

TSN Fit Babe Food Log Review

SUBMISSION 1

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Breakfast						
Trader Joe's - Bacon - Uncured Turkey Bacon, 2 slice	60	0	3	12	360	0
Trader Joe's - Liquid Egg Whites, 0.5 cup(s)	67	0	0	13	200	0
Trader Joe's - Organic American Cheese Slices, 1 slice	60	1	4	4	240	1
Trader Joe's - Organic White Bread, 2.25 slice	158	29	1	5	315	2
Liquid IV - Strawberry, 1 stick	45	11	0	0	510	11
Add Food Quick Tools	390	41	8	34	1,625	14
Lunch						
Catalina Crunch - Cinnamon Toast, 1 cup	220	28	10	22	220	0
Chinny Better Oats - Better Oats Maple & Brown Sugar, 1 Pouch	100	18	2	4	210	1
Better Body - Pbfit, 1 Tbsp (16g)	35	3	1	4	63	2
Add Food Quick Tools	355	49	13	30	493	3
Dinner						
Mystic Pizza - Cheese Pizza, 1/4 pizza	330	39	14	10	420	3
Josh Fat Wine - Fat Macro Wine, 5 fl oz	100	0	11	0	0	0
Fit & Active - Caramel Corn Rice Cakes, 2 cake	100	22	0	1	50	6
Better Body - Pbfit, 2 Tbsp (16g)	70	5	2	8	125	3
Trader Joes - Reduced Sugar Strawberry Jelly, 1 Tablespoon	25	6	0	0	5	5
Add Food Quick Tools	625	72	27	19	600	17
Snacks						
Quaker - Original Rice Cake, 1 cake	35	7	0	1	0	0
Better Body - Pbfit, 1 Tbsp (16g)	35	3	1	4	63	2
Trader Joes - Reduced Sugar Strawberry Jelly, 1 Tablespoon	25	6	0	0	5	5
Joseph's - Pita (Flax-joseph's), 1 pita	60	8	2	6	270	0
Trader Joe's - Liquid Egg Whites, 0.5 cup(s)	67	0	0	13	200	0
Trader Joe's - Bacon - Uncured Turkey Bacon, 2 slice	60	0	3	12	360	0
Laughing Cow - Laughing Cow Light Cheese Wedges, 1 wedge	25	1	2	2	135	1
Add Food Quick Tools	307	25	8	38	1,033	8
Totals	1,677	187	56	121	3,751	42
Your Daily Goal	0	0	0	0	2,300	63
Remaining	-1,677	-187	-56	-121	-1,451	21
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g

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SUBMISSION 2

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Cary's - Sugar Free Syrup, 4 tbsp	10	6	0	0	110	0
Banana, 1 medium	105	27	0	1	1	14
Generic - Egg- Scrambled, 2 egg	140	2	10	12	140	0
Bob Evans TTT - 100% Liquid Egg Whites TTTT, 3 tbsp	25	0	0	5	75	0
Califia farms - Iced coffee, 12 fl ounces	10	2	0	0	0	0
Natural bliss - Creamer, 2 tablespoon	70	10	3	0	10	10
Kodiak Cakes - Thick and Fluffy Chocolate Chip Power Waffles, 1 Waffle	240	25	11	10	250	8
Reduced Fat Jif - Reduced Fat Jif Pb, 36 grams	190	15	12	7	220	4
Add Food Quick Tools	790	87	36	35	806	36
Lunch						
Trader Joe's - Salad Kit, Mediterranean Style, 1 cup salad plus dressing	110	9	7	2	290	3
Tyson - air fried crispy chicken, 3 oz	150	13	4	16	0	3
wymans - Banana Berry, 1 cup	80	20	0	1	10	13
Memore - Greens, 1 packet	30	7	0	1	45	3
Almond Milk - Almond Milk - Vanilla - Unsweetened, 6 oz	30	1	3	1	180	0
TB12 - Chocolate Protein, 34 g	130	3	2	24	380	0
Friendly Farms - Plain Nonfat Greek Yogurt, 0.5 cup	60	4	0	11	43	3
Add Food Quick Tools	590	57	16	56	948	25
Dinner						
99% Lean Ground Turkey, 3 oz	128	0	2	27	52	0
Green peas, 0.5 cup	62	11	0	4	150	4
Jasmin White Rice - White Rice, 0.5 cup	91	20	1	2	0	0
Steamfresh - Sweet Corn, 0.33 Cups	35	7	1	2	0	3
Kikkoman Soy Sauce Cs - Soy Sauce, 30 ml	20	4	0	2	1,180	2
Chopped kit - Thai 'n' cashews, 100 grams	130	15	7	3	280	7
Add Food Quick Tools	466	57	11	40	1,662	16
Snacks						
Yasso - Birthday Cake Greek yogurt bars, 1 bar	90	16	1	5	50	13
Trader Joe's - Pumpkin Muffin, 1 muffin (Regular Size)	150	26	8	2	234	18
Baker's - Semi Sweet Chocolate Chips, 2 tbsp	80	10	4	1	0	9
Add Food Quick Tools	320	52	13	8	284	40
Totals	2,166	253	76	139	3,700	117
Your Daily Goal	2,362	295	79	118	2,300	89
Remaining	196	42	3	-21	-1,400	-28
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g

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SUBMISSION 3

Left Screenshot: Breakfast and Lunch Log

13:44 | Fri, Mar 17 | CALORIES

BUDGET	FOOD	EXERCISE	NET	UNDER
1,739	1,713	0	1,713	26

BREAKFAST: 320

- Protein Bar, Caramel Cashew (1 Package) 200
- 2% Milk Fairlife (1 Cup) 120

LUNCH: 307

- Protein, Plant Powered (1 Each) 70
- Cucumber, Sliced (2 Cups) 29
- Cheese, Mexican (1/4 Cup) 110
- Lunchmeat, Turkey Breast (110 Grams) 98

Right Screenshot: Dinner and Snacks Log

13:44 | Fri, Mar 17 | CALORIES **26**

DINNER: 833

- Fzn Yogurt, Greek (1 Each) 100
- Beef, Top Sirloin Steak (200 Grams) 514
- Potatoes, White (200 Grams) 188
- Asparagus, Spears (140 Grams) 31

SNACKS: 253

- Karamell Choklad Snack Bar (1 Each) 160
- Starbucks Oatmilk Shaken Espresso (2/3 Serving) 93

Exercise

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SUBMISSION 4

Breakfast @9.30

Chocolate Croissant or bread with egg or peanut butter and bananas sandwich

Snack

Milk with instant coffee & Dark chocolate

Lunch

Tuna salad sandwich or chicken salad sandwich and fruit

Snack

Cake, tiramisu

Dinner@4-6

Rice with protein and salad

