

Day/Date	week 25	carbs	exercise after meals	sugars	
Friday 5/2/2008	fasting			95	6:49A
Breakfast					
7:30A	bacon toast	15		114	
snack					
10:30	pb&j on lc	15			
Lunch					
1p	tuna melt	30			
	orange	15		115	
snack					
4:30	cheese pbcrackers	22			
	apple	15			
Dinner					
7p	vietnamese pork	10			
	rice	45		169	
snack					
11p	salad	0			
	grapes	30			
				197	total carbs
Saturday 5/3/2008	fasting			91	7:09a
Breakfast					
9a	egg sausage bacon	0			
	yogurt	15		113	
snack					
12p	banana peanut butter	15			
Lunch					
2:45	cheese pizza	40			
	ff yogurt	20		149	
snack					
6:30	popsickle and grapes	30			
Dinner					
8p	bologna sandwich apple	30			
	milk	15		141	
snack					
10:30p	pb&j no bread	5			
	milk	30			
				200	total carbs

Day/Date	week 25	carbs	exercise after meals	sugars	
Sunday 5/4/2008	fasting			104	8:42
Breakfast 10:30	bacon cheese milk	15		139	
snack -	no snack				
Lunch 1:30	chocolate cake steak shrimp chicken peppers	45 0		95	
snack 5p	apple pringles	15 15			
Dinner 8p	1c mashed potatoes 1c hamburger gravy	45 10		139	
snack 11p	strawberry newton cookie milk	20 15			
				180	total carbs
Monday 5/5/2008	fasting			95	6:51a
Breakfast 7:30a	bacon pb crackers cheese	15		127	
snack 10:30	peanut mnms	20			
12p	snickers	30			
Lunch 1:15	steak watermelon 1/4 churro stick	15 30		121	
snack 4P	orange banana	15 15			
Dinner 8p	1/2c mashed taters 1c hamburger gravy	22 10		132	
snack 10:30p	ice cream	30			
				202	total carbs

Day/Date	week 25	carbs	exercise after meals	sugars	
Tuesday 5/6/2008	fasting			95	7:10
Breakfast 8a	bacon and pb crackers	15		119	
snack 10:30	nuts and m&ms	15			
Lunch 1p	turkey sandwich watermelon	30 15		128	
snack 4p	apple orange	15 15			
Dinner 7p	stuffed bell pepper	25		158	
snack 11p	milk strawberry newton cookie	15 20			
				165	total carbs
Wednesday 5/7/2008	fasting			98	6:20
Breakfast 8a	bacon and toast	15		108	
snack 10:30a	pb&j on lc	15			
Lunch 1p	cheeseburger watermelon	30 15		90	
snack 4p	skittles	30			
Dinner 7:30	soup and blackberry milk	35 15		121	
snack 10p	ice cream	30			
				185	total carbs

Day/Date	week 25	carbs	exercise after meals	sugars
Thursday 5/8/2008	fasting			100 7:03
Breakfast				
7:45	bacon 1/2oz cheese pb&j on lc	0 15		126
snack				
10:30a	cheese crackers	22		
Lunch				
1:30p	chicken sandiwch, salad 3 bites cherry cobbler	35 10		146
snack				
4p	snickers			
Dinner				
7p	bbq chicken pasta and sauce	0 45		159
snack				
11p	milk cookies	15 15		157
Weekly Carb Totals		1286		
My Target Amounts		1225		
Comparison between the two		(61)		