FOOD JOURNAL

Date: Sunday, February 18, 2018
Week: #3

Weekly Personal Goal(s):

**-Drink 10-15 c water each day
**-Record EVERYTHING I eat and drink
**-Eat Healthy, Well-Balanced Meals & Snacks
x-Eat Meals/Snacks on Time
** -Do at least 3x Aerobic Exercises

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	OTHER	ACTIVITY
Day 1 **Sunday**	-**Potato Omelette** (chicken, baby spinach, red/yellow peppers, onions, broccoli, tomato -1 sl. rye bread			-1/2 "Potato Omelette"	-1 c. rice (white) -2 c. curry chicken -1 c. dahl -3 c. cabbage salad w tomato, onion -1 pinch Panettone cake	FAMILY DAY SLEEPOVER … went to bed at 6:45am and woke up 10am -missed lunch mani/pedi	
						H20 10 c	168.6 **LBS**
Day 2 **Monday**			-1 1/2 c wh wheat linguine -1 c **Pasta "Meat" Sauce** -pepper sauce -<1 oz parmesan cheese	-1 med. banana →	-Open-faced Grilled Cheese (1 sl rye bread, smoked gouda, tomato, pepper sauce) -1/2 avocado; sprinkle salt	FAMILY DAY Hanging out with kids/doing laundry etc… did not go downstairs till 1:30pm in afternoon	
						H20 10 c	170.4 **LBS**
Day 3 **Tuesday**	-1 sl rye bread -< 2 tbsp peanut butter (all natural)	-**Yogurt Parfait** (2 tbsp greek yogurt, agave nectar, banana, strawberries, 10 blueberries, cereal topping, 5 almonds)	-3/4 egg salad sandwich (rye bread, light mayo) →	-4 california rolls with wasabi, ginger, soya sauce	-4 oz Pan-fried Red Snapper -1 ½ mini roast potatoes -3 c kale salad; 2 tbsp poppy seed dressing -1/2 Homemade Brownie		●Walk (73 mins) w. M in the rain ●Yoga Meditation "Mountain" (12mins)
						H20 10 c	169.8 **LBS**
Day 4 **Wednesday**	-1 sl rye bread -1/2 avocado -pepper sauce -1/2 c coco-almond milk	-1 c. strawberries	-1 c. Pasta "Meat" Sauce -2 c. romain lettuce -pepper sauce -2 bites M's vindaloo	-1 granny smith apple	-Pizza Depot: 2 sl. pizza (cheese/pepperoni) -2 oz Pan-fried Red Snapper	**kids wanted to go for dinner w cousins after extracurricular; too hungry to wait for home	
						H20 11 c	169.8 **LBS**
Day 5 **Thursday**	-1 sl rye bread -< 2 tbsp peanut butter (all natural)	-1 banana	Truscott Bakery: -1 meatball; 1 cabbage roll -pepper sauce -3 c romaine lettuce -1 tbsp caesar dressing	-5 cashews -1 **"Snack Pack"** -<1 oz cheddar cheese	-1 meatball; 1 cabbage roll -pepper sauce -1/4 c tomato sauce	*I WANT THIS BADLY; FEELING STRONG!!*	●Treadmill (30 mins) -incline 1.5 -194 cals -1.76 km -5 min cooldown/warmup -run 3mins/walk 3mins
						H20 12.5 c	169.8 **LBS**
Day 6 **Friday**	-1 sl rye bread -< 2 tbsp peanut butter (all natural)	-10 blueberries -10 cashews	-4 oz steak -1/2 c grilled asparagus -3 c romaine lettuce -1 tbsp Asian gingerdressing		-1 c. **Pasta Fagioli Soup** -1 oz cheddar cheese **after karate ☹ -1/2 c Mac n Cheese	**2nd week of "EXTREME" karate class ☺	●Walk (67 mins); long route but faster-paced ●Yoga Meditation ●Karate (90 mins)
						H20 15 c	168.0 **LBS**
Day 7 **Saturday**	-1 sl rye bread -< 2 tbsp peanut butter (all natural)	-1 c. **Homemade Ginger Tea** w. 2 tsp honey/milk	-1 sl rye bread -1/4 c tuna mixture (leftover) -1/4 avocado -pepper sauce			Really sick chills/fever ☹ ☹	
						H20 7 c	168.0 **LBS**

Notes: ***(… cont'd on back:)*** ***-Saturday…. Think I overworked myself. My feet are really tired and sore. I have to make sure not to stack my workouts and have rest days in between!***

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