

MyFoodList Report

The MyFoodList Report shows the foods you have entered and their calories.

Profile Info			
Personal:	Lisa Nunez	Female	50 yrs 5 ft 6 in 160 lb
Day(s):	Day 1, Day 2, Day 3, Day 4, Day 5, Day 6, Day 7 (Breakfast, Lunch, Dinner)		
Activity Level:	Low active	Strive for an Active activity level.	
Weight Change:	Lose 2 lb per week	Best not to exceed 2 lbs per week.	
BMI:	25.8	Normal is 18.5 to 25. Clinically Obese is 30 or higher.	

Amount	Item	Cals
Day 1		
1.0 ea	creamer, french vanilla, single (Coffee-Mate)	25
1.0 ea	sandwich, turkey breast, Fresh Fit, with nine grain wheat, 6" (Subway)	250
100.0 g	chicken breast, stewed, skinless (USDA)	151
0.5 cup	rice, white, cooked, medium grain (USDA)	121
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
1.0 cup	coffee, regular, prepared from instant with water (USDA)	5
Day Total		552
Day 2		
1.0 cup	coffee, regular, prepared from instant with water (USDA)	5
1.0 ea	pocket, ham & cheese, frozen (USDA: Hot Pockets)	306
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
1.5 cup	salad, taco (USDA: Fast Food)	279
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
1.0 cup	coffee, regular, prepared from instant with water (USDA)	5
Day Total		595
Day 3		
1.0 oz	quesadilla, chicken (USDA: Fast Food)	83
1.0 ea	chicken breast, roasted, skinless (USDA)	142

0.75 cup	rice, brown, cooked, long grain (USDA)	186
1.0 cup	coffee, regular, prepared from instant with water (USDA)	5
Day Total		416
Day 4		
1.0 ea	quesadilla, chicken (USDA: Fast Food)	529
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
100.0 g	turkey light meat, roasted, with skin (USDA)	177
1.0 cup	lettuce, iceberg, fresh, shredded (USDA)	10
1.0 ea	tomatoes, cherry, red, fresh, year round average (USDA)	3
1.0 ea	lemon juice, fresh, yield per wedge (USDA)	1
Day Total		721
Day 5		
1.0 ea	quesadilla, chicken (USDA: Fast Food)	529
1.33 Tbs	instant coffee, french vanilla cafe (USDA: Kraft)	67
1.33 Tbs	instant coffee, french vanilla cafe (USDA: Kraft)	67
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
1.0 ea	burrito, bean (USDA: Taco Bell)	387
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
Day Total		1051
Day 6		
1.33 Tbs	instant coffee, french vanilla cafe (USDA: Kraft)	67
1.0 ea	quesadilla, chicken (USDA: Fast Food)	529
1.33 Tbs	instant coffee, french vanilla cafe (USDA: Kraft)	67
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
0.5 cup	rice, brown, cooked, medium grain (USDA)	109
100.0 g	chicken light meat, roasted, skinless (USDA)	173
Day Total		946
Day 7		
1.33 Tbs	instant coffee, french vanilla cafe (USDA: Kraft)	67
1.33 Tbs	instant coffee, french vanilla cafe (USDA: Kraft)	67
8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
1.33 Tbs	instant coffee, french vanilla cafe (USDA: Kraft)	67

8.0 fl-oz	water, Dasani, non-carbonated (USDA: Coca-Cola)	0
100.0 g	chicken light meat, roasted, skinless (USDA)	173
Day Total		375
Total		4655
Day Average		665
Item Average		111