

Day/Date	week 34	carbs	exercise after meals	sugars	
Friday 7/4/2008	fasting			95	8:35a
Breakfast					
9a	oatmeal	22		120	
snack					
11a	pb&j	15			
Lunch					
2p	nectarine	30		119	
	grilled cheese	15			
snack					
4p	graham crackers	30			
Dinner					
7p	pasta	45		159	
	cheese	0			
snack					
10:30p	cookies and milk	30			
				187	total carbs
Saturday 7/5/2008	fasting			88	9:20
Breakfast					
9:30a	egg cheese sausage bread	15		120	
snack					
11a	crackers cheese	15 0			
Lunch					
2p	burrito crunchwrap	20 25		121	
snack					
5p	sb bar banana	20 15			
Dinner					
9p	roll	20		2.5 mg	
	potato skins	25		151	
	salad	0			
snack					
12a	popsickle	20		5 mg	
	nectarine	15			
	nuts	0			
				190	total carbs

Day/Date	week 34	carbs	exercise after meals	sugars	
Sunday 7/6/2008	fasting			99	8:33a
Breakfast 10:30a	pb&j	20			2.5 mg
				142	
snack	no snack, late breakfast				
Lunch 2p	potato skins	25			
	sug free cookie/candy	10			
	milk	10		113	
snack 4p	nectarine	15			
	coffee	15			2.5 mg
Dinner 8p	chicken	0		132	
	corn and apple	45			
snack 10p	cookies and milk	30			5 mg
				170	total carbs
Monday 7/7/2008	fasting			79	7:33a
Breakfast 8:30a	pb&j	15			2.5 mg
	bacon	0		135	
snack 10:30a	pb crackers	15			
Lunch 1p	burger	40		101	
	x small fries	20			
snack 4p	fiber one bar	30			
					2.5 mg
Dinner 7p	steak and veggies	0			
	watermelon	25			
	milk	25		127	
snack 11p	ice cream	30			5 mg
				200	total carbs

Day/Date	week 34	carbs	exercise after meals	sugars	
Tuesday 7/8/2008	fasting			91	7:16
Breakfast 8a	pb&j	15		108	2.5 mg
snack 10a	apple	15			
Lunch 1p	1 1/2 sandwich	72		114	
snack 4p	1/2 sandwich	24			
Dinner 6:30	tacos, 2 corn tortillas veggies and hot sauce	40 10		117	2.5 mg 5 mg
snack 10p	banana	30			
				206	total carbs
Wednesday 7/9/2008	fasting			95	7:58a
Breakfast 8a	pb&j			129	2.5 mg
snack 10a	cheese crackers	15			
Lunch 12p	burger apple	35 15		149	
snack 3p	banana	30			
Dinner 7p	pasta nectarine	40 15		158	2.5 mg
snack 11p	popsickle	30			5 mg
				180	total carbs

Day/Date	week 34	carbs	exercise after meals	sugars
Thursday 7/10/2008	fasting			95 7:58a
Breakfast				2.5 mg
9:30	toast	15		131
	bacon	0		
snack				
	no snack, late breakfast	0		
Lunch				
12:20	burger	38		
	6 fries	6		140
snack				
3:30	3 muskateers	30		
Dinner				5 mg
7:30	2 potato skins	40		178 after 1 hour
	1/2 roll	15	20 min walk	96 after 2 hours
				5mg
snack				
10p	cookies	30		
				174 total carbs
Weekly Carb Totals		1307		
My Target Amounts		1225		
Comparison between the two		(82)		