

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.