

## Printable Diary for Steveax

From: 2015-01-08



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 Food Diary Food Notes[change report](#)

To: 2015-01-08

 Exercise Diary Exercise notes

## January 8, 2015

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Carls' Jr. - Charbroiled Bbq Chicken Sandwich, 1 sandwich	390	50g	7g	30g	60mg	990mg	13g	3g
Mcdonald's - Diet Dr Pepper, 30 fl oz	0	0g	0g	4g	0mg	140mg	0g	0g
<b>Lunch</b>								
Premium Homestyle - brown sugar ham, 5 slices	75	4g	3g	10g	31mg	725mg	1g	0g
Ready Snax - Carrots, Grapes & Cheese With Pretzels, 4.3 oz	150	24g	5g	5g	15mg	370mg	9g	2g
Pineapple - Raw, all varieties, 0.25 cup, diced	19	5g	0g	0g	0mg	0mg	4g	1g
Radishes - Raw, 1 cup slices	19	4g	0g	1g	0mg	45mg	2g	2g
<b>Dinner</b>								
Teddy's - Root Beer, Hand Crafted Premium Made, 12 fl oz	135	33g	0g	0g	0mg	23mg	33g	0g
Tuna Casserole, 2.5 serving(s)	713	103g	15g	40g	39mg	1,045mg	3g	0g
<b>Night Snack</b>								
Popcicle - Fudgecicle, 1 pops	40	9g	2g	3g	5mg	95mg	5g	4g
Tuna Casserole, 0.5 serving(s)	143	21g	3g	8g	8mg	209mg	1g	0g
Nestle Skinny Cow - Heavenly Crisp Candy Bar - Milk Chocolate, 1 bar (22g)	110	14g	6g	1g	0mg	55mg	9g	1g
<b>TOTAL:</b>	<b>1,794</b>	<b>267g</b>	<b>41g</b>	<b>102g</b>	<b>158mg</b>	<b>3,697mg</b>	<b>80g</b>	<b>13g</b>