

# Printable Diary for Meganwarerd

From:  

Show:

Food Diary

Food Notes

[change report](#)

To:  

Exercise Diary

Exercise notes

## January 24, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Forager Project - Creamy Dairy-free Yogurt (Wild Blueberry), 1 container (150 g)	150	21g	6g	3g	0mg	10mg	12g	1g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 2 tbsp. (30 g)	120	1g	9g	7g	0mg	0mg	0g	1g
Quaker Steel Cut Oats - Oatmeal, 0.25 cup (dry)	150	27g	3g	5g	0mg	2mg	1g	4g
Blueberries - Raw, 0.5 cup	41	11g	0g	1g	0mg	1mg	7g	2g
<b>Meal 2</b>								
Zing bar - Zing Bar, 1 bar	210	25g	9g	10g	0mg	0mg	12g	4g
<b>Meal 3</b>								
Trader Jose's - Handmade 100% Whole Wheat Flour Tortillas, 1 tortilla	160	25g	5g	5g	0mg	280mg	1g	4g
Trader Joe's Organic - Sprouted Tofu, 3 oz	80	1g	5g	9g	0mg	5mg	0g	1g
Muir Glen - Fire Roasted Diced Tomatoes, 0.13 cup	8	2g	0g	0g	0mg	50mg	1g	0g
Trader Joes Taco Seasoning Mix (Mr) - Taco Seasoning Mix, 1/12 packet	10	1g	0g	0g	0mg	260mg	0g	0g
Haas Avocado - Haas Avocado (5 Oz.), 0.25 Avocado (30g/1oz)	63	4g	6g	1g	0mg	3mg	0g	3g
<b>Meal 4</b>								
Apples, raw, with skin, 1 medium (3" dia)	95	25g	0g	0g	0mg	2mg	19g	4g
Go Raw - Organic Carrot Cake Super Cookies, 5 pieces 28g/1oz	38	6g	2g	0g	0mg	5mg	4g	1g
Ghiradeli - Dark Chocolate Square, 1 Pieces	36	4g	3g	0g	1mg	5mg	4g	1g
Nugo Slim - Toasted Coconut Protein Bar (Vegan), 0.5 bar (45g)	95	10g	3g	8g	0mg	105mg	2g	4g
<b>Meal 5</b>								
Trader Joe's - Quinoa & Black Bean Infused Tortilla Chips, 1 oz.	140	18g	7g	2g	0mg	50mg	0g	2g
Avocados, raw, all commercial varieties, 0.25 avocado, NS as to Florida or California	80	4g	7g	1g	0mg	4mg	0g	3g
Eat Well Enjoy Life - Spicy Yellow Lentil Hummus, 2 tbl	60	4g	4g	2g	0mg	120mg	1g	1g
Sunsweet - Amazin Prunes Pitted, 10 g (approx 5 prunes)	25	7g	0g	0g	0mg	0mg	4g	1g
on Gold Standard - Bcaa, 1 scoop	15	4g	0g	5g	0mg	0mg	0g	0g

Broccoli, raw, 2 cup chopped	62	12g	1g	5g	0mg	60mg	3g	5g
<b>TOTAL:</b>	<b>1,638</b>	<b>212g</b>	<b>70g</b>	<b>64g</b>	<b>1mg</b>	<b>962mg</b>	<b>71g</b>	<b>42g</b>

EXERCISES			Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>							
Crossfit			121	30			
Fitbit calorie adjustment			221	1			
<b>TOTALS:</b>			<b>342</b>	<b>31</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 25, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>									
Trader Joe's - Vanilla Soy Milk, 1 cup		100	16g	2g	5g	0mg	120mg	11g	1g
Supermarket - Banana, 1 banana		105	27g	0g	0g	0mg	1mg	0g	3g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 1 tbsp. (30 g)		60	1g	5g	3g	0mg	0mg	0g	1g
Olivia's Organics - Baby Kale, 1 Cups (85g)		20	4g	0g	2g	0mg	15mg	1g	2g
Pb2 - Pb2 Peanut Butter, Powdered, 1 tablespoons		23	3g	1g	3g	0mg	47mg	1g	1g
Skoop - B Strong Protein, 0.25 packet		40	5g	1g	4g	0mg	30mg	1g	2g
Van's - Power Grains Waffles, 42.5 g (2 waffles)		105	14g	4g	5g	0mg	90mg	3g	2g
365 - Almond Butter, crunchy, 1 Tbsp		95	4g	9g	4g	0mg	0mg	1g	2g
<b>Meal 2</b>									
Beyond Meat - Beef Free Crumble, 1 cup		200	6g	10g	26g	0mg	680mg	2g	4g
Kidney beans - Beans, 0.5 cup		55	10g	0g	4g	0mg	5mg	1g	4g
Muir Glen - Fire Roasted Diced Tomatoes, 0.5 cup		30	6g	0g	1g	0mg	200mg	3g	1g
Amazing Taste - Chili Seasoning, 0.33 container (12 tsp (4.5g) ea.)		30	4g	1g	2g	0mg	800mg	0g	2g
<b>Meal 3</b>									
Nugo Slim - Espresso - Protein Bar, 1 bar		170	20g	5g	16g	0mg	110mg	3g	7g
<b>Meal 4</b>									
Grapes - Raw, 1.5 cup		92	24g	0g	1g	0mg	3mg	22g	1g
Apples, raw, with skin, 0.13 medium (3" dia)		12	3g	0g	0g	0mg	0mg	2g	1g
Mission Wraps - Spinach Wrap, 0.25 wrap		53	9g	1g	2g	0mg	110mg	1g	1g
Pepper - Banana, raw, 1 cup		33	7g	1g	2g	0mg	16mg	2g	4g
Krinos - Kalamata Olives, 10 olives (15g)		113	5g	10g	0g	0mg	575mg	0g	0g
<b>Meal 5</b>									
Go Raw - Organic Carrot Cake Super Cookies, 6.67 pieces 28g/1oz		50	7g	2g	0g	0mg	7mg	5g	1g
<b>TOTAL:</b>	<b>1,386</b>	<b>175g</b>	<b>52g</b>	<b>80g</b>	<b>0mg</b>	<b>2,809mg</b>	<b>59g</b>	<b>40g</b>	

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Yoga	104	45			
Fitbit calorie adjustment	385	1			
<b>TOTALS:</b>	<b>489</b>	<b>46</b>	<b>0</b>	<b>0</b>	<b>0</b>

### January 26, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Supermarket - Banana, 1 banana	105	27g	0g	0g	0mg	1mg	0g	3g
Van's - Power Grains Waffles, 42.5 g (2 waffles)	105	14g	4g	5g	0mg	90mg	3g	2g
Trader Joe's - Vanilla Soy Milk, 1.25 cup	125	20g	3g	6g	0mg	150mg	14g	1g
365 - Almond Butter, crunchy, 1.25 Tbsp	119	4g	11g	4g	0mg	0mg	1g	2g
<b>Meal 2</b>								
Nugo Slim - Espresso - Protein Bar, 1 bar	170	20g	5g	16g	0mg	110mg	3g	7g
<b>Meal 3</b>								
Trader Jose's - Handmade 100% Whole Wheat Flour Tortillas, 1 tortilla	160	25g	5g	5g	0mg	280mg	1g	4g
Trader Joe's Organic - Sprouted Tofu, 3 oz	80	1g	5g	9g	0mg	5mg	0g	1g
Muir Glen - Fire Roasted Diced Tomatoes, 0.13 cup	8	2g	0g	0g	0mg	50mg	1g	0g
Trader Joes Taco Seasoning Mix (Mr) - Taco Seasoning Mix, 1/12 packet	10	1g	0g	0g	0mg	260mg	0g	0g
Haas Avocado - Haas Avocado (5 Oz.), 0.25 Avocado (30g/1oz)	63	4g	6g	1g	0mg	3mg	0g	3g
go raw - carrot cake sprouted cookie, 0.5 oz	75	11g	4g	1g	0mg	10mg	7g	2g
Ghirardelli Corrected - 60% Cacao Bittersweet Chocolate Chips, 12 chips	53	8g	3g	1g	0mg	0mg	6g	0g
<b>Meal 4</b>								
Green Chef - Berbere Black Lentils, 0.33 container (1192 gs ea.)	380	59g	11g	19g	0mg	560mg	12g	18g
Jarrow Formula's - BCAA, 2 caps	0	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,453</b>	<b>196g</b>	<b>57g</b>	<b>67g</b>	<b>0mg</b>	<b>1,519mg</b>	<b>48g</b>	<b>43g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Crossfit	121	30			
Fitbit calorie adjustment	399	1			
<b>TOTALS:</b>	<b>520</b>	<b>31</b>	<b>0</b>	<b>0</b>	<b>0</b>

### January 27, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 1 tbsp. (30 g)	60	1g	5g	3g	0mg	0mg	0g	1g
Pb2 - Pb2 Peanut Butter, Powdered, 1 tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Supermarket - Banana, 0.5 banana	53	14g	0g	0g	0mg	1mg	0g	2g
Olivia's Organics - Baby Kale, 0.5 Cups (85g)	10	2g	0g	1g	0mg	8mg	1g	1g
Plant fusion protein - Protein, 0.25 scoop	30	1g	1g	5g	0mg	98mg	1g	0g
blue diamond almonds - almond breeze, almond milk, original, 1 cup	60	8g	3g	1g	0mg	150mg	7g	1g
Sweet Earth - Lighten Up Breakfast Burrito - Tofu Scramble, 1 burrito	170	31g	5g	10g	0mg	590mg	3g	7g
<b>Meal 2</b>								
Green Chef - Berbere Black Lentils, 0.33 container (1192 gs ea.)	380	59g	11g	19g	0mg	560mg	12g	18g
<b>Meal 3</b>								
Nugo Slim - Espresso - Protein Bar, 1 bar	170	20g	5g	16g	0mg	110mg	3g	7g
<b>Meal 4</b>								
Whole Foods - Vegan Donut, 1 donut	290	36g	15g	1g	0mg	310mg	18g	1g
<b>Meal 5</b>								
Trader Joe's - Quinoa & Black Bean Infused Tortilla Chips, 1 oz.	140	18g	7g	2g	0mg	50mg	0g	2g
Chipotle - Sofritas Burrito Bowl, 0.25 Bowl	153	23g	5g	6g	8mg	558mg	4g	5g
<b>TOTAL:</b>	<b>1,539</b>	<b>216g</b>	<b>58g</b>	<b>67g</b>	<b>8mg</b>	<b>2,482mg</b>	<b>50g</b>	<b>46g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Crossfit		120			30
Fitbit calorie adjustment		420			1
<b>TOTALS:</b>		<b>540</b>		<b>31</b>	<b>0</b>

**January 28, 2017**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 1 tbsp. (30 g)	60	1g	5g	3g	0mg	0mg	0g	1g
Pb2 - Pb2 Peanut Butter, Powdered, 1 tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
Supermarket - Banana, 0.5 banana	53	14g	0g	0g	0mg	1mg	0g	2g
Olivia's Organics - Baby Kale, 0.5 Cups (85g)	10	2g	0g	1g	0mg	8mg	1g	1g
Plant fusion protein - Protein, 0.25 scoop	30	1g	1g	5g	0mg	98mg	1g	0g

blue diamond almonds - almond breeze, almond milk, original, 1 cup	60	8g	3g	1g	0mg	150mg	7g	1g
<b>Meal 2</b>								
Robek's - Nutty Hawaiian Acai Bowl, 0.67 bowl	371	55g	16g	8g	0mg	128mg	0g	6g
<b>Meal 3</b>								
Chipotle - Sofritas Bowl, 0.5 bowl	285	42g	10g	11g	15mg	905mg	7g	11g
Trader Joe's - Quinoa and Black Bean Tortilla Chips, 6 chips (1 oz./28g)	105	14g	5g	2g	0mg	38mg	0g	2g
Whole Foods - Vegan Donut, 1 donut	290	36g	15g	1g	0mg	310mg	18g	1g
<b>Meal 4</b>								
Wine - Table, white, 2 glass (3.5 fl oz)	140	2g	0g	0g	0mg	10mg	0g	0g
Organic - Popcorn, 3 cups	130	18g	6g	3g	0mg	220mg	0g	3g
Natural Delights - Pecan Pumpkin Pie Spiced Date Rolls, 1 piece (20g)	75	12g	2g	0g	0mg	2mg	10g	1g
<b>TOTAL:</b>	<b>1,632</b>	<b>208g</b>	<b>64g</b>	<b>38g</b>	<b>15mg</b>	<b>1,917mg</b>	<b>45g</b>	<b>30g</b>

EXERCISES				Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>								
Yoga				138	60			
Fitbit calorie adjustment				215	1			
<b>TOTALS:</b>				<b>353</b>	<b>61</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 29, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>									
Sweet Earth - Santa Fe Veggie Burger - Official, 3 oz (113g)		173	23g	4g	13g	0mg	270mg	3g	5g
Trader Joe's - Sprouted Rye Bread, 1.75 slice		105	12g	2g	9g	0mg	228mg	0g	5g
Haas Avocado - Haas Avocado (5 Oz.), 0.33 Avocado (30g/1oz)		83	5g	7g	2g	0mg	3mg	0g	3g
Santa Sweets - Grape Tomatoes, 0.25 container (7.5 oz. ea.)		19	4g	0g	1g	0mg	0mg	3g	1g
<b>Meal 2</b>									
Zing bar - Zing Bar, 1 bar		210	25g	9g	10g	0mg	0mg	12g	4g
<b>Meal 3</b>									
Whole Foods - Vegan Supreme pizza (no cheese), 1.5 slice		443	30g	3g	5g	0mg	0mg	0g	0g
Marketside - Savory Garlic Knots, 2 roll		180	32g	5g	4g	0mg	340mg	2g	2g
Dole - Salad - Italian Blend, 85 g serving (about 2 cups)		15	3g	0g	1g	0mg	10mg	1g	2g
Wishbone Salad Dressing - Italian Dressing, 2 Tbl		80	4g	7g	0g	0mg	340mg	4g	0g
<b>Meal 4</b>									
Natural Delights - Pecan Pumpkin Pie Spiced Date Rolls, 2 piece (20g)		150	24g	4g	0g	0mg	4mg	20g	2g

Generic - Ghirardelli Mini Chocolate Chips, 1 Tbsp (13chips)	35	5g	2g	1g	0mg	0mg	4g	1g
Trader Joe's - Almond Butter, 0.5 tbsp	48	2g	5g	2g	0mg	30mg	1g	1g
<b>Meal 5</b>								
Pizzacato Pomodoro - Vegan Vegetable Pizza (No Cheese), 1 piece	197	26g	6g	3g	0mg	512mg	0g	0g
<b>TOTAL:</b>	<b>1,738</b>	<b>195g</b>	<b>54g</b>	<b>51g</b>	<b>0mg</b>	<b>1,737mg</b>	<b>50g</b>	<b>26g</b>

EXERCISES				Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>								
Hiking, cross country				332	60			
Fitbit calorie adjustment				83	1			
<b>TOTALS:</b>				<b>415</b>	<b>61</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 30, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>									
Trader Joe's - Sprouted Rye Bread, 1 slice		60	7g	1g	5g	0mg	130mg	0g	3g
blue diamond almonds - almond breeze, almond milk, original, 1 cup		60	8g	3g	1g	0mg	150mg	7g	1g
365 - Almond Butter, crunchy, 1 Tbsp		95	4g	9g	4g	0mg	0mg	1g	2g
Target Frozen Mixed Berries - Frozen Mixed Berries, 0.25 Cup		18	5g	0g	0g	0mg	1mg	3g	1g
<b>Meal 2</b>									
Amy's - Pad Thai, 1 Entree		420	76g	9g	10g	0mg	780mg	22g	3g
<b>Meal 3</b>									
Walnuts - Walnuts (Raw), 0.25 cup(s)		192	3g	18g	8g	0mg	4mg	0g	2g
Ghirardelli Corrected - 60% Cacao Bittersweet Chocolate Chips, 16 chips		70	10g	5g	1g	0mg	0mg	8g	0g
<b>Meal 4</b>									
Pizzacato Pomodoro - Vegan Vegetable Pizza (No Cheese), 1 piece		197	26g	6g	3g	0mg	512mg	0g	0g
Dole - Salad - Italian Blend, 85 g serving (about 2 cups)		15	3g	0g	1g	0mg	10mg	1g	2g
Nature Sweet - Grape Tomatoes, 12 tomatoes		26	5g	0g	1g	0mg	0mg	3g	2g
Wegmans - Basil Vinagrette, 2 tbsp		80	2g	7g	0g	0mg	350mg	1g	0g
Krinos - Kalamata Olives, 5 olives (15g)		56	3g	5g	0g	0mg	288mg	0g	0g
<b>Meal 5</b>									
Trader Joes - Almond Milk Original, 0.75 cup (8oz)		45	6g	2g	1g	0mg	113mg	5g	1g
Great Value - Soy Milk, 0.25 cup		23	2g	1g	2g	0mg	30mg	2g	1g
Plant fusion protein - Protein, 0.88 scoop		105	4g	2g	18g	0mg	341mg	4g	0g
So Delicious Dairy Free - Creamy Fudge Bar, 1 Bar 63 g		90	17g	2g	2g	0mg	45mg	9g	2g

Vega Sport- Chocolate Peanut Butter - Protein Bar, 0.5 Bar	130	14g	6g	8g	0mg	75mg	8g	2g
<b>TOTAL:</b>	<b>1,682</b>	<b>195g</b>	<b>76g</b>	<b>65g</b>	<b>0mg</b>	<b>2,829mg</b>	<b>74g</b>	<b>22g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Crossfit	120	30			
Fitbit calorie adjustment	616	1			
<b>TOTALS:</b>	<b>736</b>	<b>31</b>	<b>0</b>	<b>0</b>	<b>0</b>