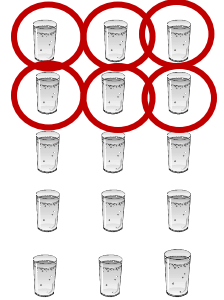


Daily Food Diary for Your Name Here

Date 07/01/09

Food Type	How Much? Baked, Boiled, Grilled, Fried or Zapped? Brand Name?
Breakfast TIME? 7a	
2 eggs	Sunny side up; organic
1 slice toast	Brownberry whole grain toast; Earth Balance butter spread
1 med banana	Conventional (not organic)
Supplements (name & dosage)? Solaray Multiple 2	
Comments I felt a little nauseated after taking my vitamins this morning.	
Snack TIME?	
none	
Lunch TIME? 1p	
Salad (~ 3 cups)	Mixed lettuces, chicken, pecans, carrots, celery w/ Vinaigrette dressing
Tomato Soup	Organic, no dairy
Supplements (name & dosage)? none	
Comments none	
Snack TIME? 3p	
1 med Hershey Bar	
Dinner TIME? 6:30p	
Lasagna	Homemade; Kraft cheeses, Ragu sauce, Store brand noodles, (2 helpings)
Steamed corn	Green Giant brand, 1/2 cup
Texas Toast	Store brand; 2 slices
Supplements (name & dosage)? Solaray Multiple 2	
Comments I felt really tired this afternoon.	
Snack TIME? 9p	
Ice cream	Chocolate chunk; 1 cup

Water (~10oz)



Other Beverages

4 oz Green Tea

Exercise

-Cardio:
Ran 3 miles

-Weight Training:
Arms and Abs