


Printable Diary for Yummummylisa

 From: 

 Show: Food Diary

 Food Notes

 To: 
 Exercise Diary

 Exercise notes

May 17, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Eggs - 1 Scrambled Eggs, 1 eggs medium	60	0g	4g	6g	186mg	60mg	1g	0g
Homemade Fried Potatoes - Skillet Fried Potatoes, 1/2 cup (226 g)	160	35g	2g	4g	0mg	302mg	3g	4g
Homemade - Multigrain French Toast, 1 slices	240	17g	1g	5g	0mg	180mg	4g	2g
Vermont - Pure Maple Syrup, 1 tbsp	50	13g	0g	0g	0mg	2mg	13g	0g
Lunch								
Manitoba Harvest - Hemp Hearts (Raw Shelled Hemp Seeds), 0.25 Tbsl (15 gr)	43	1g	3g	3g	0mg	1mg	0g	1g
Trader Joe's - Mango Chunks (Frozen), 70 g (14 Pieces)	45	11g	0g	1g	0mg	0mg	7g	1g
Trader Joe's - Pineapple Tidbits (Frozen), 3/8 Cup	35	10g	0g	1g	0mg	0mg	7g	1g
Aztec Superfood - Chia Seeds, 0.5 tbsp (15g)	18	2g	1g	1g	0mg	0mg	0g	2g
Kale - Raw, 1 cup, chopped	34	7g	0g	2g	0mg	29mg	0g	1g
Dinner								
Homemade - Celeriac Soup, 125 g	138	3g	10g	8g	0mg	1mg	2g	3g
Chicory greens - Raw, 1 cup, chopped	41	8g	1g	3g	0mg	81mg	1g	7g
Cheese - Gruyere, 1 oz	117	0g	9g	8g	31mg	95mg	0g	0g
Wendy's - Pomegranate Vinaigrette Dressing, 0.25 package	18	3g	1g	0g	0mg	38mg	2g	0g
Balsamic Vinaigrette - Dressing, 2 tablespoons (30g)	120	2g	12g	0g	0mg	240mg	2g	0g
Barley Flour - Barley Flour, 50 g	173	38g	1g	6g	0mg	2mg	1g	5g
Risotto - Risotto, 25 g	44	10g	0g	1g	0mg	0mg	0g	0g
Fresh and Easy - Fig Bread, 2 oz. (57g)	150	29g	2g	4g	0mg	230mg	4g	2g
Homemade - Multigrain Bread, 1 Slice	69	30g	1g	4g	0mg	109mg	2g	2g
Fresh & Easy - Dark Chocolate Gelato, 3/8 cup (95g)	143	17g	7g	4g	15mg	34mg	16g	1g
Snacks								
Wine - Red Wine, 25 oz	625	21g	0g	1g	0mg	30mg	5g	0g
TOTAL:	2,323	257g	55g	62g	232mg	1,434mg	70g	32g

Food Notes

Anniversary dinner -- oh the wine! Way. Too. Much. Oy. But so much fun! Oh, and the gelato cold sugar that's all it is. cold. sugar.

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Circuit training, general	552	60			
Walking, 3.0 mph, mod. pace, walking dog	76	20			
TOTALS:	628	80	0	0	0

Exercise notes

TRX

May 18, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
2 Large Eggs - Fried Over Medium, 1 eggs	70	1g	5g	6g	175mg	50mg	0g	0g
Homemade - Basic Sauteed Kale, 1/2 cup	80	7g	5g	2g	0mg	176mg	0g	1g
Black Beans - Black Beans, 1/6 cup	36	7g	0g	2g	0mg	152mg	1g	3g
Lunch								
Trader Joe's - Italian Farafelle Bowtie Pasta, 1.5 cup cooked (1/2 cup dry)	300	0g	0g	0g	0mg	0mg	0g	0g
Trader Joe's - Fancy Shredded Mexican Blend Cheese, 3/8 cup (28g)	165	2g	14g	9g	38mg	300mg	0g	0g
Dinner								
Morning Star - Grillers - Original, 1 Burger	130	5g	6g	15g	0mg	260mg	0g	2g
Nature's Own (Net Carbs) - 100% Whole Wheat Hamburger Bun, 1 bun	130	20g	2g	6g	0mg	190mg	2g	4g
Trader Joes - Vegan Reduced Fat Mayonnaise, 0.3 TBSP	11	0g	1g	0g	0mg	32mg	0g	0g
Trader Joe's - Organic Ketchup, 0.3 tbsp	5	1g	0g	0g	0mg	45mg	1g	0g
Trader Joe's - Organic Yellow Mustard, 1 tsp.	0	0g	0g	0g	0mg	50mg	0g	0g
Corn - Corn, on Cob, 7-8", 0.5 ear	40	9g	1g	2g	0mg	0mg	2g	1g
Snacks								
Kale - Raw, 0.5 cup, chopped	17	3g	0g	1g	0mg	14mg	0g	1g
Aztec Superfood - Chia Seeds, 0.25 tbsp (15g)	9	1g	1g	0g	0mg	0mg	0g	1g
Manitoba Harvest - Hemp Hearts (Raw Shelled Hemp Seeds), 0.25 Tbsl (15 gr)	43	1g	3g	3g	0mg	1mg	0g	1g
Trader Joe's - Pineapple Tidbits (Frozen), 0.22499999999999998 Cup	21	6g	0g	0g	0mg	0mg	4g	1g
Trader Joe's - Mango Chunks (Frozen), 42 g (14 Pieces)	27	6g	0g	0g	0mg	0mg	4g	1g
Homemade Gluten-Free Oatmeal Cookie, 2 serving	179	23g	10g	7g	19mg	109mg	14g	3g
TOTAL:	1,263	92g	48g	53g	232mg	1,379mg	28g	19g

Food Notes

Anniversary dinner last night and feeling a little hungover -- needed to eat some major carbs! Back on track tomorrow

Exercise notes

May 19, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Homemade - One Egg Over Medium, 1 egg	70	0g	4g	6g	190mg	55mg	0g	0g
Kale - Raw, 1 cup, chopped	34	7g	0g	2g	0mg	29mg	0g	1g
Aztec Superfood - Chia Seeds, 0.5 tbsp (15g)	18	2g	1g	1g	0mg	0mg	0g	2g
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 - Hemp Hearts (Raw Shelled Hemp Seeds), 0.25 Tbsl (15 gr)	43	1g	3g	3g	0mg	1mg	0g	1g
Spinach - Raw, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Kirkland Signature (Costco - Frozen Mixed Berries, 1/2 cup	35	9g	0g	1g	0mg	8mg	6g	2g
Earthbound Farm Organic - Spring Mix, 1.5 oz (2 C.)	10	2g	0g	1g	0mg	48mg	1g	1g
Dinner								
Moroccan Yam Veggie Burgers with Cilantro Lime Tahini Sauce, 1.5 serving(s)	240	42g	4g	10g	0mg	487mg	4g	9g
Joseph's - All Natural Original Hummus, 1 tbsp.	30	3g	2g	1g	0mg	43mg	1g	1g
Earthbound - Organic Deep Green Blends Zen, 3 oz (85g/about 2 cups)	20	0g	0g	0g	0mg	0mg	0g	0g
Annie's Homegrown - Macaroni and Cheese, 0.5 cup prepared	140	23g	3g	6g	8mg	265mg	3g	1g
Snacks								
Grapes - Grape, 0.5625 cup	68	17g	0g	1g	0mg	11mg	11g	1g
Chobani - Greek Yogurt Nonfat Vanilla, 5.3 oz	120	16g	0g	13g	5mg	60mg	13g	1g
Strawberry - Strawberry, 4 Medium (1-1/4" dia) (12g)	16	4g	0g	0g	0mg	0mg	2g	1g
Blueberries - Raw, 0.25 cup	21	5g	0g	0g	0mg	0mg	4g	1g
Blackberries - Raw, 0.25 cup	15	3g	0g	1g	0mg	0mg	2g	2g
Raspberries - Raw, 0.25 cup	16	4g	0g	0g	0mg	0mg	1g	2g
TOTAL:	983	160g	17g	49g	203mg	1,031mg	62g	29g

Food Notes

Ahhh...I skipped lunch again! Worked right through it without even realizing!

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Running (jogging), 5 mph (12 min mile)	295	32			
Aerobics, high impact	120	15			

Running/walking (14 min mile)	240	46			
TOTALS:	655	93	0	0	0

May 20, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Trader Joes - Roasted and Unsalted Sunflower Seeds, 66 g (1/4 cup)	400	16g	34g	14g	0mg	0mg	0g	8g
Kirkland Signature (Costco - Frozen Mixed Berries, 1/2 cup	35	9g	0g	1g	0mg	8mg	6g	2g
Spinach - Raw, 1 cup	7	1g	0g	1g	0mg	24mg	0g	1g
Manitoba Harvest - Hemp Hearts (Raw Shelled Hemp Seeds), 0.25 Tbsl (15 gr)	43	1g	3g	3g	0mg	1mg	0g	1g
Trader Joe's - Mango Chunks (Frozen), 70 g (14 Pieces)	45	11g	0g	1g	0mg	0mg	7g	1g
Trader Joe's - Pineapple Tidbits (Frozen), 3/8 Cup	35	10g	0g	1g	0mg	0mg	7g	1g
Aztec Superfood - Chia Seeds, 0.5 tbsp (15g)	18	2g	1g	1g	0mg	0mg	0g	2g
Kale - Raw, 1 cup, chopped	34	7g	0g	2g	0mg	29mg	0g	1g
Lunch								
Earthbound Farm Organic - Spring Mix, 3 oz (2 C.)	20	4g	0g	1g	0mg	95mg	1g	1g
Peppers - Sweet, yellow, raw, 0.25 pepper, large (3-3/4" long, 3" dia)	13	3g	0g	0g	0mg	1mg	0g	0g
Cucumber - With peel, raw, 0.5 cup slices	8	2g	0g	0g	0mg	1mg	1g	0g
Trader Joes - Organic Garbanzo Beans, 1/4 cup (130g)	55	10g	1g	3g	0mg	70mg	1g	3g
Trader Joes - Greek Style Feta Dressing, 1.5 tbsp	83	1g	8g	1g	0mg	143mg	1g	0g
Dinner								
Rice - Brown Cooked, 1 cup	218	46g	2g	5g	0mg	6mg	0g	4g
Trader Joes - Organic Garbanzo Beans, 1/2 cup (130g)	110	19g	1g	6g	0mg	140mg	1g	6g
Spinach - Sauteed Spinach, 1/2 cup	41	7g	0g	5g	0mg	126mg	1g	4g
Trader Joe's - Red Thai Curry Sauce, 1/4 Cup	80	7g	6g	1g	5mg	920mg	3g	1g
Snacks								
Homemade - Pots De Creme Au Chocolat, 3/8 cup	301	12g	28g	3g	0mg	26mg	0g	0g
TOTAL:	1,546	168g	84g	49g	5mg	1,590mg	29g	36g

Food Notes

My husband came home with my fave dessert ever from Gibbet Hill...imy
Mouth was so happy, my tummy and head, not so much.

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stair-treadmill ergometer, general	83	8			
Circuit training, general	552	60			

TOTALS:	635	68	0	0	0
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May 21, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Trader Joe's - Sunflower Seeds, Roasted & Unsalted, 0.0625 cup	50	2g	4g	2g	0mg	0mg	0g	1g
Lunch								
Freihofer's Simply - Stone Ground 100% Whole Wheat Bread, 1 slice	90	17g	1g	4g	0mg	160mg	3g	2g
Joseph's - All Natural Original Hummus, 4 tbsp.	120	10g	8g	4g	0mg	170mg	2g	2g
Dinner								
N/a - Salmon Fillet, Grilled, 4.5 oz	218	0g	10g	31g	79mg	596mg	0g	0g
Tortellini - Pasta, 100 g	290	45g	7g	11g	0mg	0mg	3g	3g
Mixed Greens - Lettuce, 1 cup	9	1g	0g	1g	0mg	0mg	0g	0g
Garlic Expressions - Classic Vinaigrette Dressing, 15 g	55	3g	5g	0g	0mg	225mg	3g	0g
Corn - Corn, on Cob, 7-8", 0.5 ear	40	9g	1g	2g	0mg	0mg	2g	1g
Snacks								
Generic - Blueberry Muffins-homemade, 0.67 muffin	107	21g	3g	3g	17mg	72mg	0g	2g
Trader Joe's - Sunflower Seeds, Roasted & Unsalted, 0.0625 cup	50	2g	4g	2g	0mg	0mg	0g	1g
TOTAL:	1,029	110g	43g	60g	96mg	1,223mg	13g	12g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stair-treadmill ergometer, general	154	15			
Circuit training, general	273	30			
TOTALS:	427	45	0	0	0

May 22, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
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
Bananas - Raw, 0.3 medium (7" to 7-7/8" long)	32	8g	0g	0g	0mg	0mg	4g	1g
Trader Joes - British Muffins, 0.5 MUFFIN	80	15g	1g	4g	0mg	110mg	2g	1g
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
Lunch								
Trader Joe's - Power to the Greens, 1 cup (85g)	30	6g	0g	2g	0mg	80mg	1g	2g

Trader Joes - Greek Style Feta Dressing, 1.5 tbsp	83	1g	8g	1g	0mg	143mg	1g	0g
Cucumber - With peel, raw, 0.5 cup slices	8	2g	0g	0g	0mg	1mg	1g	0g
Trader Joe's - Garbanzo Beans, 3/8 Cup	90	17g	1g	5g	0mg	285mg	0g	5g
Peppers - Sweet, yellow, raw, 0.25 pepper, large (3-3/4" long, 3" dia)	13	3g	0g	0g	0mg	1mg	0g	0g
Dinner								
Annie's - Mac & Cheese, 1 cup prepared	280	47g	5g	11g	10mg	520mg	6g	2g
Snacks								
Trader Joes - Roasted and Unsalted Sunflower Seeds, 33 g (1/4 cup)	200	8g	17g	7g	0mg	0mg	0g	4g
Grapes - Grape, 3/4 cup	90	23g	0g	1g	0mg	15mg	15g	1g
Newman's Own Organics - Fig Newmans - Low Fat, 1 bars	55	12g	1g	1g	0mg	68mg	6g	1g
TOTAL:	1,209	173g	43g	43g	200mg	1,310mg	50g	23g

Food Notes

Realization: I had no idea I liked Annie's Mac & Cheese so much. Some nights my kids get it as a treat (read: mom didn't prepare dinner and we have 5 different places to be at once) well, I never serve myself a bowl but somehow I manage to eat a cup of it -- and I love it! Bummer.

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Running/walking (14 min mile)	259	50			
TOTALS:	259	50	0	0	0

May 23, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Trader Joes - British Muffins, 0.5 MUFFIN	80	15g	1g	4g	0mg	110mg	2g	1g
Homemade - One Egg Over Medium, 1 egg	70	0g	4g	6g	190mg	55mg	0g	0g
Trader Joes - Roasted and Unsalted Sunflower Seeds, 33 g (1/4 cup)	200	8g	17g	7g	0mg	0mg	0g	4g
Lunch								
Trader Joes - Roasted and Unsalted Sunflower Seeds, 49.5 g (1/4 cup)	300	12g	26g	11g	0mg	0mg	0g	6g
Pears - Raw, 1 pear, small (approx 3 per lb)	81	21g	0g	1g	0mg	1mg	14g	4g
Dinner								
Sushi - Sweet Potato Maki, 1 roll (8 pcs)	200	27g	8g	5g	0mg	44mg	1g	5g
Generic - Avocado Maki Roll, 1 roll (6-8 pieces)	140	28g	6g	2g	0mg	0mg	0g	0g
Wine - Red Wine, 5 oz	125	4g	0g	0g	0mg	6mg	1g	0g
Spring Roll - Veggie Spring Roll, 1 rolls	80	11g	4g	2g	0mg	270mg	1g	2g
TOTAL:	1,276	126g	66g	38g	190mg	486mg	19g	22g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
Cardiovascular					
Stair-treadmill ergometer, general	154	15			
Circuit training, general	548	60			
TOTALS:	702	75	0	0	0

Exercise notes

1 round cardio tabata
5 rounds of strength tabata

May 24, 2014

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Homemade - One Egg Over Medium, 1 egg	70	0g	4g	6g	190mg	55mg	0g	0g
Trader Joes - British Muffins, 1 MUFFIN	160	29g	2g	7g	0mg	220mg	3g	2g
Trader Joe's - Power to the Greens, 0.5 cup (85g)	15	3g	0g	1g	0mg	40mg	1g	1g
Trader Joe's - Organic Crunchy Unsalted Peanut Butter, 1 Tbsp	95	4g	8g	4g	0mg	3mg	1g	2g
Trader Joe's - Strawberry Preserves, 1 tbsp	50	13g	0g	0g	0mg	5mg	12g	0g
Lunch								
Trader Joe's - Power to the Greens, 1.5 cup (85g)	45	9g	0g	3g	0mg	120mg	2g	3g
Joseph's - All Natural Original Hummus, 3 tbsp.	90	8g	6g	3g	0mg	128mg	2g	2g
Trader Joe's - Organic Garbanzo Beans, 1/4 cup	55	10g	1g	3g	0mg	70mg	1g	3g
Trader Joes - Roasted and Unsalted Sunflower Seeds, 4.13 g (1/4 cup)	25	1g	2g	1g	0mg	0mg	0g	1g
Cucumber - With peel, raw, 0.25 cup slices	4	1g	0g	0g	0mg	1mg	0g	0g
Peppers - Sweet, yellow, raw, 0.25 pepper, large (3-3/4" long, 3" dia)	13	3g	0g	0g	0mg	1mg	0g	0g
Trader Joe's - Greek Style Feta Dressing, 0.6 tbsp	33	0g	3g	0g	0mg	57mg	0g	0g
Dinner								
Rice - Brown., 0.75 CUP	173	33g	3g	4g	0mg	120mg	0g	3g
Indian Food - Cooked Chickpeas, 350 g	462	82g	9g	13g	0mg	501mg	0g	1g
Indian Restaurant - Mango Lassi, 0.5 cup	69	15g	1g	2g	2mg	23mg	10g	1g
Snacks								
Trader Joe's - Almond Milk, Original, 1 cup	60	8g	3g	1g	0mg	150mg	7g	1g
Trader Joes - Multigrain O's, 0.5 cup	55	12g	1g	1g	0mg	68mg	3g	2g
Kashi - Go Lean Crunch - Cereal, 0.5625 c	143	29g	2g	7g	0mg	75mg	10g	6g
TOTAL:	1,617	260g	45g	56g	192mg	1,637mg	52g	28g

EXERCISES	Calories	Minutes	Sets	Reps	Weight
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Cardiovascular					
Stair-treadmill ergometer, general	154	15			
Circuit training, general	137	15			
TOTALS:	291	30	0	0	0

Exercise notes

Fitness Eval