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Aug 05, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
Breakfast									
High Protein Shake, Chocolate, 0.33 shake	53	2g	1g	10g	0mg	0mg	0g	1g	06:45
Decaf coffee, 10 fl oz	6	1g	0g	0g	0mg	0mg	0g	0g	06:45
Fat free skim milk, 0.25 cup	21	3g	0g	2g	0mg	0mg	3g	0g	09:01
Instant oatmeal, 0.33 cup, cooked	53	9g	1g	2g	0mg	0mg	0g	1g	09:01
Lunch									
Chicken Breast Fillets, Organic Boneless Skinless, 2 ounces	60	0g	1g	13g	0mg	0mg	0g	0g	20:53
Green Chile Sauce, 1 tbsp	3	1g	0g	0g	0mg	0mg	1g	0g	20:48
Dinner									
Rib, 1 oz	102	0g	9g	6g	0mg	0mg	0g	0g	20:50
Roasted chicken, 1 oz	63	0g	4g	7g	0mg	0mg	0g	0g	20:49
Snacks									
Proscuitto, 0.5 oz	28	0g	1g	4g	0mg	0mg	0g	0g	20:51
Mashed potatoe, 2 tbsp	30	4g	1g	1g	0mg	0mg	0g	0g	20:49
High Protein Shake, Chocolate, 0.33 shake	53	2g	1g	10g	0mg	0mg	0g	1g	20:49
TOTAL:	470	22g	18g	54g	108mg	803mg	5g	4g	
Exercise									
walking, 2.9 to 3.5 mph, uphill, 1 to 5% grade, 36 Minutes	246								

Aug 04, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
Breakfast									
Decaf coffee, 10 fl oz	6	1g	0g	0g	0mg	0mg	0g	0g	08:45

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
Protein Shake, Vanilla, 0.33 shake	53	1g	1g	10g	0mg	0mg	0g	0g	07:00
Ultra, 0.44 cup	35	3g	0g	6g	0mg	0mg	3g	0g	08:44
Instant oatmeal, 0.25 cup, cooked	40	7g	1g	1g	0mg	0mg	0g	1g	08:43
Lunch									
Organic Split Pea Soup, 0.25 cup	25	5g	0g	2g	0mg	0mg	1g	2g	12:41
Dinner									
Mozarella Ciliegine, 1 ounce	80	0g	6g	6g	0mg	0mg	0g	0g	19:36
Prsciutto Italiano, Dry Cured Ham Aged 14 Months, 1 slices	30	0g	2g	4g	0mg	0mg	0g	0g	19:36
Snacks									
Decaf coffee, 10 fl oz	6	1g	0g	0g	0mg	0mg	0g	0g	20:38
Icing, 1 tsp	27	4g	1g	0g	0mg	0mg	4g	0g	19:37
Tortilla corn chips, 4 chip	57	8g	2g	1g	0mg	0mg	0g	1g	19:35
Dry Milk, Nonfat Instant, 0.5 Tablespoon	26	4g	0g	3g	0mg	0mg	4g	0g	11:24
Protein Shake, Caramel, 0.33 shake	53	2g	1g	10g	0mg	0mg	0g	1g	11:20
TOTAL:	437	36g	14g	43g	55mg	923mg	12g	4g	
Exercise	0								

Aug 03, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
Breakfast									
Protein Shake, Vanilla, 0.33 shake	53	1g	1g	10g	0mg	0mg	0g	0g	10:53
Decaf coffee, 20 fl oz	12	3g	0g	1g	0mg	0mg	0g	0g	07:00
Blueberry, 10 berry	8	2g	0g	0g	0mg	0mg	1g	0g	10:51
0% Milkfat, Icelandic Style Yogurt, Raspberry, 2 oz	42	5g	0g	6g	0mg	0mg	4g	0g	10:50
Lunch									
Bananas & Cream Protein Shake, 0.66 shake	106	3g	2g	20g	0mg	0mg	1g	1g	15:13

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
Dinner									
Roasted chicken, 3 oz	189	0g	11g	20g	0mg	0mg	0g	0g	21:05
Snacks									
Light whipping cream, 1 tbsp	44	0g	5g	0g	0mg	0mg	0g	0g	21:06
Blueberries, 6 berry	5	1g	0g	0g	0mg	0mg	1g	0g	21:06
TOTAL:	458	15g	19g	57g	110mg	377mg	7g	2g	
Exercise									
walking, 2.5 mph, level, firm surface, 38 Minutes	209								
walking, 2.9 to 3.5 mph, uphill, 1 to 5% grade, 60 Minutes	582								

Aug 02, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
Breakfast									
0% Milkfat, Icelandic Style Yogurt, Raspberry, 2 oz	42	5g	0g	6g	0mg	0mg	4g	0g	08:47
High Protein Shake, Chocolate, 0.35 shake	56	2g	1g	10g	0mg	0mg	0g	1g	07:45
Decaf coffee, 20 fl oz	12	3g	0g	1g	0mg	0mg	0g	0g	07:45
Lunch									
Baby carrot, 5 baby carrots	18	4g	0g	0g	0mg	0mg	2g	1g	13:37
Roasted Garlic Hummus, 2 tbsp	60	4g	5g	2g	0mg	0mg	1g	1g	13:11
Cherry tomato, 6 cherry	18	4g	0g	1g	0mg	0mg	3g	1g	13:11
Dinner									
Ritz, 2 cracker	32	4g	2g	0g	0mg	0mg	1g	0g	21:10
Macaroni and cheese, 0.25 cup	94	12g	4g	2g	0mg	0mg	2g	1g	20:58
Snacks									
Protein Shake, Vanilla, 0.33 shake	53	1g	1g	10g	0mg	0mg	0g	0g	21:00
Bananas & Cream Protein Shake, 0.33 shake	53	2g	1g	10g	0mg	0mg	0g	1g	20:58

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
TOTAL:	437	40g	13g	43g	29mg	684mg	13g	6g	
Exercise	0								

Aug 01, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
Breakfast									
Decaf coffee, 20 fl oz	12	3g	0g	1g	0mg	0mg	0g	0g	07:15
Lunch									
Green Chile Sauce, 1 tbsp	3	1g	0g	0g	0mg	0mg	1g	0g	18:29
Roasted chicken, 2 oz	126	0g	8g	14g	0mg	0mg	0g	0g	18:28
Dinner									
Unsweetened applesauce, 0.1 container (4 oz)	5	1g	0g	0g	0mg	0mg	1g	0g	19:13
Ritz, 3 cracker	48	6g	2g	1g	0mg	0mg	1g	0g	19:12
Soft boiled egg, 1 large	78	1g	5g	6g	0mg	0mg	1g	0g	18:55
Snacks									
Gouda, 0.5 oz	50	0g	4g	4g	0mg	0mg	0g	0g	22:39
Grapes, 4 grapes	14	4g	0g	0g	0mg	0mg	3g	0g	22:08
High Protein Shake, Chocolate, 0.33 shake	53	2g	1g	10g	0mg	0mg	0g	1g	18:29
TOTAL:	388	17g	20g	35g	252mg	448mg	7g	2g	
Exercise	0								

Jul 31, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
Breakfast									
Greek Nonfat Yogurt, Coconut Cream, 11 gram	9	1g	0g	1g	0mg	0mg	1g	0g	07:56
Isopure Protein Powder, Creamy Vanilla, 15 gram	51	0g	0g	12g	0mg	0mg	0g	0g	07:53

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
High Protein Shake, Chocolate, 0.25 shake	40	1g	1g	8g	0mg	0mg	0g	1g	07:52
Decaf coffee, 20 fl oz	12	3g	0g	1g	0mg	0mg	0g	0g	07:51
Lunch									
Grapes, 1 grapes	3	1g	0g	0g	0mg	0mg	1g	0g	13:44
Cucumbers, 4 slice	4	1g	0g	0g	0mg	0mg	0g	0g	13:44
Wildflower Honey Turkey Breast, 15 gram	15	1g	0g	3g	0mg	0mg	1g	0g	13:43
Smooth & Creamy Hummus, Roasted Red Pepper, 2 tbsp	80	6g	5g	2g	0mg	0mg	1g	2g	13:43
Dinner									
Cheddar cheese, 0.5 oz	57	0g	5g	3g	0mg	0mg	0g	0g	18:08
Turkey Chili with Beans, 0.25 cup	60	8g	1g	5g	0mg	0mg	2g	2g	18:07
Snacks									
High Protein Shake, Chocolate, 0.33 shake	53	2g	1g	10g	0mg	0mg	0g	1g	18:33
Gouda, 0.5 oz	50	0g	4g	4g	0mg	0mg	0g	0g	16:57
TOTAL:	435	24g	17g	48g	63mg	921mg	7g	6g	
Exercise	451								
walking, 2.8 to 3.2 mph, level, moderate pace, firm surface, 70 Minutes	451								

Jul 30, 2019

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
Breakfast									
Roasted turkey, 2 tbsp	32	0g	1g	5g	0mg	0mg	0g	0g	08:33
Baked beans, 2 tbsp	30	7g	0g	2g	0mg	0mg	3g	1g	08:33
Cookies & Cream Protein Shake, 0.33 shake	53	2g	1g	10g	0mg	0mg	0g	1g	06:58
Decaf coffee, 10 fl oz	6	1g	0g	0g	0mg	0mg	0g	0g	06:58
Lunch									

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber	Time
Cheddar cheese, 0.5 oz	57	0g	5g	3g	0mg	0mg	0g	0g	12:54
Chicken salad, 0.25 oz	16	0g	1g	1g	0mg	0mg	0g	0g	12:54
Tortilla corn chips, 2 chip	28	4g	1g	0g	0mg	0mg	0g	0g	12:52
Corn salsa, 0.17 cuo	42	4g	3g	1g	0mg	0mg	1g	1g	12:52
Dinner									
Clear Protein Drink, Peach, 8.5 fl oz	45	1g	0g	10g	0mg	0mg	0g	0g	21:14
Cheddar cheese, 0.5 oz	57	0g	5g	3g	0mg	0mg	0g	0g	18:07
Turkey Chili with Beans, 0.25 cup	60	8g	1g	5g	0mg	0mg	2g	2g	18:07
Snacks									
Cookies & Cream Protein Shake, 0.33 shake	53	2g	1g	10g	0mg	0mg	0g	1g	21:13
Cookies & Cream Protein Shake, 0.33 shake	53	2g	1g	10g	0mg	0mg	0g	1g	14:06
TOTAL:	533	30g	20g	60g	79mg	932mg	7g	7g	
Exercise									
	210								
walking, 2.5 mph, level, firm surface, 38 Minutes	210								