


## Printable Diary for Bethanne1211


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

June 16, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Kroger - Non-Fat Greek Yogurt, 5 oz	92	6g	0g	13g	8mg	67mg	5g	0g
Bare Naked - Cacao & Cashew Butter Granola, 0.5 cup	240	34g	10g	6g	0mg	120mg	12g	4g
<b>Lunch</b>								
Sharp Cheddar - Sharp Cheddar Cheese, 1.63 oz	179	1g	15g	11g	49mg	293mg	--g	--g
Healthy Ones - Honey Ham (Correct), 5 slices	50	3g	2g	7g	25mg	283mg	3g	--g
Banana, 1 medium	105	27g	0g	1g	0mg	1mg	14g	3g
Silk - Unsweet Almond Milk, 6 fluid ounce	23	1g	2g	1g	0mg	120mg	0g	1g
Vega - Protein & Greens Coconut Almond Flavor, 0.25 scoop (29g)	30	1g	1g	5g	0mg	68mg	0g	0g
<b>Dinner</b>								
Olive Oil, 0.5 tsp	20	0g	2g	0g	0mg	0mg	0g	0g
Green Bell Pepper - Green Bell Pepper, 1.25 Large (164g)	40	10g	0g	1g	0mg	3mg	5g	2g
Red bell pepper, 0.25 large	13	2g	0g	0g	0mg	2mg	2g	1g
Ponzu - Ponzu, 0.33 tablespoon	8	2g	0g	0g	--mg	--mg	--g	--g
Canola Oil - Canola Oil, 0.88 tbsp (14g)	110	0g	12g	0g	0mg	0mg	--g	--g
Generic - Fish Sauce, 0.67 tsp(s)	2	0g	0g	0g	0mg	289mg	0g	0g
Sugar .25 Tsp - White Sugar, 2 tsp = 4 gr	8	2g	--g	--g	--mg	--mg	2g	--g
Generic - Gochujang, 1.33 tbsp	80	8g	4g	1g	0mg	200mg	5g	1g
Kimchi - Kimchi, 0.67 cup (150 g)	30	6g	0g	2g	0mg	277mg	1g	3g
All purpose flour - All Purpose Flour, 0.33 cup	147	29g	1g	4g	0mg	0mg	0g	1g
Hokuren - Potato Starch (Katakuriko), 5.33 tbsp (9g)	158	39g	0g	0g	0mg	1mg	--g	--g
Chilli & Garlic Marinade - Chicken Pieces, 100 grams	168	1g	7g	22g	0mg	0mg	1g	7g
<b>TOTAL:</b>	<b>1,503</b>	<b>172g</b>	<b>56g</b>	<b>74g</b>	<b>82mg</b>	<b>1,724mg</b>	<b>50g</b>	<b>23g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Picking Apricots	80	40			
<b>TOTALS:</b>	<b>80</b>	<b>40</b>	<b>0</b>	<b>0</b>	<b>0</b>


## Printable Diary for Bethanne1211

From: 2020-06-17 Show:  Food Diary Food Notes[change report](#)To: 2020-06-17  Exercise Diary Exercise notes

June 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
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
green valley - greek nonfat yogurt, 0.75 cup	90	5g	0g	16g	0mg	50mg	4g	0g
<b>Lunch</b>								
Hokuren - Potato Starch (Katakuriko), 5.33 tbsp (9g)	158	39g	0g	0g	0mg	1mg	--g	--g
All purpose flour - All Purpose Flour, 0.33 cup	147	29g	1g	4g	0mg	0mg	0g	1g
Kimchi - Kimchi, 0.67 cup (150 g)	30	6g	0g	2g	0mg	277mg	1g	3g
Generic - Gochujang, 1.33 tbsp	80	8g	4g	1g	0mg	200mg	5g	1g
Sugar .25 Tsp - White Sugar, 2 tsp = 4 gr	8	2g	--g	--g	--mg	--mg	2g	--g
Canola Oill - Canola Oil, 0.33 tbsp (14g)	42	0g	5g	0g	0mg	0mg	--g	--g
Generic - Fish Sauce, 0.67 tsp(s)	2	0g	0g	0g	0mg	289mg	0g	0g
Ponzu - Ponzu, 0.33 tablespoon	8	2g	0g	0g	--mg	--mg	--g	--g
<b>Dinner</b>								
Boneless, White, Chicken Breast - Chicken Breast, 3 oz	168	0g	6g	36g	--mg	930mg	0g	0g
Organic - Golden Beet, 50 grams	22	5g	0g	1g	0mg	39mg	4g	1g
Natural Directions (Organic) - Pinto Beans (Canned), 0.25 container (1.8 cup (125g) ea.)	88	17g	0g	5g	0mg	123mg	0g	5g
<b>Snacks</b>								
Silk - Unsweet Almond Milk, 8 fluid ounce	30	1g	3g	1g	0mg	160mg	0g	1g
Vega - Protein & Greens Coconut Almond Flavor, 1 scoop (29g)	120	5g	2g	20g	0mg	270mg	1g	1g
Gala Apple - Gala Apple Med., 115 g (4oz)	65	16g	1g	0g	0mg	1mg	10g	3g
County Line - Part Skim Milk String Cheese, 1 stick	80	1g	5g	8g	15mg	170mg	--g	--g
<b>TOTAL:</b>	<b>1,431</b>	<b>183g</b>	<b>37g</b>	<b>101g</b>	<b>15mg</b>	<b>2,631mg</b>	<b>46g</b>	<b>22g</b>



## Printable Diary for Bethanne1211

From: 2020-06-18 Show:  Food Diary Food Notes[change report](#)To: 2020-06-18  Exercise Diary Exercise notes

June 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Kroger - Non-Fat Greek Yogurt, 4 oz	73	5g	0g	11g	7mg	53mg	4g	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>								
Banana, 0.5 medium	53	13g	0g	1g	0mg	1mg	7g	2g
Generic - Apricot (Whole Fruit Small), 3 Whole Fruit Small (35 g)	51	12g	0g	2g	0mg	0mg	10g	2g
Silk - Unsweet Almond Milk, 10 fluid ounce	38	1g	3g	1g	0mg	200mg	0g	1g
Vega - Protein & Greens Coconut Almond Flavor, 1 scoop (29g)	120	5g	2g	20g	0mg	270mg	1g	1g
Boneless, White, Chicken Breast - Chicken Breast, 3 oz	168	0g	6g	36g	--mg	930mg	0g	0g
Organic - Golden Beet, 50 grams	22	5g	0g	1g	0mg	39mg	4g	1g
Natural Directions (Organic) - Pinto Beans (Canned), 0.25 container (1.8 cup (125g) ea.)	88	17g	0g	5g	0mg	123mg	0g	5g
<b>Dinner</b>								
Butter - Butter Unsalted, 1 tsp(s)	33	0g	4g	0g	10mg	0mg	0g	0g
Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
Generic - Whole Zucchini, 0.38 medium (196 g)	12	2g	0g	1g	0mg	6mg	2g	1g
Sharp Cheddar - Sharp Cheddar Cheese, 1.63 oz	179	1g	15g	11g	49mg	293mg	--g	--g
<b>Snacks</b>								
County Line - Part Skim Milk String Cheese, 1 stick	80	1g	5g	8g	15mg	170mg	--g	--g
<b>TOTAL:</b>	<b>1,353</b>	<b>110g</b>	<b>55g</b>	<b>117g</b>	<b>453mg</b>	<b>2,348mg</b>	<b>47g</b>	<b>19g</b>

## Printable Diary for Bethanne1211



From: 2020-06-19 Show:  Food Diary Food Notes[change report](#)To: 2020-06-19  Exercise Diary Exercise notes

June 19, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Bare Naked - Cacao & Cashew Butter Granola, 0.5 cup	240	34g	10g	6g	0mg	120mg	12g	4g
Kroger - Non-Fat Greek Yogurt, 6 oz	110	7g	0g	16g	10mg	80mg	6g	0g
<b>Lunch</b>								
Generic - Gochujang, 1 tsp(s)	20	2g	1g	0g	0mg	50mg	1g	0g
Avocado Raw - Medium, 49.5 g (1 Avocado)	79	4g	8g	1g	0mg	4mg	0g	3g
Kraft - Mayonaise, 1 tbsp	90	0g	5g	0g	10mg	70mg	0g	0g
Cheese - Parmesan, shredded, 1.88 tbsp	39	0g	3g	4g	7mg	159mg	0g	0g
Chicken of the Sea - Tuna Can, 1 can	50	0g	1g	11g	10mg	180mg	0g	0g
Whole Medium Zucchini - Zucchini Raw, 1 whole	33	6g	1g	2g	--mg	16mg	5g	2g
<b>Dinner</b>								
Heb - Yellow Bell Pepper, 1.25 Pepper	63	15g	1g	2g	0mg	5mg	--g	2g
Classico - Spaghetti Sauce, 0.5 cup	60	10g	1g	2g	0mg	380mg	5g	2g
Veggie Craft - Cauliflower Penne Noodles, 1 cup	190	35g	0g	13g	0mg	15mg	2g	4g
Italian sausage - Italian Sausage, 1 cups	143	2g	11g	8g	24mg	501mg	0g	0g
<b>Snacks</b>								
It's-It - Cappuccino, 1 sandwich	340	39g	18g	4g	15mg	90mg	17g	1g
Jamba Juice - Peach Perfection, 16 oz	210	53g	0g	1g	0mg	20mg	42g	4g
Jamba Juice - Soy Protein Boost, 20 cc (8.9 g)	30	0g	0g	8g	0mg	0mg	0g	0g
Gala Apple - Gala Apple Med., 37.95 g (4oz)	21	5g	0g	0g	0mg	0mg	3g	1g
<b>TOTAL:</b>	<b>1,718</b>	<b>212g</b>	<b>60g</b>	<b>78g</b>	<b>76mg</b>	<b>1,690mg</b>	<b>93g</b>	<b>23g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Slower walk w/ friend (2.5 mph; 130 lb female)	86	30			
<b>TOTALS:</b>	<b>86</b>	<b>30</b>	<b>0</b>	<b>0</b>	<b>0</b>

## Printable Diary for Bethanne1211


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

## June 20, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Blueberries, 5 berries	4	1g	0g	0g	0mg	0mg	1g	0g
Clif Bar - Clif Bar (Crunchy Peanut Butter), 1 Bar (68g)	260	40g	7g	11g	0mg	230mg	19g	4g
<b>Lunch</b>								
Chik Fil La - Polynesian Sauce, 0.67 packet	74	9g	4g	--g	--mg	141mg	9g	--g
Chik Fil La - Chicken Tenders, 3 tenders	350	22g	17g	28g	--mg	--mg	--g	--g
<b>Dinner</b>								
Sushi Town - Scallop Roll, 0.5 roll	176	20g	8g	9g	16mg	111mg	--g	--g
San Sai - Yellowtail Handroll, 1 handroll/102 g	93	9g	2g	8g	13mg	127mg	1g	1g
Kobe - Salmon Skin Handroll, 1 handroll	107	16g	3g	6g	--mg	--mg	--g	0g
<b>Snacks</b>								
Generic - Apricot (Whole Fruit Small), 1 Whole Fruit Small (35 g)	17	4g	0g	1g	0mg	0mg	3g	1g
Blueberries, 10 berries	8	2g	0g	0g	0mg	0mg	1g	0g
Banana, 0.5 medium	53	13g	0g	1g	0mg	1mg	7g	2g
Fruit - Strawberries - Raw, 1 medium berries (147g)	6	1g	--g	0g	--mg	--mg	1g	0g
Vega - Protein & Greens Coconut Almond Flavor, 1 scoop (29g)	120	5g	2g	20g	0mg	270mg	1g	1g
Silk - Unsweet Almond Milk, 10 fluid ounce	38	1g	3g	1g	0mg	200mg	0g	1g
<b>TOTAL:</b>	<b>1,306</b>	<b>143g</b>	<b>46g</b>	<b>85g</b>	<b>29mg</b>	<b>1,080mg</b>	<b>43g</b>	<b>10g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Moving household items, boxes, upstairs	178	20			
<b>TOTALS:</b>	<b>178</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>

## Printable Diary for Bethanne1211


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

June 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Blueberries, 5 berries	4	1g	0g	0g	0mg	0mg	1g	0g
Raspberry - Raspberry, 5 berry	5	1g	0g	0g	0mg	0mg	1g	1g
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
<b>Lunch</b>								
Homemade Mexican Rice - Homemade Mexican Rice, 1/2 cup cooked	113	--g	--g	--g	--mg	150mg	--g	--g
Chipotle - Tortilla Wrap, 0.94 Wrap	300	47g	8g	8g	--mg	563mg	--g	3g
Kirkland Mexican Shredded Cheese - Shredded Cheese, 0.5 cup	165	2g	14g	9g	38mg	255mg	0g	0g
Rosarita - Rosarita Traditional Retried Beans, 1 cup	220	34g	4g	10g	--mg	1,080mg	2g	12g
Homemade - Shredded Mexican Chicken, 1 cup	235	9g	3g	43g	103mg	817mg	0g	2g
<b>Snacks</b>								
Superleaf - Detox water, 1 container (16 fl oz (240ml))	30	10g	0g	0g	0mg	100mg	8g	0g
Nestle - Dark Chocolate Chips, 3.5 tbsp	280	28g	18g	4g	--mg	--mg	21g	4g
GT'S KOMBUCHA - 25th Anniversary Sacred Life, 16 fl oz	60	16g	0g	0g	0mg	20mg	16g	0g
<b>TOTAL:</b>	<b>1,810</b>	<b>201g</b>	<b>59g</b>	<b>99g</b>	<b>160mg</b>	<b>3,106mg</b>	<b>64g</b>	<b>26g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Kayaking	297	60			
Tabata Strength Interval (Core + Lower body)	63	15			
<b>TOTALS:</b>	<b>360</b>	<b>75</b>	<b>0</b>	<b>0</b>	<b>0</b>

## Printable Diary for Bethanne1211

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

June 22, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
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
<b>Lunch</b>								
Whole Medium Zucchini - Zucchini Raw, 0.5 whole	17	3g	0g	1g	--mg	8mg	2g	1g
Generic - Fresh Ground Almond Butter, 0.75 tablespoon	39	2g	6g	3g	0mg	0mg	0g	1g
Generic - Apricot (Whole Fruit Small), 3 Whole Fruit Small (35 g)	51	12g	0g	2g	0mg	0mg	10g	2g
Silk - Unsweet Almond Milk, 11 fluid ounce	41	1g	3g	1g	0mg	220mg	0g	1g
matcha DNA - matcha, 2 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Vega - Protein & Greens Coconut Almond Flavor, 1 scoop (29g)	120	5g	2g	20g	0mg	270mg	1g	1g
Avocado, 0.25 medium	60	3g	5g	1g	0mg	3mg	0g	3g
Healthy Ones - Honey Ham (Correct), 5 slices	50	3g	2g	7g	25mg	283mg	3g	--g
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
<b>Dinner</b>								
Sharp Cheddar - Sharp Cheddar Cheese, 1 oz	110	1g	9g	7g	30mg	180mg	--g	--g
Quaker Rice Cake - Rice Cake - Lightly Salted, 2 cake	70	14g	--g	2g	0mg	30mg	0g	2g
Whole Medium Zucchini - Zucchini Raw, 0.5 whole	17	3g	0g	1g	--mg	8mg	2g	1g
Tuong Ot Sriracha - Sriracha Chili Sauce, 1 tsp (5 g)	0	1g	0g	0g	0mg	75mg	1g	--g
Kraft - Mayonaise, 1.5 tbsp	135	0g	8g	0g	15mg	105mg	0g	0g
Chicken of the Sea - Tuna Can, 1 can	50	0g	1g	11g	10mg	180mg	0g	0g
<b>Snacks</b>								
Gt's - Kombucha - Maqui Berry Mint, 1 container (480 mls ea.)	70	16g	0g	0g	0mg	20mg	10g	0g
Gimme Organic - Roasted Seaweed Snack, 0.75 Package	19	1g	2g	1g	0mg	49mg	0g	1g
gimMe - Teriyaki Roasted Seaweed Snack, 0.5 container (10.00 g)	25	1g	2g	1g	0mg	30mg	0g	1g
<b>TOTAL:</b>	<b>1,452</b>	<b>140g</b>	<b>58g</b>	<b>94g</b>	<b>114mg</b>	<b>1,752mg</b>	<b>45g</b>	<b>19g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
-----------	----------	---------	------	------	--------

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Cleaning, heavy, vigorous effort	178	60			
Cleaning, light, moderate effort	111	45			
<del>Cardiovascular</del>	87	60			
<b>TOTALS:</b>	<b>376</b>	<b>165</b>	<b>0</b>	<b>0</b>	<b>0</b>