

Day/Date	week 31	carbs	exercise after meals	sugars	
Friday 6/13/2008	fasting			104	7:25a
Breakfast 8a	pb&j cheese	15 0		143	
snack 10:30a	pb crackers	15			
Lunch 1p	hot dog potato salad cake pasta salad	20 10 30 15		-	
snack 4p	apple	15			
Dinner 7p	pizza watermelon	30 30		101 146	
snack 10p	milk and cookies	30			
				210	total carbs
Saturday 6/14/2008	fasting			100	7:31a
Breakfast 9a	pb&j cheese	15 0		116	
snack 10a	cereal with milk	30			
Lunch 1p	ham sandwich apple milk	15 15 15		124	
snack 4p	pb crackers popsicle	20 10			
Dinner 7p	cantalope salad bacon cheese	30 0		106 127	
snack 10:30	graham crackers	30			
				180	total carbs

Day/Date	week 31	carbs	exercise after meals	sugars	
Sunday 6/15/2008	fasting			105	8:45a
Breakfast					
9a	pb&j cheese	15 0		147	
snack					
10a	cereal with milk	30			
Lunch					
1p	chicken veggies mashed taters sugar packets	10 30 15		124	
snack					
4p	pb&j	15			
Dinner					
9p	cereal and milk grapes	45 15		158	
snack					
10:30	graham crackers	30			
				205	total carbs
Monday 6/16/2008	fasting			92	7:15a
Breakfast					
8a	pb&j cheese	15 0		118	
snack					
10:30a	banana donut	15 30			
Lunch					
1p	patty melt banana	40 15		145	
snack					
3p	ice cream	15			
4p	banana	30			
Dinner					
5p	burger fries	30 15		146	
snack					
10p	nectarine cereal and milk	15 30		250	total carbs

Day/Date	week 31	carbs	exercise after meals	sugars	
Tuesday 6/17/2008	fasting			95	6:57a
Breakfast 8a	oatmeal	22		111	
snack 10:30	twix	36			
Lunch 1p	salad breadsticks soup	0 60 15		97	
snack 4p	nectarine banana	15 15			
Dinner 7p	steak veggies potatoes	5 25		102	
snack 11p	banana	30			
				253	total carbs
Wednesday 6/18/2008	fasting			95	7:20a
Breakfast 8a	oatmeal	22		119	
snack 10a	croissant	30			
Lunch 1p	chick parmesan pasta	15 30		84	
snack 4p	nectarine banana	15 15			
Dinner 6p	spring rolls satai peanut sauce cake	20 20 20		129	
snack 11p	cake milk	20 15			
				222	total carbs

Day/Date	week 31	carbs	exercise after meals	sugars	
Thursday 6/19/2008	fasting			113	8:12a
Breakfast 8:30a	oatmeal	22		99	2 hrs after
snack 11a	gluc bar	24			
Lunch 1p	burger fries	30 35		157	overate fries
snack 4p	crackers cheese nectarine	15 0 15			
Dinner 7p	chicken breadsticks salad	0 78 0		159	overate bread
snack 10p	cereal milk and nuts	30			3.75 mg
				249	total carbs
Weekly Carb Totals		1539			
My Target Amounts		1225			
Comparison between the two		(314)			