

Printable Diary for Gabesantos

From:  Show: Food Diary Food Notes

To:  Exercise Diary Exercise notes

April 14, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Broccoli, raw, 0.5 cup chopped	15	3g	0g	1g	0mg	15mg	1g	1g
Nice eggs - Eggs, 2 egg (50g)	140	0g	10g	12g	370mg	140mg	0g	0g
Snack 1								
Bananas, raw, 4.2 ounce	90	23g	0g	1g	0mg	1mg	12g	3g
Milk - Drink, 1 cup	130	12g	5g	8g	20mg	130mg	12g	0g
Herbalife - Cookies & Cream Powder, 25 g (2 scoops)	90	11g	1g	9g	0mg	125mg	6g	5g
Lunch								
Costco - Turkey and Provolone Sandwich on Croissant, 0.5 sandwich	365	26g	20g	23g	63mg	855mg	4g	1g
Snack 2								
Goldfish - Snack, 30 g	140	20g	5g	3g	10mg	250mg	1g	0g
Tostitos - Lime Tortilla Chips, 30 chips	750	90g	35g	10g	0mg	0mg	0g	10g
Dinner								
Michigan Dining - Cheese Bread, 2 Piece	414	49g	15g	20g	37mg	812mg	2g	2g
generic - pepproni pizza , 294 gram	780	94g	34g	26g	0mg	0mg	0g	0g
Snack 3								
Synergy - Trilogy Kombucha, 8 oz	30	7g	0g	0g	0mg	10mg	2g	0g
Walmart - Salmon Fillets Frozen, 4 oz	110	0g	2g	23g	65mg	170mg	0g	0g
Panda - Chocolate, 8.75 g	47	5g	3g	1g	0mg	0mg	0g	0g
TOTAL:	3,101	340g	130g	137g	565mg	2,508mg	40g	22g