



Printable Diary for Bethanne1211

From: Show: Food Diary Food Notes[change report](#)To:  Exercise Diary Exercise notes

June 15, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Banana, 0.5 medium	53	13g	0g	1g	0mg	1mg	7g	2g
Green Valley Lactose Free Greek Yogurt - Lactose free Greek yogurt, 6.63 oz	138	9g	4g	19g	19mg	81mg	5g	0g
Generic - Bear Naked Maple Pecan Granola, 0.5 cup	260	44g	8g	6g	0mg	40mg	10g	4g
Lunch								
Egg - Egg Cooked With Butter, 1 whole	101	1g	7g	7g	169mg	171mg	1g	--g
Avocado, 0.25 medium	60	3g	5g	1g	0mg	3mg	0g	3g
Healthy Ones - Oven Roasted Turkey Breast, 5 slices	50	1g	1g	8g	21mg	325mg	1g	0g
Raw - Zucchini, 3 oz	15	3g	0g	1g	0mg	9mg	2g	1g
Sourdough - Sourdough Bread, 1 slice	100	20g	1g	3g	0mg	0mg	1g	1g
County Line - Part Skim Milk String Cheese, 1 stick	80	1g	5g	8g	15mg	170mg	--g	--g
Dinner								
Amy's - Cauliflower Mac N Cheese, 1 bowl	340	44g	13g	12g	40mg	540mg	4g	2g
Snacks								
GT'S KOMBUCHA - 25th Anniversary Sacred Life, 16 fl oz	60	16g	0g	0g	0mg	20mg	16g	0g
Vega - Protein & Greens Coconut Almond Flavor, 1 scoop (29g)	120	5g	2g	20g	0mg	270mg	1g	1g
Fruit - Strawberries - Raw, 15 medium berries (147g)	94	21g	--g	2g	--mg	--mg	15g	4g
Silk - Unsweet Almond Milk, 2 cup	60	2g	5g	2g	0mg	320mg	0g	2g
TOTAL:	1,531	183g	51g	90g	264mg	1,950mg	63g	20g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking Moderate Pace, 5'3", 135lbs, female	44	12			
6/15 Upper body and core quick	50	15			
TOTALS:	94	27	0	0	0