

Food Journal - (Week 83: Monday, June 27, 2016 - Sunday, July 3, 2016)

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) 6 oz. strawberries	4 oz. tuna 6 oz. string beans 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		
Tuesday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) 6 oz. strawberries	2 oz. cheese 6 oz. string beans 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		
Wednesday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) 6 oz. blackberries	4 oz. chicken 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 eggs 6 oz. string beans 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) 6 oz. blueberries	4 oz. turkey 6 oz. califlower 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 oz. cheddar 6 oz. broccoli 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) 6 oz. blueberries	4 oz. chicken 6 oz. steamed kale 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. low fat ricotta 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Saturday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) peach	4 oz. chicken 6 oz. squash 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		
Sunday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) orange	2 oz. cheese 6 oz. roasted red peppers 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. beef 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		