

Printable Diary for Deliveredfitness

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Food Diary

Food Notes

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To:



Exercise Diary

Exercise notes

May 28, 2021

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kale - Frozen Chopped, 1 cup	33	7g	0g	2g	0mg	29mg	0g	1g
Dave's - Thin Sliced, 1 slice	60	12g	1g	3g	0mg	105mg	3g	3g
Now Sports Lmc - Pea Protein Unflavored, 0.5 scoop 33 g	60	1g	1g	12g	0mg	165mg	0g	0g
organic turmeric - turmeric, 0.25 tsp (9g)	2	0g	0g	0g	0mg	0mg	0g	0g
Chiquita Organic - Organic Banana, 1 banana (126g) (7"-8" long)	105	27g	0g	1g	0mg	1mg	14g	3g
blue diamond almonds - almond breeze, almond milk, original, 0.5 cup	30	4g	1g	1g	0mg	75mg	4g	1g
Kroger Simple Truth Organic - Raw Apple Cider Vinegar, 2 tsp(s)	0	0g	0g	0g	0mg	0mg	0g	0g
Pbfit All-natural Peanut Butter Powder, Powdered Peanut - Powdered Peanut Butter, 1 tbsp	35	3g	1g	4g	--mg	75mg	1g	2g
Central Market - Ground Flaxseed, 1 Tbsp	45	2g	4g	2g	0mg	0mg	1g	2g
Essential Everyday - Frozen Blueberries, 0.5 cup (140g)	35	9g	0g	1g	0mg	0mg	6g	2g
Lunch								
Small Apple - Small Organic Apple, 1 apple	70	15g	0g	0g	0mg	1mg	15g	4g
Dave's - Thin Sliced, 1 slice	60	12g	1g	3g	0mg	105mg	3g	3g
Dr Mcdougall's - Vegan Black Bean & Lime Soup, 1 Container	350	63g	2g	21g	0mg	680mg	4g	15g
Dinner								
Dave's - Thin Sliced, 1 slice	60	12g	1g	3g	0mg	105mg	3g	3g
Dr. McDougall's - Split Pea - Lower Sodium, 53 g	190	34g	1g	12g	0mg	360mg	2g	12g
TOTAL:	1,135	201g	13g	65g	0mg	1,701mg	56g	51g