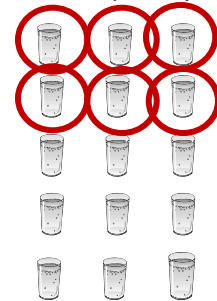


Daily Food Diary for Your Name Here Date 07/01/09

Food Type	How Much? Baked, Boiled, Grilled, Fried or Zapped? Brand Name?
<b>Breakfast TIME? 7a</b>	
2 eggs	Sunny side up; organic
1 slice toast	Brownberry whole grain toast; Earth Balance butter spread
1 med banana	Conventional (not organic)
<b>Supplements (name &amp; dosage)? Solaray Multiple 2</b>	
<b>Comments</b> I felt a little nauseated after taking my vitamins this morning.	
<b>Snack TIME?</b>	
none	
<b>Lunch TIME? 1p</b>	
Salad (~ 3 cups)	Mixed lettuces, chicken, pecans, carrots, celery w/ Vinaigrette dressing
Tomato Soup	Organic, no dairy
<b>Supplements (name &amp; dosage)? none</b>	
<b>Comments</b> none	
<b>Snack TIME? 3p</b>	
1 med Hershey Bar	
<b>Dinner TIME? 6:30p</b>	
Lasagna	Homemade; Kraft cheeses, Ragu sauce, Store brand noodles, (2 helpings)
Steamed corn	Green Giant brand, 1/2 cup
Texas Toast	Store brand; 2 slices
<b>Supplements (name &amp; dosage)? Solaray Multiple 2</b>	
<b>Comments</b> I felt really tired this afternoon.	
<b>Snack TIME? 9p</b>	
Ice cream	Chocolate chunk; 1 cup

Water (~10oz)



Other Beverages

4 oz Green Tea

Exercise

-Cardio:  
Ran 3 miles

-Weight Training:  
Arms and Abs