

Day/Date	week 29	carbs	exercise after meals	sugars	
Friday	fasting			97	7:24a
5/30/2008					
Breakfast					
8a	pb&j	15		119	
	bacon	0			
snack					
10:30	nectarine	15			
Lunch					
12:30p	sandwich	30		105	
	watermelon	15			
snack					
2p	banana and gluc bar	35			
4p	1/2 sandwich	15			
Dinner					
7:30p	cereal	25		147	
	milk	20			
snack					
10:30p	pb crackers	30		200	total carbs
Saturday	fasting			85	10:14a
5/31/2008					
Breakfast					
10a	pb&j	15		117	
snack					
1p	pizza	45			
	milk	15			
	cookies	10			
Lunch				110	
	early snack				
snack					
4p	gummy bears	30			
Dinner					
7p	chinese style chicken and	45		140	
	veggies	0			
snack					
10:30p	milk	15			
	apple	15			
				190	total carbs

Day/Date	week 29	carbs	exercise after meals	sugars	
Sunday 6/1/2008	fasting			79	10:50a
Breakfast 11a	pb&j	15		104	
snack	no snack, late breakfast				
Lunch 1p	hot dogs rice	0 30		116	
snack 4p	watermelon	30			
Dinner 7p	bacon egg and toast apple muffin	0 15 30		119	
snack 11p	milk cookies	15 15			
				150	total carbs
Monday 6/2/2008	fasting			87	7:20a
Breakfast 8a	pb&j	15		125	
snack 10a	donut	30			
Lunch	patty melt banana	50 15		148	
snack	orange nuts	15 0			
Dinner	tacos, 2 corn tortillas veggies and hot sauce	40 10		107	
snack	milk cookies	15 20			
				210	total carbs

Day/Date	week 29	carbs	exercise after meals	sugars	
Tuesday 6/3/2008	fasting			98	6:45a
Breakfast 8a	pb&j	15		125	
snack 10a	apple	15			
Lunch 1p	1 1/2 sandwich	72		155	
snack 4p	1/2 sandwich	24			
Dinner 6:30	cherries	20			
	kung pao and gummy bears	50		191	7:44p
	cookie	10	20 min walk	136	8:34p
snack 10p	banana	30			
				256	total carbs
Wednesday 6/4/2008	fasting			99	6:26a
Breakfast 7a	pb&j	15		117	
	bacon	0			
snack 9a	coffee	0			
11a	banana	15			
Lunch 12p	lasagna	30			
	zucchini and squash	0		114	
	garlic bread	30			
snack 2p	3 muskateers	45			
Dinner 5:30	gyro meat	10		106	
	rice	30			
	pita	15			
snack 10:45p	apple crackers	26			
	milk cookies	35		251	total carbs

Day/Date	week 29	carbs	exercise after meals	sugars
Thursday 6/5/2008	fasting			100 7:45a
Breakfast				
8a	pb&j	15		102
	pb crackers	6.6		
snack				
11a	ice cream	30		
Lunch				
1p	chicken fried steak	20		92
	mashed taters veggies	30		
snack				
Dinner				
snack				
				102 total carbs
Weekly Carb Totals		1339		
My Target Amounts		1225		
Comparison between the two		(114)		