


Printable Diary for Yummummylisa

From: 2014-04-26 Show: Food Diary Food Notes[change report](#)To: 2014-05-02  Exercise Diary Exercise notes

April 26, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Trader Joe's - Pineapple Tidbits (Frozen), 3/8 Cup	35	10g	0g	1g	0mg	0mg	7g	1g
Kale - Raw, 1 cup, chopped	34	7g	0g	2g	0mg	29mg	0g	1g
Manitoba Harvest - Organic Hemp Hearts, 0.75 Tbs, 30 g	43	1g	3g	3g	0mg	0mg	0g	1g
Bananas - Raw, 0.3 extra large (9" or longer)	41	10g	0g	0g	0mg	0mg	6g	1g
Trader Joe's - Mango Chunks (Frozen), 70 g (14 Pieces)	45	11g	0g	1g	0mg	0mg	7g	1g
Russel - Potatoe, 0.25 potatoe	28	7g	0g	1g	0mg	0mg	0g	1g
Jumbo - Egg*, 2 egg	180	0g	12g	16g	470mg	180mg	0g	0g
Lunch								
Morningstar Farms - Griller, 64 g (1 patty)	130	5g	6g	15g	0mg	260mg	0g	2g
Nature's Own - Wheat Bread, Whole Grain, 1 Slice	50	11g	1g	4g	0mg	110mg	0g	2g
Earthbound - Organic Deep Green Blends Zen, 3 oz (85g/about 2 cups)	20	0g	0g	0g	0mg	0mg	0g	0g
Alfalfa seeds - Sprouted, raw, 0.5 cup	5	1g	0g	1g	0mg	1mg	0g	0g
Cucumber - With peel, raw, 0.5 cup slices	8	2g	0g	0g	0mg	1mg	1g	0g
Generic - Bell Pepper - Orange, 68.04 g	11	3g	0g	1g	0mg	1mg	2g	1g
Trader Joe's - Organic Garbanzo Beans, 1/4 cup	55	10g	1g	3g	0mg	70mg	1g	3g
President - Feta Crumbled Cheese, 0.5 oz or 2 tablespoons	35	1g	3g	3g	10mg	130mg	0g	0g
Dinner								
Rice - Brown., 195 g	216	75g	3g	6g	0mg	2mg	0g	3g
Lentils - Cooked, boiled, without salt, 0.5 cup	115	20g	0g	9g	0mg	2mg	2g	8g
Trader Joe's - Coconut Milk, 0.25 cup (240 mL/8 fl oz)	23	2g	1g	0g	0mg	35mg	2g	0g
TOTAL:	1,074	176g	30g	66g	480mg	821mg	28g	25g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Yoga	227	75			
Circuit training, general	97	10			
TOTALS:	324	85	0	0	0

April 27, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Avocado - Avocado, 50 gram	65	2g	6g	1g	0mg	4mg	0g	2g
Jumbo - Egg*, 2 egg	180	0g	12g	16g	470mg	180mg	0g	0g
Lunch								
Trader Joe's - Coconut Milk, 0.25 cup (240 mL/8 fl oz)	23	2g	1g	0g	0mg	35mg	2g	0g
Lentils - Cooked, boiled, without salt, 0.5 cup	115	20g	0g	9g	0mg	2mg	2g	8g
Rice - Brown., 195 g	216	75g	3g	6g	0mg	2mg	0g	3g
Dinner								
Allrecipe - Cauliflower Pizza Crust, 2 slice	118	7g	7g	9g	86mg	348mg	0g	3g
Trader Joe's - Basil Pesto, 0.0625 cup	65	1g	7g	1g	0mg	210mg	0g	0g
Trader Joe's - Shredded Mozzarella Cheese - Low Moisture, Part Skim, 0.0625 cup (28 g)	20	0g	2g	2g	4mg	43mg	0g	0g
Trader Joes - Brussels Sprouts, 0.75 cup	45	6g	2g	2g	0mg	15mg	2g	2g
Trader Joe's - Organic Tomato Sauce, 0.0625 cup	5	1g	0g	0g	0mg	78mg	0g	0g
Snacks								
Earthbound - Organic Deep Green Blends Zen, 3 oz (85g/about 2 cups)	20	0g	0g	0g	0mg	0mg	0g	0g
Bananas - Raw, 0.3 extra large (9" or longer)	41	10g	0g	0g	0mg	0mg	6g	1g
Manitoba Harvest - Organic Hemp Hearts, 0.75 Tbs, 30 g	43	1g	3g	3g	0mg	0mg	0g	1g
Kale - Raw, 1 cup, chopped	34	7g	0g	2g	0mg	29mg	0g	1g
Trader Joe's - Pineapple Tidbits (Frozen), 3/8 Cup	35	10g	0g	1g	0mg	0mg	7g	1g
Edamame - Edamame, 0.1 cup (155g)	19	2g	1g	2g	0mg	1mg	0g	1g
TOTAL:	1,044	144g	44g	54g	560mg	947mg	19g	23g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace, walking dog	99	25			
TOTALS:	99	25	0	0	0

April 28, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Egg - Hard Boiled - Large, 1 Egg	70	1g	5g	6g	187mg	62mg	1g	0g
Lunch								
Trader Joe's - Shredded Mozzarella Cheese - Low Moisture, Part Skim, 0.0625 cup (28 g)	20	0g	2g	2g	4mg	43mg	0g	0g
Trader Joe's - Basil Pesto, 0.0625 cup	65	1g	7g	1g	0mg	210mg	0g	0g

Allrecipe - Cauliflower Pizza Crust, 2 slice	118	7g	7g	9g	86mg	348mg	0g	3g
Dinner								
Cucumber - With peel, raw, 0.5 cup slices	8	2g	0g	0g	0mg	1mg	1g	0g
Peppers - Sweet, green, raw, 0.5 cup, chopped	15	3g	0g	1g	0mg	2mg	2g	1g
Earthbound Farm - Deep Green Blends Power, 170 g	40	6g	0g	4g	0mg	260mg	0g	4g
Cabot - Seriously Sharp Cheddar Cheese, 0.5 oz	55	0g	5g	4g	15mg	90mg	0g	0g
Babybel - Babybel, 20 g	73	0g	6g	5g	21mg	178mg	0g	0g
Whole Foods - Quinoa, Cooked, 0.3125 cup	175	12g	1g	3g	0mg	4mg	0g	2g
Trader Joe's - Roasted & Salted Sunflower Seeds, 1/4 cup (33g)	200	8g	17g	7g	0mg	200mg	0g	4g
Snacks								
Trader Joe's - Gala Apples Small, 154 g	80	22g	0g	0g	0mg	0mg	16g	4g
Kale - Raw, 1 cup, chopped	34	7g	0g	2g	0mg	29mg	0g	1g
Bananas - Raw, 0.3 extra large (9" or longer)	41	10g	0g	0g	0mg	0mg	6g	1g
Trader Joe's - Pineapple Tidbits (Frozen), 3/8 Cup	35	10g	0g	1g	0mg	0mg	7g	1g
Trader Joe's - Roasted & Salted Sunflower Seeds, 1/4 cup (33g)	200	8g	17g	7g	0mg	200mg	0g	4g
TOTAL:	1,229	97g	67g	52g	313mg	1,627mg	33g	25g

Food Notes

Improvements:

-raw sunflower seeds instead of roasted & salted (these were in the house from a guest)

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace, walking dog	140	35			
Aerobics, high impact	68	8			
Walking, 3.0 mph, mod. pace, walking dog	100	25			
TOTALS:	308	68	0	0	0

April 29, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Egg - Hard Boiled - Large, 1 Egg	70	1g	5g	6g	187mg	62mg	1g	0g
Earthbound - Organic Deep Green Blends Zen, 3 oz (85g/about 2 cups)	20	0g	0g	0g	0mg	0mg	0g	0g
Trader Joe's - Mango Chunks (Frozen), 70 g (14 Pieces)	45	11g	0g	1g	0mg	0mg	7g	1g
Manitoba Harvest - Organic Hemp Hearts, 0.75 Tbs, 30 g	43	1g	3g	3g	0mg	0mg	0g	1g
Bananas - Raw, 0.3 extra large (9" or longer)	41	10g	0g	0g	0mg	0mg	6g	1g
Trader Joe's - Pineapple Tidbits (Frozen), 3/8 Cup	35	10g	0g	1g	0mg	0mg	7g	1g
Aztec Superfood - Chia Seeds, 2 tbsp (15g)	70	7g	5g	3g	0mg	0mg	0g	6g
Dinner								

Veggie Taco Bowl, 1 serving	330	56g	2g	21g	0mg	710mg	2g	7g
Cabot - Seriously Sharp Cheddar Cheese, 1 oz	110	0g	9g	7g	30mg	180mg	0g	0g
Earthbound - Organic Deep Green Blends Zen, 3 oz (85g/about 2 cups)	20	0g	0g	0g	0mg	0mg	0g	0g
Snacks								
Trader Joe's - Roasted & Salted Sunflower Seeds, 3/8 cup (33g)	300	12g	26g	11g	0mg	300mg	0g	6g
Trader Joe's - Gala Apples Small, 154 g	80	22g	0g	0g	0mg	0mg	16g	4g
Cabot - Extra Sharp Vermont Cheddar Cheese 28 g, 14 g	55	0g	5g	4g	15mg	90mg	0g	0g
Tea - Earl Grey - Hot, 8 oz	0	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,219	130g	55g	57g	232mg	1,342mg	39g	27g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general	580	60			
Running (jogging), 6 mph (10 min mile)	181	15			
Walking, 3.0 mph, mod. pace, walking dog	79	20			
TOTALS:	840	95	0	0	0

April 30, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Aztec Superfood - Chia Seeds, 2 tbsp (15g)	70	7g	5g	3g	0mg	0mg	0g	6g
Trader Joe's - Pineapple Tidbits (Frozen), 3/8 Cup	35	10g	0g	1g	0mg	0mg	7g	1g
Bananas - Raw, 0.3 extra large (9" or longer)	41	10g	0g	0g	0mg	0mg	6g	1g
Manitoba Harvest - Organic Hemp Hearts, 0.75 Tbs, 30 g	43	1g	3g	3g	0mg	0mg	0g	1g
Trader Joe's - Mango Chunks (Frozen), 70 g (14 Pieces)	45	11g	0g	1g	0mg	0mg	7g	1g
Earthbound - Organic Deep Green Blends Zen, 3 oz (85g/about 2 cups)	20	0g	0g	0g	0mg	0mg	0g	0g
Egg - Hard Boiled - Large, 1 Egg	70	1g	5g	6g	187mg	62mg	1g	0g
Trader Joe's - Roasted & Salted Sunflower Seeds, 1/8 cup (33g)	100	4g	9g	4g	0mg	100mg	0g	2g
Lunch								
Veggie Taco Bowl, 1 serving	330	56g	2g	21g	0mg	710mg	2g	7g
Dinner								
Barilla - Tri-color Rotini, 2 oz	200	42g	1g	7g	0mg	10mg	2g	2g
Trader Joes - Chick Peas, 1/8 cup cooked drained	30	6g	0g	2g	0mg	55mg	2g	2g
Peppers - Sweet, red, raw, 0.25 medium (approx 2-3/4" long, 2-1/2" dia)	8	2g	0g	0g	0mg	1mg	1g	1g
Carrots - Raw, 0.25 cup, chopped	13	3g	0g	0g	0mg	22mg	1g	1g
Cavit - Pinot Grigio, 6 oz.	130	1g	0g	0g	0mg	0mg	0g	0g
Snacks								

Homemade - Rhubarb Crumble, 0.15 cup	37	0g	0g	0g	0mg	0mg	0g	0g
Generic - Mixed Berries Fresh, 0.5 c	30	6g	0g	0g	0mg	0mg	3g	2g
TOTAL:	1,202	160g	25g	48g	187mg	960mg	32g	27g

Food Notes

Ate dinner at someone's house so I had smaller portions of what was being served and drank a glass of wine slowly.

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Aerobics, high impact	68	8			
Running/walking (14 min mile)	165	30			
Walking, 3.0 mph, mod. pace, walking dog	80	20			
TOTALS:	313	58	0	0	0

May 1, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Thomas' - Lite Multigrain English Muffin, 0.5 muffin	50	13g	1g	3g	0mg	80mg	1g	4g
Kirkland - Natural Creamy Peanut Butter, 1 Tbsp (32g)	93	4g	8g	4g	0mg	75mg	1g	2g
Earthbound - Organic Deep Green Blends Zen, 3 oz (85g/about 2 cups)	20	0g	0g	0g	0mg	0mg	0g	0g
Bananas - Raw, 0.3 extra large (9" or longer)	41	10g	0g	0g	0mg	0mg	6g	1g
Trader Joe's - Pineapple Tidbits (Frozen), 3/8 Cup	35	10g	0g	1g	0mg	0mg	7g	1g
Trader Joe's - Mango Chunks (Frozen), 70 g (14 Pieces)	45	11g	0g	1g	0mg	0mg	7g	1g
Manitoba Harvest - Organic Hemp Hearts, 0.75 Tbs, 30 g	43	1g	3g	3g	0mg	0mg	0g	1g
Aztec Superfood - Chia Seeds, 2 tbsp (15g)	70	7g	5g	3g	0mg	0mg	0g	6g
Lunch								
Veggie Taco Bowl, 1 serving	330	56g	2g	21g	0mg	710mg	2g	7g
Dinner								
Organic Earth Greens - 50/50 Blend, 2.25 cups	30	5g	0g	2g	0mg	60mg	2g	2g
Sabra - Guacamole Classic, 31 grams	45	3g	4g	1g	0mg	150mg	0g	2g
Peppers - Sweet, red, raw, 0.25 medium (approx 2-3/4" long, 2-1/2" dia)	8	2g	0g	0g	0mg	1mg	1g	1g
Peppers - Sweet, green, raw, 0.25 cup, chopped	7	2g	0g	0g	0mg	1mg	1g	1g
Beans - Black, 0.25 Cup	60	11g	0g	4g	0mg	2mg	0g	4g
Snacks								
Trader Joe's - Roasted & Salted Sunflower Seeds, 1/4 cup (33g)	200	8g	17g	7g	0mg	200mg	0g	4g
TOTAL:	1,077	143g	40g	50g	0mg	1,279mg	28g	37g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
-----------	----------	---------	------	------	--------

Cardiovascular				
Aerobics, high impact	254	30		
Elliptical Trainer	163	15		
TOTALS:	417	45	0	0

May 2, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Kirkland - Natural Creamy Peanut Butter, 1 Tbsp (32g)	93	4g	8g	4g	0mg	75mg	1g	2g
Thomas' - Lite Multigrain English Muffin, 0.5 muffin	50	13g	1g	3g	0mg	80mg	1g	4g
Homemade - One Egg Over Medium, 2 egg	140	0g	8g	12g	380mg	110mg	0g	0g
Organic Earth Greens - 50/50 Blend, 1.13 cups	15	2g	0g	1g	0mg	30mg	1g	1g
Snacks								
Tea - Earl Grey - Hot, 8 oz	0	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	298	19g	17g	20g	380mg	295mg	3g	7g

Food Notes

Ate at BBC for breakfast and chose healthy!!

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stair-treadmill ergometer, general	174	16			
Circuit training, general	581	60			
TOTALS:	755	76	0	0	0