

# Weight for it Wednesday

WEEKLY FOOD JOURNAL

NOTES: Looking over my food journal... I see why I only lost 1.6lbs. I should lay low on the chinese and stuffing!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 eggs, 1 sausage patty, applesauce	2 eggs, pumpkin muffin	cereal w/skim milk	2 eggs, 1 sausage patty, applesauce	cereal w/skim milk	2 eggs, 1 sausage patty, applesauce	2 eggs, 2 slices bacon, grits, 1 toast
		fat free Ravioli		5 piece sushi		
cereal w/skim milk	brunswick stew		chicken fajita	Ckn + Broccoli (Red Bowl)	taco salad	tuna salad sandwich, apple
		Ranch Tacos (Taco Bell)	Ckn + Broccoli (local Chinese)		porkchop, stuffing, green beans	brunswick stew
		Ckn + Broccoli				
porkchop, stuffing, green beans	lo-cal pumpkin cupcake	(local Chinese)				