



## Printable Diary for Vk444

From:   Show: ☒ Food Diary ☒ Food Notes [change report](#)

To:   ☐ Exercise Diary ☐ Exercise notes

February 6, 2020

| FOODS   | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |
|---|----------|-------|-----|---------|---------|--------|--------|-------|
| <b>Breakfast</b>  |          |       |     |         |         |        |        |       |
| Quebon - 2% Partly Skimmed Milk, 125 ml   | 65       | 6g    | 3g  | 5g      | 10mg    | 55mg   | 6g     | 0g    |
| Kicking Horse - Kick Ass Dark Roast, 6 oz cup   | 2        | 0g    | 0g  | 0g      | 0mg     | 5mg    | 0g     | 0g    |
| Kirkland Organic Brown Eggs - Eggs, 1 egg   | 70       | 0g    | 5g  | 6g      | 185mg   | 70mg   | 0g     | 0g    |
| Prasad - Ghee, 6.5 grams  | 55       | 0g    | 7g  | 0g      | 18mg    | 0mg    | 0g     | 0g    |
| Naturegg - Egg Whites, 200 g  | 100      | --g   | --g | 22g     | --mg    | 350mg  | --g    | --g   |
| Silver Hills - Big Red's Bread, 2 slice   | 180      | 28g   | 4g  | 12g     | 0mg     | 280mg  | 2g     | 8g    |
| <b>Morning snack</b>  |          |       |     |         |         |        |        |       |
| Nuttin' but Spreads - Almond Butter, 7.5 grams  | 50       | 2g    | 5g  | 2g      | 0mg     | 0mg    | 1g     | 1g    |
| vega - vegan protein powder, 22 gram  | 80       | 4g    | 2g  | 15g     | 0mg     | 200mg  | 1g     | 1g    |
| Natura - Unsweetened Vanilla Almond Milk, 1 cup   | 30       | 1g    | 2g  | 1g      | 0mg     | 100mg  | 0g     | 1g    |
| Irresistibles - Sliced Strawberries, Frozen , 140 g (3/4 cup)                                   | 50       | 13g   | 0g  | 1g      | 0mg     | 3mg    | 6g     | 3g    |
| Nature's Touch - Mangoes, 0.5 cup (140g)  | 46       | 11g   | 0g  | 0g      | 0mg     | 0mg    | 11g    | 1g    |
| Spinach - Raw, 1 cup  | 7        | 1g    | 0g  | 1g      | 0mg     | 24mg   | 0g     | 1g    |
| Fresh - Raw Kale, 1 cup   | 34       | 7g    | 1g  | 2g      | 0mg     | 29mg   | 0g     | 1g    |
| <b>Lunch</b>  |          |       |     |         |         |        |        |       |
| Alter Eco - Chocolat noir biologique 90z, 7.6 gramme  | 50       | 2g    | 4g  | 1g      | 0mg     | 0mg    | 1g     | 1g    |
| liberty - 1% cottage cheese, 125 grams  | 100      | 7g    | 1g  | 14g     | 10mg    | 430mg  | 5g     | 1g    |
| Kilo Solution - Salade D'orge Campagnard, 300 g   | 350      | 41g   | 15g | 14g     | 0mg     | 500mg  | 4g     | 6g    |
| Vegetable - Slided Cucomber, 100 g  | 10       | 2g    | 0g  | 1g      | --mg    | --mg   | --g    | --g   |
| Fresh Attitude - Greens With Baby Kale, 3 cups  | 30       | 5g    | 0g  | 3g      | 0mg     | 60mg   | 2g     | 3g    |
| <b>Dinner</b>   |          |       |     |         |         |        |        |       |
| Prasad - Ghee, 2.6 grams  | 22       | 0g    | 3g  | 0g      | 7mg     | 0mg    | 0g     | 0g    |
| Exceldor - Extra lean Quebec Chicken, 100 grams   | 130      | 0g    | 6g  | 20g     | 80mg    | 85mg   | 0g     | 0g    |
| Fresh Attitude - Prewashed Baby Spinach Raw, 1.5 cups (65g)                                     | 8        | 1g    | 0g  | 1g      | 0mg     | 25mg   | 0g     | 1g    |
| Fresh Attitude - Greens With Baby Kale, 1 cups  | 10       | 2g    | 0g  | 1g      | 0mg     | 20mg   | 1g     | 1g    |
| Tinkyada Pasta Joy Ready - Organice Brown Rice Pasta Spirals, 1 cup (80g) dry (1.5 cups cooked) | 300      | 63g   | 3g  | 6g      | --mg    | 5mg    | 1g     | 5g    |
| Cauliflower pasta sauce, 1 serving(s)   | 90       | 6g    | 7g  | 3g      | 11mg    | 237mg  | 2g     | 2g    |
| Davidstea - Caribbean crush, 1 cup  | 15       | 4g    | 0g  | 0g      | --mg    | 10mg   | 3g     | --g   |

|  |              |             |            |             |              |                |            |            |  |
|--|--------------|-------------|------------|-------------|--------------|----------------|------------|------------|--|
| <b>Evening snack</b>                                   |              |             |            |             |              |                |            |            |  |
| Celery, 1 cup, chopped                                 | 16           | 3g          | 0g         | 1g          | 0mg          | 81mg           | 1g         | 2g         |  |
| vega - vegan protein powder, 22 gram                   | 80           | 4g          | 2g         | 15g         | 0mg          | 200mg          | 1g         | 1g         |  |
| Natura - Unsweetened Vanilla Almond Milk, 1 cup        | 30           | 1g          | 2g         | 1g          | 0mg          | 100mg          | 0g         | 1g         |  |
| Naturegg - Egg Whites, 150 g                           | 75           | --g         | --g        | 17g         | --mg         | 263mg          | --g        | --g        |  |
| Selection - Canola Oil - Cooking Spray, 1 second spray | 8            | 0g          | 1g         | 0g          | 0mg          | 0mg            | 0g         | 0g         |  |
| <b>TOTAL:</b>  | <b>2,093</b> | <b>214g</b> | <b>73g</b> | <b>165g</b> | <b>321mg</b> | <b>3,132mg</b> | <b>48g</b> | <b>41g</b> |  |

**February 7, 2020**

| FOODS   | Calories | Carbs | Fat | Protein | Cholest | Sodium | Sugars | Fiber |  |
|---|----------|-------|-----|---------|---------|--------|--------|-------|--|
| <b>Breakfast</b>  |          |       |     |         |         |        |        |       |  |
| Kirkland Km - Three Berry Blend, Frozen, 1.25 C (140g)  | 70       | 17g   | 0g  | 1g      | --mg    | --mg   | 11g    | 5g    |  |
| Kicking Horse - Kick Ass Dark Roast, 6 oz cup   | 2        | 0g    | 0g  | 0g      | 0mg     | 5mg    | 0g     | 0g    |  |
| Quebon - 2% Partly Skimmed Milk, 125 ml   | 65       | 6g    | 3g  | 5g      | 10mg    | 55mg   | 6g     | 0g    |  |
| Kodiak Cakes - Waffle & Flapjack Mix - Protein Power Cakes, 53 g (1/2 Cup)                      | 190      | 30g   | 2g  | 14g     | 10mg    | 380mg  | 3g     | 5g    |  |
| Prasad - Ghee, 6.5 grams  | 55       | 0g    | 7g  | 0g      | 18mg    | 0mg    | 0g     | 0g    |  |
| Naturegg - Egg Whites, 200 g  | 100      | --g   | --g | 22g     | --mg    | 350mg  | --g    | --g   |  |
| <b>Lunch</b>  |          |       |     |         |         |        |        |       |  |
| Davidstea - Caribbean crush, 1 cup  | 15       | 4g    | 0g  | 0g      | --mg    | 10mg   | 3g     | --g   |  |
| Cauliflower pasta sauce, 1 serving(s)   | 90       | 6g    | 7g  | 3g      | 11mg    | 237mg  | 2g     | 2g    |  |
| Tinkyada Pasta Joy Ready - Organice Brown Rice Pasta Spirals, 1 cup (80g) dry (1.5 cups cooked) | 300      | 63g   | 3g  | 6g      | --mg    | 5mg    | 1g     | 5g    |  |
| Fresh Attitude - Prewashed Baby Spinach Raw, 3 cups (65g)                                       | 15       | 2g    | 0g  | 2g      | 0mg     | 50mg   | 0g     | 1g    |  |
| Exceldor - Extra lean Quebec Chicken, 100 grams   | 130      | 0g    | 6g  | 20g     | 80mg    | 85mg   | 0g     | 0g    |  |
| Prasad - Ghee, 2.6 grams  | 22       | 0g    | 3g  | 0g      | 7mg     | 0mg    | 0g     | 0g    |  |
| <b>Afternoon snack</b>  |          |       |     |         |         |        |        |       |  |
| Fresh - Raw Kale, 1.5 cup   | 50       | 10g   | 1g  | 3g      | 0mg     | 43mg   | 0g     | 2g    |  |
| Spinach - Raw, 1 cup  | 7        | 1g    | 0g  | 1g      | 0mg     | 24mg   | 0g     | 1g    |  |
| Nature's Touch - Mangoes, 1 cup (140g)  | 91       | 21g   | 1g  | 1g      | 0mg     | 0mg    | 21g    | 2g    |  |
| Irresistibles - Sliced Strawberries, Frozen , 140 g (3/4 cup)                                   | 50       | 13g   | 0g  | 1g      | 0mg     | 3mg    | 6g     | 3g    |  |
| Nuttin' but Spreads - Almond Butter, 15 grams   | 100      | 3g    | 9g  | 3g      | 0mg     | 0mg    | 1g     | 1g    |  |
| vega - vegan protein powder, 22 gram  | 80       | 4g    | 2g  | 15g     | 0mg     | 200mg  | 1g     | 1g    |  |
| Olympic Organic - Probiotic 2%, 175 g   | 100      | 10g   | 4g  | 7g      | 15mg    | 90mg   | 10g    | --g   |  |
| Natura - Unsweetened Vanilla Almond Milk, 1 cup   | 30       | 1g    | 2g  | 1g      | 0mg     | 100mg  | 0g     | 1g    |  |
| <b>Dinner</b>   |          |       |     |         |         |        |        |       |  |
| Prime - Chicken Strips, 125 g   | 250      | 21g   | 10g | 20g     | 40mg    | 590mg  | 5g     | 2g    |  |
| Prasad - Ghee, 6.5 grams  | 55       | 0g    | 7g  | 0g      | 18mg    | 0mg    | 0g     | 0g    |  |
| Vegetable - Slided Cucomber, 100 g  | 10       | 2g    | 0g  | 1g      | --mg    | --mg   | --g    | --g   |  |
| liberty - 1% cottage cheese, 125 grams  | 100      | 7g    | 1g  | 14g     | 10mg    | 430mg  | 5g     | 1g    |  |

|  |              |             |            |             |              |                |            |            |
|--|--------------|-------------|------------|-------------|--------------|----------------|------------|------------|
| Raw Broccoli 100gm - Raw Broccoli 100gm, 100 gm        | 35           | 7g          | 0g         | 2g          | 0mg          | 41mg           | 1g         | 3g         |
| Generic - Cremini Mushroom - Raw, 4 ounce              | 24           | 4g          | 0g         | 4g          | --mg         | 8mg            | 2g         | 1g         |
| <b>Evening snack</b>                                   |              |             |            |             |              |                |            |            |
| Fresh - Raw Kale, 0.5 cup                              | 17           | 3g          | 0g         | 1g          | 0mg          | 14mg           | 0g         | 1g         |
| Selection - Canola Oil - Cooking Spray, 1 second spray | 8            | 0g          | 1g         | 0g          | 0mg          | 0mg            | 0g         | 0g         |
| Naturegg - Egg Whites, 100 g                           | 50           | --g         | --g        | 11g         | --mg         | 175mg          | --g        | --g        |
| Presidents Choice - Free Run Egg (Large), 53 g         | 70           | 1g          | 5g         | 6g          | 195mg        | 65mg           | --g        | --g        |
| <b>TOTAL:</b>  | <b>2,181</b> | <b>236g</b> | <b>74g</b> | <b>164g</b> | <b>414mg</b> | <b>2,960mg</b> | <b>78g</b> | <b>37g</b> |

**February 8, 2020**

| FOODS   | Calories     | Carbs       | Fat        | Protein     | Cholest      | Sodium         | Sugars     | Fiber      |
|---|--------------|-------------|------------|-------------|--------------|----------------|------------|------------|
| <b>Breakfast</b>  |              |             |            |             |              |                |            |            |
| Kicking Horse - Kick Ass Dark Roast, 6 oz cup   | 2            | 0g          | 0g         | 0g          | 0mg          | 5mg            | 0g         | 0g         |
| Natrel - Lait 2%, 125 ml  | 65           | 6g          | 3g         | 5g          | 10mg         | 50mg           | 6g         | --g        |
| Nuttin' but Spreads - Almond Butter, 15 grams   | 100          | 3g          | 9g         | 3g          | 0mg          | 0mg            | 1g         | 1g         |
| Silver Hills - Big Red's Bread, 1 slice   | 90           | 14g         | 2g         | 6g          | 0mg          | 140mg          | 1g         | 4g         |
| Prasad - Ghee, 2.6 grams  | 22           | 0g          | 3g         | 0g          | 7mg          | 0mg            | 0g         | 0g         |
| Naturegg - Egg Whites, 200 g  | 100          | --g         | --g        | 22g         | --mg         | 350mg          | --g        | --g        |
| <b>Lunch</b>  |              |             |            |             |              |                |            |            |
| Cauliflower pasta sauce, 1 serving(s)   | 90           | 6g          | 7g         | 3g          | 11mg         | 237mg          | 2g         | 2g         |
| Exceldor - Extra lean Quebec Chicken, 100 grams   | 130          | 0g          | 6g         | 20g         | 80mg         | 85mg           | 0g         | 0g         |
| Prasad - Ghee, 2.6 grams  | 22           | 0g          | 3g         | 0g          | 7mg          | 0mg            | 0g         | 0g         |
| Tinkyada Pasta Joy Ready - Organice Brown Rice Pasta Spirals, 1 cup (80g) dry (1.5 cups cooked) | 300          | 63g         | 3g         | 6g          | --mg         | 5mg            | 1g         | 5g         |
| Fresh Attitude - Prewashed Baby Spinach Raw, 1.5 cups (65g)                                     | 8            | 1g          | 0g         | 1g          | 0mg          | 25mg           | 0g         | 1g         |
| <b>Afternoon snack</b>  |              |             |            |             |              |                |            |            |
| Jugo Juice - Whey Protein Powder, 1 scoop   | 130          | 5g          | 2g         | 26g         | 35mg         | 190mg          | 3g         | 1g         |
| Jugo Juice - Mighty Kale, 24 oz   | 292          | 68g         | 1g         | 4g          | 0mg          | 49mg           | 59g        | 5g         |
| <b>Dinner</b>   |              |             |            |             |              |                |            |            |
| Pc Free From - Barbeque Seasoned Whole Chicken, 150 g   | 300          | 0g          | 15g        | 41g         | 173mg        | 330mg          | 0g         | 0g         |
| Dole - Packaged Salads - Caesar Kit, 100 grams  | 150          | 8g          | 12g        | 3g          | 10mg         | 390mg          | 2g         | 2g         |
| Bento Express - Vegetable Salad Sushi Roll, 9 pieces  | 270          | 49g         | 6g         | 7g          | 0mg          | 550mg          | 9g         | 5g         |
| <b>TOTAL:</b>   | <b>2,071</b> | <b>223g</b> | <b>72g</b> | <b>147g</b> | <b>333mg</b> | <b>2,406mg</b> | <b>84g</b> | <b>26g</b> |