

# Printable Diary for Meganwarerd


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Food Diary

Food Notes

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Exercise Diary

Exercise notes

## January 10, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Trader Joes - California Style Sprouted Wheat Bread, 2 slice	160	30g	0g	10g	0mg	300mg	2g	4g
Trader Joe's - Crunchy Almond Butter, 1.5 TBSP	143	5g	13g	5g	0mg	64mg	2g	2g
Apples, raw, with skin, 0.33 medium (3" dia)	32	8g	0g	0g	0mg	1mg	6g	1g
<b>Meal 2</b>								
Trader Joes Seven Grain Sprouted Bread - Bread, 1 slice	60	7g	1g	5g	0mg	130mg	0g	0g
Avocados, raw, all commercial varieties, 0.38 avocado, NS as to Florida or California	121	6g	11g	2g	0mg	5mg	0g	5g
Vegetable - Red Pepper - Raw, 0.67 Pepper	31	6g	0g	1g	0mg	4mg	4g	2g
Oil - Olive, 0.13 tablespoon	15	0g	2g	0g	0mg	0mg	0g	0g
<b>Meal 3</b>								
Natural Delights - Pecan Pumpkin Pie Spiced Date Rolls, 1 piece (20g)	75	12g	2g	0g	0mg	2mg	10g	1g
Ghiradeli - Dark Chocolate Square, 2 Pieces	72	9g	5g	1g	2mg	10mg	7g	1g
<b>Meal 4</b>								
Easy White Bean and Cabbage Soup - Making Thyme for Health, 1 serving(s)	297	46g	7g	12g	0mg	1,721mg	18g	18g
<b>Meal 5</b>								
FitzVogt - Veggie Tofu Stir-Fry with Rice, Vegan, 22 oz	478	62g	16g	26g	0mg	604mg	7g	10g
<b>TOTAL:</b>	<b>1,484</b>	<b>191g</b>	<b>57g</b>	<b>62g</b>	<b>2mg</b>	<b>2,841mg</b>	<b>56g</b>	<b>44g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	207	1			
<b>TOTALS:</b>	<b>207</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 11, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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Meal 1								
Apples, raw, with skin, 0.5 medium (3" dia)	47	13g	0g	0g	0mg	1mg	9g	2g
Trader Joe's - Tart Cherry 100% Juice Blend, 4 fl oz	65	16g	0g	1g	0mg	8mg	14g	1g
Epic Protein: Original - Protein Powder, 0.5 heaping scoops - 32g	30	1g	0g	7g	0mg	24mg	0g	1g
Carrots - Carrots, 0.25 cup	13	3g	0g	0g	0mg	21mg	2g	1g
Kale, raw, 0.25 cup, chopped	8	1g	0g	1g	0mg	6mg	0g	1g
Meal 2								
Ameriserve - Veggie Tofu Stir-Fry with Rice, Vegan, 19.25 oz	418	55g	14g	22g	0mg	529mg	6g	9g
Meal 3								
Sweet Earth Natural Foods - Big Sur Breakfast Burrito, 2 burrito (198g)	400	56g	12g	22g	0mg	1,040mg	2g	10g
Meal 4								
Gomacro - Macrobar Protein Pleasure Peanut Butter Chocolate Chip, 1 bar	290	37g	11g	11g	0mg	40mg	14g	2g
<b>TOTAL:</b>	<b>1,271</b>	<b>182g</b>	<b>37g</b>	<b>64g</b>	<b>0mg</b>	<b>1,669mg</b>	<b>47g</b>	<b>27g</b>

### Food Notes

Really bad second day soreness  
Write about vegan bars and why the go macro isn't great

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Yoga	142	60			
Fitbit calorie adjustment	179	1			
<b>TOTALS:</b>	<b>321</b>	<b>61</b>	<b>0</b>	<b>0</b>	<b>0</b>

### January 12, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Flatout Protein Up - Seasalt & Crushed Black Pepper, 0.75 Wrap	98	14g	2g	9g	0mg	218mg	0g	6g
Tofurkey - Spinach Pesto Sausage, 0.75 sausage	195	8g	9g	22g	0mg	435mg	3g	2g
Diaya - Swiss Style Slices, 0.75 Slice (20g)	53	4g	4g	1g	0mg	68mg	0g	0g
Sunsweet - Amazin Prunes Pitted, 40 g (approx 5 prunes)	100	26g	0g	1g	0mg	0mg	15g	3g
Meal 2								
Eat Well Enjoy Life - Spicy Red Lentil Chipotle Hummus, 3 tbsp	90	6g	5g	3g	0mg	158mg	2g	3g
Vegetable - Red Pepper - Raw, 0.67 Pepper	31	6g	0g	1g	0mg	4mg	4g	2g
Meal 3								
Market Fresh - Guacamole and Salsa, 4 tbsp	184	80g	12g	4g	0mg	440mg	0g	0g
TFM - Sweet P Tortilla Chips, 12 chips	150	18g	8g	2g	0mg	0mg	0g	0g

Ghiradeli - Dark Chocolate Square, 2 Pieces	72	9g	5g	1g	2mg	10mg	7g	1g
<b>Meal 4</b>								
Chunky Portabella Veggie Burgers - The Kitchen Whisperer, 1 serving(s)	235	20g	12g	12g	85mg	456mg	2g	5g
Trader Joes - Sprouted 7 Grain Bread-Net Carbs, 1.13 slice	68	5g	0g	6g	0mg	0mg	0g	3g
Fresh Market - Orange Juice No Pulp, 0.75 cup	83	0g	0g	2g	0mg	0mg	17g	0g
<b>Meal 5</b>								
Trader Joes - Almond Milk Original, 0.5 cup (8oz)	30	4g	1g	1g	0mg	75mg	4g	1g
Great Value - Soy Milk, 0.5 cup	45	4g	2g	4g	0mg	60mg	3g	1g
Plant fusion protein - Protein, 0.88 scoop	105	4g	2g	18g	0mg	341mg	4g	0g
Trader Joe - Very Cherry Berry Blend(correct), 0.38 cup(140g)	34	8g	0g	0g	0mg	2mg	6g	2g
Trader Joe's Organic Peanut Butter - Peanut Butter, 1.5 tbsp	143	5g	12g	6g	0mg	45mg	1g	2g
<b>TOTAL:</b>	<b>1,716</b>	<b>221g</b>	<b>74g</b>	<b>93g</b>	<b>87mg</b>	<b>2,312mg</b>	<b>68g</b>	<b>31g</b>

EXERCISES				Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>								
Crossfit				60	15			
Fitbit calorie adjustment				930	1			
<b>TOTALS:</b>				<b>990</b>	<b>16</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 13, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>									
Fresh Market - Orange Juice No Pulp, 0.75 cup		83	0g	0g	2g	0mg	0mg	17g	0g
Trader Joes - California Style Sprouted Wheat Bread, 1 slice		80	15g	0g	5g	0mg	150mg	1g	2g
Market Fresh - Guacamole and Salsa, 1 tbsp		46	20g	3g	1g	0mg	110mg	0g	0g
Chunky Portabella Veggie Burgers - The Kitchen Whisperer, 0.67 serving(s)		156	13g	8g	8g	57mg	304mg	1g	3g
<b>Meal 2</b>									
Pero Family Farms - Mini Sweet Peppers, 212.5 g (~3 peppers)		63	13g	0g	3g	0mg	0mg	8g	3g
hope - kale pesto, 56 gram		100	6g	8g	2g	0mg	180mg	0g	0g
Kitchen Whisperer - Chunky Portabella Veggie Burgers, 1 patty		136	17g	4g	10g	0mg	0mg	1g	5g
<b>Meal 3</b>									
Chunky Portabella Veggie Burgers - The Kitchen Whisperer, 0.75 serving(s)		176	15g	9g	9g	64mg	342mg	1g	4g
Market Fresh - Guacamole and Salsa, 3 tbsp		138	60g	9g	3g	0mg	330mg	0g	0g
TFM - Sweet P Tortilla Chips, 6 chips		75	9g	4g	1g	0mg	0mg	0g	0g
<b>Meal 4</b>									

Tofurkey - Artisan Spinach Pesto Sausage, 0.63 sausage	163	7g	8g	18g	0mg	363mg	3g	2g
Eurest - Oven Fried Potatoes, 0.5 cup	99	19g	2g	3g	0mg	62mg	3g	2g
Peppers, Red Bell, Generic - Peppers, Red, 1 Cup	60	42g	2g	8g	0mg	24mg	25g	12g
Mushrooms, white, raw, 1 cup, pieces or slices	15	2g	0g	2g	0mg	4mg	1g	1g
Onion, Yellow - Medium, 0.33 Medium	15	4g	0g	0g	0mg	1mg	2g	0g
Kroger - Extra Virgin Olive Oil, 0.25 tbsp.	30	0g	4g	0g	0mg	0mg	0g	0g
sunflower oil - Any, 0.5 table spoon 15ml	60	0g	7g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,495</b>	<b>242g</b>	<b>68g</b>	<b>75g</b>	<b>121mg</b>	<b>1,870mg</b>	<b>63g</b>	<b>34g</b>

EXERCISES				Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>								
Crossfit				182	45			
Fitbit calorie adjustment				417	1			
<b>TOTALS:</b>				<b>599</b>	<b>46</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 14, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>									
Sweet Earth Natural Foods - Big Sur Breakfast Burrito, 1 burrito (198g)		200	28g	6g	11g	0mg	520mg	1g	5g
Trader Joes - California Style Sprouted Wheat Bread, 1 slice		80	15g	0g	5g	0mg	150mg	1g	2g
Trader Joes - Organic Peanut Butter Crunchy Salted, 1 Tbsp (32g)		95	4g	8g	4g	0mg	7mg	1g	1g
Apples, raw, with skin, 0.33 medium (3" dia)		32	8g	0g	0g	0mg	1mg	6g	1g
<b>Meal 2</b>									
Sweet Earth Natural Foods - Lighten Up! Functional Breakfast Burrito, 6 oz		190	31g	5g	10g	0mg	590mg	3g	7g
<b>Meal 3</b>									
Smashburger - Fried Banana Peppers, 4 oz		410	34g	28g	4g	30mg	2,720mg	2g	3g
Wine - Table, white, 2 glass (3.5 fl oz)		140	2g	0g	0g	0mg	10mg	0g	0g
Alcohol - Vodka, Lime & Soda, 2 glass (250 mL)		140	0g	0g	0g	0mg	84mg	0g	0g
<b>Meal 4</b>									
White Jasmine Rice (Cooked - White Rice (Cooked), 0.5 cup		103	23g	0g	2g	0mg	1mg	0g	1g
FitzVogt - Chimichurri, 2 Tbsp		80	2g	8g	1g	0mg	75mg	0g	1g
Steamables - Spring Vegetables, 1.5 cup		60	12g	0g	2g	0mg	260mg	6g	2g
Tofu - Fried, 3 oz		230	9g	17g	15g	0mg	14mg	2g	3g
<b>TOTAL:</b>		<b>1,760</b>	<b>168g</b>	<b>72g</b>	<b>54g</b>	<b>30mg</b>	<b>4,432mg</b>	<b>22g</b>	<b>26g</b>

EXERCISES				Calories	Minutes	Sets	Reps	Weight
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Cardiovascular								
Strength training (weight lifting, weight training)				84	30			
Fitbit calorie adjustment				691	1			
<b>TOTALS:</b>				<b>775</b>	<b>31</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 15, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
S&w Premium - Black Beans - (Canned), 260 g or 1/2 cup	220	44g	1g	14g	0mg	760mg	2g	18g
White Jasmine Rice (Cooked - White Rice (Cooked), 1 cup	205	45g	0g	4g	0mg	2mg	0g	1g
Kirkland - Veggies, 1 cup	40	7g	0g	3g	0mg	40mg	3g	4g
Morrison - Rosemary Roasted Potato, 1 cup	218	37g	6g	4g	0mg	400mg	3g	33g
Generic - Cuban Toast, 2 large slice	164	32g	2g	6g	0mg	366mg	0g	2g
<b>Meal 2</b>								
Restaurant Associates - Olive Tapenade, 6 tbsp	213	6g	23g	1g	0mg	1,929mg	0g	1g
Roti - Pita, 3 pita	309	54g	5g	14g	2mg	663mg	5g	2g
<b>Meal 3</b>								
Natural Delights - Pecan Pumpkin Pie Spiced Date Rolls, 1 piece (20g)	75	12g	2g	0g	0mg	2mg	10g	1g
Dreyer's - Outshine Lime Popsicle, 1 fruit bar	70	18g	0g	0g	0mg	0mg	17g	0g
Ghiradeli - Dark Chocolate Square, 2 Pieces	72	9g	5g	1g	2mg	10mg	7g	1g
Planters - Deluxe Mixed Nuts, 1 oz.(28g/about 20 pieces)	170	7g	14g	5g	0mg	80mg	1g	2g
Cranberries - Dried, sweetened, 1 tbsp(s)	23	6g	0g	0g	0mg	0mg	5g	0g
<b>TOTAL:</b>	<b>1,779</b>	<b>277g</b>	<b>58g</b>	<b>52g</b>	<b>4mg</b>	<b>4,252mg</b>	<b>53g</b>	<b>35g</b>

### Food Notes

Meal 1 was actually 2 meals

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	983	1			
<b>TOTALS:</b>		<b>983</b>	<b>1</b>	<b>0</b>	<b>0</b>

## January 16, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Sweet Earth - Lighten Up Breakfast Burrito - Tofu Scramble, 1 burrito	170	31g	5g	10g	0mg	590mg	3g	7g

Orange juice - Raw, 3 fl oz	42	10g	0g	1g	0mg	1mg	8g	0g
Natural Delights - Pecan Pumpkin Pie Spiced Date Rolls, 1 piece (20g)	75	12g	2g	0g	0mg	2mg	10g	1g
<b>Meal 2</b>								
Homemade - Cashew Sauce-Vegan, 1/8 cup cooked	113	7g	9g	4g	0mg	3mg	2g	0g
Homemade Zoodles - Zoodles, 1 medium zucchini	33	6g	1g	2g	0mg	16mg	5g	2g
Nuts, pine nuts, dried, 0.25 cup	227	4g	23g	5g	0mg	1mg	1g	1g
Fatfreevegan.Com - Beetballs With Nuts, 3 (when making 20 in a batch)	136	14g	8g	5g	0mg	450mg	3g	5g
<b>Meal 3</b>								
Fat Free Vegan Kitchen - Mexican Lasagna (Enchilada Casserole), 1 serving	271	51g	2g	14g	0mg	1,056mg	7g	14g
<b>Meal 4</b>								
Texmex Vegetarian Bean Lasagna - Bean Lasagna, 0.2226611 th pan	425	72g	9g	18g	5mg	267mg	12g	15g
<b>TOTAL:</b>	<b>1,492</b>	<b>207g</b>	<b>59g</b>	<b>59g</b>	<b>5mg</b>	<b>2,386mg</b>	<b>51g</b>	<b>45g</b>

EXERCISES				Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>								
Crossfit				182	45			
Fitbit calorie adjustment				441	1			
<b>TOTALS:</b>				<b>623</b>	<b>46</b>	<b>0</b>	<b>0</b>	<b>0</b>