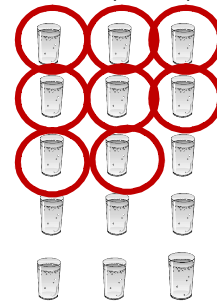


Daily Food Diary for Your Name Date 08/10/09

Food Type	How Much? Baked, Boiled, Grilled, Fried, or Zapped? Brand Name?
Breakfast TIME? 7am	
1 egg	Scrambled, organic
½ med apple	organic
Did you take your AM vitamins? <input checked="" type="radio"/> Y <input type="radio"/> N	
Comments didn't sleep well last night; my supplements made me nauseated this morning	
Snack TIME? 9am	
1 Betty Lou smacker	Almond variety
Lunch TIME? 1pm	
Burrito bowl	Chicken, black beans, rice, salsa, guacamole
Did you take your Noon vitamins? Y <input checked="" type="radio"/> N	
Comments I felt really sleepy around 2:30	
Snack TIME?	
None	
Dinner TIME? 7pm	
Grilled chicken	6oz; free range; BBQ sauce
Mashed Potatoes	½ cup; Salt, pepper, butter, water for mashing
Raw veggies	1 cup; Carrots, cucumbers, celery, red peppers
Did you take your PM and Bedtime vitamins? <input checked="" type="radio"/> Y <input type="radio"/> N	
Comments none	
Snack TIME? 9:30p	
apple	organic

Water (~10oz)



Other Beverages

8 oz coconut water

Exercise

Cardio:  
3 miles/30 min  
on elliptical

Weight training:  
full body