

# Food Journal - (Week 75: Monday, May 2, 2016 - Sunday, May 8, 2016)

	Breakfast	Lunch	Dinner	Snack	Comments
<b>Monday</b>	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) apple	4 oz. steak 6 oz. red peppers 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 eggs 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
<b>Tuesday</b>	1/3 cup oatmeal 2 eggs orange	4 oz. chicken 6 oz. rapini 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. turkey 6 oz. squash 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) 6 Oz. Strawberries	4 oz. salmon 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 eggs 6 oz. brussel sprouts 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
<b>Thursday</b>	1/3 cup oatmeal 2 eggs pear	4 oz. steak 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 oz. cheese 6 oz. rapini 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	4 oz. trout 6 oz. rapini 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 oz. chicken 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
<b>Saturday</b>	1/3 cup oatmeal 2 eggs pear	4 oz. chicken 6 oz. onions 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. beef 6 oz. 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) pear	2 oz. chicken 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. ricotta 6 oz. rapini 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		