Food Type	How Much? Baked, Boiled, Grilled, Fried or Zapped? Brand Name?	Water (~10oz
Breakfast TIME	? <mark>7a</mark>	
2 eggs	Sunny side up; organic	
1 slice toast	Brownberry whole grain toast; Earth Balance butter spread	
1 med banana	Conventional (not organic)	
Supplements (nan	ne & dosage)? Solaray Multiple 2	
Comments I felt	a little nauseated after taking my vitamins this morning.	Other
Consider TIMES		Beverages
Snack TIME?		4 oz Green Tea
		-
Lunch TIME? 1	n	
Salad (~ 3 cups)	Mixed lettuces, chicken, pecans, carrots, celery w/ Vinaigrette dressing	-
Tomato Soup	Organic, no dairy	_
		-
		_
		_
Supplements (nan	ne & dosage)? none	_
Comments none		Exercise
Snack TIME? 3p		-Cardio:
1 med Hershey Bar		Ran 3 miles
		- Weight Training:Arms and Abs
Dinner TIME? 6		Aims and Abs
Lasagna	Homemade; Kraft cheeses, Ragu sauce, Store brand noodles, (2 helpings)	
Steamed corn	Green Giant brand, ½ cup	
Texas Toast	Store brand; 2 slices	
		-
		-
Supplements (nam	e & dosage)? Solaray Multiple 2	-
Comments I felt	really tired this afternoon.	
Snack TIME? 9p		
Ice cream	Chocolate chunk; 1 cup	_
		1