

# Printable Diary for Coreypearce

From:  

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Food Notes

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To:  

Exercise Diary

Exercise notes

## February 14, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Glucerne - Mixed Berry, Meal Replacement, 1 bottle	225	27g	8g	11g	--mg	250mg	4g	6g
Honey and Lemon, 1 serving(s)	60	17g	0g	0g	0mg	9mg	16g	0g
Cracker Barrel Grocery - Pizza Mozzarella, 30 gram(s)	100	1g	8g	7g	25mg	240mg	0g	0g
Heinz - Original Beans In Tomato Sauce, 0.25 cup	70	14g	0g	4g	0mg	195mg	5g	3g
SunRype - Slim Fruit Juice, Tropical Mango, 250 ml	10	8g	0g	0g	0mg	20mg	1g	0g
Costco - Bacon, 2 slices	80	0g	6g	6g	20mg	350mg	0g	0g
Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
<b>Lunch</b>								
Quest - Peanut Chocolate Crunch Snack Bar, 1 bar	210	14g	15g	10g	0mg	160mg	1g	7g
Uncle Biggie's Tuna, 1 serving(s)	253	1g	14g	28g	44mg	693mg	1g	0g
<b>Dinner</b>								
A&W - Spicy Chipotle Chubby Chicken Wrap, 1 snack wrap (105g)	317	29g	17g	12g	30mg	665mg	2g	2g
A & W - Onion Rings, 150 grams	470	48g	27g	8g	5mg	780mg	6g	4g
<b>TOTAL:</b>	<b>1,938</b>	<b>160g</b>	<b>105g</b>	<b>99g</b>	<b>496mg</b>	<b>3,504mg</b>	<b>36g</b>	<b>22g</b>

EXERCISES	Calories	Minutes	Sets	Reps	Weight
<b>Cardiovascular</b>					
Walking	546	62			
Under Armour calorie adjustment	99	1			
<b>TOTALS:</b>	<b>645</b>	<b>63</b>	<b>0</b>	<b>0</b>	<b>0</b>