



## Printable Diary for Yummummylisa

 From:  

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 Food Notes

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 Exercise Diary

 Exercise notes

### May 10, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
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
<b>Lunch</b>								
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
<b>Dinner</b>								
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
<b>Snacks</b>								
Cavit - Pinot Grigio, 3 oz.	65	0g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>875</b>	<b>117g</b>	<b>33g</b>	<b>28g</b>	<b>262mg</b>	<b>920mg</b>	<b>22g</b>	<b>8g</b>

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

### May 11, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Egg - Scrambled, 1 egg (44g)	70	0g	4g	6g	160mg	60mg	0g	0g

Home - Fried Potatoes / Onion, 0.5 Cup	24	5g	0g	0g	0mg	5mg	0g	1g
Homemade Waffle - Waffle, 1 square	85	30g	5g	9g	114mg	459mg	0g	1g
New Hampshire Pure Maple Syrup - Maple Syrup, 0.5 tbsp	25	8g	0g	0g	0mg	4mg	8g	0g
<b>Lunch</b>								
Trader Joe's - Les Salades Du Midi - Baby Spinach, 1 cups (85g)	5	1g	0g	1g	0mg	16mg	0g	1g
Trader Joe's - Power to the Greens, 1 cup (85g)	30	6g	0g	2g	0mg	80mg	1g	2g
Trader Joe's - Goddess Dressing, 0.67 Tbs	40	1g	4g	0g	0mg	117mg	0g	0g
Trader Joe's - Sunflower Seeds, Roasted & Unsalted, 0.0625 cup	50	2g	4g	2g	0mg	0mg	0g	1g
Trader Joe's - Garbanzo Beans, 1/8 Cup	30	6g	0g	2g	0mg	95mg	0g	2g
Peppers - Sweet, red, raw, 0.13 medium (approx 2-3/4" long, 2-1/2" dia)	4	1g	0g	0g	0mg	0mg	1g	0g
Strawberry - Strawberry, 6 Medium (1-1/4" dia) (12g)	24	5g	0g	1g	0mg	0mg	4g	1g
Trader Joe's - Chevre (Goat Cheese) With Honey, 0.25 ounce	20	1g	1g	1g	5mg	14mg	1g	0g
<b>Dinner</b>								
Trader Joe's - Pizza Dough - Garlic & Herb, 0.13 container (16 oz (57 g/0.125 dough) ea.)	140	24g	1g	4g	0mg	135mg	1g	1g
Oil - Olive, 0.5 tablespoon	60	0g	7g	0g	0mg	0mg	0g	0g
Trader Joe's - Chevre (Goat Cheese) With Honey, 0.25 ounce	20	1g	1g	1g	5mg	14mg	1g	0g
Trader Joe's - Pizza Sauce, 1/10 cup	16	4g	1g	1g	0mg	140mg	2g	1g
Trader Joe's - Shredded Mozzarella Cheese - Low Moisture, Part Skim, 1/4 cup (28 g)	80	1g	6g	8g	15mg	170mg	0g	0g
<b>Snacks</b>								
Trader Joe's - Roasted Garlic Hummus, 6 tbsp	150	15g	9g	3g	0mg	285mg	3g	3g
Trader Joe's - Veggie and Flax Seed Tortilla Chips, 3.5 chips	65	9g	3g	1g	0mg	25mg	0g	2g
Generic - Avocado Maki Roll, 0.5 roll (6-8 pieces)	70	14g	3g	1g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,008</b>	<b>134g</b>	<b>49g</b>	<b>43g</b>	<b>299mg</b>	<b>1,619mg</b>	<b>22g</b>	<b>16g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace, walking dog	115	30			
<b>TOTALS:</b>	<b>115</b>	<b>30</b>	<b>0</b>	<b>0</b>	<b>0</b>

**Exercise notes**

Hike uphill

**May 12, 2014**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Homemade - Over Easy Eggs, 1 large egg	70	0g	5g	6g	185mg	70mg	0g	0g
Dole - Bananas, 0.5 banana	50	27g	0g	1g	0mg	1mg	14g	3g

Spinach - Raw, 0.5 cup	3	1g	0g	0g	0mg	12mg	0g	0g
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
Trader Joe's - Mango Chunks (Frozen), 70 g (14 Pieces)	45	11g	0g	1g	0mg	0mg	7g	1g
Aztec Superfood - Chia Seeds, 0.5 tbsp (15g)	18	2g	1g	1g	0mg	0mg	0g	2g
<b>Lunch</b>								
Spinach - Raw, 0.5 cup	3	1g	0g	0g	0mg	12mg	0g	0g
Peppers - Sweet, red, raw, 0.13 medium (approx 2-3/4" long, 2-1/2" dia)	4	1g	0g	0g	0mg	0mg	1g	0g
Trader Joe's - Garbanzo Beans, 1/8 Cup	30	6g	0g	2g	0mg	95mg	0g	2g
Trader Joe's - Goddess Dressing, 0.67 Tbs	40	1g	4g	0g	0mg	117mg	0g	0g
Trader Joe's - Organic Power to the Green, 1 cup (85 gr)	30	6g	0g	2g	0mg	80mg	1g	2g
Avocados - Raw, 0.5 avocado, NS as to Florida or California	161	9g	15g	2g	0mg	7mg	1g	7g
Broccoli - Broccoli, 100 g	35	7g	0g	2g	0mg	41mg	1g	3g
Cucumber - With peel, raw, 0.5 cup slices	8	2g	0g	0g	0mg	1mg	1g	0g
<b>Dinner</b>								
Quinoa - Cooked Quinoa, 0.25 cup (185 g)	56	10g	1g	2g	0mg	3mg	0g	1g
Lentils - Cooked, boiled, without salt, 0.5 cup	115	20g	0g	9g	0mg	2mg	2g	8g
Homemade - Roasted Rosemary Potatoes, 0.5 cup	193	14g	0g	2g	0mg	0mg	0g	0g
Homemade - Oven Roasted Asparagus, 3 large spear - 7-1/4 to 8-1/2"	15	2g	0g	1g	0mg	1mg	1g	1g
Trader Joe's - Dijon Mustard, 1 tsp	5	1g	0g	0g	0mg	105mg	0g	0g
<b>Snacks</b>								
Trader Joe's - Sunflower Seeds, Roasted & Unsalted, 0.0625 cup	50	2g	4g	2g	0mg	0mg	0g	1g
Strawberries - Raw, 9 small (1" dia)	20	5g	0g	0g	0mg	1mg	3g	1g
Trader Joe's - Honey Greek Yogurt, 0.5 cup	145	14g	9g	4g	35mg	55mg	12g	0g
Apple (Raw) - Apple, 100 gr	52	14g	0g	0g	0mg	1mg	10g	2g
Trader Joes - Belgian Butter Waffle Cookies, 1 cookies	50	7g	2g	1g	7mg	20mg	4g	0g
Trader Joe's - Chevre (Goat Cheese) With Honey, 0.25 ounce	20	1g	1g	1g	5mg	14mg	1g	0g
<b>TOTAL:</b>	<b>1,287</b>	<b>181g</b>	<b>42g</b>	<b>42g</b>	<b>232mg</b>	<b>667mg</b>	<b>66g</b>	<b>36g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace, walking dog	57	15			
Circuit training, general	66	7			
<b>TOTALS:</b>	<b>123</b>	<b>22</b>	<b>0</b>	<b>0</b>	<b>0</b>

**May 13, 2014**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber

<b>Breakfast</b>									
Trader Joes - Multigrain British Muffin, 0.5 muffin	60	12g	1g	3g	0mg	90mg	1g	2g	
Homemade - One Egg Over Medium, 1 egg	70	0g	4g	6g	190mg	55mg	0g	0g	
Avocados - Raw, 0.2 avocado, NS as to Florida or California	64	3g	6g	1g	0mg	3mg	0g	3g	
Trader Joe's - Sunflower Seeds, Roasted & Unsalted, 0.0625 cup	50	2g	4g	2g	0mg	0mg	0g	1g	
<b>Lunch</b>									
Trader Joe's - Pizza Dough - Garlic & Herb, 0.06 container (16 oz (57 g/0.125 dough) ea.)	67	12g	0g	2g	0mg	65mg	0g	0g	
Trader Joe's Chevre Log With Honey - Goat Cheese, 0.25 oz	20	1g	1g	1g	5mg	14mg	1g	0g	
Trader Joe's - Power to the Greens, 0.75 cup (85g)	23	5g	0g	2g	0mg	60mg	1g	2g	
Trader Joe's Organics - Herb Salad Mix, 1 cups	13	2g	0g	1g	0mg	35mg	0g	1g	
Quinoa - Cooked Quinoa, 0.75 cup (185 g)	167	29g	3g	6g	0mg	10mg	1g	4g	
Strawberry - Strawberry, 3 Medium (1-1/4" dia) (12g)	12	3g	0g	0g	0mg	0mg	2g	1g	
Trader Joe's Chevre Log With Honey - Goat Cheese, 0.25 oz	20	1g	1g	1g	5mg	14mg	1g	0g	
Cucumber - With peel, raw, 0.5 cup slices	8	2g	0g	0g	0mg	1mg	1g	0g	
Broccoli - Broccoli, 100 g	35	7g	0g	2g	0mg	41mg	1g	3g	
Trader Joe's - Goddess Dressing, 0.67 Tbs	40	1g	4g	0g	0mg	117mg	0g	0g	
<b>Dinner</b>									
Veggie Taco Bowl, 1 serving	330	56g	2g	21g	0mg	710mg	2g	7g	
Earthbound - Organic Deep Green Blends Zen, 3 oz (85g/about 2 cups)	20	0g	0g	0g	0mg	0mg	0g	0g	
Trader Joes - Fancy Mexican Blend Cheese, 0.38 cup	165	2g	14g	9g	38mg	300mg	0g	0g	
<b>Snacks</b>									
Aztec Superfood - Chia Seeds, 0.5 tbsp (15g)	18	2g	1g	1g	0mg	0mg	0g	2g	
Dole - Bananas, 0.5 banana	50	27g	0g	1g	0mg	1mg	14g	3g	
Manitoba Harvest - Hemp Hearts (Raw Shelled Hemp Seeds), 0.5 Tbsl (15 gr)	85	2g	7g	5g	0mg	2mg	1g	2g	
Trader Joe's - Power to the Greens, 0.5 cup (85g)	15	3g	0g	1g	0mg	40mg	1g	1g	
Trader Joe's - Mango Chunks (Frozen), 70 g (14 Pieces)	45	11g	0g	1g	0mg	0mg	7g	1g	
Kale - Raw, 0.5 cup, chopped	17	3g	0g	1g	0mg	14mg	0g	1g	
Trader Joe's - Pineapple Tidbits (Frozen), 3/8 Cup	35	10g	0g	1g	0mg	0mg	7g	1g	
<b>TOTAL:</b>	<b>1,429</b>	<b>196g</b>	<b>48g</b>	<b>68g</b>	<b>238mg</b>	<b>1,572mg</b>	<b>41g</b>	<b>35g</b>	

<b>EXERCISES</b>	<b>Calories</b>	<b>Minutes</b>	<b>Sets</b>	<b>Reps</b>	<b>Weight</b>
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace, walking dog	455	120			
Stair-treadmill ergometer, general	83	8			
Circuit training, general	368	40			
Running/walking (14 min mile)	235	45			

Walking, 3.0 mph, mod. pace, walking dog	170	45			
<b>TOTALS:</b>	<b>1,311</b>	<b>258</b>	<b>0</b>	<b>0</b>	<b>0</b>

**Exercise notes**

Walked 5 miles  
 Ran 2.5 miles  
 Walked 2 miles

**May 14, 2014**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Avocados - Raw, 0.2 avocado, NS as to Florida or California	64	3g	6g	1g	0mg	3mg	0g	3g
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
<b>Lunch</b>								
Trader Joes - Fancy Mexican Blend Cheese, 0.38 cup	165	2g	14g	9g	38mg	300mg	0g	0g
Earthbound - Organic Deep Green Blends Zen, 3 oz (85g/about 2 cups)	20	0g	0g	0g	0mg	0mg	0g	0g
Veggie Taco Bowl, 1 serving	330	56g	2g	21g	0mg	710mg	2g	7g
<b>Dinner</b>								
Farfalle - Farfalle, 50 g	176	36g	1g	7g	0mg	0mg	2g	1g
Barilla - Spaghetti & Marinara Sauce, 1/8 cup	18	4g	0g	1g	0mg	100mg	2g	1g
Beans - Pinto, canned, 0.25 cup	52	9g	0g	3g	0mg	176mg	0g	3g
Carrot - Carrot, 1 serve	50	12g	0g	1g	0mg	88mg	6g	4g
Joseph's - All Natural Original Hummus, 2 tbsp.	60	5g	4g	2g	0mg	85mg	1g	1g
<b>Snacks</b>								
Trader Joe's - Sunflower Seeds, Roasted & Unsalted, 1/2 cup	400	16g	34g	14g	0mg	0mg	0g	8g
Ice creams - Vanilla, 0.06 cup	18	2g	1g	0g	4mg	7mg	2g	0g
Pancakes - Blueberry, 1 pancake (4" dia)	84	11g	3g	2g	21mg	157mg	0g	0g
Strawberry - Strawberry, 4 Medium (1-1/4" dia) (12g)	16	4g	0g	0g	0mg	0mg	2g	1g
Strawberry - Strawberry, 4 Medium (1-1/4" dia) (12g)	16	4g	0g	0g	0mg	0mg	2g	1g
Cavit - Pinot Grigio, 6 oz.	130	1g	0g	0g	0mg	0mg	0g	0g
<b>TOTAL:</b>	<b>1,729</b>	<b>177g</b>	<b>70g</b>	<b>70g</b>	<b>253mg</b>	<b>1,771mg</b>	<b>20g</b>	<b>32g</b>

**Food Notes**

Ate at someone's house.

**May 15, 2014**

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								

Trader Joe's - Sunflower Seeds, Roasted & Unsalted, 1/4 cup	200	8g	17g	7g	0mg	0mg	0g	4g
Trader Joes - Multigrain British Muffin, 0.5 muffin	60	12g	1g	3g	0mg	90mg	1g	2g
Homemade - One Egg Over Medium, 1 egg	70	0g	4g	6g	190mg	55mg	0g	0g
Avocados - Raw, 0.2 avocado, NS as to Florida or California	64	3g	6g	1g	0mg	3mg	0g	3g
<b>Lunch</b>								
Trader Joe's - Whole Wheat Tortilla, 1 Tortilla	140	22g	3g	4g	0mg	180mg	0g	4g
Cheese - Cheddar, 0.5 cup, shredded	228	1g	19g	14g	59mg	351mg	0g	0g
Black Beans - Black Beans, 1/6 cup	36	7g	0g	2g	0mg	152mg	1g	3g
<b>Snacks</b>								
Trader Joe's - Power to the Greens, 0.75 cup (85g)	23	5g	0g	2g	0mg	60mg	1g	2g
Trader Joe's - Pineapple Tidbits (Frozen), 3/8 Cup	35	10g	0g	1g	0mg	0mg	7g	1g
Kale - Raw, 0.5 cup, chopped	17	3g	0g	1g	0mg	14mg	0g	1g
Trader Joe's - Mango Chunks (Frozen), 70 g (14 Pieces)	45	11g	0g	1g	0mg	0mg	7g	1g
Manitoba Harvest - Hemp Hearts (Raw Shelled Hemp Seeds), 0.5 Tbsl (15 gr)	85	2g	7g	5g	0mg	2mg	1g	2g
Aztec Superfood - Chia Seeds, 0.5 tbsp (15g)	18	2g	1g	1g	0mg	0mg	0g	2g
Healthier Homemade Gluten-Free Oatmeal Cookies, 2 serving	129	10g	9g	4g	7mg	65mg	2g	2g
<b>TOTAL:</b>	<b>1,150</b>	<b>96g</b>	<b>67g</b>	<b>52g</b>	<b>256mg</b>	<b>972mg</b>	<b>20g</b>	<b>27g</b>

### Food Notes

All my meals were later today so I ended up not having a big dinner and logged that as snacks.

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace, walking dog	171	45			
Stair-treadmill ergometer, general	83	8			
Circuit training, general	276	30			
Running/walking (14 min mile)	183	35			
<b>TOTALS:</b>	<b>713</b>	<b>118</b>	<b>0</b>	<b>0</b>	<b>0</b>

### May 16, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
2 Large Eggs - Fried Over Medium, 2 eggs	140	2g	9g	12g	350mg	100mg	0g	0g
Spinach - Sauteed Spinach, 1/2 cup	41	7g	0g	5g	0mg	126mg	1g	4g
Vermont Bread Company - Whole Wheat Sourdough Bread, 2 Slice	140	30g	2g	6g	0mg	250mg	2g	4g
<b>Dinner</b>								
Earthbound Farm - Organic Spring Mix, 85 g or 2 cups	20	4g	0g	1g	0mg	95mg	1g	1g
Tomatoes - Cherry Tomato, 5 tomato	20	3g	0g	1g	0mg	13mg	2g	1g

Cucumber - With peel, raw, 0.25 cup slices	4	1g	0g	0g	0mg	1mg	0g	0g
Joseph's - All Natural Original Hummus, 2 tbsp.	60	5g	4g	2g	0mg	85mg	1g	1g
Moroccan Yam Veggie Burgers with Cilantro Lime Tahini Sauce, 1.25 serving(s)	200	35g	4g	8g	0mg	406mg	4g	8g
<b>Snacks</b>								
Sunflower Seeds - Raw, 0.2 cup	164	6g	14g	6g	0mg	3mg	1g	2g
Healthier Homemade Gluten-Free Oatmeal Cookies, 2 serving	129	10g	9g	4g	7mg	65mg	2g	2g
<b>TOTAL:</b>	<b>918</b>	<b>103g</b>	<b>42g</b>	<b>45g</b>	<b>357mg</b>	<b>1,144mg</b>	<b>14g</b>	<b>23g</b>

### Food Notes

I worked through lunch :(

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking, 3.0 mph, mod. pace, walking dog	57	15			
Circuit training, general	414	45			
Elliptical Trainer	155	15			
<b>TOTALS:</b>	<b>626</b>	<b>75</b>	<b>0</b>	<b>0</b>	<b>0</b>