



## Printable Diary for Bethanne1211

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June 11, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Generic - Bear Naked Maple Pecan Granola, 0.25 cup	130	22g	4g	3g	0mg	20mg	5g	2g
Kroger - Non-Fat Greek Yogurt, 6 oz	110	7g	0g	16g	10mg	80mg	6g	0g
Banana, 0.5 medium	53	13g	0g	1g	0mg	1mg	7g	2g
<b>Lunch</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
Natural Directions (Organic) - Pinto Beans (Canned), 0.5 container (1.8 cup (125g) ea.)	175	33g	0g	11g	0mg	245mg	0g	11g
Tortillaland - Tortilla, 1 tortilla	140	23g	4g	3g	0mg	210mg	0g	0g
Generic - Whole Zucchini, 0.25 medium (196 g)	8	1g	0g	1g	0mg	4mg	1g	1g
County Line - Part Skim Milk String Cheese, 1 stick	80	1g	5g	8g	15mg	170mg	--g	--g
Cheese - Parmesan, shredded, 1.88 tbsp	39	0g	3g	4g	7mg	159mg	0g	0g
<b>Dinner</b>								
Cheese - Parmesan, shredded, 1 tbsp	21	0g	1g	2g	4mg	85mg	0g	0g
Egg - Egg (White Only, Cooked), 3 egg white	51	1g	0g	11g	0mg	318mg	1g	0g
Coconut oil, 1 tsp	40	0g	4g	0g	0mg	0mg	0g	0g
Kikkoman Low Sodium Soy Sauce - Soy Sauce, 1 tsp(s)	3	0g	0g	0g	0mg	197mg	0g	0g
Sinmiryo Hinomoto - Mirin, 0.5 Tbsp	23	6g	0g	0g	0mg	15mg	6g	0g
Kikkoman - Rice Vinegar, 2 Tbsp	0	0g	0g	0g	--mg	0mg	--g	0g
Hokto - Organic Brown Beech Mushrooms, 0.5 Package	15	2g	0g	2g	0mg	0mg	0g	2g
Tender Bird - Boneless Skinless Chicken Breast , 4 oz	110	0g	2g	22g	65mg	390mg	0g	0g
<b>Snacks</b>								
Halo Top - Chocolate Peanut Butter Cup, 1 container	330	64g	11g	20g	115mg	500mg	23g	9g
<b>TOTAL:</b>	<b>1,478</b>	<b>179g</b>	<b>39g</b>	<b>125g</b>	<b>216mg</b>	<b>2,824mg</b>	<b>50g</b>	<b>29g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking Moderate Pace, 5'3", 135lbs, female	81	22			
<b>TOTALS:</b>	<b>81</b>	<b>22</b>	<b>0</b>	<b>0</b>	<b>0</b>