

## Printable Diary for aroskelley1

Mar 9, 2023

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugar	Fiber
<b>Breakfast</b>								
1500B25 Frittata and Potatoes, 1 serving	349	25g	14g	30g	375mg	560mg	10g	5g
<b>Lunch</b>								
Kale, raw, 2 cup, chopped	18	2g	1g	1g	--mg	27mg	--g	2g
Carrots, 3 small	62	14g	--g	1g	--mg	104mg	7g	4g
Chicken breast, raw, skinless, 5 oz	170	--g	4g	32g	103mg	64mg	--g	--g
Oil - Sesame, 1 tablespoon	120	--g	14g	--g	--mg	--mg	--g	--g
Pc Rice Wine Vinegar - Rice Wine Vinegar, 1 Tablespoon	5	1g	--g	--g	--mg	60mg	1g	--g
Sesame seeds, 1 tsp	17	--g	2g	1g	--mg	1mg	--g	--g
Cabbage, raw, 1 cup, chopped	22	5g	--g	1g	--mg	16mg	3g	2g
<b>Snack</b>								
1500S26 Chocolate Chip Cookie Protein Bar, 1 serving	263	19g	10g	25g	4mg	161mg	7g	2g
<b>Dinner</b>								
Turkey - Turkey Restaurant Oven Roasted, 3 oz	145	--g	4g	25g	--mg	--mg	--g	--g
Bolthouse - Bolthouse Dressing, 2 T	45	3g	3g	1g	5mg	--mg	2g	--g
Cheese - Mozzarella Cheese, 1 oz	80	1g	6g	7g	15mg	170mg	--g	1g
<b>Extra</b>								
White cheddar rice cakes - White Cheddar Rice Cakes, 3 cake	135	27g	2g	3g	--mg	390mg	3g	--g
<b>TOTALS</b>	<b>1431</b>	<b>97g</b>	<b>60g</b>	<b>127g</b>	<b>502mg</b>	<b>1553mg</b>	<b>33g</b>	<b>16g</b>