


Printable Diary for Deliveredfitness


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Food Diary

Food Notes

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To: 

Exercise Diary

Exercise notes

January 25, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Amy's Kitchen - Breakfast Burrito, 6 oz	270	38g	8g	12g	0mg	540mg	3g	6g
Morning Snack								
Kroger Simple Truth Organic - Raw Apple Cider Vinegar, 2 tsp(s)	0	0g	0g	0g	0mg	0mg	0g	0g
Kroger - Stevia, 1 tbsp(s)	0	12g	0g	0g	0mg	0mg	0g	0g
Central Market - Ground Flaxseed, 1 Tblsp	45	2g	4g	2g	0mg	0mg	1g	2g
Simple Truth - Frozen Mango, 1 cup	120	32g	0g	0g	0mg	0mg	28g	3g
Kroger - Frozen Kale, 1 cup	37	4g	0g	3g	--mg	45mg	--g	3g
Private Selection - Triple Berry Blend, 0.5 cup (140g)	40	11g	0g	0g	0mg	0mg	5g	5g
Lunch								
Amy's - Black Bean & Vegetable Enchilada, 0.5 container (2 enchiladas ea.)	160	22g	6g	5g	0mg	390mg	2g	4g
Afternoon Snack								
Bananas, raw, 1 medium (7" to 7-7/8" long)	105	27g	0g	1g	0mg	1mg	14g	3g
Dinner								
Edamame, frozen, prepared, 0.5 cup	95	8g	4g	8g	0mg	5mg	2g	4g
Amy's soup - Lentil, 0.5 container (2 cup)	180	25g	5g	8g	0mg	590mg	3g	6g
Birds Eye - Brussel Sprouts Sea Salt/cracked Pepper, 0.25 cup	27	3g	1g	1g	0mg	110mg	1g	1g
Evening Snack								
Whole Foods - Honey Crisp Apple Medium Organic, 1 apple	80	22g	0g	--g	0mg	0mg	17g	5g
TOTAL:	1,159	206g	28g	40g	0mg	1,681mg	76g	42g