



Printable Diary for Katerinakountouris

 From: 

 Show: Food Diary

 Food Notes

 To: 
 Exercise Diary

 Exercise notes

December 4, 2018

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Meal 1								
Rishi Tea - Sweet Matcha Original, 1 Tbsp (13g)	50	12g	0g	0g	0mg	35mg	12g	0g
FitEats Breakfast Burrito - Large Breakfast Burrito, 1 burrito	454	43g	14g	39g	--mg	587mg	--g	8g
Meal 2								
Quest - Gingerbread Protein Cookie, 1 cookie	250	19g	17g	15g	35mg	200mg	1g	11g
Larabar - Cashew Cookie Mini, 1 bar	100	11g	6g	2g	0mg	0mg	7g	1g
Meal 3								
Oil - Olive, 0.5 tablespoon	60	0g	7g	0g	0mg	0mg	0g	0g
Broccolini - Steamed, 200 grams	70	14g	2g	7g	0mg	82mg	2g	6g
red skin potato - Red Skin Potato, 7 oz	193	46g	0g	5g	0mg	0mg	2g	4g
Laughing Cow Light - Creamy Swiss, 1.5 wedge	53	2g	2g	3g	8mg	270mg	2g	0g
Bison - Bison, 5 oz	238	0g	14g	29g	63mg	75mg	0g	0g
Meal 4								
Enlightened - Snickerdoodle, 0.5 cup (70g)	60	14g	2g	6g	10mg	35mg	3g	5g
Fuji Apple - Fuji Apple, 7.33 oz	108	31g	0g	1g	0mg	0mg	23g	5g
TOTAL:	1,636	192g	64g	107g	116mg	1,284mg	52g	40g