

Printable Diary for Aroskelley1

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August 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Galbani - Low Fat Mozzarella, 0.5 oz	40	--g	--g	4g	--mg	--mg	--g	--g
Kirkland Signature Egg Whites - Egg Whites, 12 Tbsp	100	0g	0g	20g	0mg	300mg	0g	0g
Meal 2								
Kirkland - Greek Nonfat Yogurt, 1 cup	149	10g	0g	27g	15mg	75mg	6g	0g
Blueberries, 1 cup	84	21g	0g	1g	0mg	1mg	15g	4g
Meal 3								
Chicken Tenders Raw - Chicken Tenders, 8 oz	200	0g	1g	44g	90mg	440mg	0g	0g
Vine Tomatoes - Nz - Vine Tomatoes, 200 g	35	9g	1g	2g	0mg	18mg	6g	3g
Bolthouse Farms - Classic Ranch, 2 Tablespoons	45	3g	3g	1g	5mg	280mg	2g	0g
Lettuce Romaine - Lettuce, 100 g	17	3g	0g	1g	0mg	8mg	1g	2g
Broccoli, 1 cup, chopped	31	6g	0g	3g	0mg	30mg	2g	2g
Meal 4								
Foster Farms - Organic Ground Turkey, 112 g	160	0g	8g	20g	80mg	90mg	0g	0g
Aldi Mushrooms - Mushrooms, 1 cup	21	4g	0g	1g	0mg	0mg	0g	0g
Healthy Noodle - Healthy Noodle, 4 oz	25	5g	--g	--g	--mg	270mg	--g	4g
Zucchini, 200 g	34	6g	1g	2g	0mg	16mg	5g	2g
Meal 5								
Almond Breeze Unsweetened Almond Milk - Vanilla Almond Milk, 6 fl oz	30	2g	2g	1g	0mg	135mg	0g	1g
strawberry cuo - strawberry , 1 cup	70	16g	0g	1g	0mg	0mg	12g	3g
Iso100 Orange dreamsicle - Protein, 1 scoop	110	1g	0g	25g	5mg	105mg	0g	0g
TOTAL:	1,151	86g	16g	153g	195mg	1,768mg	49g	21g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Running (jogging), 6 mph (10 min mile)	542	74			
Running (jogging), 5 mph (12 min mile)	162	24			
TOTALS:	704	98	0	0	0