

# Food Journal - (Week 80: Monday, June 6, 2016 - Sunday, June 12, 2016)

|                  | Breakfast  | Lunch   | Dinner  | Snack | Comments |
|------------------|--|---|---|-------|----------|
| <b>Monday</b>    | 1/3 cup oatmeal<br>8 oz. yogurt (zero fat; plain)<br>apple             | 4 oz. chicken<br>6 oz. broccoli<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar       | 4 oz. turkey<br>6 oz. squash<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar          |       |          |
| <b>Tuesday</b>   | 1/3 cup oatmeal<br>8 oz. yogurt (zero fat; plain)<br>apple             | 4 oz. beef<br>6 oz. rapini<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar            | 4 oz. chicken<br>6 oz. roasted onions<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar |       |          |
| <b>Wednesday</b> | 1/3 cup oatmeal<br>8 oz. yogurt (zero fat; plain)<br>6 oz. blueberries | 4 oz. chicken<br>6 oz. roasted onions<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar | 2 eggs<br>6 oz. squash<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar                |       |          |
| <b>Thursday</b>  | 1/3 cup oatmeal<br>8 oz. yogurt (zero fat; plain)<br>6 oz. raspberries | 4 oz. beef<br>6 oz. rapini<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar            | 4 oz. trout<br>6 oz. squash<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar           |       |          |
| <b>Friday</b>    | 1/3 cup oatmeal<br>8 oz. yogurt (zero fat; plain)<br>6 oz. raspberries | 4 oz. beef<br>6 oz. rapini<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar            | 2 eggs<br>6 oz. squash<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar                |       |          |
| <b>Saturday</b>  | 1/3 cup oatmeal<br>8 oz. yogurt (zero fat; plain)<br>6 oz. blueberries | 4 oz. chicken<br>6 oz. squash<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar         | 2 oz. cheese<br>6 oz. rapini<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar          |       |          |
| <b>Sunday</b>    | 1/3 cup oatmeal<br>8 oz. yogurt (zero fat; plain)<br>6 oz. blueberries | 4 oz. turkey<br>6 oz. rapini<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar          | 4 oz. tuna<br>6 oz. string beans<br>6 oz. mixed lettuce and veggie salad<br>1 tablespoon olive oil, 1/2 teaspoon vinegar      |       |          |