

Project 2.2.1: Anna Garcia Food Diary

Saturday – August 11, 2012

* Breakfast
	+ 2 *egg whites*, scrambled, no butter
	+ 2 slices thick turkey bacon
	+ 1 slice whole wheat toast with 1 pat butter
	+ 1 cup coffee with artificial sweetener and 1 tbsp. light coffee creamer
* Lunch
	+ 1 12oz can *Sprite*
	+ 1 turkey sandwich (2 slices whole wheat bread, 3 slices turkey lunch meat, 1 slice cheddar cheese, ½ tbsp. mayonnaise)
	+ 16 fat-free tortilla chips with salsa
* Snack
	+ 1/4 cup dry roasted *peanuts*
	+ 1 small apple
* Dinner
	+ ½ cup *apple juice*
	+ 6 ounces salmon filet
	+ 1 cup brown rice cooked with salt and butter
	+ 1 cup steamed broccoli
* Dessert
	+ ½ cup sugar free lemon *gelatin*

Sunday – August 12, 2012

* Breakfast
	+ 1 cup *Cheerios*
	+ ½ cup *skim milk*
	+ ½ cup blueberries
* Lunch
	+ 1 cup low-fat strawberry *yogurt*
	+ 6 Ritz *crackers*
	+ 1 cup canned, low-sodium vegetable soup
	+ 1 12oz can cola
* Snack
	+ 1 single serving bag *potato chips*
* Dinner
	+ 2 slices thick crust pepperoni pizza (14” pizza)
	+ 2 cups tossed salad
	+ 4 tbsp. Caesar dressing
* Dessert
	+ 1 cup vanilla ice cream with ½ cup mini *marshmallows*
	+ 5 Oreo cookies

Monday – August 13, 2012

* Breakfast
	+ 1 cup *whole milk*
	+ 1 biscui

\*Note that Anna’s entries stopped on the morning of August 13th. The entry for breakfast appears to be incomplete.