

Printable Diary for Nsharma50

From: 2019-02-24



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To: 2019-03-05

☐ Exercise Diary☐ Exercise notes

February 24, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Unsalted mixed nuts - Mixed Nuts, 56 gram	316	14g	28g	10g	0mg	0mg	4g	4g
Fage - Plain Greek Yogurt, 0.5 cup	60	4g	0g	12g	5mg	43mg	4g	0g
Eggs - Hard Boiled - Large, 4 egg	312	2g	21g	25g	848mg	248mg	2g	0g
Oil - Coconut, 1 tbs	120	0g	14g	0g	0mg	0mg	0g	0g
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Lunch								
Mushrooms - Grilled, 1 cup	16	4g	0g	4g	0mg	13mg	0g	2g
Generic - Garlic and Parsley Chicken Breast, 2 oz	52	1g	3g	5g	--mg	--mg	--g	--g
Feta - ..., 28 gram	89	1g	5g	5g	5mg	257mg	--g	--g
olives - Olives, 10 pieces	50	2g	5g	0g	0mg	660mg	0g	0g
Dinner								
Tesco - Crispy Aromatic Half Duck, 79 g	199	14g	8g	16g	--mg	--mg	--g	--g
kerrygold - Butter, 1 tbsp	100	0g	11g	0g	30mg	100mg	0g	0g
Usda - Avocado, 100 g	160	9g	15g	2g	0mg	7mg	1g	7g
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Unsalted mixed nuts - Mixed Nuts, 56 gram	316	14g	28g	10g	0mg	0mg	4g	4g
Generic - Generic Chicken Satay Stick, 3 stick	129	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	2,013	65g	148g	89g	888mg	1,328mg	15g	17g

February 25, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Oil - Coconut, 1 tbs	120	0g	14g	0g	0mg	0mg	0g	0g
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Lunch								
Generic - Nuts - Pecans, Raw, 10 gram	69	1g	7g	1g	--mg	--mg	0g	1g
Eggs - Hard Boiled - Large, 1 egg	78	1g	5g	6g	212mg	62mg	1g	0g
Cheese, Emmenthaler - Cheese, 2 slice	160	2g	12g	10g	30mg	420mg	2g	--g
Plain Pecans - Nuts, 2 tablespoon	140	2g	14g	2g	--mg	--mg	--g	2g
olives - Olives, 10 pieces	50	2g	5g	0g	0mg	660mg	0g	0g
TOTAL:	2,085	47g	173g	91g	637mg	1,551mg	17g	21g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
General - Tuna, 2 oz	72	0g	0g	17g	28mg	136mg	0g	0g
Dinner								
Sat-isabgol - Psyllium Husk, 1 tablespoon	15	4g	0g	0g	0mg	0mg	0g	4g
kerrygold - Butter, 1 tbsp	100	0g	11g	0g	30mg	100mg	0g	0g
Strawberry - Strawberry, 1 med	4	1g	0g	0g	0mg	0mg	1g	0g
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Unsalted mixed nuts - Mixed Nuts, 56 gram	316	14g	28g	10g	0mg	0mg	4g	4g
Fage - Plain Greek Yogurt, 0.5 cup	60	4g	0g	12g	5mg	43mg	4g	0g
Peppers, sweet, green, raw, 0.5 cup, sliced	9	2g	0g	0g	0mg	1mg	1g	1g
Broccoli - Boiled, 78 g	25	4g	0g	1g	--mg	20mg	2g	2g
Ghee - Ghee, 3 tsp	135	0g	15g	0g	0mg	0mg	0g	0g
Usda - Avocado, 100 g	160	9g	15g	2g	0mg	7mg	1g	7g
paneer - Paneer, 112 g	400	0g	32g	24g	120mg	40mg	0g	0g
Eggs - Hard Boiled - Large, 1 egg	78	1g	5g	6g	212mg	62mg	1g	0g
TOTAL:	2,085	47g	173g	91g	637mg	1,551mg	17g	21g

February 26, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
kerrygold - Butter, 1 tbsp	100	0g	11g	0g	30mg	100mg	0g	0g
Generic - 1 Egg Omlette With Spinach, 4 omlette	400	7g	40g	54g	740mg	400mg	4g	4g
Oil - Coconut, 1 tbs	120	0g	14g	0g	0mg	0mg	0g	0g
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Lunch								
General - Cucumber, 10 grams	2	0g	0g	0g	--mg	0mg	0g	0g
Oil - Olive, 1 tablespoon	119	0g	14g	0g	0mg	0mg	0g	0g
Broccoli, raw, 1 cup chopped	31	6g	0g	3g	0mg	30mg	2g	2g
Grilled chicken - Chicken, 113 gram	100	1g	2g	22g	50mg	110mg	1g	0g
olives - Olives, 10 pieces	50	2g	5g	0g	0mg	660mg	0g	0g
Cheese - Mozerella, 1 oz	80	1g	5g	8g	0mg	170mg	0g	0g
Dinner								
Longley Farm - Double Cream, 15 ml	67	0g	7g	0g	--mg	--mg	0g	--g
Unsalted mixed nuts - Mixed Nuts, 56 gram	316	14g	28g	10g	0mg	0mg	4g	4g
Uk - Mooli Daikon Radish, 25 g	5	1g	0g	0g	--mg	5mg	0g	0g
Curd - Curd(dahi), 15 gms	15	1g	1g	1g	3mg	5mg	0g	0g
Ghee - Ghee, 2 tsp	90	0g	10g	0g	0mg	0mg	0g	0g
Sabji - Bhindi - Plain (With Less Oil), 50 g	80	6g	5g	2g	--mg	--mg	--g	--g
Usda - Avocado, 100 g	160	9g	15g	2g	0mg	7mg	1g	7g
Tesco - Hot Smoked Salmon, 180 g	414	4g	26g	41g	--mg	--mg	0g	1g
Snacks								
TOTAL:	2,442	57g	213g	146g	823mg	1,487mg	13g	21g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Generic - Nuts - Pecans, Raw, 28 gram	194	4g	20g	3g	--mg	--mg	1g	3g
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Coffee - Black Coffee, 1 cup	5	1g	0g	0g	0mg	0mg	0g	0g
TOTAL:	2,442	57g	213g	146g	823mg	1,487mg	13g	21g

February 27, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Fage - Plain Greek Yogurt, 0.5 cup	60	4g	0g	12g	5mg	43mg	4g	0g
Unsalted mixed nuts - Mixed Nuts, 84 gram	474	21g	41g	15g	0mg	0mg	6g	6g
Oil - Coconut, 1 tbs	120	0g	14g	0g	0mg	0mg	0g	0g
Lunch								
Salad greens - Mixed Greens, 1 cup	20	3g	0g	2g	0mg	50mg	1g	1g
Homemade - Humous, 0.1 bowl	75	4g	6g	2g	0mg	4mg	0g	1g
Generic - Nuts - Pecans, Raw, 28 gram	194	4g	20g	3g	--mg	--mg	1g	3g
Grilled chicken - Chicken, 226 gram	199	2g	4g	44g	100mg	219mg	2g	0g
Dinner								
Saag - Saag (No Paneer), Spinach, 0.5 cup	97	5g	3g	3g	11mg	91mg	1g	3g
Usda - Avocado, 100 g	160	9g	15g	2g	0mg	7mg	1g	7g
Tesco - Smoked Mackerel With Pepper, 200 g	606	3g	47g	43g	0mg	3,600mg	0g	1g
Snacks								
Tesco Value - Cheese Slices, 1 slices	50	3g	3g	2g	0mg	0mg	1g	0g
Egg, whole, cooked, fried, 2 large	180	1g	14g	13g	369mg	190mg	0g	0g
TOTAL:	2,282	59g	172g	141g	485mg	4,204mg	17g	22g

February 28, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Oil - Coconut, 1 tbs	120	0g	14g	0g	0mg	0mg	0g	0g
Lunch								
Marks & Spencer - Grated Mozerella, 30 gram	368	1g	6g	7g	0mg	0mg	0g	0g
Marks & Spencer - Peri Peri Chicken*, 155 g	206	8g	5g	32g	--mg	1mg	4g	1g
Marks and Spencer - Chargrilled Artichoke, 0.5 jar	247	0g	0g	0g	0mg	0mg	0g	0g
Dinner								
Homemade - Sauté Garlic Mushrooms, 1/4 of the recipe	94	5g	8g	2g	15mg	46mg	--g	1g
Aperol Spritz - Aperol Spritz (Generic), 100 ml	80	9g	0g	9g	--mg	4mg	9g	--g
Generic (Fatsecret.com) - Syrah Wine, 10 oz	246	8g	0g	0g	--mg	--mg	--g	--g
Kracken - Rum, 4.5 oz	315	--g	--g	--g	--mg	--mg	--g	--g
TOTAL:	2,751	54g	118g	102g	15mg	1,269mg	20g	11g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Generic - Tandoori Mixed Grill, 0.75 plate	555	4g	39g	44g	--mg	818mg	0g	0g
Snacks								
Unsalted mixed nuts - Mixed Nuts, 28 gram	158	7g	14g	5g	0mg	0mg	2g	2g
Marks and Spencer - Purely Coconut, 80 g	315	12g	27g	3g	--mg	400mg	5g	7g
TOTAL:	2,751	54g	118g	102g	15mg	1,269mg	20g	11g

March 1, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Lunch								
Grilled chicken - Chicken, 169.5 gram	149	1g	3g	33g	75mg	164mg	1g	0g
Mushroom - Organic, 85 gram	20	1g	0g	2g	0mg	10mg	1g	1g
Green - Beans, 0.5 cup	20	4g	0g	1g	0mg	290mg	2g	2g
Dinner								
Ghee - Ghee, 1 tablespoon	135	0g	15g	0g	0mg	0mg	0g	0g
Longley Farm - Double Cream, 15 ml	67	0g	7g	0g	--mg	--mg	0g	--g
Unsalted mixed nuts - Mixed Nuts, 70 gram	395	17g	35g	12g	0mg	0mg	5g	5g
Homemade (Sujay) - Eggplant / Wang / Baingan Sabji/sabzi, 165.4 g	92	17g	2g	3g	--mg	588mg	5g	6g
Usda - Avocado, 100 g	160	9g	15g	2g	0mg	7mg	1g	7g
TOTAL:	1,085	49g	82g	53g	75mg	1,059mg	15g	21g

March 2, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Unsalted mixed nuts - Mixed Nuts, 98 gram	553	24g	48g	17g	0mg	0mg	7g	7g
Onken - Natural Yogurt (1kg), 135 g	91	5g	5g	5g	5mg	0mg	5g	0g
Myprotein - Whey, 25 g	98	2g	2g	20g	1mg	0mg	0g	0g
Tesco - Double cream, 2 ml	9	0g	1g	0g	0mg	0mg	0g	0g
Lunch								
Asparagus - Raw, 1 cup	27	5g	0g	3g	0mg	3mg	3g	3g
Mushroom - Organic, 85 gram	20	1g	0g	2g	0mg	10mg	1g	1g
kerrygold - Butter, 1 tbsp	100	0g	11g	0g	30mg	100mg	0g	0g
Cauldron - Marinated Tofu Pieces, 80 grams	186	1g	14g	14g	--mg	552mg	1g	2g
Dinner								
Ghee - Ghee, 1 tablespoon	135	0g	15g	0g	0mg	0mg	0g	0g
Strawberry - Strawberry, 1 med	4	1g	0g	0g	0mg	0mg	1g	0g
Generic - Walnuts, 20 gram	131	3g	13g	3g	0mg	1mg	1g	1g
Longley Farm - Double Cream, 15 ml	67	0g	7g	0g	--mg	--mg	0g	--g
TOTAL:	2,139	55g	166g	120g	36mg	1,511mg	23g	15g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Cheese - Mozerella, 140 gram	395	5g	25g	40g	0mg	840mg	0g	0g
Tomatoes - Tomatoes, 50 grams	9	2g	0g	0g	0mg	3mg	1g	1g
Red Onion, 28 gram	16	4g	0g	0g	0mg	1mg	2g	0g
Waitrose - Reduced Fat Coconut Milk, 100 ml	61	2g	6g	0g	--mg	0mg	1g	--g
Tesco - Cooked Peeled Prawns, 100 g	70	0g	0g	16g	0mg	1mg	0g	0g
Snacks								
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Oil - Coconut, 1 tbs	120	0g	14g	0g	0mg	0mg	0g	0g
TOTAL:	2,139	55g	166g	120g	36mg	1,511mg	23g	15g

March 3, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Eggs - Hard Boiled - Large, 4 egg	312	2g	21g	25g	848mg	248mg	2g	0g
the Cheese Emporium - Black Pepper Cheddar - 5 Slices, 1 Slice	117	0g	10g	7g	--mg	211mg	0g	0g
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Oil - Coconut, 1 tbs	120	0g	14g	0g	0mg	0mg	0g	0g
Lunch								
Ghee - Ghee, 4 tablespoon	540	0g	60g	0g	0mg	0mg	0g	0g
Coconut flour - Coconut Flour, 2 tbsp	60	8g	2g	2g	0mg	30mg	1g	5g
Homemeade - Badam Halwa, 1 Piece 35g	132	15g	8g	3g	3mg	43mg	14g	1g
Home Prepared - Cauliflower-Peas Sabji, 1 cup	200	20g	5g	4g	--mg	190mg	7g	10g
Dinner								
Unsalted mixed nuts - Mixed Nuts, 112 gram	632	28g	55g	20g	0mg	0mg	8g	8g
Home Grilled Chicken - Leg, 1 leg	181	0g	18g	26g	78mg	30mg	0g	0g
TOTAL:	2,341	73g	198g	87g	929mg	752mg	32g	24g

March 4, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Breakfast								
Tesco - Double cream, 10 ml	47	0g	5g	0g	0mg	0mg	0g	0g
Lunch								
Oil - Olive Oil (1 Tsp), 2 tsp(s)	80	0g	9g	0g	0mg	0mg	0g	0g
Outtakes - Garden Salad (Large), 1 serving(s)	48	12g	0g	2g	0mg	15mg	4g	3g
Grilled chicken - Chicken, 169.5 gram	149	1g	3g	33g	75mg	164mg	1g	0g
Dinner								
Ghee - Ghee, 4 tablespoon	540	0g	60g	0g	0mg	0mg	0g	0g
Meridian - Organic Almond Butter, 20 g	125	1g	11g	5g	--mg	0mg	1g	2g
Generic - Riccota Cheese, 0.25 cup	90	3g	6g	7g	25mg	75mg	3g	--g
Homegrown - Tomato, 1 small whole 70g	13	4g	0g	0g	0mg	5mg	1g	1g
TOTAL:	1,811	52g	144g	91g	100mg	271mg	23g	19g

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
Red Onion, 2 oz	32	8g	0g	1g	0mg	2mg	3g	1g
Savera - Paneer, 0.8 container (225.17 g)	306	8g	14g	38g	0mg	0mg	8g	0g
None - Avocado, 1 cup	234	12g	21g	3g	0mg	10mg	1g	10g
Snacks								
Nuts, pecans, 0.75 oz (19 halves)	147	3g	15g	2g	0mg	0mg	1g	2g
TOTAL:	1,811	52g	144g	91g	100mg	271mg	23g	19g