	1g	6g	13g	0mg	0mg	0g	0g
Peppers - Sweet, green, sauteed, 45 gram	57	2g	5g	0g	0mg	8mg	1g	1g
Generic - Fresh Tomato Slice, 75 gram	11	3g	0g	1g	0mg	4mg	1g	1g
Dinner								
Apples, raw, with skin, 1 medium (2-3/4" dia) (approx 3 per lb)	72	19g	0g	0g	0mg	1mg	14g	3g
Natural - Orange, 1 orange	62	15g	0g	1g	0mg	0mg	12g	3g
Fresh - Zucchini Fresh, 35 g	6	1g	0g	0g	0mg	3mg	1g	0g
Mushrooms - Mushroom, 70 g	22	3g	0g	1g	0mg	6mg	1g	1g

Steak - Grilled, 140 g	269	0g	12g	17g	108mg	81mg	0g	0g
Polar - Seltzer Water, 12 oz	0	0g	0g	0g	0mg	0mg	0g	0g
Snacks								
Wrigley's - 5 Cobalt Gum, 5 stick	25	10g	0g	0g	0mg	0mg	0g	0g
Saltines - Saltines, 14 crackers	168	31g	4g	3g	0mg	392mg	0g	0g
TOTAL:	883	97g	27g	43g	112mg	607mg	39g	9g

June 1, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Natural - Orange, 1 orange	62	15g	0g	1g	0mg	0mg	12g	3g
Giant - Plain Nonfat Yogurt, 6 ounce	82	12g	0g	7g	4mg	112mg	9g	0g
Centrum - Men, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Polar - Seltzer Water, 12 oz	0	0g	0g	0g	0mg	0mg	0g	0g
beef stew - beef, 125 gram	154	0g	5g	28g	0mg	0mg	0g	0g
Spinach - Raw, 75 g	17	3g	0g	2g	0mg	59mg	0g	2g
Generic - Fresh Tomato Slice, 35 gram	5	1g	0g	0g	0mg	2mg	1g	0g
Dinner								
Peaches, raw, 1 medium (2-2/3" dia)	59	14g	0g	1g	0mg	0mg	13g	2g
Mushrooms - Mushroom, 90 g	29	3g	0g	2g	0mg	7mg	2g	1g
Onion - Onion, 30 grams	12	3g	0g	0g	0mg	1mg	1g	1g
Turkey Mince - Turkey Mince, 120 g	115	0g	6g	14g	0mg	0mg	0g	0g
Snacks								
Generic - Tea - Rooibos, 1 cup	0	0g	0g	0g	0mg	7mg	0g	0g
Keurig Caribou - Medium Roast Coffee, 1 k-cup	2	0g	0g	0g	0mg	0mg	0g	0g
Saltines - Saltines, 2 crackers	24	4g	1g	0g	0mg	56mg	0g	0g
Triscuit - Organic Original Made With Sea Salt, 2 crackers (28g)	40	7g	1g	1g	0mg	53mg	0g	1g
Generic - Tea - Rooibos, 1 cup	0	0g	0g	0g	0mg	7mg	0g	0g
TOTAL:	601	62g	13g	56g	4mg	304mg	38g	10g

June 2, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Centrum - Men, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g

Generic - Tea - Rooibos, 1 cup	0	0g	0g	0g	0mg	7mg	0g	0g
Peaches, raw, 1 medium (2-2/3" dia)	59	14g	0g	1g	0mg	0mg	13g	2g
Cucumber - With peel, raw, 75 g(s)	11	3g	0g	0g	0mg	2mg	1g	0g
Egg - Egg, 1 large	72	0g	5g	6g	186mg	71mg	0g	0g
Lunch								
Saltines - Saltines, 7 crackers	84	15g	2g	1g	0mg	196mg	0g	0g
Peppers - Sweet, green, sauteed, 115 gram	146	5g	14g	1g	0mg	20mg	2g	2g
Mozarella Light - Low-Fat Mozarella Cheese, 65 gr	109	1g	6g	13g	0mg	0mg	0g	0g
Dinner								
Triscuit - Organic Original Made With Sea Salt, 4 crackers (28g)	80	13g	2g	2g	0mg	107mg	0g	2g
Polar - Seltzer Water, 12 oz	0	0g	0g	0g	0mg	0mg	0g	0g
Fresh - Zucchini Fresh, 105 g	18	3g	0g	1g	0mg	8mg	3g	1g
Mince 95/5 - Beef, 140 g	190	0g	5g	31g	0mg	0mg	0g	0g
Snacks								
Natural - Orange, 2 orange	124	31g	0g	2g	0mg	0mg	24g	6g
Coca-Cola - Coca-Cola Zero Sugar (2018-01-15), 20 fl oz	0	0g	0g	0g	0mg	70mg	0g	0g
TOTAL:	893	85g	34g	58g	186mg	481mg	43g	13g

June 3, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Giant - Plain Nonfat Yogurt, 6 ounce	82	12g	0g	7g	4mg	112mg	9g	0g
Centrum - Men, 1 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Generic - Tea - Rooibos, 1 cup	0	0g	0g	0g	0mg	7mg	0g	0g
Lunch								
Costco - Kiwi, 160 g	98	24g	1g	2g	0mg	5mg	14g	5g
Mushrooms - Mushroom, 85 g	27	3g	0g	2g	0mg	7mg	2g	1g
Onion - Onion, 20 grams	8	2g	0g	0g	0mg	1mg	1g	0g
beef stew - beef, 140 gram	173	0g	6g	31g	0mg	0mg	0g	0g
Dinner								
Saltines - Saltines, 4 crackers	48	9g	1g	1g	0mg	112mg	0g	0g
Tropicana - Grapefruit, 1 Medium Grapefruit	60	15g	0g	1g	0mg	0mg	11g	2g
Cucumber - With peel, raw, 115 g(s)	17	4g	0g	1g	0mg	2mg	2g	1g
Frigo - Light Ricotta Cheese, 65 grams(1/4 cup)	63	3g	3g	7g	21mg	157mg	2g	0g
Snacks								

Cuties - Celementines, 2 small	90	22g	1g	1g	0mg	4mg	18g	3g
TOTAL:	666	94g	12g	53g	25mg	407mg	59g	12g