


Printable Diary for Meganwarerd

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Food Diary

Food Notes

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Exercise Diary

Exercise notes

January 1, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Plant fusion protein - Protein, 0.5 scoop	60	2g	1g	11g	0mg	195mg	2g	0g
Trader Joes - Almond Milk Original, 1.13 cup (8oz)	68	9g	3g	1g	0mg	169mg	8g	1g
Olivia's Organics - Baby Kale, 1 Cups (85g)	20	4g	0g	2g	0mg	15mg	1g	2g
Dole - Frozen Fruit - Mango, 1/2 cup	45	24g	0g	1g	0mg	0mg	21g	3g
Supermarket - Banana, 0.5 banana	53	14g	0g	0g	0mg	1mg	0g	2g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 1.25 tbsp. (30 g)	75	1g	6g	4g	0mg	0mg	0g	1g
Trader Joe's - Crunchy Almond Butter, 0.75 TBSP	71	3g	6g	3g	0mg	32mg	1g	1g
Apples, raw, with skin, 0.13 medium (3" dia)	12	3g	0g	0g	0mg	0mg	2g	1g
Meal 2								
Trader Joes Seven Grain Sprouted Bread - Bread, 1 slice	60	7g	1g	5g	0mg	130mg	0g	0g
Trader Joe's - Crunchy Almond Butter, 1 TBSP	95	4g	9g	4g	0mg	43mg	1g	2g
Apples - Apples, 1 medium apple	80	22g	0g	0g	0mg	0mg	16g	5g
Meal 3								
Trader Joe's - Spicy Pickled Vegetables, 0.5 cup	30	6g	0g	0g	0mg	270mg	2g	2g
Saltines - Saltines, 10 crackers	120	22g	3g	2g	0mg	280mg	0g	0g
Trader Joe's - Horseradish Hummus, 2 Tbsp	50	5g	3g	1g	0mg	105mg	1g	1g
prunes - Prunes Pitted, 4 prunes	80	21g	0g	1g	0mg	0mg	12g	2g
Meal 4								
Easy White Bean and Cabbage Soup - Making Thyme for Health, 1 serving(s)	297	46g	7g	12g	0mg	1,721mg	18g	18g
TOTAL:	1,216	193g	39g	47g	0mg	2,961mg	85g	41g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Tennis, general	203	30			
Fithbit calorie adjustment	122	1			

Fitbit calorie adjustment					122	1			
TOTALS:				325	31	0	0	0	0

January 2, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Trader Joe's - Crunchy Almond Butter, 0.13 TBSP	12	0g	1g	0g	0mg	5mg	0g	0g
Quaker - Oats, 0.5 cup	150	27g	3g	5g	0mg	0mg	1g	4g
Trader Joe's - Vanilla Soy Milk, 0.63 cup	63	10g	1g	3g	0mg	75mg	7g	1g
Spectrum Essentials - Chia Seeds, 0.67 Tbsp (12g)	40	3g	3g	1g	0mg	0mg	0g	3g
Plant Fusion Phood - Chocolate Caramel Shake, 0.25 scoops	25	2g	1g	2g	0mg	40mg	0g	1g
Meal 2								
Easy White Bean and Cabbage Soup - Making Thyme for Health, 1 serving(s)	297	46g	7g	12g	0mg	1,721mg	18g	18g
Enlightened - Roasted Broad Beans (Sriracha), 1 oz (28g)	100	15g	3g	7g	0mg	130mg	1g	5g
Meal 3								
Nugo Slim - Espresso - Protein Bar, 1 bar	170	20g	5g	16g	0mg	110mg	3g	7g
GTs - Kombucha, 8 oz	30	7g	0g	0g	0mg	10mg	2g	0g
Meal 4								
Trader Joe's - Quinoa and Black Bean Tortilla Chips, 12 chips (1 oz./28g)	210	27g	11g	3g	0mg	75mg	0g	3g
Mrm - 100% All Natural Bcaa+g Reload Watermelon, 3 scoops	10	2g	0g	0g	0mg	100mg	0g	0g
Homemade - Guacamole, 5 tablespoon	114	6g	10g	1g	0mg	108mg	1g	5g
Meal 5								
Carrots, raw, 1.5 small (5-1/2" long)	31	7g	0g	1g	0mg	52mg	4g	2g
Generic - Fresh Radish, 1 Med, 3/4 to inch	1	0g	0g	0g	0mg	2mg	0g	0g
Trader Joe's - Hummus Quartet: Roasted Garlic, Spicy, Hummus, Tomato Basil, 4 Tablespoons	90	10g	5g	4g	0mg	150mg	0g	4g
Trader Joe's - Tart Cherry Juice, 5 fl oz	81	20g	0g	1g	0mg	41mg	18g	1g
TOTAL:	1,424	202g	50g	56g	0mg	2,619mg	55g	54g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Crossfit	250	60			
Fitbit calorie adjustment	475	1			
TOTALS:	725	61	0	0	0

January 3, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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Meal 1								
Quaker - Oats, 0.5 cup	150	27g	3g	5g	0mg	0mg	1g	4g
Trader Joe's - Vanilla Soy Milk, 0.63 cup	63	10g	1g	3g	0mg	75mg	7g	1g
Spectrum Essentials - Chia Seeds, 0.67 Tbsp (12g)	40	3g	3g	1g	0mg	0mg	0g	3g
Plant Fusion Phood - Chocolate Caramel Shake, 0.25 scoops	25	2g	1g	2g	0mg	40mg	0g	1g
Trader Joe's - Crunchy Almond Butter, 0.25 TBSP	24	1g	2g	1g	0mg	11mg	0g	0g
Meal 2								
Easy White Bean and Cabbage Soup - Making Thyme for Health, 1 serving(s)	297	46g	7g	12g	0mg	1,721mg	18g	18g
Trader Joe's - Olive Demi Baguette, 0.19 loaf (50 g)	90	18g	1g	3g	0mg	323mg	0g	1g
Meal 3								
Spinach - Raw, 0.5 cup	3	1g	0g	0g	0mg	12mg	0g	0g
Oil - Olive, 1 tsp	40	0g	5g	0g	0mg	0mg	0g	0g
Trader Joe's - Spicy Pickled Vegetables, 0.25 cup	15	3g	0g	0g	0mg	135mg	1g	1g
Vegan - Power Beet Burgers, 1.25 burger	219	36g	2g	15g	0mg	115mg	5g	9g
Meal 4								
Zing bar - Zing Bar, 1 bar	210	25g	9g	10g	0mg	0mg	12g	4g
Trader Joes - Almond Milk Original, 1 cup (8oz)	60	8g	3g	1g	0mg	150mg	7g	1g
Meal 5								
Trader Joe's - Tart Cherry Juice, 5 fl oz	81	20g	0g	1g	0mg	41mg	18g	1g
Plant fusion protein - Protein, 0.5 scoop	60	2g	1g	11g	0mg	195mg	2g	0g
Trader Joe - Very Cherry Berry Blend(correct), 0.5 cup(140g)	45	11g	0g	1g	0mg	3mg	8g	3g
Shredded Beets - Shredded Beets Pulp, 1/4 cup shredded	19	7g	0g	1g	0mg	189mg	1g	2g
TOTAL:	1,441	220g	38g	67g	0mg	3,010mg	80g	49g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Crossfit				187	45			
Fitbit calorie adjustment				869	1			
TOTALS:				1,056	46	0	0	0

January 4, 2017

FOODS					Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1												
Trader Joe's - Crunchy Almond Butter, 0.13 TBSP					12	0g	1g	0g	0mg	5mg	0g	0g
Quaker - Oats, 0.5 cup					150	27g	3g	5g	0mg	0mg	1g	4g
Trader Joe's - Vanilla Soy Milk, 0.63 cup					63	10g	1g	3g	0mg	75mg	7g	1g
Spectrum Essentials - Chia Seeds, 0.67 Tbsp (12g)					40	3g	3g	1g	0mg	0mg	0g	3g

Plant Fusion Phood - Chocolate Caramel Shake, 0.25 scoops	25	2g	1g	2g	0mg	40mg	0g	1g
Meal 2								
Easy White Bean and Cabbage Soup - Making Thyme for Health, 0.5 serving(s)	148	23g	4g	6g	0mg	860mg	9g	9g
Trader Joe's - Olive Demi Baguette, 0.25 loaf (50 g)	120	24g	2g	4g	0mg	430mg	0g	1g
Meal 3								
Vegan - Power Beet Burgers, 1.25 burger	219	36g	2g	15g	0mg	115mg	5g	9g
Trader Joe's - Spicy Pickled Vegetables, 0.25 cup	15	3g	0g	0g	0mg	135mg	1g	1g
Oil - Olive, 1 tsp	40	0g	5g	0g	0mg	0mg	0g	0g
Spinach - Raw, 0.5 cup	3	1g	0g	0g	0mg	12mg	0g	0g
GTs - Kombucha, 8 oz	30	7g	0g	0g	0mg	10mg	2g	0g
Meal 4								
Nugo Slim - Non-Dairy Espresso, 1 bar	170	20g	5g	16g	0mg	110mg	3g	7g
Meal 5								
30 Minute Gnocchi Enchilada Skillet, 1 serving(s)	548	98g	11g	18g	0mg	1,549mg	5g	18g
TOTAL:	1,583	254g	38g	70g	0mg	3,341mg	33g	54g

EXERCISES				Calories	Minutes	Sets	Reps	Weight
Cardiovascular								
Fitbit calorie adjustment				416	1			
TOTALS:				416	1	0	0	0

January 5, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1									
Trader Joe's - Crunchy Almond Butter, 2 TBSP		190	7g	17g	7g	0mg	85mg	2g	3g
Apples, raw, with skin, 0.25 medium (3" dia)		24	6g	0g	0g	0mg	0mg	5g	1g
Trader Joe's - Sprouted Rye Bread, 2 slice		120	14g	2g	10g	0mg	260mg	0g	6g
Meal 2									
Zing bar - Zing Bar, 1 bar		210	25g	9g	10g	0mg	0mg	12g	4g
Meal 3									
Vegan - Power Beet Burgers, 1.25 burger		219	36g	2g	15g	0mg	115mg	5g	9g
Trader Joe's - Spicy Pickled Vegetables, 0.25 cup		15	3g	0g	0g	0mg	135mg	1g	1g
Spinach - Raw, 0.5 cup		3	1g	0g	0g	0mg	12mg	0g	0g
Oil - Olive, 1 tsp		40	0g	5g	0g	0mg	0mg	0g	0g
GTs - Kombucha, 8 oz		30	7g	0g	0g	0mg	10mg	2g	0g
Meal 4									

Trader Joe's - Quinoa and Black Bean Tortilla Chips, 12 chips (1 oz./28g)	210	27g	11g	3g	0mg	75mg	0g	3g
Homemade - Guacamole, 5 tablespoon	114	6g	10g	1g	0mg	108mg	1g	5g
Meal 5								
30 Minute Gnocchi Enchilada Skillet, 1 serving(s)	548	98g	11g	18g	0mg	1,549mg	5g	18g
Chocolate-Strawberry Overnight Oats - Orlando Dietitian Nutritionist, 0.13 serving(s)	62	12g	3g	2g	0mg	17mg	1g	1g
TOTAL:	1,785	242g	70g	66g	0mg	2,366mg	34g	51g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Strength training (weight lifting, weight training)	85	30			
Fitbit calorie adjustment	145	1			
TOTALS:	230	31	0	0	0

January 6, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Trader Joe's - Tart Cherry Juice, 5.33 fl oz	87	21g	0g	1g	0mg	43mg	19g	1g
Nugo Slim - Espresso - Protein Bar, 0.5 bar	85	10g	3g	8g	0mg	55mg	2g	4g
Meal 2								
Sticky Fingers Bakery - Tlt / Blt (Vegan - Tempeh Bacon, Lettuce & Tomato), Specially Prepared on Bagel Instead of Bread, 1 sandwich	471	48g	11g	18g	0mg	784mg	8g	16g
Meal 3								
Kevita - master brew kombucha, 8 oz	20	5g	0g	0g	0mg	20mg	4g	0g
30 Minute Gnocchi Enchilada Skillet, 0.5 serving(s)	274	49g	6g	9g	0mg	774mg	3g	9g
Trader joes - sriracha tofu, 1.75 oz	70	3g	4g	8g	0mg	0mg	0g	0g
Meal 4								
Roti - Pita, 1 pita	103	18g	2g	5g	1mg	221mg	2g	1g
California Vegan - Pad Thai, 416.5 g	727	57g	45g	34g	0mg	1,298mg	32g	6g
Port City - Optimal Wit Beer, 0.88 bottle	131	12g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,968	223g	71g	83g	1mg	3,195mg	70g	37g

Food Notes

Started having cravings yesterday for meat and chocolate

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					

Crossfit	184	45			
Fitbit calorie adjustment	470	1			
TOTALS:	654	46	0	0	0

January 7, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
First Watch - Day Glow, 1 glass	125	28g	0g	2g	0mg	95mg	18g	1g
Quinoa - Grain, 0.67 cup	148	26g	3g	5g	0mg	9mg	0g	3g
First Watch - Multi Grain Toast, 0.5 slices	70	12g	2g	2g	0mg	85mg	2g	1g
Kirkland - Almond Butter, 0.5 Tbs	53	2g	5g	2g	0mg	0mg	0g	1g
Happy Harvest - Mixed Veg, 0.5 cup	45	9g	0g	1g	0mg	340mg	2g	2g
Meal 2								
Sweet Earth Natural Foods - Big Sur Breakfast Burrito, 1 burrito (198g)	200	28g	6g	11g	0mg	520mg	1g	5g
Homecooked - Collard Greens, 1 cup (190g)	49	9g	1g	4g	0mg	0mg	0g	2g
Planters - Deluxe Mixed Nuts, 1 oz.(28g/about 20 pieces)	170	7g	14g	5g	0mg	80mg	1g	2g
Ghirardelli - 70% Dark Chocolate :, 1.5 square(s)	100	10g	10g	1g	0mg	0mg	6g	2g
Meal 3								
Walmart - Popcorn, 3 tbsp	140	16g	8g	3g	0mg	320mg	0g	3g
Outtakes - Roasted Moroccan Chickpeas, 0.33 cup	160	24g	5g	7g	0mg	107mg	4g	7g
Generic - Stout, 16 oz	250	20g	0g	0g	0mg	0mg	0g	0g
Yuengling - Lager, 12 oz	135	12g	0g	1g	0mg	14mg	0g	0g
Svedka - Vodka, 1.5 oz	104	0g	0g	0g	0mg	0mg	0g	0g
Meal 4								
Sweet Earth Natural Foods - Big Sur Breakfast Burrito, 1 burrito (198g)	200	28g	6g	11g	0mg	520mg	1g	5g
Planters - Deluxe Mixed Nuts, 0.5 oz.(28g/about 20 pieces)	85	4g	7g	3g	0mg	40mg	1g	1g
TOTAL:	2,034	235g	67g	58g	0mg	2,130mg	36g	35g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Yoga	142	60			
Fitbit calorie adjustment	311	1			
TOTALS:	453	61	0	0	0