



Printable Diary for Ardekani77

 From: 

 Show: Food Diary

 Food Notes

 To: 
 Exercise Diary

 Exercise notes

June 2, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Milk - 2% White Milk, 0.25 Cup	33	3g	1g	2g	5mg	33mg	3g	0g
Quaker - Oats, 0.38 cup	113	20g	2g	4g	0mg	0mg	1g	3g
Strawberry, 0.5 cup, halves	24	6g	0g	1g	0mg	1mg	4g	2g
Trader Joes - Fancy Raw Mixed Nuts, 0.25 cup	170	5g	14g	5g	0mg	0mg	1g	3g
Soy sausage - Soy sausage, 1 sausage	159	6g	7g	18g	0mg	0mg	0g	0g
Lunch								
Panera - Baja Bowl With Chicken, 1 bowl	690	80g	31g	30g	--mg	1,340mg	--g	11g
Afternoon Snack								
Walmart - Grapes, 1.5 cup	93	24g	0g	1g	0mg	3mg	22g	1g
Luna - Luna Protein, 1 bar	180	21g	6g	12g	0mg	140mg	12g	3g
Dinner								
Costco Asparagus - Asparagus, 5 spears	20	5g	0g	2g	0mg	0mg	2g	2g
Mushrooms, white, raw, 1 cup, pieces or slices	15	2g	0g	2g	0mg	4mg	1g	1g
Brown rice - Basmati, 0.25 cup	160	35g	2g	4g	0mg	0mg	1g	1g
Mixed Green Salad - Field Greens, 2 cups	10	2g	0g	1g	0mg	10mg	1g	1g
Balsamic Vinager - Balsamic Vinager, 1 tbs	15	2g	0g	0g	0mg	0mg	2g	0g
Trader Joe's - Tilapia Fillet, 1 fillet (112 g)	110	0g	3g	21g	35mg	60mg	0g	0g
TOTAL:	1,792	211g	66g	103g	40mg	1,591mg	50g	28g