

# Food Journal - (Week 70: Monday, March 28, 2016 - Sunday, April 3, 2016)

	Breakfast	Lunch	Dinner	Snack	Comments
<b>Monday</b>	1/3 cup oatmeal 2 eggs pear	4 oz. roast beef 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. chicken 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
<b>Tuesday</b>	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) peach	4 oz. lamb 6 oz. asparagus 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 oz. feta 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
<b>Wednesday</b>	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) peach	4 oz. lamb 6 oz. asparagus 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. tilapia 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
<b>Thursday</b>	1/3 cup oatmeal 2 eggs apple	4 oz. tilapia 6 oz. brussel sprouts 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 oz. cheese 6 oz. swiss chard 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
<b>Friday</b>	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) apple	2 oz. ricotta 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. tuna 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
<b>Saturday</b>	1/3 cup oatmeal 2 eggs 6 oz. strawberries	4 oz. pork tenderloin 6 oz. swiss chard 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. turkey 6 oz. steamed carrots 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
<b>Sunday</b>	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) 6 oz. strawberries	4 oz. steak 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. salmon 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		