



Printable Diary for Getrxfit19

From:  Show: Food Diary Food Notes

To:  Exercise Diary Exercise notes

February 17, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Grapes - Red Grapes, 3.2 ounce	61	16g	0g	1g	0mg	0mg	15g	1g
Silk Almond Milk - Unsweetened - Unsweetened Almond Milk, 1 cup	30	1g	3g	1g	0mg	115mg	0g	0g
Optimum Nutrition - Chocolate Whey, 1 scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Freezer Breakfast Burritos, 1 serving(s)	331	23g	16g	21g	329mg	918mg	1g	12g
Lunch								
Wheat Thins - Wheat Thins, 16 crackers	140	22g	5g	2g	0mg	230mg	4g	3g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Arnold - Whole Grain 12 Grain, 2 slice	220	40g	4g	8g	0mg	300mg	6g	6g
Classic Egg Salad, 1 serving(s)	188	1g	16g	10g	322mg	229mg	1g	0g
Dinner								
Butterball - Ground Turkey 93% Lean, 6 oz	225	0g	12g	33g	120mg	143mg	0g	0g
Kraft - 2% Shredded Cheddar Cheese, 0.25 cup	90	2g	6g	7g	20mg	180mg	--g	0g
Sour Cream - Light Sour Cream, 1 tbsp	20	1g	1g	1g	5mg	13mg	1g	--g
Dole - Shredded Iceberg Lettuce, 0.25 container (7.5 oz ea.)	6	2g	0g	1g	0mg	6mg	1g	1g
Park Street Deli - Aldi's - Fresh Cut Salsa - Mild, 2 tablespoon	5	2g	0g	0g	0mg	125mg	1g	1g
Snacks								
Honey, 2 tsp	43	12g	0g	0g	0mg	1mg	11g	0g
Silk Almond Milk - Unsweetened - Unsweetened Almond Milk, 1 cup	30	1g	3g	1g	0mg	115mg	0g	0g
Bodybuilding.com - 100% Whey Protein, 1 Scoop	150	5g	3g	25g	50mg	50mg	3g	1g
Sabra Hummus Original - Hummus, 2 tablespoon	70	4g	5g	2g	0mg	130mg	0g	2g
Carrots - Baby-Cut, 3 oz (85g)	35	8g	0g	1g	0mg	65mg	5g	2g
Frozen - Berries, 5.3 ounce	70	17g	1g	1g	0mg	15mg	11g	3g
Total 0% Greek Yogurt - Yogurt, 3.5 ounce	54	3g	0g	10g	--mg	99mg	3g	--g
Banana, 1 medium	105	27g	0g	1g	0mg	1mg	14g	3g
TOTAL:	2,088	215g	76g	150g	876mg	2,867mg	97g	39g

February 18, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
These Healthy Cinnamon Apple Yogurt Bowls Taste Just Like Apple Pie!, 1 serving(s)	297	27g	10g	26g	0mg	98mg	22g	3g
Member's mark natural peanut butter - Peanut butter, 16 g	90	4g	8g	4g	0mg	58mg	2g	1g
Wheat Bread (Arnold), 1 slice	110	20g	1g	5g	0mg	150mg	4g	3g
Optimum Nutrition - Chocolate Whey, 1 scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Silk Almond Milk - Unsweetened - Unsweetened Almond Milk, 1 cup	30	1g	3g	1g	0mg	115mg	0g	0g
Lunch								
Classic Egg Salad, 1 serving(s)	188	1g	16g	10g	322mg	229mg	1g	0g
Hormell - honey ham, 6 slices	26	1g	1g	3g	0mg	0mg	0g	0g
Arnold - Whole Grain 12 Grain, 2 slice	220	40g	4g	8g	0mg	300mg	6g	6g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Dinner								
minute brown rice cup - Brown Rice, 0.5 cup	115	22g	2g	3g	0mg	80mg	0g	2g
Kalyn's Stuffed Cabbage Casserole, 1.5 serving(s)	314	25g	13g	28g	60mg	769mg	7g	3g
Snacks								
Silk Almond Milk - Unsweetened - Unsweetened Almond Milk, 1 cup	30	1g	3g	1g	0mg	115mg	0g	0g
Bodybuilding.com - 100% Whey Protein, 1 Scoop	150	5g	3g	25g	50mg	50mg	3g	1g
Sabra Hummus Original - Hummus, 2 tablespoon	70	4g	5g	2g	0mg	130mg	0g	2g
Carrots - Baby-Cut, 3 oz (85g)	35	8g	0g	1g	0mg	65mg	5g	2g
Banana, 1 medium	105	27g	0g	1g	0mg	1mg	14g	3g
TOTAL:	1,995	214g	70g	142g	462mg	2,292mg	84g	30g

February 19, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Silk Almond Milk - Unsweetened - Unsweetened Almond Milk, 1 cup	30	1g	3g	1g	0mg	115mg	0g	0g
Bodybuilding.com - 100% Whey Protein, 1 Scoop	150	5g	3g	25g	50mg	50mg	3g	1g
Grapes - Red Grapes, 3.2 ounce	61	16g	0g	1g	0mg	0mg	15g	1g
Freezer Breakfast Burritos, 1 serving(s)	331	23g	16g	21g	329mg	918mg	1g	12g
Lunch								
Cherry tomatoes, 0.5 cup	13	3g	0g	1g	0mg	4mg	2g	1g
Butterball - Ground Turkey 93% Lean, 6 oz	225	0g	12g	33g	120mg	143mg	0g	0g
Meijer - Cheddar Cheese - Shredded 2%, 0.25 cup	50	0g	6g	7g	20mg	230mg	0g	0g
TOTAL:	2,039	197g	70g	178g	1,029mg	3,407mg	96g	36g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Sour Cream - Light Sour Cream, 2 tbsps	40	2g	3g	2g	10mg	25mg	2g	--g
Dole - Shredded Iceberg Lettuce, 0.25 container (7.5 oz ea.)	6	2g	0g	1g	0mg	6mg	1g	1g
Park Street Deli - Aldi's - Fresh Cut Salsa - Mild, 2 tablespoon	5	2g	0g	0g	0mg	125mg	1g	1g
Dinner								
Cucumber, 0.3 cucumber	14	3g	0g	1g	0mg	2mg	2g	0g
Chicken Breast Fillet - Skinless Chicken Breast, 6 oz	283	0g	6g	53g	291mg	869mg	0g	0g
Kraft - 2% Shredded Cheddar Cheese, 0.25 cup	90	2g	6g	7g	20mg	180mg	--g	0g
Cherry tomatoes, 0.5 cup	13	3g	0g	1g	0mg	4mg	2g	1g
Kraft - Honey Mustard Dressing, 1 ounce	75	7g	5g	0g	4mg	225mg	6g	0g
Eggs - Boiled Egg, 1 piece	70	1g	5g	6g	185mg	65mg	0g	0g
Romaine lettuce - Chopped Romaine, 2 cup	16	3g	0g	0g	0mg	8mg	1g	2g
Snacks								
Cheerios - Original Cheerios, 2 cup	200	40g	4g	6g	0mg	320mg	2g	6g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Honey, 2 tsp	43	12g	0g	0g	0mg	1mg	11g	0g
Total 0% Greek Yogurt - Yogurt, 3.5 ounce	54	3g	0g	10g	--mg	99mg	3g	--g
Frozen - Berries, 5.3 ounce	70	17g	1g	1g	0mg	15mg	11g	3g
Banana, 1 medium	105	27g	0g	1g	0mg	1mg	14g	3g
TOTAL:	2,039	197g	70g	178g	1,029mg	3,407mg	96g	36g

February 20, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
These Healthy Cinnamon Apple Yogurt Bowls Taste Just Like Apple Pie!, 1 serving(s)	297	27g	10g	26g	0mg	98mg	22g	3g
Member's mark natural peanut butter - Peanut butter, 16 g	90	4g	8g	4g	0mg	58mg	2g	1g
Wheat Bread (Arnold), 1 slice	110	20g	1g	5g	0mg	150mg	4g	3g
Optimum Nutrition - Chocolate Whey, 1 scoop	120	3g	1g	24g	30mg	130mg	1g	0g
Silk Almond Milk - Unsweetened - Unsweetened Almond Milk, 1 cup	30	1g	3g	1g	0mg	115mg	0g	0g
Lunch								
Classic Egg Salad, 1 serving(s)	188	1g	16g	10g	322mg	229mg	1g	0g
Hormell - honey ham, 6 slices	26	1g	1g	3g	0mg	0mg	0g	0g
Arnold - Whole Grain 12 Grain, 2 slice	220	40g	4g	8g	0mg	300mg	6g	6g
Apple, 1 medium	95	25g	0g	0g	0mg	2mg	19g	4g
Dinner								
minute brown rice cup - Brown Rice, 0.5 cup	115	22g	2g	3g	0mg	80mg	0g	2g
TOTAL:	1,995	214g	70g	142g	462mg	2,292mg	84g	30g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Kalyn's Stuffed Cabbage Casserole, 1.5 serving(s)	314	25g	13g	28g	60mg	769mg	7g	3g
Snacks								
Silk Almond Milk - Unsweetened - Unsweetened Almond Milk, 1 cup	30	1g	3g	1g	0mg	115mg	0g	0g
Bodybuilding.com - 100% Whey Protein, 1 Scoop	150	5g	3g	25g	50mg	50mg	3g	1g
Sabra Hummus Original - Hummus, 2 tablespoon	70	4g	5g	2g	0mg	130mg	0g	2g
Carrots - Baby-Cut, 3 oz (85g)	35	8g	0g	1g	0mg	65mg	5g	2g
Banana, 1 medium	105	27g	0g	1g	0mg	1mg	14g	3g
TOTAL:	1,995	214g	70g	142g	462mg	2,292mg	84g	30g

February 21, 2020

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Silk Almond Milk - Unsweetened - Unsweetened Almond Milk, 1 cup	30	1g	3g	1g	0mg	115mg	0g	0g
Bodybuilding.com - 100% Whey Protein, 1 Scoop	150	5g	3g	25g	50mg	50mg	3g	1g
Grapes - Red Grapes, 3.2 ounce	61	16g	0g	1g	0mg	0mg	15g	1g
Freezer Breakfast Burritos, 1 serving(s)	331	23g	16g	21g	329mg	918mg	1g	12g
Lunch								
Butterball - Ground Turkey 93% Lean, 6 oz	225	0g	12g	33g	120mg	143mg	0g	0g
Cherry tomatoes, 0.5 cup	13	3g	0g	1g	0mg	4mg	2g	1g
Meijer - Cheddar Cheese - Shredded 2%, 0.25 cup	50	0g	6g	7g	20mg	230mg	0g	0g
Sour Cream - Light Sour Cream, 2 tbsps	40	2g	3g	2g	10mg	25mg	2g	--g
Dole - Shredded Iceberg Lettuce, 0.25 container (7.5 oz ea.)	6	2g	0g	1g	0mg	6mg	1g	1g
Park Street Deli - Aldi's - Fresh Cut Salsa - Mild, 2 tablespoon	5	2g	0g	0g	0mg	125mg	1g	1g
Snacks								
Honey, 2 tsp	43	12g	0g	0g	0mg	1mg	11g	0g
Banana, 1 medium	105	27g	0g	1g	0mg	1mg	14g	3g
Frozen - Berries, 5.3 ounce	70	17g	1g	1g	0mg	15mg	11g	3g
Total 0% Greek Yogurt - Yogurt, 3.5 ounce	54	3g	0g	10g	--mg	99mg	3g	--g
TOTAL:	1,183	113g	44g	104g	529mg	1,732mg	64g	23g