

FOOD & EXERCISE LOG - APRIL 14TH, 2016

FOODS

Breakfast

	Calories	Carbs (g)	Fat (g)	Protein (g)	Cholest (mg)	Sodium (mg)	Sugars (g)	Fiber (g)
Liberte - Greek Yogurt Plain 2%, 117.25 g	80	4	2	11	10	44	4	0
menu bleu - cereales granola, 16.5 g	69	14	1	2	0	17	4	2
Kirkland - Trail Mix, 3 Tablespoons	160	12	10	5	0	40	9	1
Sauteed - Mushrooms, 50 grams	28	4	0	4	0	13	0	2
Spinach - Baby Spinach , 1 Cups (85 g)	13	1	0	2	0	33	0	1
Egg - Brown, Large, 2 egg	140	2	10	12	370	140	0	0
Sourdough Bread, 1 slice	120	22	2	4	0	220	2	1
Americano, 2 serving(s)	62	0	6	1	20	17	4	0
	672	59	31	41	400	524	23	7
		45%	24%	31%				

Exercise: 90 minute strength w/ weights

ESTIMATED exercise impact:

-683

Lunch

	Calories	Carbs (g)	Fat (g)	Protein (g)	Cholest (mg)	Sodium (mg)	Sugars (g)	Fiber (g)
Spinach - Baby Spinach , 1 Cups (85 g)	13	1	0	2	0	33	0	1
Marzetti Ginger Sesame Dressing , 2 Tbsp	80	6	7	0	0	250	5	0
Cherry Tomatoes Raw, 0.33 cup(s)	18	4	0	1	0	9	2	1
Meat - Eye of Round Steak, 4 oz	190	0	10	23	65	55	0	0
Beets, raw, 0.33 beet (2	12	3	0	0	0	21	2	1
Broccoli Florets, 0.38 Cup, (85g)	8	1	0	1	0	8	0	1
Zucchini, 0.38 cup sliced	15	3	0	2	0	8	1	1
	336	18	17	29	65	384	10	5
		28%	27%	45%				

Afternoon/pre-practice snacks

	Calories	Carbs (g)	Fat (g)	Protein (g)	Cholest (mg)	Sodium (mg)	Sugars (g)	Fiber (g)
Quest Bar: Chocolate Peanut Butter, 60 g	180	25	5	20	0	250	2	17
Americano, 1 serving(s)	31	0	3	1	10	8	2	0
Roasted Red Pepper & Paprika Hummus, 48 g	105	8	7	3	0	210	0	2
Suzie's Kamut Flatbread 3 flatbreads (1 oz)	70	15	2	2	0	140	0	1
Peanut Butter - 1 Tablespoon	75	2	6	2	0	0	1	1
Honey - Clover, 0.5 Tablespoon	30	8	0	0	0	0	8	0
Country Harvest - Prairie Bran Bread, 1 slice	110	19	2	5	0	160	2	4
	601	77	25	33	10	768	15	25
		57%	19%	24%				

Exercise: 50 min off skates, 1:50 practice

ESTIMATED exercise impact: **-1136**

Post-practice snacks	Calories	Carbs (g)	Fat (g)	Protein (g)	Cholest (mg)	Sodium (mg)	Sugars (g)	Fiber (g)
Allen's - 100% Apple Juice, 312.5 ml	125	34	0	0	0	13	31	0
Jalapeno Coconut Paleo Bread W, 1 serving(s)	128	6	10	4	93	256	1	2
Carrots, Baby Raw Mine - Raw Baby Carrots, 0.5 cu	26	6	0	1	0	30	3	1
	279	46	10	5	93	299	35	3
		75%	16%	8%				

COMBINED SNACKS:	880	123	35	38	103	1067	50	28
		63%	18%	19%				

Dinner	Calories	Carbs (g)	Fat (g)	Protein (g)	Cholest (mg)	Sodium (mg)	Sugars (g)	Fiber (g)
Spinach - Baby Spinach , 1 Cups (85 g)	13	1	0	2	0	33	0	1
Dole - Broccoli Florets, 0.38 Cup, (85g)	8	1	0	1	0	8	0	1
Cheese, feta, 28 gram	74	1	6	4	25	257	1	0
Beets, raw, 0.33 beet (grated)	12	3	0	0	0	21	2	1
Veggies - Zucchini, 0.38 cup sliced	15	3	0	2	0	8	1	1
Chicken breast, oven-roasted, 2 slices	66	2	0	14	30	913	0	0
Wishbone - Olive Oil Vinaigrette, 1 tbsp	30	2	3	0	0	125	2	0
Green and Blacks Dark Chocolate, 9 pieces (40g)	165	17	10	2	0	0	14	2
Wine - Table, red, 7 fl oz	149	4	0	0	0	10	0	0
	511	32	19	22	55	1334	20	4
		44%	26%	30%				

TOTAL FOOD INTAKE:	Calories	Carbs (g)	Fat (g)	Protein (g)	Cholest (mg)	Sodium (mg)	Sugars (g)	Fiber (g)
	2,420	234	102	133	623	3,350	103	46
		50%	22%	28%				

EXERCISE EXPENDED (estimate) **-1819**
 NET INTAKE: 601
 TARGET: 1750
 EXCESS/DEFICIT: **-1,149**