



Printable Diary for Ardekani77

 From: 

 Show: Food Diary

 Food Notes

 To: 
 Exercise Diary

 Exercise notes

June 3, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Fage Greek Yogurt 2% - Greek Yogurt, 3 oz/200g	64	3g	2g	9g	4mg	28mg	3g	0g
Banana, 1 medium	105	27g	0g	1g	0mg	1mg	14g	3g
design for health - purepaleo beef protein, choco, 27 gram	100	3g	2g	21g	5mg	140mg	0g	1g
Jiff - Peanut Butter, 1 Tbsp	95	4g	8g	4g	0mg	70mg	2g	1g
Trader Joes - Multigrain Bread, 1 slice	110	21g	1g	5g	0mg	220mg	0g	2g
Coffee - Brewed from grounds, 2 cup (8 fl oz)	5	0g	0g	1g	0mg	9mg	0g	0g
So Delicious Creamer - Coconut Milk - Creamer, 1 Tbsp	10	0g	1g	0g	0mg	0mg	1g	0g
Lunch								
Luna - Luna Bar, 1 bar	210	28g	6g	8g	0mg	85mg	9g	3g
Whole Foods - Roasted Veggies Quinoa, 1 cup cooked	170	24g	6g	6g	0mg	140mg	3g	4g
Itsu - Salmon Nigiri, 2 piece	62	17g	3g	6g	--mg	--mg	--g	--g
Hyvee - Sushi - Salmon Roll, 5 pieces	195	27g	7g	7g	10mg	565mg	4g	2g
Afternoon Snack								
Salsa - Salsa Dip, 2 tblsp	54	12g	0g	1g	0mg	--mg	--g	0g
Abuelita Tortilla Chips - Tortilla Chips, 1 oz 28g about 16 chips	150	21g	6g	2g	0mg	75mg	0g	2g
Dinner								
Mixed Green Salad - Field Greens, 2 cups	10	2g	0g	1g	0mg	10mg	1g	1g
Balsamic Vinegar - Balsamic Vinegar, 1 tbs	15	2g	0g	0g	0mg	0mg	2g	0g
Canned corn - Corn, 0.33 cup	40	7g	1g	1g	0mg	240mg	5g	2g
Potato, 1 g	1	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,801	237g	51g	95g	64mg	3,547mg	70g	30g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
EPIC - Chicken Siracha, 44 g	130	2g	6g	13g	45mg	540mg	0g	2g
Brami - chili and lime lupini beans, 65 gm	80	7g	2g	9g	--mg	520mg	0g	7g
Wine - Rose, 5 oz	105	6g	0g	0g	0mg	364mg	2g	0g
sport drinks								
G2 - G2, 40 oz	90	24g	0g	0g	0mg	540mg	24g	0g
TOTAL:	1,801	237g	51g	95g	64mg	3,547mg	70g	30g