

Day	Food Eaten	Amount/Serving Size	Meal
1	Oatmeal	1 Cup	Breakfast
1	Milk, 2%	8 oz.	Breakfast
1	Banana	3.7 oz. (106 g)	Breakfast
1	Raisins	25 each	Breakfast
1	Coffee	1 Cup	Breakfast
1	Sugar	1 Tsp	Breakfast
1	Toast / Whole Wheat	1 Slice	Breakfast
1	Jelly / Reduced Sugar	1 Tbs	Breakfast
1	Snickers Bar	20 grams	Snack
1	Water	12 oz	Snack
1	Lettuce	2 Cups	Lunch
1	American Cheese	2 oz	Lunch
1	Onion	¼ Cup	Lunch
1	Turkey	1 oz	Lunch
1	Ham	1 oz	Lunch
1	Frank's Oil & Vinegar Salad Dressing	¼ Cup	Lunch
1	Baked Potato	1.5 Cup	Dinner
1	Steak	28 oz	Dinner
1	A-1 Steak Sauce	¼ Cup	Dinner
1	Butter	15 grams	Dinner
1	Beer	24 oz	Dinner
1	Water	12 oz	Dinner
1	Green Peas	1 Cup	Dinner
1	Ice Cream (low fat)	1 Cup	Dinner
1	Popcorn	2 oz	Snack
1	Tea	2 Cup	Snack
1	Honey	1 Tbs.	Snack