

Sample Food Journal Page	Boston Johnny Forger	Tuesday August 9
Meal/Time	Food	Calories
Breakfast	1 cup blueberries	81
	1 1/2 cups whole grain cereal	165
	1/2 cup plain lowfat yogurt	77
	8 ounces 1 % milk	103
	Subtotal	525
AM snack	1/2 pink grapefruit	64
	1 lowfat Colby cheese stick	110
	1 whole grain cracker	25
	Subtotal	199
Lunch	4 oz roasted chicken w/o skin	223
	1 1/2 cups shredded romaine	12
	2/3 cup sliced red onions	32
	2 slices whole grain bread	130
	2 tablespoons mustard	20
	subtotal	418
PM snack	1 cup lentil soup	140
	1 low fat cheese stick	110
	1 whole grain cracker	25
	Subtotal	275
Dinner	1/2 cup brown rice	129
	2/3 cup carrots	35
	1 1/2 cups green beans	51
	6 slices turkey breast meat	375
	Totals	1693
	Goal Totals	1670
	+	23