

# Food Journal - (Week 81: Monday, June 13, 2016 - Sunday, June 19, 2016)

	Breakfast	Lunch	Dinner	Snack	Comments
<b>Monday</b>	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) pear	4 oz. tuna 6 oz. califlower 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) apple	4 oz. beef 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 oz. cheese 6 oz. string beans 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) apple	4 oz. chicken 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 oz. cheese 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 8 oz. yogurt (zero fat; plain) apple	4 oz. pork 6 oz. rapini 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>Friday</b>	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. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
<b>Saturday</b>	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) peach	2 oz. cheese 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		
<b>Sunday</b>	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) apple	4 oz. chicken 6 oz. string beans 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. beef 6 oz. roast peppers 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		