

Day/Date	week 24	carbs	exercise after meals	sugars	
Friday	fasting			95	7:45
4/25/2008					
Breakfast					
8:45a	peanut butter crackers	22		117	
snack					
11:30a	bacon and 1/2 pb&j	15			
Lunch					
1:30	small fries	15		123	
	chicken sandwich	40			
snack					
4p	strawberries	15			
	orange	15			
Dinner					
7p	roasted chicken	0		119	
	1/3c potato salad	15			
	2/3c rice	30			
snack					
10:30	cereal and milk	30			
				197	total carbs
Saturday	fasting			81	8a
4/26/2008					
Breakfast					
9a	egg and chorizo	0		118	
	bread	15			
snack					
11a	apple	15			
Lunch					
1:30p	chicken sandwich	40		114	
	salad	10			
snack					
4p	cantalope	15			
Dinner					
7p	steak and rice	45		118	
snack					
11p	cereal and milk	30			
				170	total carbs

Day/Date	week 24	carbs	exercise after meals	sugars	
Sunday 4/27/2008	fasting			84	8:14
Breakfast 9a	waffles	30		83	
snack 11a	jerkey, orange	15			
Lunch 1:30p	tuna melt watermelon	30 15		104	
snack 4p	cereal and milk	30			
Dinner 7p	chicken and rice	45		100	
snack 11p	otter pop	30			
				195	total carbs
Monday 4/28/2008	fasting			80	7:13
Breakfast 7:30a	pb&j on 1c	15		126	
snack 10a	zingers	45			
Lunch 2p	cheeseburgers	45		128	
snack 4p	cantalope	30			
Dinner 6p	thai beef mee krob	45		114	
snack 10p	banana pretzles	15 15			
				210	total carbs

Day/Date	week 24	carbs	exercise after meals	sugars	
Tuesday	fasting			97	7:01a
4/29/2008					
Breakfast					
7:30a	pb&j on lc	15			
	yogurt	15		140	
snack					
10:30a	snickers	30			
	pretzles	15			
Lunch					
12:45	chicken casear wrap	30			
	watermelon	15		119	
snack					
4p	apple	15			
	crackers	15			
Dinner					
7p	fried bologna sandwich	15			
	cereal	40		150	
	milk	30			
snack					
11p	apple	15			
				250	total carbs
Wednesday	fasting			84	7:04
4/30/2008					
Breakfast					
8:30a	bacon	0		95	
	milk	15			
snack					
10a	pb&j on low carb	15			
11a	bologna on low carb	15			
Lunch					
1p	vietnamese pork	10			
	rice	35		77	
snack					
3p	pretzles	15			
	apple	15			
Dinner					
7p	chicken corn soup	30			
	grilled cheese	15		115	
snack					
11p	pb crackers	22			
	milk	15		202	total carbs

Day/Date	week 24	carbs	exercise after meals	sugars
Thursday	fasting			
5/1/2008				
Breakfast				
snack				
Lunch				
snack				
Dinner				
snack				
				0
	Weekly Carb Totals	1224		
	My Target Amounts	1225		
	Comparison between the two	1		