


Printable Diary for Bethanne1211

From: 2020-06-24 Show: Food Diary Food Notes[change report](#)To: 2020-06-24  Exercise Diary Exercise notes

June 24, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
green valley - greek nonfat yogurt, 0.33 cup	40	2g	0g	7g	0mg	22mg	2g	0g
Bare Naked - Cacao & Cashew Butter Granola, 0.75 cup	360	51g	15g	9g	0mg	180mg	18g	6g
Lunch								
Kroger - Non-Fat Greek Yogurt, 2.67 oz	49	3g	0g	7g	4mg	36mg	3g	0g
matcha DNA - matcha, 2 tsp	0	0g	0g	0g	0mg	0mg	0g	0g
Silk - Unsweet Almond Milk, 11 fluid ounce	41	1g	3g	1g	0mg	220mg	0g	1g
Generic - Apricot (Whole Fruit Small), 4 Whole Fruit Small (35 g)	68	16g	0g	2g	0mg	0mg	13g	3g
Generic - Fresh Ground Almond Butter, 1 tablespoon	53	3g	8g	4g	0mg	0mg	1g	2g
Vega - Protein & Greens Coconut Almond Flavor, 0.5 scoop (29g)	60	3g	1g	10g	0mg	135mg	1g	1g
Dinner								
Home Made - Apricot Crumble, 1 cup	323	--g	10g	7g	--mg	76mg	9g	7g
Olive Oil, 0.5 tbsp	60	0g	7g	0g	0mg	0mg	0g	0g
Marukome - Instant Miso Soup, 1 cup	30	4g	1g	2g	0mg	710mg	1g	1g
Generic - Red Beet - Raw, 50 grams	22	5g	0g	1g	0mg	40mg	5g	2g
Sharp Cheddar - Sharp Cheddar Cheese, 1.25 oz	138	1g	11g	9g	38mg	225mg	--g	--g
Sourdough - Sourdough Bread, 2 slice	200	40g	2g	6g	0mg	0mg	2g	2g
Snacks								
Kroger - Unsweetened Almond Milk, 10 fluid ounce	50	3g	4g	1g	0mg	225mg	1g	1g
Vega - Protein & Greens Coconut Almond Flavor, 0.5 scoop (29g)	60	3g	1g	10g	0mg	135mg	1g	1g
TOTAL:	1,554	135g	63g	76g	42mg	2,004mg	57g	27g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general	118	15			
TOTALS:	118	15	0	0	0