

## Printable Diary for aroskelley1

Feb 25, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
instant oatmeal - Maple and Brown Sugar, 1 packet	160	32g	2g	4g	--mg	230mg	13g	3g
Egg white, 6 large	103	1g	--g	22g	--mg	329mg	1g	--g
Egg, 1 large	72	--g	5g	6g	186mg	71mg	--g	--g
<b>Lunch</b>								
Smart Chicken - Boneless Skinless Breasts, 5 ounces ( 112g)	150	--g	1g	33g	81mg	63mg	--g	--g
Broccoli, 1 cup, chopped or diced	30	6g	--g	2g	--mg	29mg	1g	2g
Sweet potato steamed - Sweet Potato, 120 grams	103	24g	--g	2g	--mg	66mg	5g	4g
<b>Snack</b>								
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
<b>Dinner</b>								
Cauliflower Rice, 200 gram(s)	50	10g	1g	4g	--mg	60mg	4g	4g
Broccoli, 50 g	17	3g	--g	1g	--mg	17mg	1g	1g
Asparagus, 100 g	20	4g	--g	2g	--mg	2mg	2g	2g
Smart Chicken - Boneless Skinless Breasts, 6 ounces ( 112g)	180	--g	2g	39g	98mg	75mg	--g	--g
<b>Extra</b>								
Food club - Greek plain non fat yogurt, 12 oz	204	14g	--g	34g	11mg	102mg	--g	--g
<b>TOTALS</b>	<b>1323</b>	<b>140g</b>	<b>14g</b>	<b>167g</b>	<b>379mg</b>	<b>1091mg</b>	<b>52g</b>	<b>27g</b>