


# Printable Diary for Deliveredfitness


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Food Diary

Food Notes

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Exercise Diary

Exercise notes

## January 25, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Amy's Kitchen - Breakfast Burrito, 6 oz	270	38g	8g	12g	0mg	540mg	3g	6g
<b>Morning Snack</b>								
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
<b>Lunch</b>								
Amy's - Black Bean & Vegetable Enchilada, 1 container (2 enchiladas ea.)	320	44g	12g	10g	0mg	780mg	4g	8g
<b>Afternoon Snack</b>								
Bananas, raw, 1 medium (7" to 7-7/8" long)	105	27g	0g	1g	0mg	1mg	14g	3g
Nuts, almonds, 0.25 cup, whole	207	8g	18g	8g	0mg	0mg	2g	4g
<b>Dinner</b>								
Edamame, frozen, prepared, 1 cup	189	15g	8g	17g	0mg	9mg	3g	8g
Amy's soup - Lentil, 1 container (2 cup)	360	50g	10g	16g	0mg	1,180mg	6g	12g
Birds Eye - Brussel Sprouts Sea Salt/cracked Pepper, 0.25 cup	27	3g	1g	1g	0mg	110mg	1g	1g
<b>Evening Snack</b>								
Whole Foods - Honey Crisp Apple Medium Organic, 1 apple	80	22g	0g	--g	0mg	0mg	17g	5g
<b>TOTAL:</b>	<b>1,800</b>	<b>268g</b>	<b>61g</b>	<b>70g</b>	<b>0mg</b>	<b>2,665mg</b>	<b>84g</b>	<b>60g</b>