



Printable Diary for Bethanne1211

From: 2020-06-23 

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 Food Diary Food Notes[change report](#)To: 2020-06-23  Exercise Diary Exercise notes

June 23, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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								
County Line - Part Skim Milk String Cheese, 1 stick	80	1g	5g	8g	15mg	170mg	--g	--g
Clif Bar - Clif Bar (Crunchy Peanut Butter), 1 Bar (68g)	260	40g	7g	11g	0mg	230mg	19g	4g
Dinner								
Fresh/generic - Minced Garlic, 1 tsp	5	1g	0g	0g	0mg	1mg	0g	0g
Fresh Garlic - Minced Garlic, 1 clove	4	1g	0g	0g	0mg	1mg	0g	0g
Coconut oil, 1 tbsp	121	0g	13g	0g	0mg	0mg	0g	0g
Traders Joes Rice Vinegar - Rice Vinegar, 1 tbsp	0	0g	0g	0g	--mg	0mg	0g	0g
Kikkoman low sodium - Soy Sauce, 1 tablespoon	10	1g	--g	1g	--mg	590mg	--g	--g
Trader Joe's - Organic Green Beans, 3/4 cup 83 g	25	5g	0g	1g	0mg	0mg	2g	3g
Ground turkey, 4 oz	168	0g	9g	22g	78mg	66mg	0g	0g
Snacks								
Gt's - Organic Kombucha: Trilogy, 1 container (16 fl. oz. ea.)	50	12g	0g	0g	0mg	10mg	12g	0g
Golden Island - Korean Barbecue recipe Pork Jerky, 1 container (3.00 oz)	270	30g	6g	24g	75mg	1,080mg	30g	0g
TOTAL:	1,391	144g	52g	92g	187mg	2,269mg	78g	11g