

Day/Date	week 28	carbs	exercise after meals	sugars	
Friday 5/23/2008	fasting		I have a cold	89	8:03a
Breakfast	bacon toast	0 15		109	
snack	apple	15			
Lunch	burger fries	30 15		121	
snack	pie	25			
Dinner	milk cereal watermelon	15 15 15		149	
snack	no snack, slept don't feel good				
				145	total carbs
Saturday 5/24/2008	fasting		I have a cold	97	8:41a
Breakfast 9a	chorizo egg toast	15		103	
snack	no snack, early lunch				
Lunch 1p	club sandwich potato skin clam chowder	30 5 20		162	
snack 3p	cake	30			
Dinner 7p	grapes pb&j milk	20 15 20		160	
snack 11p	apple, apricot, crackers	30			
				185	total carbs

Day/Date	week 28	carbs	exercise after meals	sugars	
Sunday 5/25/2008	fasting		I have a cold	94	9:28a
Breakfast					
10a	chicken noodle soup	20			
	1/2 pb&j on lc	7		129	
snack	no snack, slept				
Lunch					
1:30p	oranges	30			
	hot dogs	0		93	
	grilled cheese	15			
snack					
5p	crackers	22			
	milk	15			
Dinner	quesadilla	25		136	
	burrito	25			
snack					
	milk	15			
	cookies	15			
				189	total carbs
Monday 5/26/2008	fasting		I have a cold	94	
Breakfast					
9a	pb&j	15		107	
	bacon	0			
snack					
12p	banana	15			
Lunch					
2p	sandwich	30		98	
	watermelon	15			
snack					
4p	ice cream	30			
Dinner					
7p	pizza	60		104	
snack					
11p	grapes	30			
				195	total carbs

Day/Date	week 28	carbs	exercise after meals	sugars
Tuesday 5/27/2008	fasting		I have a cold	98
Breakfast				
10a	pb&j	15		108
snack	bacon	0		
	banana	15		
Lunch				
2p	chicken	0		81
	grapes	15		
	ice cream	30		
snack				
4p	watermelon	30		
Dinner				
7p	chicken	0		87
	pizza	30		
	grapes	15		
snack				
10p	banana	30		
				180
				total carbs
Wednesday 5/28/2008	fasting		I should be better tomorrow	94
Breakfast				
8a	pb&j	15		102
snack				
11a	donut	30		
Lunch				132
1p	turkey club	45		
snack				
3p	orange	15		
Dinner				
7p	chicken	0		94
	pot salad	25		
	rice	30		
snack				
11p	apple	15		
				175
				total carbs

Day/Date	week 28	carbs	exercise after meals	sugars
Thursday 5/29/2008	fasting		Still hacking but I feel better	117 7:24a
Breakfast 7:45	bacon bread	0 15		129 97
snack 9:45	glucerna bar	24		
Lunch 11:45a	super star w cheese	38		139
snack 2:15	fruit cake	15 35		
Dinner 5:35	steak green beans mashed potatoes	0 0 45		120
snack 8:50	cake	40		

---

212

Weekly Carb Totals 1281  
My Target Amounts 1225  
Comparison between the (56)