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

December 1, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Kirkland Signature - Organic Eggs, 1.5 egg	105	0g	8g	9g	278mg	105mg	0g	0g
Trader Joe's - Spicy Italian Chicken Sausage, 1 link	140	1g	8g	17g	55mg	590mg	0g	1g
Avocado - Avocado, 35 g	82	4g	7g	1g	0mg	4mg	0g	4g
Protein Espresso, 2 serving(s)	78	0g	1g	18g	0mg	166mg	0g	0g
Brummel & Brown - Butter , 0.5 tablespoon	23	0g	3g	0g	0mg	45mg	0g	0g
Miltons - Whole Grain Plus, 1 slice (38g)	90	16g	1g	4g	0mg	125mg	3g	5g
Wegmans - Egg White, 6 T	50	1g	0g	10g	0mg	150mg	0g	0g
Meal 2								
Seeds of Change - Brown Basmati Rice, 0.88 Cup	193	38g	3g	4g	0mg	9mg	0g	2g
Taylor Farms - Organic Baby Spinach - Holly, 85 g (about 2 cups)	25	3g	0g	2g	0mg	65mg	0g	2g
Cucumber - Cucumber, 0.5 cup	8	2g	0g	0g	0mg	1mg	1g	0g
Concerto - Grape Tomato - Costco, 150 g	45	9g	0g	2g	0mg	0mg	6g	2g
valbreso - sheep's milk feta, 1 oz	71	0g	6g	4g	19mg	302mg	0g	0g
Oil - Olive, 0.5 tablespoon	60	0g	7g	0g	0mg	0mg	0g	0g
Kirkland - Aged Balsamic Vinegar of Modena, 0.5 Tbsp	15	4g	0g	0g	0mg	3mg	3g	0g
Home Made - Brussel Sprouts Bake, 1 cup	38	8g	0g	3g	0mg	22mg	2g	3g
Baked - Chicken Breast, 4.5 ounces	135	0g	2g	29g	73mg	84mg	0g	0g
Meal 3								
Quaker Oats - Chocolate Rice Cake, 2 cake	120	24g	2g	2g	0mg	80mg	8g	0g
Kirkland - Almond Butter, Organic Creamy, 16 g (2 Tbs)	105	3g	9g	4g	0mg	0mg	1g	2g
Meal 4								
Lindt - A Touch of Sea Salt Squares, 1 square	47	6g	3g	1g	--mg	14mg	5g	--g
Nabisco - Original Premium Saltine Crackers, 10 crackers	140	24g	3g	2g	0mg	270mg	0g	0g
Amazing Grass - Green Superfood Powder, 1 scoop	30	4g	1g	2g	0mg	0mg	0g	2g
Turkey Chili, 1 serving(s)	428	53g	9g	33g	52mg	608mg	15g	16g
TOTAL:	2,028	200g	73g	147g	477mg	2,643mg	44g	39g