

FOOD JOURNAL

Christine Kingery

April 12 - 19, 2010

Monday, April 12, 2010

Time	Food	Calories	Protein	Saturated Fat	Carbs
8-4	Red bull	220	0	0	54
11 a.m.	Half a thing of yogurt	40	2.5	0	8
Noon	Homemade veggie soup	100	7.3	1.1	13.3
6 p.m.	Chicken quesadilla (1/4 of the order)	139	9	2	10
	2 Cosmos	320	0.2	0	19.5
8 p.m.	Tunafish (plain, no mayo)	73	13.4	0.4	0
	TOTALS	892	32.4	3.5	104.8

Things to note:

- Mental Health: Feeling okay, but dreading work.
- Exercise: 20 minute walk at work (153 calories burned)

Did you know?

The FDA is coming out with new regulations about how much salt is allowed in processed foods. Currently, manufacturers can use as much salt as they want in products, and it's legal! Today, the average U.S. intake is 3,500 mg daily, but the FDA wants to reduce that to 2,300 mg daily.

Tuesday, April 13, 2010

Time	Food	Calories	Protein	Saturated Fat	Carbs
7 a.m.	1 egg	92	6.3	2	0.4
10 a.m.	Cheese	120	6	6	0
	Crackers	80	0.5	1	10
	Skim milk	109	10.5	0.5	14.7
Noon	Homemade cheesy cauliflower broccoli soup	224	8.8	10.4	11.2
6 p.m.	About 2 oz sirloin steak, grilled	107	17.2	1.4	0
	Steamed green beans*	25	1	0	5
	Rice, perhaps 1/5 th of a cup?	41	0.9	0	8.9
	Limeade, watered down	70	0	0	17
	TOTALS	868	51.2	21.3	67.2

Things to note:

- Mental Health: Okay.
- Exercise: Bootcamp (400 calories burned?). 15 minute walk outside. (Wore the wrong shoes. Ow.)
- Sadly, the green beans got majorly stuck in my band. Had to go to the bathroom three times to puke until I got it all unstuck. Damn green beans. Too bad, they were tasty. I wonder if I could "mash" the leftovers or puree them?

Thursday, April 15, 2010

Time	Food	Calories	Protein	Saturated Fat	Carbs
7 a.m.	1.5 T peanut butter	143	6	2.3	5.3
8:30	Orange	62	1.2	0.1	15.5
	Skim milk	100	9	0	14
Noon	Chicken and rice soup with veggies	180	14	0	28
7 p.m.	Columbian Restaurant: (3 large) Shrimp in a garlic sauce	50	9.2	1	0
	Smidgen of rice, less than ¼ cup	31	0.6	0	6.7
	Plantains (fried, boo!)	45	0.3	0.3	12
	Margarita (half of it)	77	0.1	0	3.5
	TOTALS	688	40.4	3.7	85

Things to note:

- Mental Health: Feeling okay! Looking forward to a weekend away!
- Exercise: Bootcamp! (400 cal burned?)
- I went to Newport, RI for a long weekend away. We left Thursday after work and returned Saturday night. Dinner Thurs was at a Columbian restaurant, which oddly enough, was located in Little Italy of Hartford, CT. I would have asked for the plantains without being fried, but they spoke no English there. Like, I asked where the restroom/bathroom/ladies room was and they had no idea what I was talking about.

Friday, April 16, 2010

Time	Food	Calories	Protein	Saturated Fat	Carbs
10 a.m.	Leftover shrimp from dinner the night before	50	9.2	1	0
1 p.m.	Caribbean salad (lettuce, tomato, cucumber, guacamole, jerk chicken, lime dressing)	175	2.5	2.3	11
	Half a cup of homemade clam chowder soup	120	5.5	5	6.5
	1 Cosmo	213	0.1	0	13
Evening	Drinking*	????	??	??	??
	Milkshake (cookies n cream) **	624	9.6	18.6	68.4
	TOTALS	1182	26.9	26.9	98.9

Things to note:

- Mental Health: Having fun!!! Yay for weekend vacations!
- Exercise: Lots of walking! We did some shopping downtown, toured The Breakers, walked around outside. Maybe 2-3 hours of walking (400 cal burned?). Evening we went to a casino and did a lot of walking there, too. So I would say that was at least three hours of solid walking, maybe more.
- I used to have a job as the Director of Marketing for an architecture/engineering firm. This job involved lots of drinking – taking clients out for dinner and drinks and whatnot. I could drink like there's no tomorrow. Physically, I clearly have changed my ability to drink since this time, and I also clearly have no idea what my limits are. When we were at the casino, I remember having two cosmos (free while you're gambling!), and then I got obliteratedly drunk. I don't really know how it happened...two cosmos? Really? But it was blackout-style drunk. My friend told me that we missed dinner, so at some point, maybe around 11 p.m., we went to the ONLY open restaurant – Johnny Rockets – and he said the only thing he could be sure that I would eat and not barf up was ice cream. Hence the milkshake. I didn't even order it. (I don't know if I COULD order it!) I have no idea how much I ate or anything. Very strange night. Drinking is bad mmkay? Random sidenote: I thought it was amusing that you mentioned that I should look for a new job. You're right. I don't enjoy my current job.)



Saturday, April 17, 2010

Time	Food	Calories	Protein	Saturated Fat	Carbs
10 a.m.	Leftover southwest salad (water water water)	70	1	0.9	4.4
1 p.m.	Clam chowder soup (water water water)	320	6	18.7	11.4
6 p.m.	Enchilada (1 small. Beef)	150	9.1	3.5	11.2
	Guacamole	75	1	1	4
	Diet Coke	0	0	0	0
	TOTALS	615	17.1	24.1	31

Things to note:

- Mental Health: Having fun, but hung over and queasy from the alcohol. UGH. I felt yucky for a substantial amount of the day.
- Exercise: Lots more walking!! We toured another house (Rosecliff) and walked around the neighborhood a little bit. On the way back we stopped at a place called Purgatory Chasm and we did a 1 mile hike on very rocky terrain.
- For dinner we went to the new Mexican place in Clifton Park, near Price Chopper. The enchilada was only so-so, but I was so excited that they have small portion sizes!! I can order just ONE taco or ONE burrito or ONE chalupa and not have to deal with leftovers. YAY! I had never had an enchilada before (yes, I grew up in a bubble; quit laughing) so I wanted to try something new. I wasn't overly impressed with the beef variety, but hey, at least I know now!

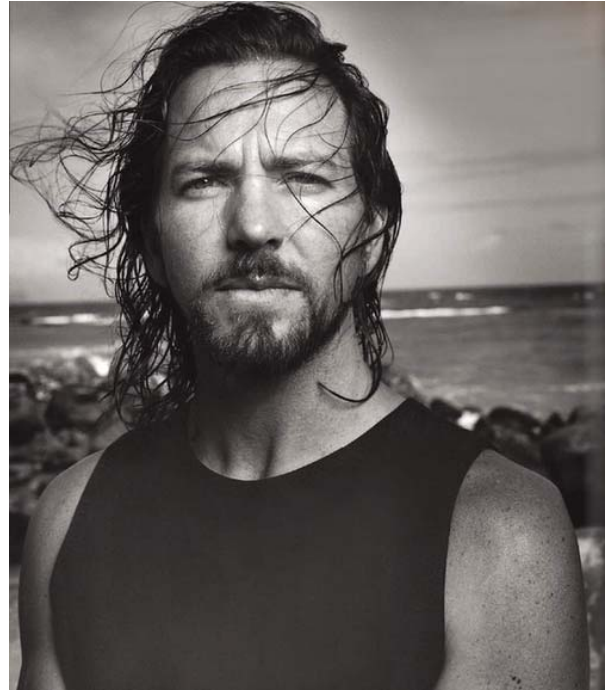


Sunday, April 18, 2010

Time	Food	Calories	Protein	Saturated Fat	Carbs
11:30	Vegetarian stir fry (homemade. Almost all leftover veggies in my fridge chopped up fine. 1 egg scrambled. About ¼ cup of rice. Lite teriyaki sauce and a dash of soy sauce. But then I only ate about half of what I made)	110	22	0	4
7 p.m.	Black Bean soup (homemade. Lots of beans, onions, garlic, red pepper, salsa, spices. WAY too much Cayenne. Ow)	167	8.7	0	30
	Skim milk	136	13.1	0.6	18.3
9 p.m.	M&Ms	142	3	0	17
	TOTALS	555	46.8	0.6	69.3

Things to note:

- Mental Health: Feeling great! So glad it's the weekend!
- Exercise: OMG I got so much done outside today! For starters, I mowed (by hand, not the riding mower) 1 acre. (500+ calories?). I then planted 30 daffodils, 30 marigolds, and about 60 "Surprise Lilly" bulbs, raked, and cleaned flowerbeds, hauled bags of dirt around the yard, 3 hours. (650 calories?) I got a ton of work done indoors, too, but I don't think any of that really counts as exercise.



Yummy! Eddie Vedder.

Monday, April 19, 2010

Time	Food	Calories	Protein	Saturated Fat	Carbs
7 a.m.	½ an egg	46	3.1	1	0.2
	½ a piece of wheat toast	32	1.1	0.1	5.9
	2 slices bacon	92	6.3	2.3	0.2
Noon	Leftover homemade black bean soup	167	8.7	0	30
6 p.m.	Rice pudding	70	4	0	11
7 p.m.	Tilapia (breaded and spiced, grilled at home), maybe 2 oz?	73	14.8	0.5	0
	2 asparagus and 3 mushroom buttons, sautéed with a tiny bit of butter and some garlic powder. (YUM!!!)	28	1.2	1.6	1.4
	2 small bites of texas toast (so, 1/5 of a slice?)	30	0.6	0.4	3.6
TOTALS		538	39.8	5.9	52.3

Things to note:

- Mental Health: Felt *great* in the morning, then around 3 p.m. I crashed HARD. I was so tired that tears were streaming down my face when I yawned! Oh dear!
- Exercise: Bootcamp makeup class with Janet. (400 calories burned?)
- Woah, so I ate too little today and I could totally feel it. I was STARVING by the time I got home from work and the grocery store! (But I stocked up on veggies and pre-made two salads and snacky-foods for work!)