

Printable Diary for aroskelley1

Feb 24, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
Breakfast								
Apple, 100 g	52	14g	--g	--g	--mg	1mg	10g	2g
Food Club - 100% Liquid Egg Whites, 50 g	27	--g	--g	5g	--mg	82mg	--g	--g
Milk, reduced fat, 2%, 2 tbsp	15	1g	1g	1g	2mg	12mg	1g	--g
Walden Farms - Calorie Free Caramel Dip, 2 tbsp.	0	1g	--g	--g	--mg	150mg	--g	1g
Food club - Greek plain non fat yogurt, 6 oz	102	7g	--g	17g	6mg	51mg	--g	--g
Optimum Nutrition - Gold Standard, 1 scoop	120	3g	1g	24g	30mg	130mg	1g	--g
Lunch								
Smart Chicken - Boneless Skinless Breasts, 5 ounces (112g)	150	--g	1g	33g	81mg	63mg	--g	--g
Sweet potato steamed - Sweet Potato, 100 grams	86	20g	--g	2g	--mg	55mg	4g	3g
Maria - Artichoke Quarters, 1 can drained	35	8g	--g	2g	--mg	385mg	2g	3g
Broccoli, 1 cup, chopped or diced	30	6g	--g	2g	--mg	29mg	1g	2g
Snack								
Built Bar - Caramel Apple Chocolate Bar, 1 bar	130	18g	3g	17g	3mg	45mg	4g	6g
Apple, 200 g	104	28g	--g	1g	--mg	2mg	21g	5g
Carrots - Petite Carrots, 50 gram	21	5g	--g	1g	--mg	38mg	3g	1g
Dinner								
Viva Chicken - Fruit, 1 Portion	90	23g	--g	1g	--mg	--mg	17g	4g
Viva Chicken - House Salad, 1 Portion	70	4g	4g	3g	15mg	180mg	2g	1g
Viva Chicken - 1/4 Chicken - Dark Meat, 1 Serving	120	--g	6g	16g	95mg	250mg	--g	--g
Viva Chicken - Balsamic Dressing, 1 Serving	200	4g	20g	--g	--mg	40mg	3g	--g
TOTALS	1352	142g	36g	125g	232mg	1513mg	69g	28g