

Printable Diary for Auntchryssy

From: January 13 2014

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Food Notes

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To: January 19 2014

Exercise Diary

Exercise notes

January 13, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Great Value - Instant Oatmeal, Original Flavor, 1 packet (28 g)	100	19g	2g	4g	0mg	80mg	0g	3g
Generic - Finger Banana, 1 Banana	80	0g	0g	0g	0mg	0mg	0g	0g
Whole Foods - Fresh Ground Peanut Butter (2 Tbsp/33g), 0.67 Tbsp	67	3g	5g	3g	0mg	3mg	1g	1g
The Juice Bar - Skinny Greens Pressed Juice, 16 oz	186	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Homemade - Plain Pinto Beans, 1 cup cooked	240	88g	0g	28g	0mg	0mg	4g	56g
Lettuce - Cos or romaine, raw, 2 cup shredded	16	3g	0g	1g	0mg	8mg	1g	2g
Generic - Sunflower Seeds, Roasted and Salted (Net 2 Carbs), 0.0625 CUP	50	2g	4g	2g	0mg	34mg	0g	1g
Ocean Spray - Cranberries, Dried Small Package, 2 Tablespoon	65	16g	0g	0g	0mg	0mg	14g	1g
Lemon Juice - Fresh Squeezed, 1 fl oz (30g)	8	3g	0g	0g	0mg	0mg	1g	0g
Dinner								
Tilapia - Grilled, 3 oz	68	0g	1g	14g	43mg	44mg	0g	0g
Steamed Green Beans - Steamed Green Beans, 1 cup	44	10g	0g	3g	0mg	4mg	0g	4g
Fresh Cut Pineapple - Pineapple, 1 Cup	82	22g	0g	1g	0mg	2mg	16g	2g
Snacks								
Lotus - Biscoff Cookies, 2 cookies	60	9g	2g	1g	0mg	48mg	5g	0g
Mcdonald's - Sweet Tea (Large), 4 fl oz cup	29	7g	0g	0g	0mg	1mg	7g	0g
TOTAL:	1,095	182g	14g	57g	43mg	224mg	49g	70g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Spinning®	143	15			
Running (jogging), 5 mph (12 min mile)	435	40			
TOTALS:	578	55	0	0	0

January 14, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Garden of Life - Raw Protein - Chocolate Cacao, 1 scoop (23g)	90	7g	0g	17g	0mg	0mg	1g	6g
Kirkland Signature - Organic Rice Milk, 1 cup	120	23g	3g	1g	0mg	75mg	6g	0g
Generic - Fresh Ground Almond Butter, 0.67 Tablespoon	51	2g	5g	2g	0mg	30mg	0g	1g
Kyo Green - Powdered Drink Mix (Barley Grass, Wheat Grass, Chlorella, Kelp, Brown Rice), 1 Teaspoon (2.5g)	0	0g	0g	0g	0mg	0mg	0g	0g
Banana - Medium 6", 1 banana	105	23g	0g	1g	0mg	1mg	12g	3g
Lunch								
Tilapia - Grilled, 3 oz	68	0g	1g	14g	43mg	44mg	0g	0g
Steamed Green Beans - Steamed Green Beans, 1 cup	44	10g	0g	3g	0mg	4mg	0g	4g
Amy's Organic - Lentil Soup - Corrected, 2 cup	360	50g	10g	16g	0mg	1,180mg	6g	12g
Dinner								
Lettuce - Cos or romaine, raw, 3 cup shredded	24	5g	0g	2g	0mg	11mg	2g	3g
Tyson Chicken Breast - Shredded Skinless Boneless, 6 oz	280	0g	6g	48g	160mg	500mg	0g	0g
Mango 1 Cup - Raw Mango (Edit 7/15/13), 0.5 cup	50	13g	0g	0g	0mg	1mg	12g	1g
Snacks								
Costco Skinny Pop - Popcorn, 2 cups	78	8g	5g	1g	0mg	25mg	0g	2g
Apples - Raw, with skin, 1 small (2-1/2" dia) (approx 4 per lb)	55	15g	0g	0g	0mg	1mg	11g	3g
Misc - Raw Mixed Nuts - Unsalted, 1 ounce	210	7g	19g	8g	0mg	25mg	1g	3g
TOTAL:	1,535	163g	49g	113g	203mg	1,897mg	51g	38g

January 15, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Abbotsford Farms - Cage Free 100% Liquid Egg Whites, 7.5 tbs (46g)	63	3g	0g	13g	0mg	188mg	0g	0g
Sprouts Farmers Market - Natural Shredded Low-moisture Part-skim Mozzarella Cheese, 0.13 cup (28g)	30	0g	2g	3g	8mg	75mg	0g	0g
Spinach - Raw, 0.5 cup	3	1g	0g	0g	0mg	12mg	0g	0g
Quacker - Instant Oatmeal - Fruit & Cream Variety - Blueberry, 1 packet (35g)	130	26g	3g	3g	0mg	170mg	11g	2g
Banana - Medium 6", 0.5 banana	53	11g	0g	1g	0mg	1mg	6g	1g
Lunch								
Ezekiel 4:9 - Sprouted Grain Tortilla - Small, 1 tortilla	80	14g	1g	3g	0mg	80mg	0g	2g
Mixed Green Salad - Field Greens, 0.5 cup	10	1g	0g	1g	0mg	10mg	1g	1g
Chicken - Breast, meat only, cooked, stewed, 0.67 cup, chopped	141	0g	3g	27g	72mg	59mg	0g	0g

or diced									
Whole Foods - Chunky Guacamole, 2 oz	75	5g	7g	1g	0mg	5mg	1g	3g	
Mango 1 Cup - Raw Mango (Edit 7/15/13), 0.5 cup	45	13g	0g	0g	0mg	1mg	12g	1g	
Dinner									
Steamed Green Beans - Steamed Green Beans, 1/2 cup	22	5g	0g	2g	0mg	2mg	0g	2g	
Tilapia - Grilled, 4 oz	90	0g	2g	19g	57mg	59mg	0g	0g	
Trappey's - Black Eye Peas With Slab Bacon, 1/2 cup	130	22g	1g	10g	0mg	420mg	0g	5g	
Sweet Leaf Green Tea - Organic Peach, 8 fl. oz	80	20g	0g	0g	0mg	0mg	19g	0g	
Snacks									
Fruit - Lady's Finger Banana, 70 g	79	18g	0g	1g	0mg	1mg	13g	3g	
Whole Foods - Fresh Ground Honey Roasted Peanut Butter, 0.5 Tbsp	40	2g	3g	2g	0mg	23mg	1g	1g	
TOTAL:	1,071	141g	22g	86g	137mg	1,106mg	64g	21g	

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Spinning®	571	60			
TOTALS:	571	60	0	0	0

January 16, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Whole Foods - Fresh Ground Peanut Butter (2 Tbsp/33g), 0.67 Tbsp	67	3g	5g	3g	0mg	3mg	1g	1g
Generic - Finger Banana, 1 Banana	80	0g	0g	0g	0mg	0mg	0g	0g
Eggs - Hard-boiled (whole egg), 1 large	78	1g	5g	6g	212mg	62mg	1g	0g
Late July Organic - Classic Rich Crackers, 4 crackers	70	11g	2g	1g	0mg	160mg	2g	0g
Kraft - Cracker Barrel Natural Extra Sharp Cheddar, 0.5 oz (28g)	60	0g	5g	3g	15mg	90mg	0g	0g
Fresh - Mango Sliced (Usda Approved Facts), 0.5 cup (165g)	50	13g	0g	1g	0mg	0mg	12g	2g
Lunch								
Panera Bread - You Pick Two Half Fuji Apple Chicken Salad, 6.75 oz	270	17g	17g	16g	50mg	310mg	11g	3g
Panera Bread - You Pick Two - French Onion Soup With Cheese and Croutons, 1 cup	200	21g	9g	7g	15mg	1,140mg	9g	1g
Panera Bread - French Baguette Side Portion (From Website), 2.5 oz	180	36g	1g	6g	0mg	440mg	0g	1g
Dinner								
Ezekiel 4:9 - Sprouted Grain Tortilla - Small, 1 tortilla	80	14g	1g	3g	0mg	80mg	0g	2g
Mixed Green Salad - Field Greens, 0.5 cup	10	1g	0g	1g	0mg	10mg	1g	1g

Chicken - Breast, meat only, cooked, stewed, 0.67 cup, chopped or diced	141	0g	3g	27g	72mg	59mg	0g	0g
Whole Foods - Chunky Guacamole, 2 oz	75	5g	7g	1g	0mg	5mg	1g	3g
Mango 1 Cup - Raw Mango (Edit 7/15/13), 0.5 cup	45	13g	0g	0g	0mg	1mg	12g	1g
TOTAL:	1,406	135g	55g	75g	364mg	2,360mg	50g	15g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Zumba® Fitness	582	50			
TOTALS:	582	50	0	0	0

January 17, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Garden of Life - Raw Protein - Chocolate Cacao, 1 scoop (23g)	90	7g	0g	17g	0mg	0mg	1g	6g
Kirkland Signature - Organic Rice Milk, 1 cup	120	23g	3g	1g	0mg	75mg	6g	0g
Generic - Fresh Ground Almond Butter, 0.67 Tablespoon	51	2g	5g	2g	0mg	30mg	0g	1g
Kyo Green - Powdered Drink Mix (Barley Grass, Wheat Grass, Chlorella, Kelp, Brown Rice), 1 Teaspoon (2.5g)	0	0g	0g	0g	0mg	0mg	0g	0g
Banana - Medium 6", 1 banana	105	23g	0g	1g	0mg	1mg	12g	3g
Lunch								
Whole Foods - Halibut, 4 oz	158	0g	3g	30g	30mg	78mg	0g	0g
Oil - Olive, 0.33 tablespoon	40	0g	4g	0g	0mg	0mg	0g	0g
Best Choice - Black Eyed Peas, 1 cup	200	36g	1g	13g	0mg	7mg	6g	11g
Lettuce - Cos or romaine, raw, 3 cup shredded	24	5g	0g	2g	0mg	11mg	2g	3g
Generic - Sunflower Seeds, Roasted and Salted (Net 2 Carbs), 0.0625 CUP	50	2g	4g	2g	0mg	34mg	0g	1g
Home Made - Dried Cranberries, 0.041625 cup (40g)	40	10g	0g	0g	0mg	0mg	8g	1g
Dinner								
the Juice Bar - C-blast Pressed Juice, 16 oz	212	0g	0g	0g	0mg	0mg	0g	0g
Snacks								
Fruit - Lady's Finger Banana, 70 g	79	18g	0g	1g	0mg	1mg	13g	3g
Whole Foods - Fresh Ground Honey Roasted Peanut Butter, 0.5 Tbsp	40	2g	3g	2g	0mg	23mg	1g	1g
TOTAL:	1,209	128g	23g	71g	30mg	260mg	49g	30g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					

Running (jogging), 5 mph (12 min mile)	561	53			
TOTALS:	561	53	0	0	0

January 18, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Garden of Life - Raw Protein - Chocolate Cacao, 1 scoop (23g)	90	7g	0g	17g	0mg	0mg	1g	6g
Just Great Stuff- Organic Powdered Peanut Butter - Chocolate Powdered Peanut Butter, 2 TBSP (12g)	40	6g	1g	4g	0mg	55mg	4g	2g
Kyo Green - Powdered Drink Mix (Barley Grass, Wheat Grass, Chlorella, Kelp, Brown Rice), 1 Teaspoon (2.5g)	0	0g	0g	0g	0mg	0mg	0g	0g
Lunch								
Chick-Fil-A - Asian Salad With Chicken, Wontons and Honey Sesame Dressing, 1 meal	570	49g	28g	32g	70mg	1,850mg	26g	5g
Dinner								
on the Border - Beef Steak Fajita Quesadilla (No Sides), 2 Slice	605	27g	44g	27g	0mg	965mg	0g	2g
Yvonne's Casa - Mission Tortilla Chip Strips, 24 Chips	280	34g	14g	4g	0mg	300mg	0g	2g
Generic - Guacamole Medium, 2 Tbsp	50	4g	4g	1g	0mg	105mg	0g	2g
Daisy - Sour Cream 1 Tbsp, 0.5 tbsp (15 g)	15	0g	1g	0g	5mg	4mg	0g	0g
Homemade - Pico De Gallo, 4 oz	40	8g	0g	0g	0mg	8mg	4g	0g
Mcdonalds - Coke (Small), 8 oz	70	20g	0g	0g	0mg	0mg	20g	0g
Snacks								
Lotus - Biscoff Cookies, 2 cookies	60	9g	2g	1g	0mg	48mg	5g	0g
TOTAL:	1,820	164g	94g	86g	75mg	3,335mg	60g	19g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Spinning®	1,111	120			
TOTALS:	1,111	120	0	0	0

January 19, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Eggo Plus Wheat - Whole Wheat Waffle, 2 waffles	170	26g	6g	5g	0mg	400mg	3g	3g
Wellshire Farm - Classic Sliced Turkey Bacon, 1 Slice	40	0g	2g	6g	20mg	180mg	0g	0g
Kirkland Signature - 100% Pure Maple Syrup (Grade A, Medium Amber), 15 mL (1/4 cup)	53	13g	0g	0g	0mg	1mg	13g	0g
Kroger - Grade A Large Egg (Hard Boiled), 1 egg	70	0g	5g	6g	185mg	70mg	0g	0g

Lunch									
Fruit - Banana (7" to 7-7/8" Inch), 2 Medium	210	54g	1g	3g	0mg	2mg	28g	6g	
Dinner									
Southwestern Chopped Salad, 2 serving	442	94g	3g	23g	0mg	723mg	16g	30g	
Ken's Dressing - Creamy Balsamic With Honey, 2 tbsp	90	7g	7g	0g	0mg	160mg	6g	0g	
TOTAL:	1,075	194g	24g	43g	205mg	1,536mg	66g	39g	