

Printable Diary for aroskelley1

Feb 10, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Egg, 1 large	72	--g	5g	6g	186mg	71mg	--g	--g
Food club - Greek plain non fat yogurt, 5 oz	90	6g	--g	15g	5mg	45mg	--g	--g
Food Club - 100% Liquid Egg Whites, 100 g	54	--g	--g	11g	--mg	163mg	--g	--g
Clean Simple Eats - Protein, Simply Vanilla, 0 scoop	36	3g	--g	7g	2mg	59mg	--g	--g
Market Pantry Colby Jack Cheese - Colby Jack Cheese, 1 oz	55	1g	5g	3g	15mg	90mg	--g	--g
Reddiwip - Whipped Cream, 2 Tbsp	15	1g	1g	--g	5mg	--mg	1g	--g
grandma sycamore - sunflower & honey bread, 18 gram	50	9g	1g	2g	--mg	77mg	2g	--g
Lunch								
Mixed greens with Honey mustard 1500L16, 1 serving	376	34g	11g	37g	69mg	262mg	17g	9g
Snack								
Jell-O - Sugar Free Pistachio Instant Pudding & Pie Filling, 0 package	20	5g	--g	--g	--mg	240mg	--g	--g
Food club - Greek plain non fat yogurt, 5 oz	90	6g	--g	15g	5mg	45mg	--g	--g
Built Bar - Coconut Marshmallow Puffs, 1 bar	140	12g	2g	17g	--mg	35mg	6g	--g
Dinner								
Zucchini, 1 medium	33	6g	1g	2g	--mg	16mg	5g	2g
Meadow Gold Viva - Lowfat Cottage Cheese 2% Milkfat, Small Curd, 0 cup (113g)	45	3g	1g	6g	8mg	180mg	2g	--g
Parmesan cheese, 3 tbsp	63	2g	4g	4g	13mg	263mg	--g	--g
Jennie O - Ground Turkey, Lean, 6 oz	255	--g	12g	32g	135mg	150mg	--g	--g
Food Club - Sloppy Joe Sauce, 0 cup	35	7g	--g	1g	--mg	380mg	5g	1g
Extra								
Banana, 100 g	89	23g	--g	1g	--mg	1mg	12g	3g
GU - Energy Gel, Salted Caramel, 1 packet	100	22g	--g	--g	--mg	125mg	7g	--g
Kirkland Vitamin C Gummies - Vitamin C gummies, 4 gummies	30	8g	--g	--g	--mg	30mg	4g	--g
Life Saver - Hard Candy, 4 pieces	48	11g	--g	--g	--mg	--mg	10g	--g
TOTALS	1696	159g	43g	159g	443mg	2232mg	71g	15g