

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	
1	Meal Log																			
2																				
3	Date	Meal	Food/Serving	Calories	Total															
4	2/13/2005	Breakfast	Black Cherry Yogurt	120	120															
5			Coffee w/Sweetner	5	125															
6			1/2 Cup Granola	250	375															
7		Lunch	Spaghetti Sauce	100	475															
8			Spaghetti	280	755															
9			6oz Ground Beef	260	1015															
10		Snack	Chololate Covered Banana	160	1175															
11		Snack	Trail Mix	170	1345															
12																				
13	2/14/2005	Breakfast	Black Cherry Yogurt	120	120															
14			Coffee w/Sweetner	5	125															
15			Granola Bar	120	245	Date	Calories	Average												
16		Lunch	Medium Salad	80	325	2/13/2005	1345													
17			Grilled Chiken Breast	300	625	2/14/2005	1595		Average/Day	1596.022										
18		Dinner	Spaghetti Sauce	100	725	2/15/2005	1320													
19			Spaghetti	280	1005	2/16/2005	1265													
20			6oz Ground Beef	260	1265	2/17/2005	1635	1432												
21		Snack	Chololate Covered Banana	160	1425	2/18/2005	1295	1422												
22		Snack	Trail Mix	170	1595	2/19/2005	1130	1329												
23						2/20/2005	1865	1438												
24	2/15/2005	Breakfast	Black Cherry Yogurt	120	120	2/21/2005	1450	1475												
25			Coffee w/Sweetner	5	125	2/22/2005	1005	1349												
26			Granola Bar	130	255	2/23/2005	1280	1346												
27		Lunch	Half Turkey Sandwich	250	505	2/24/2005	1570	1434												
28			Pasta (Half Cup)	80	585	2/25/2005	1390	1339												
29			Glass of Wine	120	705	2/26/2005	1645	1378												
30		Snack	Crackers	125	830	2/27/2005	1030	1383												
31		Snack	Trail Mix	170	1000	2/28/2005	790	1285												
32		Dinner	Pretzels	320	1320	3/1/2005	2035	1378												
33						3/2/2005	1610	1422												
34	2/16/2005	Breakfast	Black Cherry Yogurt	120	120	3/3/2005	1800	1453												
35			Coffee w/Sweetner	5	125	3/4/2005	1800	1607												
36			Granola Bar	130	255	3/5/2005	1800	1809												
37		Lunch	Large Salad	120	375	3/6/2005	1800	1762												
38			Grilled Chiken Breast	300	675	3/7/2005	1600	1760												
39		Snack	Sucker	50	725	3/8/2005	1055	1611												
40		Dinner	Ham/Turkey Slices	60	785	3/9/2005	1575	1566												
41			Pretzels	320	1105	3/10/2005	1085	1423												
42		Snack	Chololate Covered Banana	160	1265	3/11/2005	1490	1361												
43						3/12/2005	1570	1355												
44	2/17/2005	Breakfast	Black Cherry Yogurt	120	120	3/13/2005	1405	1425												
45			Coffee w/Sweetner	5	125	3/14/2005	1575	1425												
46			Granola Bar	130	255	3/15/2005	2000	1608												
47		Lunch	Medium Salad	80	335	3/16/2005	1735	1657												
48			Grilled Chiken Breast	300	635	3/17/2005	1150	1573												
49		Dinner	Lots of stuff in Palo Alto	1000	1635	3/18/2005	1090	1510												
50						3/19/2005	1590	1513												

