



## Printable Diary for Ardekani77

 From:  

 Show:  Food Diary

 Food Notes

 To:  
 Exercise Diary

 Exercise notes

### June 1, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Generic - Plum - Cherry Plum, 33 grams	27	6g	0g	1g	0mg	0mg	4g	0g
Bobo's - Toast'r Pastry Strawberry Jam, 1 pastry	260	47g	6g	3g	--mg	200mg	22g	3g
Fage Greek Yogurt 2% - Greek Yogart, 3 oz/200g	64	3g	2g	9g	4mg	28mg	3g	0g
Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
<b>Lunch</b>								
Chicken - Buffalo Chicken Strips, 2 Pieces	230	21g	10g	14g	40mg	600mg	1g	1g
Pasta - Orechiette Pasta, 1 cup	280	59g	1g	9g	0mg	0mg	3g	3g
Opa - Dressing, 2 tbsp	60	5g	4g	2g	0mg	135mg	5g	0g
Arugula, raw, 1 cup	5	1g	0g	1g	0mg	5mg	0g	0g
<b>Afternoon Snack</b>								
Generic - White Chocolate Pretzels, 4 pc	150	16g	9g	2g	5mg	160mg	12g	0g
Berries (mixed) - Berries (Mixed), 1 cup	70	17g	1g	1g	0mg	15mg	11g	3g
Emerald 100 Cal Almonds - Natural Almonds 100 Calorie Pack, 8.75 g pack (.62 oz)	50	2g	5g	2g	0mg	0mg	1g	1g
<b>Dinner</b>								
Atlantic Salmon - Salmon, 1 fillet	280	1g	15g	36g	95mg	170mg	0g	0g
Green Giant - Riced Cauliflower (Nc), 1 cup	40	8g	0g	4g	0mg	40mg	4g	4g
Trader Joe's - Balsamic Vinaigrette Dressing, 2 Tbs	80	5g	6g	0g	0mg	60mg	5g	0g
Spinach, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
<b>TOTAL:</b>	<b>1,746</b>	<b>193g</b>	<b>69g</b>	<b>98g</b>	<b>516mg</b>	<b>1,579mg</b>	<b>71g</b>	<b>16g</b>