

Day	Food Eaten	Amount/Serving Size	Meal
1	Oatmeal, milk, banana & raisins	Large bowl	Breakfast
1	Coffee with sugar		
1	Toast with jelly	1	Breakfast
1	Candy bar		Snack
1	Soda	Large	Lunch
1	Cobb Salad	Large	Lunch
1	Baked Potato	Medium	Dinner
1	Steak with A1 Sauce	Super Size Challenge	Dinner
1	Beer	Mug	Dinner
1	Water	Bottle	Dinner
1	Ice Cream with fruit	Bowl	Dinner
1	Popcorn & Butter	Bag	Snack
1	Tea & Honey	Cup	Snack