

Week of 1/7/08

Meal/Event	Monday, 1/7/08	Tuesday, 1/8/08	Wednesday, 1/9/08	Thursday, 1/10/08	Friday, 1/11/08	Saturday, 1/12/08	Sunday, 1/13/08
<i>Breakfast</i>	<p>1 bowl General Mills Oatmeal Crisp (240 calories; 5 g fat, 115 mg sodium, 420 mg potassium, 0 mg cholesterol, 46 g carbs) with 11 oz. Silk plain soy milk (140 calories, 6 g fat, 0 mg cholesterol, 170 mg sodium, 400 mg potassium, 11 g carbs, 1 g fiber, 8 g sugars, 10 g protein), and 1 cup raw blackberries (62 calories, 0.7 g fat, 0 mg cholesterol, 1.4 mg sodium, 233.3 mg potassium, 13.8 g carbs, 2 g protein) and 2 oz. (40) pecan halves (392 calories, 40.8 g fat, 0 mg cholesterol, 0 mg sodium, 233 mg potassium, 7.8 g carbs, 5.4 g fiber, 2.2 g sugars, 5.2 g protein)</p> <p>4 oz. Activia vanilla yogurt (110 calories, 2 g fat, 5 mg cholesterol, 75 mg sodium, 220 mg potassium, 19 g carbs, 5 g protein)</p>	<p>1 bowl Quaker Cinnamon Life cereal (120 calories; 1.5 g fat, 150 mg sodium, 85 mg potassium, 0 mg cholesterol, 25 g carbs, 2 g fiber, 8 g sugars) with 11 oz. Silk plain soy milk (140 calories, 6 g fat, 0 mg cholesterol, 170 mg sodium, 400 mg potassium, 11 g carbs, 1 g fiber, 8 g sugars, 10 g protein)</p> <p>4 oz. Activia vanilla yogurt (110 calories, 2 g fat, 5 mg cholesterol, 75 mg sodium, 220 mg potassium, 19 g carbs, 5 g protein)</p>	<p>1 cup Quaker Oatmeal Squares cereal (210 calories, 2.5 g fat, 0 mg cholesterol, 250 mg sodium, 210 mg potassium, 44 g carbs, 5 g fiber, 10 g sugars, 29 g protein) with 11 oz. Silk plain soy milk (140 calories, 6 g fat, 0 mg cholesterol, 170 mg sodium, 400 mg potassium, 11 g carbs, 1 g fiber, 8 g sugars, 10 g protein)</p> <p>4 oz. Activia strawberry yogurt (110 calories, 2 g fat, 5 mg cholesterol, 75 mg sodium, 220 mg potassium, 19 g carbs, 5 g protein)</p>	<p>1 cup Quaker Oatmeal Squares cereal (210 calories, 2.5 g fat, 0 mg cholesterol, 250 mg sodium, 210 mg potassium, 44 g carbs, 5 g fiber, 10 g sugars, 29 g protein) with 11 oz. Silk plain soy milk (140 calories, 6 g fat, 0 mg cholesterol, 170 mg sodium, 400 mg potassium, 11 g carbs, 1 g fiber, 8 g sugars, 10 g protein) and 2 oz. (40) pecan halves (392 calories, 40.8 g fat, 0 mg cholesterol, 0 mg sodium, 233 mg potassium, 7.8 g carbs, 5.4 g fiber, 2.2 g sugars, 5.2 g protein)</p> <p>4 oz. Activia strawberry yogurt (110 calories, 2 g fat, 5 mg cholesterol, 75 mg sodium, 220 mg potassium, 19 g carbs, 5 g protein)</p>	<p>1 bowl Quaker Cinnamon Life cereal (120 calories; 1.5 g fat, 150 mg sodium, 85 mg potassium, 0 mg cholesterol, 25 g carbs, 2 g fiber, 8 g sugars) with 11 oz. Silk plain soy milk (140 calories, 6 g fat, 0 mg cholesterol, 170 mg sodium, 400 mg potassium, 11 g carbs, 1 g fiber, 8 g sugars, 10 g protein) and ¼ cup walnuts (200 calories, 20 g fat, 0 mg cholesterol, 0 mg sodium, 130 mg potassium, 4 g carbs, 2 g fiber, 1 g sugars, 5 g protein)</p> <p>4 oz. Activia strawberry yogurt (110 calories, 2 g fat, 5 mg cholesterol, 75 mg sodium, 220 mg potassium, 19 g carbs, 5 g protein)</p>	<p>1 bowl General Mills Oatmeal Crisp (240 calories; 5 g fat, 115 mg sodium, 420 mg potassium, 0 mg cholesterol, 46 g carbs) with 11 oz. Silk plain soy milk (140 calories, 6 g fat, 0 mg cholesterol, 170 mg sodium, 400 mg potassium, 11 g carbs, 1 g fiber, 8 g sugars, 10 g protein) and 1 cup raw blackberries (62 calories, 0.7 g fat, 0 mg cholesterol, 1.4 mg sodium, 233.3 mg potassium, 13.8 g carbs, 2 g protein)</p> <p>4 oz. Activia blueberry yogurt (110 calories, 2 g fat, 5 mg cholesterol, 75 mg sodium, 220 mg potassium, 19 g carbs, 5 g protein)</p>	<p>1 cup Quaker Oatmeal Squares cereal (210 calories, 2.5 g fat, 0 mg cholesterol, 250 mg sodium, 210 mg potassium, 44 g carbs, 5 g fiber, 10 g sugars, 29 g protein) with 11 oz. Silk plain soy milk (140 calories, 6 g fat, 0 mg cholesterol, 170 mg sodium, 400 mg potassium, 11 g carbs, 1 g fiber, 8 g sugars, 10 g protein), ½ cup raw blueberries (41.5 calories, 0.25 g fat, 0 mg cholesterol, 0.75 mg sodium, 55.9 mg potassium, 10.5 g carbs, 0.6 g protein), and 2 oz. (40) pecan halves (392 calories, 40.8 g fat, 0 mg cholesterol, 0 mg sodium, 233 mg potassium, 7.8 g carbs, 5.4 g fiber, 2.2 g sugars, 5.2 g protein)</p>
<i>Snack</i>	None	None	2 clementines (80 calories, 0.5 g fat, 17 g carbs, 4 g fiber, 13 g sugars, 1 g protein)	None	None	1 cup raw cherries (91 calories, 0.3 g fat, 0 mg cholesterol, 0 mg sodium, 321.9 mg potassium, 23.2 g carbs, 1.5 g protein)	None

<p><i>Lunch</i></p>	<p>1 Amy's Kitchen organic cheese pizza pocket sandwich (300 calories, 9 g fat, 15 mg cholesterol, 450 mg sodium, 42 g carbs, 4 g fiber, 5 g sugars, 14 g protein)</p> <p>1 dinner plate of baby spinach, mixed greens, baby arugula, mustard greens, and broccoli slaw (15 calories) with 1 crumbled slice of firm tofu (52 calories), raw portabella mushrooms, roasted and unsalted sunflower seeds, raw mung bean sprouts, and Ken's Steakhouse basil vinaigrette dressing</p> <p>2 clementines (80 calories, 0.5 g fat, 17 g carbs, 4 g fiber, 13 g sugars, 1 g protein)</p>	<p>3 cups stir-fried veggies (mung beans, yellow bell pepper, red bell pepper, green bell pepper, broccoli, cauliflower, sugar snap peas, scallions, yellow summer squash, zucchini, portabella mushrooms, and eggplant) with walnuts and cubed firm tofu</p> <p>2 clementines (80 calories, 0.5 g fat, 17 g carbs, 4 g fiber, 13 g sugars, 1 g protein)</p>	<p>1 serving Amy's organic vegetable lasagne (310 calories, 12 g fat, 20 mg cholesterol, 680 mg sodium, 35 g carbs, 5 g fiber, 5 g sugars, 16 g proteins)</p> <p>1 dinner plate of baby spinach, mixed greens, mustard greens, and broccoli slaw (15 calories) with 1 crumbled slice of firm tofu (52 calories), broccoli sprouts, roasted and unsalted sunflower seeds, and olive-oil-and-white-vinegar dressing</p>	<p>1 Amy's Kitchen organic beans and rice burrito (280 calories, 6 g fat, 0 mg cholesterol, 550 mg sodium, 48 g carbs, 9 g protein)</p> <p>2 clementines (80 calories, 0.5 g fat, 17 g carbs, 4 g fiber, 13 g sugars, 1 g protein)</p>	<p>1 Amy's Kitchen organic beans and rice burrito (280 calories, 6 g fat, 0 mg cholesterol, 550 mg sodium, 48 g carbs, 9 g protein)</p> <p>2 clementines (80 calories, 0.5 g fat, 17 g carbs, 4 g fiber, 13 g sugars, 1 g protein)</p>	<p>2 cups raw blackberries (124 calories, 1.4 g fat, 0 mg cholesterol, 2.8 mg sodium, 466.36mg potassium, 27.6 g carbs, 4 g protein)</p> <p>3 cups steamed Chinese veggies (no sauce) with steamed white rice and cashew nuts</p> <p>1 spring roll</p>	<p>3 cups steamed Chinese veggies (no sauce) with steamed white rice and cashew nuts</p> <p>4 dumplings with garlic sauce</p> <p>1 banana (105 calories, 0.4 g fat, 0 mg cholesterol, 1.2 mg sodium, 422.4 mg potassium, 27 g carbs)</p>
<p><i>Snack</i></p>	<p>Radishes</p>	<p>2 oz. Hillshire Farm Deli Select mesquite-smoked turkey breast (60 calories, 0.5 g fat, 15 mg cholesterol, 600 mg sodium, 4 g carbs, 1 g sugars, 10 g protein)</p> <p>2 cups stewed tomatoes with basil, garlic, and oregano (100 calories, 0 g fat, 0 mg cholesterol, 1,300 mg sodium, 22 g carbs, 2 g fiber, 16 g sugars, 4 g protein)</p> <p>1 Anjou pear (96 calories, 0.2 g fat, 0 mg cholesterol, 1.7 mg sodium, 197.5 mg potassium, 25.7 g carbs, 5.1 g fiber, 16.3 g sugar, 0.6 protein)</p>	<p>None</p>	<p>None</p>	<p>None</p>	<p>2 fortune cookies</p> <p>2 cups steamed Brussels sprouts (112 calories, 0 mg cholesterol, 64 mg sodium, 1.6 g fat, 24 g carbs, 8 g fiber, 5.6 g sugars, 8 g protein)</p>	<p>2 fortune cookies</p>

<i>Dinner</i>	3 cups stir-fried veggies (mung beans, yellow bell pepper, red bell pepper, green bell pepper, broccoli, cauliflower, sugar snap peas, scallions, yellow summer squash, zucchini, portabella mushrooms, and eggplant) with walnuts and cubed firm tofu	1 Wendy's spicy chicken sandwich 1 order Wendy's French fries Unsweetened iced black tea	2 large slices of stuffed veggie pizza	3 oz. microwave-cooked salmon (127 calories, 3.8 g fat, 57 mg cholesterol, 73.1 mg sodium, 351.9 mg potassium, 0 mg carbs, 21.7 g protein) with butter and spices ½ cup canned pinto beans (80 calories, 1 g fat, 0 mg cholesterol, 360 sodium mg, 18 g carbs, 8 g fiber, 1 g sugars, 6 g protein) 1 dinner plate of baby spinach, mixed greens, mustard greens, and broccoli slaw (15 calories) with roasted and unsalted sunflower seeds and olive-oil-and-white-vinegar dressing	3 cups steamed Chinese veggies (no sauce) with steamed white rice and cashew nuts	3 cups steamed Chinese veggies (no sauce) with steamed white rice and cashew nuts 4 dumplings with garlic sauce	3 cups steamed Chinese veggies (no sauce) with cashew nuts
<i>Snack</i>	None	2 cups stir-fried veggies (mung beans, yellow bell pepper, red bell pepper, green bell pepper, broccoli, cauliflower, sugar snap peas, scallions, yellow summer squash, zucchini, portabella mushrooms, and eggplant) with walnuts and cubed firm tofu	None		5 cups unsalted, unbuttered popcorn cooked on stovetop in olive oil and flavored with Mrs. Dash no-salt, no-cal, no-carb lemon pepper seasoning (155 calories)	None	2 cups raw cherries (182 calories, 0.6 g fat, 0 mg cholesterol, 0 mg sodium, 643.8 mg potassium, 46.4 g carbs, 3 g protein)
<i>Exercise</i>	None	None	None	None	None	None	None
<i>Notes</i>	Water throughout the day 2 cups unsweetened hot Gyokuro Asahina Extra Fine (Japanese green) tea 2 cups unsweetened hot Green Tea Lemon Drop tea 2 cups unsweetened hot Himalayan Green (Nepalese green) tea	Water throughout the day 2 cups unsweetened hot olive-leaf tea 2 cups unsweetened hot basil-ginger herbal tea 2 cups unsweetened hot Himalayan Green (Nepalese green) tea	Water throughout the day 2 cups unsweetened hot Drum Mountain White Cloud (Chinese white) tea	Water throughout the day 2 cups unsweetened hot basil-ginger herbal tea Weight: 288 lb.	Water throughout the day 2 cups unsweetened hot Gyokuro Asahina Extra Fine (Japanese green) tea	Water throughout the day 4 cups unsweetened hot olive-leaf tea 4 cups unsweetened hot Gyokuro Asahina Extra Fine (Japanese green) tea	Water throughout the day 4 cups unsweetened hot Himalayan Green (Nepalese green) tea 2 cups unsweetened hot Drum Mountain White Cloud (Chinese white) tea