



Printable Diary for Tomevans1

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Food Notes

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Exercise Diary

Exercise notes

May 2, 2017

| FOODS | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|----------|-------|-----|---------|---------|--------|--------|-------|
| Breakfast | | | | | | | | |
| Kroger - Cottage Cheese 4% Milkfat Small Curd, 0.33 cup (113 g) | 73 | 3g | 3g | 8g | 13mg | 253mg | 3g | 0g |
| Kroger - Vanilla Nonfat Greek Yogurt, 0.5 Cup (227g) | 70 | 7g | 0g | 11g | 3mg | 53mg | 6g | 0g |
| Blackberries - Raw, 0.25 cup | 15 | 3g | 0g | 1g | 0mg | 0mg | 2g | 2g |
| Reddi-bulk - Cereal granola maple nut, 1/8 cup-50 g | 50 | 9g | 1g | 2g | 0mg | 1mg | 3g | 1g |
| Tomato - Campari Tomato, 0.5 (148 grams) | 18 | 4g | 0g | 1g | 0mg | 3mg | 2g | 1g |
| Egg - Egg, 1 large | 72 | 0g | 5g | 6g | 186mg | 71mg | 0g | 0g |
| Coffee - Brewed from grounds, 2.5 cup (8 fl oz) | 6 | 0g | 0g | 1g | 0mg | 12mg | 0g | 0g |
| Kroger - Half & Half, 3 tbsp | 53 | 2g | 5g | 2g | 15mg | 23mg | 2g | 0g |
| Snack (1) | | | | | | | | |
| Veggie - Baby Carrots, 2 oz. | 23 | 5g | 0g | 1g | 0mg | 43mg | 3g | 1g |
| Sabra - Veggie Fusions Guacamole and Veggies, 2 T | 40 | 3g | 3g | 1g | 0mg | 125mg | 1g | 2g |
| Peppers, sweet, green, raw, 0.25 cup, chopped | 7 | 2g | 0g | 0g | 0mg | 1mg | 1g | 1g |
| Sabra - Taco Inspired Hummus With Pico De Gallo (Revised 5-11-16), 2 tbsp (28 g/1 oz) | 70 | 5g | 5g | 2g | 0mg | 130mg | 1g | 1g |
| Lunch | | | | | | | | |
| Veggie - Baby Carrots, 2 oz. | 23 | 5g | 0g | 1g | 0mg | 43mg | 3g | 1g |
| Cucumber - With peel, raw, 0.5 cup slices | 8 | 2g | 0g | 0g | 0mg | 1mg | 1g | 0g |
| Tomato - Campari Tomato, 1 (148 grams) | 35 | 7g | 1g | 1g | 0mg | 5mg | 4g | 1g |
| Bertolli - Balsamic Vinegar of Modena, 1 tbsp (18g) | 25 | 5g | 0g | 0g | 0mg | 0mg | 5g | 0g |
| Glory - Kale Kale, 1.5 cups | 34 | 7g | 0g | 2g | 0mg | 26mg | 0g | 2g |
| Onions, sweet, raw, 0.33 cup, chopped | 17 | 4g | 0g | 0g | 0mg | 4mg | 3g | 0g |
| Chia Seed, 0.33 tbsp | 20 | 2g | 1g | 1g | 0mg | 0mg | 0g | 2g |
| Market Pantry Cracker Cut Tray - Pepper Jack Cheese Slices, 2 slices (28g) | 67 | 1g | 5g | 5g | 20mg | 113mg | 0g | 0g |
| Snack (2) | | | | | | | | |
| Cuties - California Mandarin Oranges (1 Clementine Serving), 1 mandarin | 40 | 9g | 0g | 1g | 0mg | 0mg | 7g | 2g |

| | | | | | | | | |
|--|--------------|-------------|------------|-------------|--------------|----------------|------------|------------|
| HMR - Lemon Crisp Benefit Bar, 1 bar | 160 | 23g | 4g | 10g | 0mg | 120mg | 10g | 3g |
| Trader Joe's - Dutch Gouda, 1 oz. | 110 | 0g | 9g | 7g | 25mg | 260mg | 0g | 0g |
| Dinner | | | | | | | | |
| Sweet Potato, 5.59 ounce | 136 | 32g | 0g | 3g | 0mg | 87mg | 7g | 5g |
| Grilled Pork Chop - Grilled Bone-in Pork Chop, 10.5 oz | 420 | 0g | 23g | 50g | 222mg | 160mg | 0g | 0g |
| Cooper - Sauteed Zucchini, Fresh, 7 ounces | 74 | 14g | 0g | 4g | 0mg | 7mg | 7g | 4g |
| Kroger - Canola Oil, 1.5 tsp(s) | 60 | 0g | 7g | 0g | 0mg | 0mg | 0g | 0g |
| TOTAL: | 1,726 | 154g | 72g | 121g | 484mg | 1,541mg | 71g | 29g |

Food Notes

WATER = 20 cups