

Date	Meal	Time	Food	Cal	Fat	Carbs	Sugar	FG	Exerc
7-Jul	1	8:30	Hard Boiled Egg	70	4	0	0	Dairy/Protein	
			2 Jennie O Turkey Sausage Patties	130	8	0	0	Protein	
			1/2 Grapefruit	41	0.1	10.3	8.9	Fruit	
				241	12.1	10.3	8.9		
		11:30	Salad (Rom, YPepper, Car, Cel)	20	0.5	6.3	3.1	Vegetable	
			Wishbone Salad Spritzer - Oriental	25	1	4	2		
			Craisins (salad topper) 1 tbs	26	0	6.6	5.2	Fruit	
			Sunkist Hon Roasted Almond Slivers 1 tbs	40	3.5	1	1	Nuts/ Protein	
			Turkey Burger Patty	170	8	0	0	Protein	
			Sugar Free Cherry Jello	10	0	0	0		
				296	13	17.9	11.2		
		2:30	Breakstone's Cottage Doubles Pineapple	130	2	16	14	Dairy / Protein	
			Yogurt covered raisins (small box)	120	4.5	20	18	Dairy/Fruit	
				250	6.5	36	32		
		5:15	Louis Rich Deli Fresh Turkey Slices (6)	45	0.5	1	1	Protein	
			1 oz Mozzarella Cheese	80	6	1	0	Dairy/Protein	
				125	6.5	2	1		
		7:30	Baked Salmon with rosemary/garlic (3 oz)	127	3.8	0	0	Fish/Protein	
			Olive Oil 1 tsp	39	4.5	0	0	Fat	
			6 mini Tootsie Rolls	140	3	28	20		
				306	11.3	28	20		
		10:00	1/2 Cup Sliced Strawberries	26	0	6.3	3.3	Fruit	
			1/2 Cup Lite Cool Whip	80	4	12	4	Dairy	
			1/3 Cup Blueberries	15	0	3	2.1	Fruit	
			1/2 Kiwi	23	0.2	5.5	3.4	Fruit	
				144	4.2	26.8	12.8		
				1362	53.6	121	85.9		Abs/Cardio- 350c
8-Jul		8:30	Hard Boiled Egg	70	4	0	0	Dairy/Protein	
			2 Jennie O Turkey Sausage Patties	130	8	0	0	Protein	
				200	12	0	0		

Date	Meal	Time	Food	Cal	Fat	Carbs	Sugar	FG	Exerc
		11:30	Salad (Rom, YPepper, Car, Beets)	25	0.5	6.3	3.1	Vegetables	
			Wishbone Salad Spritzer - Raspberry	25	1	4	2		
			Craisins (salad topper) 1 tbs	26	0	6.6	5.2	Fruit	
			Baked Salmon with rosemary/garlic (2 oz)	85	2.4	0	0	Fish/Protein	
			Sugar Free Cherry Jello	10	0	0	0		
				171	3.9	16.9	10.3		
		2:30	Chickpeas (homemade hummus) 1/4 cup	55	0.5	10	3.5	Beans/Protein	
			Olive Oil 1 tsp	39	4.5	0	0	Fat	
			Lemon Juice (fresh) 1/2 lemon	6	0	2	0.5	Fruit	
			Cumin (1/4 tsp)	2	0	0	0	Spice	
			Garlic (1 clove)	9	0	2	0.1		
			9 Wheat Saltine Crackers	108	2.8	18	0	Grain/Carb	
				219	7.8	32	4.1		
		5:15	Hard boiled egg	70	4	0	0	Dairy/Protein	
				70	4	0	0		
		7:30	Sweet Potato	103	0.2	23.6	9.6	Veg/Carb	
			Parkay Spray Butter	0	0	0	0		
			Fat Free Cottage Cheese	80	0	7	4	Dairy/Protein	
			Sugar Free Chocolate Pudding (1/2 serv)	30	0.5	6.5	0		
			Fiber One Granola Bar	140	4	29	10	Grain/Fiber	
				353	4.7	66.1	23.6		
		9:30	OR 100 Calorie Popcorn	100	1.5	24	0	Starch/Carb	
				100	1.5	24	0		
				1113	33.9	139	38		30mCardio = 305c
9-Jul		8:30	Hard Boiled Egg	70	4	0	0	Dairy/Protein	
			2 Jennie O Turkey Sausage Patties	130	8	0	0	Protein	
			Watermelon 1/2 cup	23	0.1	5.7	4.9	Fruit	
				223	12.1	5.7	4.9		
		11:30	Salad (Rom, YPepper, Car, Beets)	25	0.5	6.3	3.1	Vegetables	
			Wishbone Salad Spritzer - Raspberry	25	1	4	2		
			Craisins (salad topper) 1 tbs	26	0	6.6	5.2	Fruit	
			Baked Salmon with rosemary/garlic (1 oz)	43	1.2	0	0	Fish/Protein	
			Breakstone's Cottage Doubles Pineapple	130	2	16	14	Dairy / Protein	
				249	4.7	32.9	24.3		
		3:00	Louis Rich Deli Fresh Turkey Slices (6)	45	0.5	1	1	Protein	

Date	Meal	Time	Food	Cal	Fat	Carbs	Sugar	FG	Exerc
			1 oz Mozzarella Cheese	80	6	1	0	Dairy/Protein	
			Light & Fit Strawberry Yogurt	60	0	11	7	Dairy	
				185	6.5	13	8		
		7:30	2 Jennie O Turkey Sausage Patties	130	8	0	0	Protein	
			Sugar Free Vanilla Pudding	60	1	13	0		
			Quaker Oats Low Sugar Straw/Crème Oat	130	3	25	5	Grains	
				320	12	38	5		
				977	35.2	89.6	42.2		Walk 2.3 miles =200c
10-Jul		8:30	Hard Boiled Egg	70	4	0	0	Dairy/Protein	
			2 Jennie O Turkey Sausage Patties	130	8	0	0	Protein	
				200	12	0	0		
		12:00	Salad (Rom, YPepper, Car, Beets)	25	0.5	6.3	3.1	Vegetables	
			Wishbone Salad Spritzer - Raspberry	25	1	4	2		
			Craisins (salad topper) 1 tbs	26	0	6.6	5.2	Fruit	
			Light & Fit Blueberry Yogurt (1/2 serv)	30	0	5.5	3.5	Dairy	
			Fiber One Granola Bar	140	4	29	10	Grain/Fiber	
			1/2 Grapefruit	41	0.1	10.3	8.9	Fruit	
				287	5.6	61.7	32.7		
		3:15	Louis Rich Deli Fresh Turkey Slices (6)	45	0.5	1	1	Protein	
			1 oz Mozzarella Cheese	80	6	1	0	Dairy/Protein	
			1/4 Grapefruit	21	0	5.3	4.5	Fruit	
			Sugar Free Cherry Jello	15	0	0	0		
			1 tbs Simply Jiff PB	95	8	3	1	Protein	
				255	14.5	10.3	6.5		
		7:00	Grilled Chix Breast - garlic, basil	120	1.5	0	0	Protein	
			Green Giant just for one Corn (1/2 serv)	60	1	12	3	Starch/Veg	
			Broiled Onions w/Olive Oil & Herbamare	70	4.5	0	0	Fat/Vegetable	
				250	7	12	3		
		9:30	Sugar Free Chocolate Pudding	60	1	13	0		
			OR 100 Calorie Popcorn	100	1.5	24	0	Starch/Carb	
			Light & Fit Wht Choc Rasp Yogurt	60	0	10	7	Dairy	
			Fat Free Cool Whip	15	0	3	1		
				235	2.5	50	8		
				1227	41.6	134	50.2		lunge/thigh/card 300c
11-Jul		8:30	Hard Boiled Egg	70	4	0	0	Dairy/Protein	

Date	Meal	Time	Food	Cal	Fat	Carbs	Sugar	FG	Exerc
			2 Jennie O Turkey Sausage Patties	130	8	0	0	Protein	
			Mott's Org/No Sugar Apple Sauce (indiv cup)	50	0	14	12	Fruit	
				250	12	14	12		
		11:30	Salad (Rom, YPepper, Car, Beets, Tom)	27	0.6	6.7	3.7	Vegetables	
			Wishbone Salad Spritzer - Raspberry	25	1	4	2		
			Craisins (salad topper) 1 tbs	26	0	6.6	5.2	Fruit	
			Light & Fit Strawberry Yogurt	60	0	11	7	Dairy	
			1/2 Grilled Chix Breast - garlic, basil	60	0.8	0	0	Protein	
			Sugar Free Cherry Jello	15	0	0	0		
				213	2.4	28.3	17.9		
		2:45	OR 100 Calorie Popcorn	100	1.5	24	0	Starch/Carb	
			Breakstone's Cottage Doubles Strawberry	130	2	16	14	Dairy / Protein	
			1/4 Grapefruit	21	0	5.3	4.5	Fruit	
				251	3.5	45.3	18.5		
		6:30	Oscar Myer Deli Fresh Turkey Slices (6)	45	0.5	1	1	Protein	
			1 oz Mozzarella Cheese	80	6	1	0	Dairy/Protein	
			Naval Orange	86	0.2	21.6	17.2	Fruit	
			5 Prunes	100	0	24	12	Fiber/Fruit	
				311	6.7	47.6	30.2		
		8:00	McDonald's Ice Cream Cone	150	3.5	24	18		
				150	3.5	24	18		
				1175	28.1	159.2	96.6		Cardio 300 c
12-Jul		8:30	Oscar Myer Deli Fresh Turkey Slices (6)	45	0.5	1	1	Protein	
			1 oz Mozzarella Cheese	80	6	1	0	Dairy/Protein	
			2 Jennie O Turkey Sausage Patties	130	8	0	0	Protein	
				255	14.5	2	1		
		12:00	Salad (Rom, YPepper, Car, Beets, Tom)	27	0.6	6.7	3.7	Vegetables	
			Wishbone Salad Spritzer - Oriental	25	1	4	2		
			Craisins (salad topper) 1 tbs	26	0	6.6	5.2	Fruit	
			Watermelon (1/2 cup)	23	0.1	5.7	4.9	Fruit	
			Strawberries (cup)	46	0.4	11.1	6.7	Fruit	
			1/2 Grilled Chix Breast - garlic, basil	60	0.8	0	0	Protein	
				207	2.9	34.1	22.5		
		3:00	Ball Park Hot dog (grilled/plain)	180	16	3	3	Protein	
			OR 100 Calorie Popcorn (1/2 serv)	50	0.8	12	0	Starch/Carb	

				230	16.8	15	3		
		7:30	Applebee's Oriental Chix Wrap (Grilled)	500?	13?	30	??	Pro/Carb/Veg	
			AB Steamed Mixed Veggies (1/2 cup)	25	0	5	1	Veg	
Date	Meal	Time	Food	Cal	Fat	Carbs	Sugar	FG	Exerc
			AB Bite of Key Lime Shooter (1 tsp)	50	??	??	??		
				575					
				1267					None
13-Jul		9:00	Egg Beaters (1/4 cup)	30	0	1	0.5	Protein	
			2 Jennie O Turkey Sausage Patties	130	8	0	0	Protein	
			Strawberries (cup)	46	0.4	11.1	6.7	Fruit	
				206	8.4	12.1	7.2		
		12:00	Cup Watermelon	46	0.2	11.4	9.8	Fruit	
			Westbrae Natural Organic 1/2 cup Lentils	100	0	17	2	Beans/Protein	
			Light & Fit Peach Yogurt	60	0	11	7	Dairy	
				206	0.2	39.4	18.8		
		3:00	Oscar Myer Deli Fresh Turkey Singles	60	1	1	1	Protein	
			1 oz Mozzarella Cheese	80	6	1	0	Dairy/Protein	
			5 Prunes	100	0	24	12	Fiber/Fruit	
			Carrot	30	0	7	5	Vegetable	
			Almond Butter (1 tsp)	45	3.5	1.8	0	Protein	
				315	10.5	34.8	18		
		6:00	Salmon w/dill (4 oz) baked	170	4.8	0	0	Fish/Protein	
			Salad (Rom, YPepper, Car, Beets, Tom)	27	0.6	6.7	3.7	Vegetables	
			Wishbone Salad Spritzer - Oriental	25	1	4	2		
			Craisins (salad topper) 1 tbs	26	0	6.6	5.2	Fruit	
			Olive Oil 1 tsp	39	4.5	0	0	Fat	
			Homemade Watermelon Ice (1/4 cup)	34.5	0	4.85	3	Fruit	
				321.5	10.9	22.2	13.9		
		9:30	OR 100 Calorie Popcorn (1/2 serv)	50	0.8	12	0	Starch/Carb	
			Homemade Watermelon Ice (1/4 cup)	34.5	0	4.8	3	Fruit	
			Breakstone's Cottage Doubles Pineapple	130	2	16	14	Dairy / Protein	
				214.5	2.8	32.8	17		
				1263	32.8	141.3	74.9		Cardio 325 c