

MyFoodList Report			
The MyFoodList Report shows the foods you have entered and their calories.			
Profile Info			
Personal:	Rosalin Alzaga	Female	39 yrs 5 cm 185 kg
Day(s):	Day 1, Day 2, Day 3, Day 4, Day 5, Day 6, Day 7 (All)		
Activity Level:	Sedentary	Strive for an Active activity level.	
Weight Change:	Lose 2 lb per week	Best not to exceed 2 lbs per week.	
BMI:	74000.0	Normal is 18.5 to 25. Clinically Obese is 30 or higher.	
Amount	Item		Cals
	Day 1		
2.0 cup	celery, fresh, diced (USDA)		32
1.0 oz	spinach, fresh, leaf (USDA)		7
1.0 cup	papaya, fresh, 1" pieces (USDA)		62
1.0 cup	cucumber, fresh, without skin, sliced (USDA)		14
1.0 slice	bread, 100% whole wheat (Oroweat)		90
1.0 ea	apple, fresh, medium (Dole)		80
1.0 slice	pineapple, fresh, organic (Dole)		30
1.0 cup	soup, chicken noodle, with kale (Garden Fresh)		130
0.5 cup	onion, red, fresh, sliced (USDA)		23
1.0 tsp	ginger root, fresh (USDA)		2
0.5 cup	potato, white, fresh, diced (USDA)		52
8.0 fl-oz	water, Poland Spring (USDA: Nestle)		0
2.0 Tbs	peanut butter, creamy, reduced fat (USDA)		187
1.0 ea	banana, fresh, small, 6" to 6 7/8" (USDA)		90
2.0 slice	bread, 100% whole wheat (Oroweat)		180
8.0 fl-oz	water, Poland Spring (USDA: Nestle)		0
1.0 ea	egg, hard boiled, large (USDA)		78
1.0 ea	spinach, fresh, leaf (USDA)		2
0.25 ea	avocado, fresh (USDA)		80

		Day Total	1139
Day 2			
1.0 slice	pineapple, fresh, organic (Dole)		30
1.0 ea	apple, fresh, medium (Dole)		80
1.0 cup	cucumber, fresh, without skin, sliced (USDA)		14
1.0 cup	papaya, fresh, 1" pieces (USDA)		62
1.0 oz	spinach, fresh, leaf (USDA)		7
2.0 cup	celery, fresh, diced (USDA)		32
2.0 g	spinach, fresh, leaf (USDA)		0
2.0 ea	egg white, cooked (Survey)		33
1.0 slice	bread, 100% whole wheat (Oroweat)		90
8.0 fl-oz	water, municipal tap (USDA)		0
1.0 ea	chicken breast, roasted, skinless (USDA)		142
0.75 cup	rice, brown, cooked, long grain (USDA)		186
8.0 fl-oz	water, Poland Spring (USDA: Nestle)		0
1.5 cup	salad mix, field greens (Dole)		20
1.0 indiv	almond yogurt, vanilla, Good Plants, probiotic (Good Brand)		100
		Day Total	798
Day 3			
1.0 cup	papaya, fresh, 1" pieces (USDA)		62
2.0 cup	celery, fresh, diced (USDA)		32
1.0 cup	cucumber, fresh, without skin, sliced (USDA)		14
1.0 ea	apple, fresh, medium (Dole)		80
1.0 slice	pineapple, fresh, organic (Dole)		30
8.0 fl-oz	water, Poland Spring (USDA: Nestle)		0
0.25 ea	avocado, fresh (USDA)		80
1.0 ea	spinach, fresh, leaf (USDA)		2
8.0 fl-oz	water, municipal tap (USDA)		0
2.0 ea	egg white, cooked (Survey)		33
1.0 indiv	almond yogurt, vanilla, Good Plants, probiotic (Good Brand)		100
2.0 slice	bread, 100% whole wheat (Oroweat)		180
1.0 ea	banana, fresh, small, 6" to 6 7/8" (USDA)		90
2.0 Tbs	peanut butter, creamy, reduced fat (USDA)		187

8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
3.0 oz	beef rib steak, broiled, select, lean, 1/8" trim (USDA)	160
1.0 ea	potato, white, baked, with skin, medium, 2 1/4" to 3 1/4" (USDA)	163
1.5 cup	salad mix, field greens (Dole)	20
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
Day Total		1235
Day 4		
1.0 cup	papaya, fresh, 1" pieces (USDA)	62
2.0 cup	celery, fresh, diced (USDA)	32
1.0 cup	cucumber, fresh, without skin, sliced (USDA)	14
1.0 ea	apple, fresh, medium (Dole)	80
1.0 slice	pineapple, fresh, organic (Dole)	30
1.5 cup	spinach, baby, fresh (Dole)	20
1.0 tsp	ginger root, fresh (USDA)	2
1.0 ea	banana, fresh, small, 6" to 6 7/8" (USDA)	90
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
0.25 ea	avocado, fresh (USDA)	80
1.0 ea	spinach, fresh, leaf (USDA)	2
2.0 ea	egg white, cooked (Survey)	33
8.0 fl-oz	water, municipal tap (USDA)	0
1.0 slice	bread, 100% whole wheat (Oroweat)	90
1.0 ea	egg, hard boiled, large (USDA)	78
0.25 ea	avocado, fresh (USDA)	80
1.0 ea	spinach, fresh, leaf (USDA)	2
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
100.0 g	chicken light meat, roasting, roasted, skinless (USDA)	153
1.0 cup	kale, fresh, chopped (USDA)	8
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
0.5 cup	rice, white, cooked, long grain, enriched (USDA)	103
Day Total		960
Day 5		
1.0 tsp	ginger root, fresh (USDA)	2
1.5 cup	spinach, baby, fresh (Dole)	20

	1.0 cup	papaya, fresh, 1" pieces (USDA)	62
	2.0 cup	celery, fresh, diced (USDA)	32
	1.0 cup	cucumber, fresh, without skin, sliced (USDA)	14
	1.0 ea	apple, fresh, medium (Dole)	80
	1.0 slice	pineapple, fresh, organic (Dole)	30
	1.0 ea	chicken breast, roasted, skinless (USDA)	142
	1.5 cup	salad mix, field greens (Dole)	20
	1.0 cup	yogurt, vanilla, 11g protein, lowfat (USDA)	208
	0.5 cup	strawberries, fresh, sliced (USDA)	27
	8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
	1.0 pce	lemon, fresh, peeled, wedge, 1/8 of 2 1/8" (USDA)	2
	0.25 ea	avocado, fresh (USDA)	80
	8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
	1.0 cup	kale, fresh, chopped (USDA)	8
	1.0 ea	spinach, fresh, leaf (USDA)	2
	1.0 slice	bread, whole wheat (USDA)	71
	1.0 cup	pineapple, fresh (USDA)	82
	100.0 g	salmon, pink, baked, fillet (USDA)	153
	0.5 cup	rice, white, cooked, long grain, enriched (USDA)	103
	8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
	1.0 cup	kale, fresh, chopped (USDA)	8
		Day Total	1146
	Day 6		
	1.0 cup	papaya, fresh, 1" pieces (USDA)	62
	2.0 cup	celery, fresh, diced (USDA)	32
	1.0 cup	cucumber, fresh, without skin, sliced (USDA)	14
	1.5 cup	spinach, baby, fresh (Dole)	20
	1.0 ea	apple, fresh, medium (Dole)	80
	1.0 slice	pineapple, fresh, organic (Dole)	30
	1.0 tsp	ginger root, fresh (USDA)	2
	1.0 slice	carrots, fresh, sliced (USDA)	1
	1.0 slice	carrots, fresh, sliced (USDA)	1
	1.0 cup	kale, fresh, chopped (USDA)	8

2.0 slice	bread, 100% whole wheat, whole grain (USDA: Pepperidge Farm)	226
0.25 cup	avocado, fresh, sliced (USDA)	58
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
1.0 ea	egg white, cooked (Survey)	17
22.0 ea	almonds, whole (USDA)	153
100.0 g	turkey, ground, raw (USDA)	148
1.0 ea	potato, baked, medium, 2 1/4" to 3 1/4" (USDA)	161
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
0.5 cup	greens, corn salad, fresh (USDA)	6
1.0 ea	celery, fresh, small stalk, 5" (USDA)	3
2.0 Tbs	almond butter, unsalted (USDA)	196
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
0.5 cup	grapes, seedless, fresh, thompson (USDA)	52
0.5 cup	strawberries, fresh, sliced (USDA)	27
4.0 ea	crackers, whole wheat, low sodium (USDA)	71
Day Total		1368
Day 7		
1.0 cup	kale, fresh, chopped (USDA)	8
1.0 slice	carrots, fresh, sliced (USDA)	1
1.0 cup	papaya, fresh, 1" pieces (USDA)	62
2.0 cup	celery, fresh, diced (USDA)	32
1.0 cup	cucumber, fresh, without skin, sliced (USDA)	14
1.5 cup	spinach, baby, fresh (Dole)	20
1.0 ea	apple, fresh, medium (Dole)	80
1.0 slice	pineapple, fresh, organic (Dole)	30
1.0 tsp	ginger root, fresh (USDA)	2
2.0 ea	egg, hard boiled, large (USDA)	155
1.0 cup	avocado, fresh, sliced (USDA)	234
1.0 pce	lemon, fresh, peeled, wedge, 1/8 of 2 1/8" (USDA)	2
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0

100.0 g	turkey breast, roasted, skinless (USDA)	147
2.0 Tbs	almond butter, unsalted (USDA)	196
1.0 ea	celery, fresh, small stalk, 5" (USDA)	3
1.0 slice	bread, whole wheat (USDA)	71
1.0 ea	banana, fresh, small, 6" to 6 7/8" (USDA)	90
3.0 oz	beef roast, round tip, roasted, select, 0" trim, URMIS 1525 (USDA)	154
0.5 cup	strawberries, fresh, sliced (USDA)	27
1.0 cup	papaya, fresh, 1" pieces (USDA)	62
1.0 cup	kale, fresh, chopped (USDA)	8
1.5 cup	spinach, baby, fresh (Dole)	20
1.0 slice	carrots, fresh, sliced (USDA)	1
8.0 fl-oz	water, Poland Spring (USDA: Nestle)	0
1.0 pce	lemon, fresh, peeled, wedge, 1/8 of 2 1/8" (USDA)	2
1.5 cup	salad mix, field greens (Dole)	20
0.5 cup	asparagus, fresh (USDA)	13
0.5 cup	quinoa, cooked (USDA)	111
Day Total		1565
Total		8212
Day Average		1173
Item Average		53