

## Printable Diary for Debbie12172018

From: 2020-01-13



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To: 2020-01-18

☒ Exercise Diary☒ Exercise notes

## January 13, 2020

| FOODS                                        | Calories   | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber     |
|----------------------------------------------|------------|-------------|------------|------------|--------------|----------------|------------|-----------|
| <b>Breakfast</b>                             |            |             |            |            |              |                |            |           |
| Juice - Juice, 1 cup                         | 30         | 6g          | 0g         | 0g         | 0mg          | 105mg          | 6g         | 0g        |
| Toast - Toast, 1 pc                          | 100        | 20g         | 1g         | 4g         | 0mg          | 135mg          | 3g         | 1g        |
| Egg, 1 large                                 | 72         | 0g          | 5g         | 6g         | 186mg        | 71mg           | 0g         | 0g        |
| <b>Lunch</b>                                 |            |             |            |            |              |                |            |           |
| Soda stream - Soda, 8 oz                     | 35         | 8g          | 0g         | 0g         | 0mg          | 10mg           | 8g         | 0g        |
| Healthy Bowl - Power Protein Bowl, 532 grams | 670        | 79g         | 22g        | 25g        | 45mg         | 1,400mg        | 17g        | 6g        |
| <b>TOTAL:</b>                                | <b>907</b> | <b>113g</b> | <b>28g</b> | <b>35g</b> | <b>231mg</b> | <b>1,721mg</b> | <b>34g</b> | <b>7g</b> |

| EXERCISES                  | Calories  | Minutes  | Sets     | Reps     | Weight   |
|----------------------------|-----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>      |           |          |          |          |          |
| MFP iOS calorie adjustment |           | 15       | 1        |          |          |
| <b>TOTALS:</b>             | <b>15</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

## January 14, 2020

| FOODS                                   | Calories   | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber     |
|-----------------------------------------|------------|-------------|------------|------------|--------------|----------------|------------|-----------|
| <b>Breakfast</b>                        |            |             |            |            |              |                |            |           |
| Juice - Juice, 1 cup                    | 30         | 6g          | 0g         | 0g         | 0mg          | 105mg          | 6g         | 0g        |
| Toast - Toast, 1 pc                     | 100        | 20g         | 1g         | 4g         | 0mg          | 135mg          | 3g         | 1g        |
| Egg, 1 large                            | 72         | 0g          | 5g         | 6g         | 186mg        | 71mg           | 0g         | 0g        |
| <b>Lunch</b>                            |            |             |            |            |              |                |            |           |
| Soda stream - Soda, 8 oz                | 35         | 8g          | 0g         | 0g         | 0mg          | 10mg           | 8g         | 0g        |
| Spaghetti Perfekt - Spaghetti, 100 gram | 350        | 71g         | 1g         | 12g        | 0mg          | 0mg            | 2g         | 2g        |
| <b>Dinner</b>                           |            |             |            |            |              |                |            |           |
| Soda stream - Soda, 8 oz                | 35         | 8g          | 0g         | 0g         | 0mg          | 10mg           | 8g         | 0g        |
| Yellow rice - Yellow Rice, 1 cup        | 150        | 33g         | 0g         | 3g         | 0mg          | 869mg          | 1g         | 1g        |
| Chicken - Chicken Thigh, 1 cup          | 135        | 0g          | 8g         | 14g        | 51mg         | 223mg          | 0g         | 0g        |
| <b>TOTAL:</b>                           | <b>907</b> | <b>146g</b> | <b>15g</b> | <b>39g</b> | <b>237mg</b> | <b>1,423mg</b> | <b>28g</b> | <b>4g</b> |

| EXERCISES                  | Calories  | Minutes  | Sets     | Reps     | Weight   |
|----------------------------|-----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>      |           |          |          |          |          |
| MFP iOS calorie adjustment | 17        | 1        |          |          |          |
| <b>TOTALS:</b>             | <b>17</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

## January 15, 2020

| FOODS                                                               | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber     |
|---------------------------------------------------------------------|--------------|-------------|------------|------------|--------------|----------------|------------|-----------|
| <b>Breakfast</b>                                                    |              |             |            |            |              |                |            |           |
| Pepsi - 7.5 Fl oz Can, 7.5 fl oz                                    | 100          | 26g         | 0g         | --g        | 0mg          | 20mg           | 26g        | --g       |
| Farmers cheese - Cheese, 1 slice                                    | 100          | 0g          | 8g         | 7g         | 25mg         | 160mg          | 0g         | 0g        |
| Egg, 1 large                                                        | 72           | 0g          | 5g         | 6g         | 186mg        | 71mg           | 0g         | 0g        |
| Fairmount bagel - Bagel, 1 bagel                                    | 180          | 32g         | 1g         | 6g         | 0mg          | 0mg            | 0g         | 0g        |
| <b>Lunch</b>                                                        |              |             |            |            |              |                |            |           |
| Pepsi - 7.5 Fl oz Can, 7.5 fl oz                                    | 100          | 26g         | 0g         | --g        | 0mg          | 20mg           | 26g        | --g       |
| Healthy Bowl - Power Protein Bowl, 532 grams                        | 670          | 79g         | 22g        | 25g        | 45mg         | 1,400mg        | 17g        | 6g        |
| <b>Dinner</b>                                                       |              |             |            |            |              |                |            |           |
| Philadelphia Cream Cheese - Bagel & Cream Cheese Spread , 1 serving | 240          | 34g         | 8g         | 6g         | 30mg         | 440mg          | 5g         | 2g        |
| <b>TOTAL:</b>                                                       | <b>1,462</b> | <b>197g</b> | <b>44g</b> | <b>50g</b> | <b>286mg</b> | <b>2,111mg</b> | <b>74g</b> | <b>8g</b> |

| EXERCISES                  | Calories | Minutes  | Sets     | Reps     | Weight   |
|----------------------------|----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>      |          |          |          |          |          |
| MFP iOS calorie adjustment | 5        | 1        |          |          |          |
| <b>TOTALS:</b>             | <b>5</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

## January 16, 2020

| FOODS                                                         | Calories   | Carbs       | Fat        | Protein    | Cholest      | Sodium       | Sugars     | Fiber     |
|---------------------------------------------------------------|------------|-------------|------------|------------|--------------|--------------|------------|-----------|
| <b>Breakfast</b>                                              |            |             |            |            |              |              |            |           |
| Pepsi - 7.5 Fl oz Can, 7.5 fl oz                              | 100        | 26g         | 0g         | --g        | 0mg          | 20mg         | 26g        | --g       |
| Egg, 1 large                                                  | 72         | 0g          | 5g         | 6g         | 186mg        | 71mg         | 0g         | 0g        |
| Toast - Toast, 1 pc                                           | 100        | 20g         | 1g         | 4g         | 0mg          | 135mg        | 3g         | 1g        |
| <b>Lunch</b>                                                  |            |             |            |            |              |              |            |           |
| Generic - Bowl of Fruit, 1 cup                                | 112        | 30g         | 0g         | 2g         | --mg         | 24mg         | 14g        | 2g        |
| <b>Dinner</b>                                                 |            |             |            |            |              |              |            |           |
| Pepsi - 7.5 Fl oz Can, 7.5 fl oz                              | 100        | 26g         | 0g         | --g        | 0mg          | 20mg         | 26g        | --g       |
| Garlic Corn on Cob - Corn on the Cob, 90 g                    | 126        | 19g         | 6g         | 3g         | 0mg          | 14mg         | --g        | 2g        |
| Idahoan Buttery Mashed Potato - Mashed Potato, 1/4 cup cooked | 55         | 10g         | 2g         | 1g         | --mg         | 225mg        | 1g         | --g       |
| Atlantic Salmon - Salmon, 1 fillet                            | 280        | 1g          | 15g        | 36g        | 95mg         | 170mg        | 0g         | 0g        |
| <b>TOTAL:</b>                                                 | <b>945</b> | <b>132g</b> | <b>29g</b> | <b>52g</b> | <b>281mg</b> | <b>679mg</b> | <b>70g</b> | <b>5g</b> |

| EXERCISES                  | Calories | Minutes  | Sets     | Reps     | Weight   |
|----------------------------|----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>      |          |          |          |          |          |
| MFP iOS calorie adjustment | 1        | 1        |          |          |          |
| <b>TOTALS:</b>             | <b>1</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

## January 17, 2020

| FOODS                                                         | Calories   | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber     |
|---------------------------------------------------------------|------------|-------------|------------|------------|--------------|----------------|------------|-----------|
| <b>Breakfast</b>                                              |            |             |            |            |              |                |            |           |
| Juice - Juice, 1 cup                                          | 30         | 6g          | 0g         | 0g         | 0mg          | 105mg          | 6g         | 0g        |
| Lasco - Smoked Salmon (Nova Lox), 2 oz                        | 60         | 3g          | 1g         | 10g        | 25mg         | 690mg          | 1g         | 0g        |
| <b>Lunch</b>                                                  |            |             |            |            |              |                |            |           |
| Pepsi - 7.5 Fl oz Can, 7.5 fl oz                              | 100        | 26g         | 0g         | --g        | 0mg          | 20mg           | 26g        | --g       |
| Generic - Bowl of Fruit, 1 cup                                | 112        | 30g         | 0g         | 2g         | --mg         | 24mg           | 14g        | 2g        |
| <b>Dinner</b>                                                 |            |             |            |            |              |                |            |           |
| Pepsi - 7.5 Fl oz Can, 7.5 fl oz                              | 100        | 26g         | 0g         | --g        | 0mg          | 20mg           | 26g        | --g       |
| Idahoan Buttery Mashed Potato - Mashed Potato, 1/4 cup cooked | 55         | 10g         | 2g         | 1g         | --mg         | 225mg          | 1g         | --g       |
| Atlantic Salmon - Salmon, 1 fillet                            | 280        | 1g          | 15g        | 36g        | 95mg         | 170mg          | 0g         | 0g        |
| <b>TOTAL:</b>                                                 | <b>737</b> | <b>102g</b> | <b>18g</b> | <b>49g</b> | <b>120mg</b> | <b>1,254mg</b> | <b>74g</b> | <b>2g</b> |

| EXERCISES                  | Calories | Minutes  | Sets     | Reps     | Weight   |
|----------------------------|----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>      |          |          |          |          |          |
| MFP iOS calorie adjustment | 6        | 1        |          |          |          |
| <b>TOTALS:</b>             | <b>6</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |

## January 18, 2020

| FOODS                                                              | Calories     | Carbs       | Fat        | Protein    | Cholest      | Sodium         | Sugars     | Fiber      |
|--------------------------------------------------------------------|--------------|-------------|------------|------------|--------------|----------------|------------|------------|
| <b>Breakfast</b>                                                   |              |             |            |            |              |                |            |            |
| Juice - Juice, 1 cup                                               | 30           | 6g          | 0g         | 0g         | 0mg          | 105mg          | 6g         | 0g         |
| Philadelphia Cream Cheese - Bagel & Cream Cheese Spread, 1 serving | 240          | 34g         | 8g         | 6g         | 30mg         | 440mg          | 5g         | 2g         |
| <b>Lunch</b>                                                       |              |             |            |            |              |                |            |            |
| Pepsi - 7.5 Fl oz Can, 7.5 fl oz                                   | 100          | 26g         | 0g         | --g        | 0mg          | 20mg           | 26g        | --g        |
| Healthy Bowl - Power Protein Bowl, 532 grams                       | 670          | 79g         | 22g        | 25g        | 45mg         | 1,400mg        | 17g        | 6g         |
| <b>Dinner</b>                                                      |              |             |            |            |              |                |            |            |
| Pepsi - 7.5 Fl oz Can, 7.5 fl oz                                   | 100          | 26g         | 0g         | --g        | 0mg          | 20mg           | 26g        | --g        |
| Yellow rice - Yellow Rice, 1 cup                                   | 150          | 33g         | 0g         | 3g         | 0mg          | 869mg          | 1g         | 1g         |
| Chicken - Chicken Thigh, 1 cup                                     | 135          | 0g          | 8g         | 14g        | 51mg         | 223mg          | 0g         | 0g         |
| <b>Snacks</b>                                                      |              |             |            |            |              |                |            |            |
| Generic - Bowl of Fruit, 1 cup                                     | 112          | 30g         | 0g         | 2g         | --mg         | 24mg           | 14g        | 2g         |
| <b>TOTAL:</b>                                                      | <b>1,537</b> | <b>234g</b> | <b>38g</b> | <b>50g</b> | <b>126mg</b> | <b>3,101mg</b> | <b>95g</b> | <b>11g</b> |

| EXERCISES                  | Calories | Minutes  | Sets     | Reps     | Weight   |
|----------------------------|----------|----------|----------|----------|----------|
| <b>Cardiovascular</b>      |          |          |          |          |          |
| MFP iOS calorie adjustment | 0        | 1        |          |          |          |
| <b>TOTALS:</b>             | <b>0</b> | <b>1</b> | <b>0</b> | <b>0</b> | <b>0</b> |