



## Printable Diary for Katerinakountouris

 From:  

 Show:  Food Diary

 Food Notes

 To:  
 Exercise Diary

 Exercise notes

### November 23, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Meal 1</b>								
Califia Farms - Original Almond Milk, 0.33 cup	20	2g	1g	0g	0mg	53mg	2g	0g
Vital Proteins - Matcha Collagen, 1 scoop (14 g)	50	3g	0g	9g	0mg	60mg	2g	0g
Coffee - Black Coffee, 1 cup	5	1g	0g	0g	0mg	0mg	0g	0g
<b>Meal 2</b>								
Milton's - Miltons Healthy Whole Grain Bread, 1 SLICE	80	17g	1g	5g	0mg	140mg	5g	4g
Onion - White Onion, 0.13 cup chopped	8	2g	0g	0g	0mg	1mg	1g	0g
President - Fat Free Crumbled Feta, 1 oz	35	2g	0g	7g	5mg	260mg	1g	--g
Kroger - Break free 100% Liquid Egg Whites, 0.75 cup(s)	100	0g	0g	20g	0mg	300mg	0g	0g
Avocado - Medium, 1.33 ounce	60	3g	6g	1g	0mg	3mg	0g	3g
Spinach - Raw, 100 g	23	4g	0g	3g	0mg	79mg	0g	2g
Generic - Bell Pepper -> Red, 1 oz (1 Whole Pepper)	9	1g	0g	0g	--mg	--mg	1g	--g
Giorgio - Mushrooms, 1 oz	7	1g	0g	1g	0mg	3mg	0g	0g
Sprouts - Organic Uncured Turkey Bacon, 2 slice	90	2g	3g	12g	40mg	660mg	2g	0g
<b>Meal 3</b>								
Vital Proteins - Matcha Collagen, 1 scoop (14 g)	50	3g	0g	9g	0mg	60mg	2g	0g
Amazing Grass - Green Superfood--the Original Superfood, 8 grams-one scoop	30	4g	0g	2g	0mg	30mg	--g	2g
<b>Meal 4</b>								
Cranberry sauce - Cranberry Sauce, 0.13 cup	55	13g	0g	0g	0mg	5mg	11g	1g
pioneer - Gravy, 0.25 cup	45	6g	2g	0g	0mg	230mg	1g	0g
Hams - Ham, 2 oz	92	2g	5g	10g	32mg	640mg	0g	0g
Green - Beans, 0.5 cup	20	4g	0g	1g	0mg	290mg	2g	2g
Brussel Sprouts, - Brussel Sprouts, 2 oz. (28g)	20	4g	1g	1g	0mg	12mg	1g	1g
Publix - Sweet Potato Casserole, 1/8 cup cooked	55	9g	2g	1g	4mg	65mg	6g	1g
Homemade - Butternut Squash Casserole, 1 cup	192	23g	10g	7g	--mg	322mg	--g	--g
Campbell's - Green Bean Casserole, 0.25 cup	40	4g	2g	1g	1mg	133mg	0g	1g
Eurest - Mashed Potatoes, 0.25 cup	54	8g	2g	1g	6mg	81mg	1g	1g
<b>TOTAL:</b>	<b>1,857</b>	<b>192g</b>	<b>66g</b>	<b>133g</b>	<b>272mg</b>	<b>5,252mg</b>	<b>64g</b>	<b>20g</b>

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Turkey, dark meat, meat and skin, raw, 1.5 oz	68	0g	4g	8g	37mg	48mg	0g	0g
Meat - Turkey, 3 oz	150	6g	2g	27g	60mg	1,470mg	3g	0g
<b>Meal 5</b>								
Princess Cake - Marzipan Frosting, 40 grams or 2.8 ounces	127	18g	6g	1g	23mg	45mg	14g	--g
Amy's - Apple Pie, 1 oz	58	9g	2g	1g	6mg	34mg	4g	1g
Pumpkin Pie, 0.25 Slice (1/8 of Pie)	81	11g	4g	2g	9mg	80mg	5g	1g
Pie - Pecan, 2 oz	233	30g	13g	3g	49mg	148mg	0g	0g
<b>TOTAL:</b>	<b>1,857</b>	<b>192g</b>	<b>66g</b>	<b>133g</b>	<b>272mg</b>	<b>5,252mg</b>	<b>64g</b>	<b>20g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Sprints	101	10			
<b>Strength Training</b>					
DB Pullover on Bench			4	15	
Smith Machine Bent Over Row			4	15	
Lat pulldown, neutral grip			4	12	
Seated Close Grip Pull Down			4	12	
Hammer Strength Underhand Pull Down			4	12	
Straight Bar Bicep Curls			4	12	
Single Arm Cable Lat Pulldown, seated			4	12	
TRX Bicep Curls			4	15	
TRX Wide Grip Row			4	15	
<b>TOTALS:</b>	<b>101</b>	<b>10</b>	<b>36</b>	<b>120</b>	<b>0</b>