



Printable Diary for Yummummylisa

From: Show: Food Diary Food Notes[change report](#)To:  Exercise Diary Exercise notes

May 3, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Smoothie - Strawberry - Stoneyfield Farms Smoothie, 6 fl oz	140	24g	2g	6g	10mg	85mg	23g	0g
Bananas - Raw, 1 medium (7" to 7-7/8" long)	105	27g	0g	1g	0mg	1mg	14g	3g
Eggs - 1 Scrambled Eggs, 1.5 eggs medium	90	0g	6g	9g	279mg	90mg	1g	0g
Home - Fried Potatoes / Onion, 0.5 Cup	24	5g	0g	0g	0mg	5mg	0g	1g
Lunch								
Eggs - 1 Scrambled Eggs, 1.5 eggs medium	90	0g	6g	9g	279mg	90mg	1g	0g
Sabra - Guacamole Classic, 31 grams	45	3g	4g	1g	0mg	150mg	0g	2g
Dinner								
Organic Earth Greens - 50/50 Blend, 2.25 cups	30	5g	0g	2g	0mg	60mg	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
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
Trader Joes - Chick Peas, 1/8 cup cooked drained	30	6g	0g	2g	0mg	55mg	2g	2g
Cucumber - With peel, raw, 0.17 cup slices	3	1g	0g	0g	0mg	0mg	0g	0g
Trader Joe's - Fat Free Crumbled Feta Cheese, 1 oz (28g)	35	1g	0g	7g	3mg	260mg	0g	0g
Oil - Olive, 1.5 tablespoon	179	0g	20g	0g	0mg	1mg	0g	0g
Snacks								
Tea - Earl Grey - Hot, 8 oz	0	0g	0g	0g	0mg	0mg	0g	0g
Fruit - Apple - Red Delicious, 8.5 oz (242 g - 1 Large)	130	34g	0g	1g	0mg	0mg	25g	5g
Trader Joe's - Serrano Salsa Fresca, 3 Tablespoons	8	2g	0g	0g	0mg	300mg	0g	0g
Trader Joe's - Veggie and Flax Seed Tortilla Chips, 7 chips	130	17g	6g	2g	0mg	50mg	0g	3g
Wine - Red Wine, 2.5 oz	63	2g	0g	0g	0mg	3mg	0g	0g
365 - Organic Red Seedless Grapes, 100 grams	67	23g	0g	0g	0mg	15mg	20g	1g
Strawberries - Raw, 1 cup, halves	49	12g	0g	1g	0mg	2mg	7g	3g
Carrots - Raw, 0.25 cup, chopped	13	3g	0g	0g	0mg	22mg	1g	1g
Trader Joes - Spinach and Kale Bites, 4 pieces	140	12g	7g	6g	75mg	390mg	2g	2g

Trader Joes - Tarte Flatbread Pizza, 1/8 tarte	70	7g	4g	3g	0mg	130mg	1g	0g
TOTAL:	1,516	199g	55g	54g	646mg	1,713mg	101g	31g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general	581	60			
Walking, 3.0 mph, mod. pace, walking dog	57	15			
Stair-treadmill ergometer, general	67	8			
TOTALS:	705	83	0	0	0

Exercise notes

TRX class with cardio intervals

May 4, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Homemade - One Egg Over Medium, 2 egg	140	0g	8g	12g	380mg	110mg	0g	0g
Spectrum - Coconut Oil, Unrefined, 0.5 Tbsp (14g)	60	0g	7g	0g	0mg	0mg	0g	0g
Apple - Small Red Delicious Apple, 1 Small	80	15g	0g	0g	0mg	0mg	16g	3g
Spinach - Raw, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Avocados - Raw, 0.25 avocado, NS as to Florida or California	80	4g	7g	1g	0mg	4mg	0g	3g
Lunch								
Generic - Raw Mixed Vegetables, 1 cup	50	8g	0g	4g	0mg	15mg	3g	4g
Condiment - Ranch Dressing, 2 Tbsp	130	1g	7g	1g	5mg	130mg	1g	0g
Dinner								
Samurai - Sweet Potato Maki, 3 pieces	53	24g	0g	1g	0mg	63mg	0g	0g
Generic - Avocado Maki Roll, 1 roll (6-8 pieces)	140	28g	6g	2g	0mg	0mg	0g	0g
Yo Sushi - Cucumber Maki, 4 pieces	93	3g	0g	2g	0mg	700mg	0g	0g
Snacks								
Trader Joe's - Serrano Salsa Fresca, 3 Tablespoons	8	2g	0g	0g	0mg	300mg	0g	0g
Trader Joe's - Veggie and Flax Seed Tortilla Chips, 5.25 chips	98	13g	5g	2g	0mg	38mg	0g	2g
Edamame - Edamame, 0.5 cup (155g)	95	8g	4g	9g	0mg	5mg	2g	4g
TOTAL:	1,034	107g	44g	35g	385mg	1,389mg	22g	17g

Food Notes

I went to the Red Sox game and out for dinner! Stayed on track!!!

May 5, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
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Breakfast									
Dole - Bananas, 1 banana	100	54g	1g	3g	0mg	2mg	28g	6g	
Lunch									
Generic - Avocado Maki Roll, 0.4 roll (6-8 pieces)	56	11g	2g	1g	0mg	0mg	0g	0g	
Samurai - Sweet Potato Maki, 3 pieces	53	24g	0g	1g	0mg	63mg	0g	0g	
Edamame - Edamame, 0.25 cup (155g)	47	4g	2g	4g	0mg	2mg	1g	2g	
Dinner									
Trader Joes - Whole Wheat Flour Tortilla, 1 tortilla (42 oz)	140	20g	5g	3g	0mg	150mg	1g	3g	
Beans - Black, 0.25 Cup	60	11g	0g	4g	0mg	2mg	0g	4g	
Normal - Avocado, 0.25 avocado	81	4g	7g	1g	0mg	4mg	0g	4g	
Eggs - Scrambled (whole egg), 0.25 cup	91	1g	7g	6g	194mg	154mg	1g	0g	
Spinach - Raw, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g	
Cabot - Seriously Sharp Cheddar Cheese, 1.5 oz	165	0g	14g	11g	45mg	270mg	0g	0g	
Snacks									
Carrots - Raw, 0.25 cup, chopped	13	3g	0g	0g	0mg	22mg	1g	1g	
Trader Joe's - Veggie and Flax Seed Tortilla Chips, 3.5 chips	65	9g	3g	1g	0mg	25mg	0g	2g	
Trader Joe's - Serrano Salsa Fresca, 2 Tablespoons	5	1g	0g	0g	0mg	200mg	0g	0g	
TOTAL:	883	143g	41g	36g	239mg	918mg	32g	23g	

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Running (jogging), 6 mph (10 min mile)	199	17			
Walking, 3.0 mph, mod. pace, walking dog	116	30			
Aerobics, high impact	180	22			
TOTALS:	495	69	0	0	0

May 6, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Carrots - Raw, 1 cup, chopped	52	12g	0g	1g	0mg	88mg	6g	4g
Trader Joe's - Roasted Garlic Hummus, 6 tbsp	150	15g	9g	3g	0mg	285mg	3g	3g
Lunch								
Trader Joe's - High Fiber Multigrain Bread, 2 slice, 43 g	240	42g	4g	8g	0mg	280mg	4g	12g
Trader Joes - Trader Joes Creamy Unsalted Peanut Butter, 2 tbsp	190	7g	16g	7g	0mg	0mg	1g	3g
Full Circle Organic - European Strawberry Jelly, 1 Tbsp	30	8g	0g	0g	0mg	5mg	8g	0g
Snacks								
Babybel - Babybel, 20 g	73	0g	6g	5g	21mg	178mg	0g	0g
Carrots - Raw, 0.25 cup, chopped	13	3g	0g	0g	0mg	22mg	1g	1g
Trader Joe's - Roasted Garlic Hummus, 2 tbsp	50	5g	3g	1g	0mg	95mg	1g	1g

Bananas - Raw, 0.5 extra large (9" or longer)	68	17g	0g	1g	0mg	1mg	9g	2g
TOTAL:	866	109g	38g	26g	21mg	954mg	33g	26g

Food Notes

Not a good day -- didn't eat enough calories and when I did it was convenience. The day was very busy with no time to prepare food -- husband traveling!

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Aerobics, high impact	180	22			
Walking, 3.0 mph, mod. pace, walking dog	57	15			
TOTALS:	237	37	0	0	0

May 7, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Avocados - Raw, 0.13 avocado, NS as to Florida or California	40	2g	4g	1g	0mg	2mg	0g	2g
Homemade - One Egg Over Medium, 1 egg	70	0g	4g	6g	190mg	55mg	0g	0g
Trader Joes - Multigrain British Muffin, 0.5 muffin	60	12g	1g	3g	0mg	90mg	1g	2g
Homemade - Oatmeal Buttermilk Pancakes, 2 Pancake	158	30g	2g	8g	0mg	184mg	0g	2g
New Hampshire Pure Maple Syrup - Maple Syrup, 0.5 tbsp	25	8g	0g	0g	0mg	4mg	8g	0g
Dinner								
Pizza - Margarita Pizza, 1.5 slice	312	5g	11g	14g	19mg	885mg	0g	0g
Mixed Greens - Lettuce, 2 cup	18	2g	0g	2g	0mg	0mg	0g	0g
Peppers, Red Bell, Generic - Peppers, Red, 0.25 cup chopped (149 g)	12	2g	0g	0g	0mg	2mg	2g	1g
Snacks								
Cheese - Brie Cheese, 28 grams 1 oz	90	0g	9g	5g	25mg	200mg	0g	0g
Homemade - Guacamole, 3 tablespoon	30	24g	6g	6g	0mg	195mg	0g	15g
Joseph's - All Natural Original Hummus, 2 tbsp.	60	5g	4g	2g	0mg	85mg	1g	1g
Irrestibles Baked Pita Crisps - - Baked Chips/Crackers, 8 crisps	110	18g	3g	3g	0mg	0mg	1g	1g
Cabot - Seriously Sharp Cheddar Cheese, 0.75 oz	83	0g	7g	5g	23mg	135mg	0g	0g
Carrots - Raw, 1 cup, chopped	52	12g	0g	1g	0mg	88mg	6g	4g
Cavit - Pinot Grigio, 9 oz.	195	1g	0g	0g	0mg	0mg	0g	0g
TOTAL:	1,315	121g	51g	56g	257mg	1,925mg	19g	28g

Food Notes

VERY BUSY DAY! Finding it hard to keep eating with so much going on! Today was Ellery's birthday and we were at someone's house, I made the best choices that were there and said no to cake & ice cream!

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Elliptical Trainer	158	15			
Stair-treadmill ergometer, general	84	8			
Circuit training, general	421	45			
Walking, 3.0 mph, mod. pace, walking dog	58	15			
TOTALS:	721	83	0	0	0

May 8, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Arnold - Multi-Grain Bread, 1 slice (43g)	100	20g	2g	5g	0mg	150mg	4g	4g
Trader Joe's - Almond Butter, 1 tbsp	95	6g	9g	8g	0mg	60mg	2g	3g
Lunch								
Pizza - Margarita Pizza, 1 slice	208	3g	7g	9g	13mg	590mg	0g	0g
Dinner								
Peppers, Red Bell, Generic - Peppers, Red, 0.5 cup chopped (149 g)	23	5g	0g	1g	0mg	3mg	3g	2g
Mixed Greens - Lettuce, 2 cup	18	2g	0g	2g	0mg	0mg	0g	0g
Carrots - Raw, 1 cup, chopped	52	12g	0g	1g	0mg	88mg	6g	4g
Hummus - Hummus, 100 g	170	27g	3g	8g	0mg	0mg	0g	6g
Snacks								
Trader Joes - Go Raw Trek Mix, 60 g	300	22g	22g	10g	0mg	10mg	10g	4g
TOTAL:	966	97g	43g	44g	13mg	901mg	25g	23g

Food Notes

Very bad lunch choice -- feeling stressed and hungry and just needed to eat :(So sad, back on track tomorrow when Ken's home and I can breath again!

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stair-treadmill ergometer, general	84	8			
Circuit training, general	281	30			
Walking, 3.0 mph, mod. pace, walking dog	58	15			
TOTALS:	423	53	0	0	0

May 9, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Trader Joe's - Roasted & Salted Sunflower Seeds, 1/4 cup (33g)	200	8g	17g	7g	0mg	200mg	0g	4g
Lunch								
Trader Joe's - Multigrain British English Muffins Low Fat, 1 muffin	120	24g	2g	5g	0mg	180mg	2g	4g
Generic - One Home Cooked Over Easy Egg - No Oil, 1 Over Easy Egg	92	0g	5g	6g	215mg	75mg	0g	0g
Dinner								
Spinach - Raw, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Carrots - Raw, 1 cup, chopped	52	12g	0g	1g	0mg	88mg	6g	4g
Earthbound - Organic Deep Green Blends Zen, 3 oz (85g/about 2 cups)	20	0g	0g	0g	0mg	0mg	0g	0g
Peppers - Sweet, red, raw, 0.25 medium (approx 2-3/4" long, 2-1/2" dia)	8	2g	0g	0g	0mg	1mg	1g	1g
Cucumber - With peel, raw, 0.17 cup slices	3	1g	0g	0g	0mg	0mg	0g	0g
Trader Joes - Chick Peas, 1/8 cup cooked drained	30	6g	0g	2g	0mg	55mg	2g	2g
Oil - Olive, 1.5 tablespoon	179	0g	20g	0g	0mg	1mg	0g	0g
Snacks								
Apples - Raw, with skin, 1 medium (2-3/4" dia) (approx 3 per lb)	72	19g	0g	0g	0mg	1mg	14g	3g
Cucumber - With peel, raw, 0.17 cup slices	3	1g	0g	0g	0mg	0mg	0g	0g
Peppers - Sweet, red, raw, 0.25 medium (approx 2-3/4" long, 2-1/2" dia)	8	2g	0g	0g	0mg	1mg	1g	1g
Hummus - Hummus, 100 g	170	27g	3g	8g	0mg	0mg	0g	6g
TOTAL:	964	103g	47g	30g	215mg	626mg	26g	26g

Food Notes

Not eating enough food...!m not hungry but I'm rushing around and not stopping to eat!

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Walking, 3.0 mph, mod. pace, walking dog	232	60			
TOTALS:	232	60	0	0	0

May 10, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Trader Joe's - Honey Greek Yogurt, 0.75 cup	218	21g	13g	6g	53mg	83mg	18g	0g
Spinach - Raw, 0.2 cup	1	0g	0g	0g	0mg	5mg	0g	0g

Trader Joe's - Multigrain British English Muffins Low Fat, 0.5 muffin	60	12g	1g	3g	0mg	90mg	1g	2g
Butter - Unsalted, 0.25 tbsp	25	0g	3g	0g	8mg	0mg	0g	0g
Homemade - Over Easy Eggs, 1 large egg	70	0g	5g	6g	185mg	70mg	0g	0g
Lunch								
Whole Wheat Pasta Cooked - Pasta, 0.25 cup	53	10g	0g	2g	0mg	0mg	0g	0g
Trader Joe's - Veggie and Flax Seed Tortilla Chips, 7 chips	130	17g	6g	2g	0mg	50mg	0g	3g
Trader Jose's - Salsa Verde, 2 Tbsp (30g)	10	1g	0g	0g	0mg	280mg	1g	0g
Dinner								
Chinese Food - Fried Rice With Vegetables, 0.5 cup	115	22g	2g	4g	16mg	277mg	1g	1g
Edamame - Edamame, 0.25 cup (155g)	47	4g	2g	4g	0mg	2mg	1g	2g
Samurai - Sweet Potato Maki, 3 pieces	53	24g	0g	1g	0mg	63mg	0g	0g
Generic - Avocado Maki Roll, 0.2 roll (6-8 pieces)	28	6g	1g	0g	0mg	0mg	0g	0g
Snacks								
Cavit - Pinot Grigio, 3 oz.	65	0g	0g	0g	0mg	0mg	0g	0g
TOTAL:	875	117g	33g	28g	262mg	920mg	22g	8g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Aerobics, high impact	492	60			
TOTALS:	492	60	0	0	0