

Day/Date	week 35	carbs	exercise after meals	sugars	
Friday 7/11/2008	fasting			108	8:23
Breakfast	pb&j	15			2.5 mg
snack				107	
	apple	15			
Lunch					
	ham and cheese	30		101	
	grapes	15			
snack					2.5 mg
	pb crackers	30			
Dinner					
	burger	45		120	
snack					5 mg
	graham crackers	30			
				180	total carbs
Saturday 7/12/2008	fasting			84	8:37
Breakfast					2.5 mg
9a	pb&j	20		120	
snack 11a	strawberries	15			
Lunch 12p	chicken	0		116	
	potato salad	30			
	rice	15			
snack 3p	cake	30			2.5 mg
Dinner 8p	milk	15			
	chicken	0		120	
	fruit salad	30			
snack 11p	cookies and milk	30			5 mg
				185	total carbs

Day/Date	week 35	carbs	exercise after meals	sugars
Sunday 7/13/2008	fasting			90 8:56 2.5 mg
Breakfast 9a	pb&j pancakes	20		131
snack 10a	pb&j pancakes	20		
Lunch 1p	beef bean cheese burrito tacos	25 24		129
snack 5p	fruit salad	30	shopped 3 hours	
Dinner 9p	milk bologna sandwich nectarine	15 30 15		2.5 mg forgot
snack 10:30	popsickle	30		5 mg
				209 total carbs
Monday 7/14/2008	fasting			
Breakfast 8a	pb&j sandwich	15		119 2.5 mg
snack 10a	potato chips	20		
Lunch 1p	ice cream bar chicken breast	45 0		171 underestimated carbs in ice cream
snack 3p	crackers and cheese	30		2.5 mg
Dinner 7:30	puri bread indian subjee	45 10	5 min walk	139
snack 11p	nectarine bread	15 15		5 mg
				195 total carbs

Day/Date	week 35	carbs	exercise after meals	sugars
Tuesday 7/15/2008	fasting			84 7:14a
Breakfast	bologna sandwich	15		2.5 mg
	mozz cheese	0		2 hrs after
snack	pb crackers	15		
Lunch 12:30	1/2 motherlode sandwich	45		119
snack	snickers	30		2.5 mg
Dinner				
snack				5 mg
				105 total carbs
Wednesday 7/16/2008	fasting			
Breakfast				
snack				
Lunch				
snack				
Dinner				
snack				
				0 total carbs

Day/Date	week 35	carbs	exercise after meals	sugars
Thursday 7/17/2008	fasting			
Breakfast				
snack				
Lunch				
snack				
Dinner				
snack				
				0
				total carbs
Weekly Carb Totals		874		
My Target Amounts		1225		
Comparison between the two		351		