

Day/Date	week 33	carbs	exercise after meals	sugars	
Friday 6/27/2008	fasting			86	7:27a
Breakfast					
8:15a	hot dogs	15		120	2.5 mg
snack					
10:30	pb mnms	30			
Lunch					
12:30p	burger patties w/cheese	0		97	
	pasta salad	45			
snack					
4p	chips	30			1.25 mg
Dinner					
7p	burger	30			
	fries	15		159	
snack					
10:30p	graham crackers	30			5 mg
				195	total carbs
Saturday 6/28/2008	fasting			89	6:37a
Breakfast					
7a	bologna sandwich	15		129	2.5 mg
snack					
11a	latte	15			
	nuts				
Lunch					
1p	beef bean burrito	20		107	
	tacos	30			
snack					
3p	nuts				
	cake	30			1.25 mg
Dinner					
7:30p	chinese beef and veggies	15		134	
	brown rice	35			
snack					
11p	strawberries	30			5 mg
				190	total carbs

Day/Date	week 33	carbs	exercise after meals	sugars	
Sunday 6/29/2008	fasting			95	9:49a
Breakfast 8a	string cheese pb&j	0 15		104	2.5 mg
snack 10:30a	oatmeal	22			
Lunch 2p	grilled cheese nectarine chicken and crackers	15 15 15		119	
snack 4p	cantalope	30			
Dinner 7p	sesame ginger chicken brown rice and green beans	10 40		140	1.25 mg
snack 10:30p	graham crackers	30			5 mg
				192	total carbs
Monday 6/30/2008	fasting			77	7:05a
Breakfast 8a	bologna cheese sandwich	15		101	2.5 mg
snack 10:30a	chips	22			
Lunch 12:30	roast beef and cheese sandwich apple	30 15		126	
snack 3p	mnms donut	30 40			2.5 mg
Dinner 6:30p	chile relleno taco	30 15		144	
snack 10:30p	nectarine popsicle	15 20			5 mg
				232	total carbs

Day/Date	week 33	carbs	exercise after meals	sugars	
Tuesday 7/1/2008	fasting			85	7:14a
Breakfast 8a	sausage egg 2 bread	15		119	2.5 mg
snack 11a	twinkie	30			
Lunch 1p	1/2 chicken caesar wrap	15		159	
	cookies	30			1.25 mg
snack 4p	skittles	30			
	1/2 chicken caesar wrap	15			
Dinner 7p	steak	0		68	2.5 mg before dinner
	rice	45		108	after dinner
	nuts	0			
snack 9p	grapes	30			5mg
				230	total carbs
Wednesday 7/2/2008	fasting			98	7:31a
Breakfast 8a	hot dogs	15		132	2.5 mg
snack 11a	1/2 banana	15			
Lunch 12:30p	eggplant parmesan	20		127	
	pasta	30			
snack 1:45p	skittles	30			
4p	graham crackers	15			
	1/2 banana	15			1.25 mg
Dinner 6:30p	rice	45		134	
	chicken, sausage cheese egg	0			
snack 10p	nectarine	15			5mg
	grapes	20			
				220	total carbs

Day/Date	week 33	carbs	exercise after meals	sugars
Thursday 7/3/2008	fasting			109 7:14a
Breakfast 8a	bologna sandwich	15		117 2.5 mg
snack 11a	pb crackers	15		
Lunch 1p	turkey sandwich caesar salad	45 0		112
snack 3p	banana	15		
Dinner 5:30p	chicken sandwiches 1/2 bun	50		148 2.5 mg
snack 10p	ice cream	45		5 mg
				185 total carbs
Weekly Carb Totals		1424		
My Target Amounts		1225		
Comparison between the two		(199)		