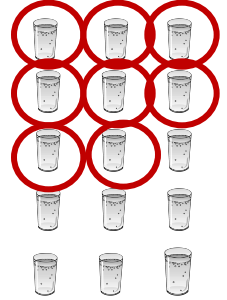


**Daily Food Diary for Your Name Date 08/10/09**

Food Type	How Much? Baked, Boiled, Grilled, Fried, or Zapped? Brand Name?
<b>Breakfast TIME? 7am</b>	
1 egg	Scrambled, organic
1/2 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	
<b>Snack TIME? 9am</b>	
1 Betty Lou smacker	Almond variety
<b>Lunch TIME? 1pm</b>	
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	
<b>Snack TIME?</b>	
None	
<b>Dinner TIME? 7pm</b>	
Grilled chicken	6oz; free range; BBQ sauce
Mashed Potatoes	1/2 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	
<b>Snack TIME? 9:30p</b>	
apple	organic

**Water (~10oz)**



**Other Beverages**

8 oz coconut water

**Exercise**

Cardio:  
3 miles/30 min  
on elliptical

Weight training:  
full body

