

Day/Date	week 27	carbs	exercise after meals	sugars	
Friday	fasting			87	7:26a
5/16/2008					
Breakfast	1/2 banana	10			
8:15	pb&j on lc	15		130	
snack					
10:45	pb crackers	15			
	1/2 banana	10			
Lunch					
12:45	patty melt	30			
	watermelon	15		127	
snack					
4p	donut	30			
Dinner					
7:30p	pasta	45		127	
snack					
11p	milk	15			
	cookies	15		200	total carbs
Saturday	fasting			93	8:26a
5/17/2008					
Breakfast				-	forgot meter
9a	pb&j sandwich	15			
	banana	15			
snack					
12p	yogurt	15			
1p	bologna sandwich	15			
Lunch					
2p	sandwich	10		-	
	bbq potato chips	15			
	deviled egg	0			
snack					
5p	1 1/2 cupcake	30			
Dinner					
7p	orange chicken	60		-	
	fruit salad	15			
	chicken breast	0			
snack					
11p	milk	15			
	ritz crackers	15			
				220	total carbs

Day/Date	week 27	carbs	exercise after meals	sugars	
Sunday	fasting			104	10:09a
5/18/2008					
Breakfast					
11a	eggs sausage toast	15		106	
snack					
	no snack				
Lunch	1/2 cheesesteak	30		124	
1:30	fries	15			
snack					
3p	popsicle	20			
	cantalope	15			
Dinner	1/2 cheesesteak	30		119	
7p	fries	30			
snack					
11p	milk	30			
				185	total carbs
Monday	fasting			86	6:52
5/19/2008					
Breakfast					
8:30a	pb&j	15		119	
	bacon	0			
snack					
10:30a	pb crackers	15			
Lunch					
1p	burger	40		125	
	x small fries	20			
snack					
4p	cookie	25			
	twinkie	25			
Dinner	steak and veggies	0		134	
7p	watermelon	25			
	milk	25			
snack					
11p	ice cream	30			
				220	total carbs

Day/Date	week 27	carbs	exercise after meals	sugars	
Tuesday	fasting			97	7:22a
5/20/2008					
Breakfast					
8a	pb&j	15		114	
	bacon	0			
snack					
10a	orange	15			
Lunch					
12p	pizza	45		135	
	breadsticks	75			
	salad	0			
snack					
4p	cake	40			
Dinner					
7:30p	2 bites donut	10			
	steak	0		128	
	banana	15			
	orange and bacon	25			
snack					
10p	saltines	30			
				270	total carbs
Wednesday	fasting			100	7:29a
5/21/2008					
Breakfast					
	pb&j	15		112	
snack					
	no snack			59	low
	recovery sugar - lemonheads	27		97	recovered
12:15	twinkie	25			
Lunch					
1p	chicken fried steak	30		155	
	potatoes	45			
	veggies	0			
snack					
4p	pb crackers	15			
	skittles	15			
Dinner					
6p	tamales	45			
	enchilada filling	10		104	
snack					
10p	banana	15			
	apple	15		257	total carbs

Day/Date	week 27	carbs	exercise after meals	sugars
Thursday 5/22/2008	fasting		I have a sore throat	84 6:24a
Breakfast				
8a	donut	30		135
snack	crackers	20		
Lunch	pb&j	15		
	banana	15		127
	milk	15		
snack	ice cream	30		
Dinner				
	pasta and sauce	45		123
snack				
	cereal	15		
	milk	15		200
Weekly Carb Totals		1552		
My Target Amounts		1225		
Comparison between the two		(327)		