

Day/Date	week 26	carbs	exercise after meals	sugars	
Friday	fasting			97	7:47a
5/9/2008					
Breakfast					
9a	bacon toast	15		112	
snack					
11a	pb&j on lc	15			
Lunch				135	
1p	chicken sandwich	30			
	fries	15			
snack	strawberries	15			
4p	orange	15			
Dinner	roasted chicken	0		135	
7p	1/3c potato salad	15			
	2/3c rice	30			
snack					
10:30	cereal and milk	30			
				180	total carbs
Saturday	fasting			116	8:39a
5/10/2008					
Breakfast					
9a	eggs sausage bacon	0			
	toast	15		120	
snack	no snack				
Lunch				113	
12:45	burger	30			
	fries	15			
snack	ice cream	10			
4:30	berries	15			
	popsicles	10			
Dinner	salad chicken hot dogs	15		136	
7p	milk	30			
snack					
10:30	ice cream	30			
				170	total carbs

Day/Date	week 26	carbs	exercise after meals	sugars	
Sunday	fasting			99	9:09a
5/11/2008					
Breakfast					
9:30a	pb&j	15		116	
	bacon	0			
snack					
1:30	banana	30			
Lunch				147	
2p	chow fun	40			
	rice	20			
snack					
5p	grapes	15			
	popsicles	15			
Dinner				107	
7p	pancakes	45			
	pb&j topping	0			
snack					
11p	milk	30			
				210	total carbs
Monday	fasting			97	7:27a
5/12/2008					
Breakfast				134	
8a	pb&j	15			
	bacon	0			
snack					
10:30	nuts, brownie	15			
Lunch				117	
12:30p	sandwich	30			
	watermelon	15			
snack					
2p	banana and gluc bar	35			
4p	1/2 sandwich	15			
Dinner				139	
7:30p	cereal	25			
	milk	20			
snack					
10:30p	pb crackers	15			
	milk	15			
				200	total carbs

Day/Date	week 26	carbs	exercise after meals	sugars	
Tuesday 5/13/2008	fasting			83	7:19a
Breakfast					
8a	pb&j	15			
	bacon	0		116	
snack					
10:30	glucerna bar	15			
	strawberries	10			
Lunch					
12:45p	tuna melt	30		113	
	watermelon	15			
	strawberries	10			
snack					
3:30	banana	30			
Dinner					
6:30	soup	20		147	
	grilled cheese	30			
snack					
11p	ice cream	30			
				220	total carbs
Wednesday 5/14/2008	fasting			86	7:03
Breakfast					
8:30a	bacon	0			
	pb&j on lc	15		108	
snack					
10:30	pb crackers	15			
Lunch					
1p	pizza	67		139	
	chocolate frozen yogurt	25			
snack					
	no snack				
Dinner					
6p	chicken kabob	5		110	
	steak kabob	5			
	pita and salad	30			
snack					
11p	grapes and berries	30			
	ice cream	10		202	total carbs

Day/Date	week 26	carbs	exercise after meals	sugars
Thursday 5/15/2008	fasting			90 7:26
Breakfast				
8:10a	bacon	0		
	pb&j on 1c	15		111
snack				
10:30	glucerna bar	20		
Lunch				
12P	Pizza	67		123
snack				
1:45	banana	30		
Dinner				
snack				
				132
Weekly Carb Totals		1299		
My Target Amounts		1225		
Comparison between the t		(74)		