



# Printable Diary for Bethanne1211

From:  

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Food Notes

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Exercise Diary

Exercise notes

June 13, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Kroger Greek Nonfat Yogurt - Grrek Nonfat Yogurt, 6 oz	110	7g	0g	16g	10mg	80mg	6g	0g
Banana, 0.5 medium	53	13g	0g	1g	0mg	1mg	7g	2g
Bare Naked - Cacao & Cashew Butter Granola, 0.5 cup	240	34g	10g	6g	0mg	120mg	12g	4g
<b>Lunch</b>								
Generic Ethiopian Food - Shiro Wot, 1.5 ounce	159	5g	17g	1g	0mg	24mg	1g	1g
Generic - Carrot-potato Stew, 1 ounce	17	2g	0g	1g	--mg	--mg	--g	--g
Generic - Ethiopian Tibs (Sauteed Bite Sized Pieces of Poultry, Lamb or Beef), 0.25 serving	73	1g	5g	5g	18mg	21mg	--g	0g
Generic - Ethiopian Tibs (Beef Dish), 0.25 serving	67	3g	4g	6g	13mg	47mg	0g	1g
Generic - Tibs -- Ethiopian Lamb Stew, 1 ounces	100	1g	16g	5g	44mg	22mg	0g	0g
Generic - Ethiopian Injera, 12 " diameter	166	32g	2g	5g	0mg	28mg	0g	4g
<b>Dinner</b>								
Generic - Ethiopian Tibs (Sauteed Bite Sized Pieces of Poultry, Lamb or Beef), 0.25 serving	73	1g	5g	5g	18mg	21mg	--g	0g
Generic - Tibs -- Ethiopian Lamb Stew, 0.5 ounces	50	0g	8g	2g	22mg	11mg	0g	0g
Generic - Ethiopian Injera, 12 " diameter	166	32g	2g	5g	0mg	28mg	0g	4g
Generic Ethiopian Food - Shiro Wot, 0.5 ounce	53	2g	6g	0g	0mg	8mg	0g	0g
Generic - Ethiopian Tibs (Beef Dish), 0.5 serving	135	7g	7g	12g	27mg	93mg	1g	1g
<b>Snacks</b>								
GT'S KOMBUCHA - 25th Anniversary Sacred Life, 16 fl oz	60	16g	0g	0g	0mg	20mg	16g	0g
<b>TOTAL:</b>	<b>1,522</b>	<b>156g</b>	<b>82g</b>	<b>70g</b>	<b>152mg</b>	<b>524mg</b>	<b>43g</b>	<b>17g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Slower walk w/ friend (2.5 mph; 130 lb female)	346	120			
<b>TOTALS:</b>	<b>346</b>	<b>120</b>	<b>0</b>	<b>0</b>	<b>0</b>