

Food Journal - (Week 74: Monday, April 25, 2016 - Sunday, May 1, 2016)

	Breakfast	Lunch	Dinner	Snack	Comments
Monday	1/3 cup oatmeal 8 oz. yogurt (zero fat; plain) apple	4 oz. beef 6 oz. carrots 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		
Tuesday	1/3 cup oatmeal 2 eggs pear	4 oz. chicken 6 oz. spaghetti squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. ricotta 6 oz. butternut 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. turkey 6 oz. squash 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. tilapia 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Thursday	1/3 cup oatmeal 2 eggs pear	4 oz. beef 6 oz. rapini 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	2 oz. cheese 6 oz. roast carrots 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		
Friday	1/3 cup oatmeal 2 eggs apple	4 oz. salmon 6 oz. broccoli 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		
Saturday	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	4 oz. tuna 6 oz. brussel sprouts 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) pear	2 oz. chicken 6 oz. broccoli 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar	4 oz. bocconchini 6 oz. rapini 6 oz. mixed lettuce and veggie salad 1 tablespoon olive oil, 1/2 teaspoon vinegar		