

Food Journal - (Week 72: Monday, April 11, 2016 - Sunday, April 17, 2016)

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	1/3 cup oatmeal 2 eggs orange	4 oz. steak 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. tilapia 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Tuesday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) pear	4 oz. tilapia 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. pork tenderloin 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Wednesday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) apple	4 oz. beef 6 oz. brussel sprouts 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. bocconcini 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Thursday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) pear	4 oz. chicken 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 oz. cheddar 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Friday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) apple	4 oz. turkey 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. chicken 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Saturday	1/3 cup oatmeal 2 eggs orange	4 oz. pork tenderloin 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. ricotta 6 oz. asparagus 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Sunday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) 6 oz. raspberries	4 oz. chicken 6 oz. steamed carrots 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. turkey 6 oz. roasted onion 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		