



## Printable Diary for Bethanne1211

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June 25, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Bare Naked - Cacao & Cashew Butter Granola, 0.67 cup	320	45g	13g	8g	0mg	160mg	16g	5g
Kroger - Non-Fat Greek Yogurt, 6 oz	110	7g	0g	16g	10mg	80mg	6g	0g
<b>Lunch</b>								
Clif Bar - Clif Bar (Crunchy Peanut Butter), 1 Bar (68g)	260	40g	7g	11g	0mg	230mg	19g	4g
Generic - Fresh Ground Almond Butter, 1 tablespoon	53	3g	8g	4g	0mg	0mg	1g	2g
Vega - Protein & Greens Coconut Almond Flavor, 0.33 scoop (29g)	40	2g	1g	7g	0mg	90mg	0g	0g
Generic - Apricot (Whole Fruit Small), 3 Whole Fruit Small (35 g)	51	12g	0g	2g	0mg	0mg	10g	2g
Kroger - Unsweetened Almond Milk, 11 fluid ounce	55	3g	4g	1g	0mg	248mg	1g	1g
<b>Dinner</b>								
Coconut oil, 0.5 tbsp	61	0g	7g	0g	0mg	0mg	0g	0g
Egg white, 4 large	69	1g	0g	14g	0mg	219mg	1g	0g
Organic - Golden Beet, 50 grams	22	5g	0g	1g	0mg	39mg	4g	1g
Fresh Chicken Breast - Chicken, 4 oz	120	0g	3g	23g	60mg	250mg	0g	0g
<b>Snacks</b>								
Kombrewcha - Hard kombucha, 12 fl oz	120	10g	0g	0g	--mg	--mg	--g	--g
Almonds Raw - Almonds Raw, 0.5 oz / 24 whole kernels	80	3g	7g	3g	0mg	0mg	1g	2g
County Line - Part Skim Milk String Cheese, 1 stick	80	1g	5g	8g	15mg	170mg	--g	--g
<b>TOTAL:</b>	<b>1,441</b>	<b>132g</b>	<b>55g</b>	<b>98g</b>	<b>85mg</b>	<b>1,486mg</b>	<b>59g</b>	<b>17g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking Moderate Pace, 5'3", 135lbs, female	74	20			
<b>TOTALS:</b>	<b>74</b>	<b>20</b>	<b>0</b>	<b>0</b>	<b>0</b>