

Printable Diary for Bworley

From: January 4 2012
 To: January 4 2012

Show: Food Diary Food Notes
 Exercise Diary Exercise notes

CHANGE REPORT

January 4, 2012

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Strawberries - Raw, 0.5 cup, halves	24	6g	0g	1g	0mg	1mg	4g	2g
Kroger Grade A - Egg Raw - Large, 3 large	210	0g	15g	18g	555mg	210mg	0g	0g
Pork - Cured, bacon, cooked, pan-fried, 4 slice cooked	168	0g	13g	12g	36mg	767mg	0g	0g
Great Value (Walmart) - Shredded Mild Cheddar Cheese, 1/4 cup	110	1g	9g	7g	25mg	180mg	0g	0g
Peppers, Green, Bell Fresh - Peppers, Green, Bell, 3/4 cup	39	9g	0g	2g	0mg	0mg	2g	2g
Vegetable - Yellow Onion, 0.13 cup (160 grams)	8	2g	0g	0g	0mg	1mg	1g	0g
Homemade - Fresh Salsa, 1/2 cup	22	3g	0g	1g	0mg	206mg	1g	1g
Lunch								
Homemade - Chili, 3 cup	444	20g	22g	35g	0mg	0mg	0g	0g
Great Value (Walmart) - Shredded Mild Cheddar Cheese, 1/8 cup	55	1g	5g	4g	13mg	90mg	0g	0g
Kroger Pork Rinds - Pork Rinds, 1 oz	160	0g	10g	16g	20mg	540mg	0g	0g
Dinner								
Home Grilled (Charcoal) - Ribeye Steak 8 oz, 9 oz	522	0g	24g	75g	0mg	0mg	0g	0g
Bird's Eye - Normandy Blend Fresh Frozen Deluxe Vegetables, 2 cup (90g)	50	8g	0g	2g	0mg	50mg	4g	2g
Land O' Lakes - Salted Whipped Butter, 2.5 tbsp	125	0g	15g	0g	38mg	125mg	0g	0g
Snacks								
Generic - Gala Medium Apple 100 g, 100 g	31	6g	0g	1g	0mg	4mg	4g	2g
Generic - Fresh Ground Almond Butter, 1 tbsp	101	3g	9g	2g	0mg	2mg	0g	1g
TOTAL:	2,069	59g	122g	176g	687mg	2,176mg	16g	10g