



Printable Diary for Coreypearce

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Food Notes

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To: 

Exercise Diary

Exercise notes

March 28, 2022

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Sports Research - Tart Cherry Concentrate Made With Montmorency Tart Cherries, 1 liquid softgel	5	1g	--g	--g	--mg	--mg	--g	--g
Heinz - Original Beans In Tomato Sauce, 0.5 cup	140	28g	1g	7g	0mg	390mg	9g	5g
Cracker Barrel Grocery - Pizza Mozzarella, 30 gram(s)	100	1g	8g	7g	25mg	240mg	0g	0g
Kirkland - Bacon, 2 slices (18g)	80	0g	6g	6g	15mg	350mg	0g	0g
PC - Liquid coconut oil, 1/2 second spray	5	0g	1g	0g	0mg	0mg	0g	0g
Ocean Spray - Diet Cranberry Juice (Correct), 1 bottle (10 oz)	10	3g	0g	--g	--mg	50mg	1g	--g
Egg, 2 large	143	1g	10g	13g	372mg	142mg	0g	0g
Dempster's - 100% Wheat Bread, 1 slices	90	16g	1g	3g	0mg	115mg	2g	2g
Lunch								
Jamieson - Calcium Magnesium Vitamin D, 2 tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Jamieson Natural Sources - B12 , 2 Tablet	0	0g	0g	0g	0mg	0mg	0g	0g
Gnc - Vitamin D-3 1000, 2 Tablet	0	0g	0g	0g	0mg	0mg	--g	0g
Homemade Turkey Soup, 2 serving(s)	223	17g	8g	22g	63mg	624mg	9g	4g
Dinner								
Maple Leaf Prime - Natural Chicken Cutletts Stuffed with Butter & Chive, 2 portion	820	38g	60g	32g	140mg	1,300mg	6g	0g
Snacks								
Celery, 1 cup, chopped	16	3g	0g	1g	0mg	81mg	1g	2g
Celery, 1 cup, chopped	16	3g	0g	1g	0mg	81mg	1g	2g
Kraft - Smooth Cremeux, 45 gram(s)	270	12g	24g	9g	0mg	180mg	3g	3g
TOTAL:	1,918	123g	119g	101g	615mg	3,553mg	32g	18g