

Food Journal - THE BEST OF THE BEST (Week 58: Monday, January 4, 2016 - Sunday, January 10, 2016)

| | Breakfast | Lunch | Dinner | Snack | Comments |
|------------------|---|--|--|--|----------|
| Monday | 2 eggs and carrots Coffee | 3 oz. beef Lettuce and fennel salad | Trout Lettuce and fennel salad | Apple and walnuts Grapes and 1 oz cheese | |
| Tuesday | 1 carrot and 2 slices of turkey bacon Coffee | Trout Lettuce and fennel salad | Turkey meatballs Lettuce and fennel salad | Orange and walnuts Celery, carrots and hummus | |
| Wednesday | Zucchini and onion omlette Coffee | Vegetarian wrap Lettuce | Turkey meatballs Lettuce and fennel salad | Pear and walnuts Grapes and 1 oz cheese | |
| Thursday | Zucchini and onion omlette Coffee | Egg salad wrap Lettuce | Homemade chicken and tortellini soup | Pear and walnuts 1 chocolate chip cookie at work | |
| Friday | Zucchini and onion omlette Coffee | Turkey meatballs Lettuce and fennel salad | Organic tomato soup and 3 rice crackers | Apple and walnuts Celery, carrots and hummus | |
| Saturday | Vegan protein shake | Organic tomato soup and 3 rice crackers | Gluten free pasta and tuna | Orange and walnuts Stovetop popcorn | |
| Sunday | Vegan protein shake | Gluten free pasta and tuna | Homemade chicken and tortellini soup | Orange and walnuts Renee's yummy Oreo cheesecake :P | |