

# Printable Diary for Meganwarerd

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Exercise Diary

Exercise notes

## 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
Great Value - Soy Milk, 1 cup	90	8g	4g	7g	0mg	120mg	6g	2g
Natural Delights - Pecan Pumpkin Pie Spiced Date Rolls, 1 piece (20g)	75	12g	2g	0g	0mg	2mg	10g	1g
<b>Meal 4</b>								
Forksover Knives - Layered Tex Mex Lasagna, 0.2505 pan	437	88g	3g	20g	0mg	467mg	7g	21g
<b>TOTAL:</b>	<b>1,669</b>	<b>243g</b>	<b>59g</b>	<b>68g</b>	<b>0mg</b>	<b>2,708mg</b>	<b>62g</b>	<b>54g</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>

## January 17, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Forksover Knives - Layered Tex Mex Lasagna, 1/6 pan	291	59g	2g	13g	0mg	311mg	4g	14g
Natural Delights - Pecan Pumpkin Pie Spiced Date Rolls, 1 piece (20g)	75	12g	2g	0g	0mg	2mg	10g	1g
<b>Meal 2</b>								
Generic Restaurant - Vegan Chickpea Salad Sandwich Filling, 1 sandwich	190	22g	11g	6g	0mg	475mg	1g	7g
Sourdough - Sourdough Bread, 2 slice	200	40g	2g	6g	0mg	0mg	2g	2g
Vegetables - Mixed Vegetables, 2 cup	180	33g	2g	6g	0mg	60mg	12g	6g
<b>Meal 3</b>								
P90x2 - Vegan Lettuce Wraps, 1 recipe	192	13g	10g	13g	0mg	190mg	0g	3g
Ghiradeli - Dark Chocolate Square, 2 Pieces	72	9g	5g	1g	2mg	10mg	7g	1g
<b>TOTAL:</b>	<b>1,200</b>	<b>188g</b>	<b>34g</b>	<b>45g</b>	<b>2mg</b>	<b>1,048mg</b>	<b>36g</b>	<b>34g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	710	1			
<b>TOTALS:</b>	<b>710</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 18, 2017

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Great Value - Original Soymilk Organic, 1.25 cup	113	10g	4g	9g	0mg	150mg	8g	3g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 2 tbsp. (30 g)	120	1g	9g	7g	0mg	0mg	0g	1g
Pb2 - Pb2 Peanut Butter, Powdered, 2 tablespoons	45	5g	2g	5g	0mg	94mg	1g	2g
Olivia's Organics - Baby Kale, 1 Cups (85g)	20	4g	0g	2g	0mg	15mg	1g	2g
Supermarket - Banana, 0.5 banana	53	14g	0g	0g	0mg	1mg	0g	2g
<b>Meal 2</b>								
Broccoli - Roasted Broccoli , 2 c	138	16g	8g	6g	0mg	0mg	0g	0g
Eat well - yellow lentil hummus , 6 tbsp	180	12g	11g	6g	0mg	360mg	3g	0g
Nugo Slim - Espresso - Protein Bar, 1 bar	170	20g	5g	16g	0mg	110mg	3g	7g
<b>Meal 3</b>								
Vegan Table - Panini With Lemon-Basil Pesto, 1 sandwich	359	38g	9g	9g	0mg	251mg	0g	7g
Ali's - Vegan Frosted Cupcake, 1 cupcake	251	30g	14g	1g	0mg	0mg	25g	0g
<b>Meal 4</b>								
Forksover Knives - Layered Tex Mex Lasagna, 1/6 pan	291	59g	2g	13g	0mg	311mg	4g	14g

Eat Well Enjoy Life - Spicy Yellow Lentil Hummus, 2 tbl	60	4g	4g	2g	0mg	120mg	1g	1g
<b>TOTAL:</b>	<b>1,800</b>	<b>213g</b>	<b>68g</b>	<b>76g</b>	<b>0mg</b>	<b>1,412mg</b>	<b>46g</b>	<b>39g</b>

EXERCISES			Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>							
Yoga			105	45			
Fitbit calorie adjustment			25	1			
<b>TOTALS:</b>			<b>130</b>	<b>46</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 19, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>									
Supermarket - Banana, 0.5 banana		53	14g	0g	0g	0mg	1mg	0g	2g
Olivia's Organics - Baby Kale, 0.5 Cups (85g)		10	2g	0g	1g	0mg	8mg	1g	1g
Pb2 - Pb2 Peanut Butter, Powdered, 1 tablespoons		23	3g	1g	3g	0mg	47mg	1g	1g
Manitoba Harvest - Hemp Pro 70, 15 g		65	3g	2g	8g	0mg	15mg	1g	0g
blue diamond almonds - almond breeze, almond milk, original, 1.13 cup		68	9g	3g	1g	0mg	169mg	8g	1g
Four Sigmatic - Mushroom Coffee - Lion's Mane & Chaga, 1 powder packet		0	0g	0g	0g	0mg	0mg	0g	0g
Natural Delights - Pecan Pumpkin Pie Spiced Date Rolls, 1 piece (20g)		75	12g	2g	0g	0mg	2mg	10g	1g
<b>Meal 2</b>									
Eat well - yellow lentil hummus , 6 tbsp		180	12g	11g	6g	0mg	360mg	3g	0g
Broccoli - Roasted Broccoli , 2.5 c		173	20g	10g	8g	0mg	0mg	0g	0g
<b>Meal 3</b>									
P90x2 - Vegan Lettuce Wraps, 1 recipe		192	13g	10g	13g	0mg	190mg	0g	3g
Simple Truth - Almond Milk, 0.5 cup (8 oz) 240ml		30	4g	1g	1g	0mg	75mg	4g	1g
<b>Meal 4</b>									
Spinach - Raw, 2 cup		14	2g	0g	2g	0mg	47mg	0g	1g
Lundberg - Brown Rice Pasta, 2 oz		190	40g	3g	4g	0mg	0mg	1g	4g
Homemade Zoodles - Zoodles, 0.67 medium zucchini		22	4g	0g	2g	0mg	11mg	3g	1g
Lightlife - Organic Tempeh Original, 3 oz (84g)		140	10g	5g	16g	0mg	10mg	0g	7g
Sauce - Marinara Sauce, 0.25 cup		18	3g	1g	1g	0mg	0mg	0g	1g
Monterey - Baby Bella Mushrooms, 1 oz		7	1g	0g	1g	0mg	5mg	0g	0g
Eggplant, raw, 0.5 cup, cubes		10	2g	0g	0g	0mg	1mg	1g	1g
Generic - Cashew Cream, 2 tbsp		118	6g	9g	4g	0mg	2mg	0g	0g
Nuts, pine nuts, dried, 1 tbsp(s)		57	1g	6g	1g	0mg	0mg	0g	0g
<b>TOTAL:</b>		<b>1,445</b>	<b>161g</b>	<b>64g</b>	<b>72g</b>	<b>0mg</b>	<b>943mg</b>	<b>33g</b>	<b>25g</b>

EXERCISES		Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>						
Crossfit		121	30			
Fitbit calorie adjustment		611	1			
<b>TOTALS:</b>		<b>732</b>	<b>31</b>	<b>0</b>	<b>0</b>	<b>0</b>

### January 20, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>									
Trader Joes - California Style Sprouted Wheat Bread, 2.5 slice		200	38g	0g	13g	0mg	375mg	3g	5g
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
blue diamond almonds - almond breeze, almond milk, original, 0.67 cup		40	5g	2g	1g	0mg	100mg	5g	1g
<b>Meal 2</b>									
Ameriserve - Veggie Tofu Stir-Fry with Rice, Vegan, 19.25 oz		418	55g	14g	22g	0mg	529mg	6g	9g
<b>Meal 3</b>									
Ameriserve - Veggie Tofu Stir-Fry with Rice, Vegan, 8.25 oz		179	23g	6g	10g	0mg	227mg	3g	4g
Natural Delights - Pecan Pumpkin Pie Spiced Date Rolls, 1 piece (20g)		75	12g	2g	0g	0mg	2mg	10g	1g
<b>Meal 4</b>									
Wine - Table, red, 1 glass (3.5 fl oz)		74	2g	0g	0g	0mg	5mg	0g	0g
Whole Foods - Vegan Veggie Ravioli, 4.88 oz (184g)		233	46g	3g	10g	0mg	203mg	2g	3g
Priano - Pesto, 2 Tbsp		150	2g	14g	2g	0mg	360mg	0g	0g
<b>TOTAL:</b>		<b>1,544</b>	<b>196g</b>	<b>54g</b>	<b>63g</b>	<b>0mg</b>	<b>1,866mg</b>	<b>37g</b>	<b>26g</b>

EXERCISES		Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>						
Fitbit calorie adjustment		517	1			
<b>TOTALS:</b>		<b>517</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

### January 21, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>									
Supermarket - Banana, 0.5 banana		53	14g	0g	0g	0mg	1mg	0g	2g
Olivia's Organics - Baby Kale, 0.5 Cups (85g)		10	2g	0g	1g	0mg	8mg	1g	1g

Pb2 - Pb2 Peanut Butter, Powdered, 1 tablespoons	23	3g	1g	3g	0mg	47mg	1g	1g
blue diamond almonds - almond breeze, almond milk, original, 1 cup	60	8g	3g	1g	0mg	150mg	7g	1g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 1.5 tbsp. (30 g)	90	1g	7g	5g	0mg	0mg	0g	1g
<b>Meal 2</b>								
Generic - Bahn Mi Vegetarian Sandwich, 1/2 large sandwich	331	43g	8g	20g	0mg	900mg	7g	4g
<b>Meal 3</b>								
Aladdin - Guacamole, 0.5 cup(s)	168	10g	16g	2g	0mg	552mg	0g	6g
Beans - Black, cooked, boiled, with salt, 0.5 cup	114	20g	0g	8g	0mg	204mg	0g	7g
Tortillas - Chips, 18 chips	280	38g	14g	4g	0mg	0mg	0g	4g
Chipotle - White Cilantro Rice, 2 oz	93	17g	2g	2g	0mg	188mg	0g	1g
Corn Tortilla - Tortilla, 1 Tortillas	50	10g	1g	1g	0mg	5mg	1g	2g
<b>Meal 4</b>								
Port City - Optimal Wit Beer, 2 bottle	300	28g	0g	0g	0mg	0mg	0g	0g
Dreyer's - Outshine Lime Popsicle, 1 fruit bar	70	18g	0g	0g	0mg	0mg	17g	0g
<b>TOTAL:</b>	<b>1,642</b>	<b>212g</b>	<b>52g</b>	<b>47g</b>	<b>0mg</b>	<b>2,055mg</b>	<b>34g</b>	<b>30g</b>

EXERCISES				Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>								
Strength training (weight lifting, weight training)				84	30			
Fitbit calorie adjustment				380	1			
<b>TOTALS:</b>				<b>464</b>	<b>31</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 22, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>									
Supermarket - Banana, 0.5 banana		53	14g	0g	0g	0mg	1mg	0g	2g
Olivia's Organics - Baby Kale, 0.5 Cups (85g)		10	2g	0g	1g	0mg	8mg	1g	1g
Trader Joes - Organic Peanut Butter Crunchy Salted, 1 Tbsp (32g)		95	4g	8g	4g	0mg	7mg	1g	1g
Trader Joe's - Vanilla Soy Milk, 1 cup		100	16g	2g	5g	0mg	120mg	11g	1g
Hemp Seed (Hemp Hearts) - Trader Joe's Raw Shelled, 2 tbsp. (30 g)		120	1g	9g	7g	0mg	0mg	0g	1g
Quaker - Oats, 2 tbsp(s)		38	7g	1g	1g	0mg	0mg	0g	1g
<b>Meal 2</b>									
Bread - Bread Baguette, 1/4 baguette		150	30g	1g	5g	0mg	0mg	0g	1g
Whole Foods - Indian Dal (Red Lentil Soup), 1.38 Cups		284	39g	6g	17g	0mg	275mg	0g	0g
<b>Meal 3</b>									

Whole Foods - Indian Dal (Red Lentil Soup), 0.75 Cups	155	22g	3g	9g	0mg	150mg	0g	0g
Bread - Bread Baguette, 0.1875 baguette	113	23g	1g	4g	0mg	0mg	0g	1g
Hail Merry - Merry's Miracle Tart Chocolate Raw Almond Butter, 0.5 tart (42g)	190	16g	14g	5g	0mg	100mg	10g	6g
<b>Meal 4</b>								
Hail Merry - Miracle Tart - Chocolate, 0.25 tart (85g)	83	10g	6g	2g	0mg	50mg	7g	3g
Blueberries, 1 cup	85	21g	1g	1g	0mg	1mg	15g	4g
Great Value - Tator Tots, 10 tots	160	20g	8g	2g	0mg	330mg	1g	2g
Walnuts - Walnuts, 0.19 cup	150	3g	15g	4g	0mg	1mg	1g	2g
Ghiradeli - Dark Chocolate Square, 2 Pieces	72	9g	5g	1g	2mg	10mg	7g	1g
<b>TOTAL:</b>	<b>1,858</b>	<b>237g</b>	<b>80g</b>	<b>68g</b>	<b>2mg</b>	<b>1,053mg</b>	<b>54g</b>	<b>27g</b>

EXERCISES				Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>								
Fitbit calorie adjustment				511	1			
<b>TOTALS:</b>				<b>511</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>

## January 23, 2017

FOODS		Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>									
Kashi - Golden Maple Instant Oatmeal, 1 packet 43g/1.5 oz		150	32g	2g	5g	0mg	95mg	10g	7g
Trader Joe's - Vanilla Soy Milk, 1 cup		100	16g	2g	5g	0mg	120mg	11g	1g
Nuts, pecans, 1 tbsp(s)		47	1g	5g	1g	0mg	0mg	0g	1g
Blueberries - Raw, 0.33 cup		28	7g	0g	0g	0mg	0mg	5g	1g
<b>Meal 2</b>									
Beyond Meat - Beef Free Crumble, 1 cup		200	6g	10g	26g	0mg	680mg	2g	4g
Kidney beans - Beans, 0.5 cup		55	10g	0g	4g	0mg	5mg	1g	4g
Muir Glen - Fire Roasted Diced Tomatoes, 0.5 cup		30	6g	0g	1g	0mg	200mg	3g	1g
Amazing Taste - Chili Seasoning, 0.33 container (12 tsp (4.5g) ea.)		30	4g	1g	2g	0mg	800mg	0g	2g
go raw - carrot cake sprouted cookie, 1 oz		150	22g	7g	1g	0mg	20mg	14g	4g
Ghirardelli Chips - Dark Chocolate, 16 chips		80	8g	6g	1g	0mg	0mg	6g	1g
<b>Meal 3</b>									
Epic - Chocolate Maca, 0.5 packet		55	4g	1g	10g	0mg	0mg	1g	2g
Pb2 - Powdered Peanut Butter - Pb2 - Powdered Peanut Butter, 1 Tbsp (12g)		23	3g	1g	3g	0mg	47mg	1g	1g
Hemp Hearts - Raw Shelled Hemps Seeds, 30 g		170	3g	13g	10g	0mg	0mg	1g	3g
Great Value - Soy Milk, 1 cup		90	8g	4g	7g	0mg	120mg	6g	2g
Bananas - Raw, 0.5 medium (7" to 7-7/8" long)		53	13g	0g	1g	0mg	1mg	7g	2g

Marketside - Baby Kale Blend, 42.5 g (1.5 cups)	15	3g	0g	1g	0mg	28mg	1g	1g
<b>Meal 4</b>								
Enlightened - Roasted Broad Beans, 1 Oz	100	15g	3g	7g	0mg	150mg	1g	5g
<b>Meal 5</b>								
Trader Jose's - Handmade 100% Whole Wheat Flour Tortillas, 1 tortilla	160	25g	5g	5g	0mg	280mg	1g	4g
Trader Joe's Organic - Sprouted Tofu, 3 oz	80	1g	5g	9g	0mg	5mg	0g	1g
Muir Glen - Fire Roasted Diced Tomatoes, 0.25 cup	15	3g	0g	1g	0mg	100mg	2g	1g
Marketside - Romaine, 1/4 cup	1	0g	0g	0g	0mg	1mg	0g	0g
Avocados, raw, all commercial varieties, 0.13 avocado, NS as to Florida or California	40	2g	4g	1g	0mg	2mg	0g	2g
Apples, raw, with skin, 0.67 large (3-1/4" dia)	77	21g	0g	0g	0mg	1mg	15g	4g
<b>TOTAL:</b>	<b>1,749</b>	<b>213g</b>	<b>69g</b>	<b>101g</b>	<b>0mg</b>	<b>2,655mg</b>	<b>88g</b>	<b>54g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Strength training (weight lifting, weight training)	84	30			
Fitbit calorie adjustment	307	1			
<b>TOTALS:</b>	<b>391</b>	<b>31</b>	<b>0</b>	<b>0</b>	<b>0</b>

### January 24, 2017

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Fitbit calorie adjustment	23	1			
<b>TOTALS:</b>	<b>23</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>