

What I Eat and How Much I Exercise

Meal/Event	Monday, 2/18/08	Tuesday, 2/19/08	Wednesday, 2/20/08	Thursday, 2/21/08	Friday, 2/22/08	Saturday, 2/23/08	Sunday, 2/24/08
<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 blueberries (83 calories, 0.5 g fat, 0 mg cholesterol, 1.5 mg sodium, 111.7 mg potassium, 21 g carbs, 1.1 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 1 cup raw blueberries (83 calories, 0.5 g fat, 0 mg cholesterol, 1.5 mg sodium, 111.7 mg potassium, 21 g carbs, 1.1 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)</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 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)</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)</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>1½ cups Honeycomb cereal (120 calories, 1.5 g fat, 9 mg cholesterol, 180 mg sodium, 70 mg potassium, 27 g carbs, 2 g fiber, 10 g sugars, 2 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>
<i>Snack</i>	None	1 raw avocado (322 calories, 29.5 g fat, 0 mg cholesterol, 14.1 mg sodium, 974.9 mg potassium, 17.1 g carbs, 4 g protein)	None	None	None	None	None

<p><i>Lunch</i></p>	<p>1 Amy's Kitchen organic cheese enchilada entrée with beans and corn (350 calories, 15 g fat, 30 mg cholesterol, 680 mg sodium, 38 g carbs, 15 g protein)</p> <p>12 raw grape tomatoes (24 calories, 0 g fat, 0 mg cholesterol, 7.2 mg sodium, 324 mg potassium, 6 g carbs)</p> <p>1 dinner plate of baby spinach, mixed greens, arugula, kale, and broccoli slaw (15 calories) with 1 crumbled slice of firm tofu (52 calories), fresh chives, portabella mushrooms, and Ken's Steakhouse light balsamic vinaigrette dressing</p>	<p>1 Amy's Kitchen organic cheese enchilada entrée with beans and corn (350 calories, 15 g fat, 30 mg cholesterol, 680 mg sodium, 38 g carbs, 15 g protein)</p> <p>1 raw plum (30 calories, 0.2 g fat, 0 mg cholesterol, 0 mg sodium, 103.6 mg potassium, 7.5 g carbs)</p> <p>1 cubic inch (15 g) Swiss cheese (57 calories, 4.2 g fat, 18.8 mg cholesterol, 28.8 mg sodium, 11.6 mg potassium, 0.8 g carbs, 0 g fiber, 0.2 g sugar, 4 g protein)</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>Radishes</p>	<p>1 Amy's Kitchen organic spinach and feta pocket sandwich (260 cal, 9 g fat, 20 mg cholesterol, 590 mg sodium, 34 g carbs, 11 g protein)</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>1 Amy's Kitchen organic spinach and feta pocket sandwich (260 cal, 9 g fat, 20 mg cholesterol, 590 mg sodium, 34 g carbs, 11 g protein)</p> <p>1 raw avocado (322 calories, 29.5 g fat, 0 mg cholesterol, 14.1 mg sodium, 974.9 mg potassium, 17.1 g carbs, 4 g protein)</p> <p>1 raw nectarine (60 calories, 0.4 g fat, 0 mg cholesterol, 0 mg sodium, 273.4 mg potassium, 14.3 g carbs, 1.4 g protein)</p>	<p>1 Amy's Kitchen organic spinach and feta pocket sandwich (260 cal, 9 g fat, 20 mg cholesterol, 590 mg sodium, 34 g carbs, 11 g protein)</p> <p>1 raw plum (30 calories, 0.2 g fat, 0 mg cholesterol, 0 mg sodium, 103.6 mg potassium, 7.5 g carbs)</p> <p>1 dinner plate of mixed greens and broccoli slaw (15 calories) Ken's Steakhouse light balsamic vinaigrette dressing</p>	<p>2 cups steamed Chinese veggies (no sauce) with steamed white rice and cashew nuts</p> <p>4 dumplings with garlic sauce</p>	<p>3 cups stir-fried summer squash, zucchini, green bell pepper, red bell pepper, yellow bell pepper, broccoli, cauliflower, roasted and unsalted sunflower seeds, and cubed tofu</p>
<p><i>Snack</i></p>	<p>None</p>	<p>None</p>	<p>1 dinner plate of baby spinach, mixed greens, and kale (15 calories) with 1 crumbled slice of firm tofu (52 calories), fresh chives, portabella mushrooms, and Ken's Steakhouse light balsamic vinaigrette dressing</p> <p>1 cubic inch (15 g) Swiss cheese (57 calories, 4.2 g fat, 18.8 mg cholesterol, 28.8 mg sodium, 11.6 mg potassium, 0.8 g carbs, 0 g fiber, 0.2 g sugar, 4 g protein)</p> <p>Radishes</p> <p>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>1 dinner plate of baby spinach, mixed greens, and kale (15 calories) with fresh chives, portabella mushrooms, and Ken's Steakhouse light balsamic vinaigrette dressing</p> <p>1 raw plum (30 calories, 0.2 g fat, 0 mg cholesterol, 0 mg sodium, 103.6 mg potassium, 7.5 g carbs)</p>	<p>1 cubic inch (15 g) Swiss cheese (57 calories, 4.2 g fat, 18.8 mg cholesterol, 28.8 mg sodium, 11.6 mg potassium, 0.8 g carbs, 0 g fiber, 0.2 g sugar, 4 g protein)</p> <p>2 cups hot salsa mixed with roasted and unsalted sunflower seeds and 1 crumbled slice of firm tofu</p>	<p>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>3 cups unsalted, unbuttered popcorn (93 calories) with salt-free Mrs. Dash lemon pepper</p>	<p>None</p>

<i>Dinner</i>	<p>1 grilled pork chop (3 oz.; 155 calories, 6.9 g fat, 66.4 mg cholesterol, 37.7 mg sodium, 288.6 mg potassium, 0 carbs, 0 fiber, 21.8 g protein)</p> <p>½ cup canned black beans (90 calories, 0.5 mg fat, 0 mg cholesterol, 460 mg sodium, 19 g carbs, 6 g fiber, 1 g sugars, 7 g protein)</p> <p>1 dinner plate of baby spinach, mixed greens, kale, and broccoli slaw (15 calories) with Ken's Steakhouse light balsamic vinaigrette dressing</p>	<p>1 sandwich: grilled pork chop, 1 slice sharp cheddar cheese, light mayonnaise, and hot salsa</p> <p>1 raw plum (30 calories, 0.2 g fat, 0 mg cholesterol, 0 mg sodium, 103.6 mg potassium, 7.5 g carbs)</p> <p>1 small plate of fresh oregano</p>	<p>1 "regular" size (8 inches long) Italian Caprese veggie sub on wheat bread, from Quiznos: mozzarella, basil pesto, tomato, romaine, balsamic vinaigrette dressing (maybe 340 calories and 15 g carbs)</p> <p>1 small serving Wendy's French fries</p>	<p>14½ oz. diced tomatoes with basil, garlic, and oregano (175 calories, 0 mg cholesterol, 1,820 mg sodium, 1,085 mg potassium, 35 g carbs, 3.5 g fiber, 28 g sugars, 7 g protein) with roasted and unsalted sunflower seeds</p> <p>2 cups Progresso New England clam chowder (380 calories, 20 g fat, 20 mg cholesterol, 1,780 mg sodium, 40 g carbs, 4 g fiber, 4 g sugars, 12 g protein)</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>5 wontons without sauce</p>	<p>2 cups stir-fried summer squash, zucchini, green bell pepper, red bell pepper, yellow bell pepper, broccoli, cauliflower, roasted and unsalted sunflower seeds, and cubed tofu</p>	<p>2 small slices pepperoni-and-black-olive pizza</p>
<i>Snack</i>	<p>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>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)</p>	<p>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)</p> <p>1 Edy's strawberry fruit bar, 27.5 fluid oz. (80 calories, 0 g fat, 21 g carbs, 20 g sugar, 0 g salt, 0 g cholesterol)</p>	<p>1 Edy's strawberry fruit bar, 27.5 fluid oz. (80 calories, 0 g fat, 21 g carbs, 20 g sugar, 0 g salt, 0 g cholesterol)</p>	<p>1 Edy's strawberry fruit bar, 27.5 fluid oz. (80 calories, 0 g fat, 21 g carbs, 20 g sugar, 0 g salt, 0 g cholesterol)</p> <p>2 buttered slices of rye bread</p>	<p>1 small Chunky chocolate candy</p>	<p>1 Edy's strawberry fruit bar, 27.5 fluid oz. (80 calories, 0 g fat, 21 g carbs, 20 g sugar, 0 g salt, 0 g cholesterol)</p>	<p>1 Edy's strawberry fruit bar, 27.5 fluid oz. (80 calories, 0 g fat, 21 g carbs, 20 g sugar, 0 g salt, 0 g cholesterol)</p> <p>1 cubic inch (15 g) Swiss cheese (57 calories, 4.2 g fat, 18.8 mg cholesterol, 28.8 mg sodium, 11.6 mg potassium, 0.8 g carbs, 0 g fiber, 0.2 g sugar, 4 g protein)</p> <p>1 crumbled slice of firm tofu (52 calories)</p>
<i>Exercise</i>	None	None	None	None	None	None	None
<i>Notes</i>	<p>Water throughout the day</p> <p>4 cups unsweetened hot Drum Mountain White Cloud (Chinese white) tea</p>	<p>Water throughout the day</p> <p>2 cups hot, unsweetened Mao Feng (Chinese green) tea</p> <p>4 cups hot, unsweetened Snow Dragon (Chinese green) tea</p>	<p>Water throughout the day</p> <p>4 cups hot, unsweetened Bancha (Japanese green) tea</p> <p>2 cups hot, unsweetened Snow Dragon (Chinese green) tea</p>	<p>Water throughout the day</p> <p>4 cups hot, unsweetened White Peony (Pai Mu Tan Chinese white) tea</p> <p>4 cups unsweetened Kokeicha (Japanese green) tea</p> <p>2 cups hot, unsweetened Mao Feng (Chinese green) tea</p> <p>Weight: 290 lb.</p>	<p>Water throughout the day</p> <p>4 cups unsweetened hot Drum Mountain White Cloud (Chinese white) tea</p>	<p>Water throughout the day</p> <p>2 cups unsweetened Kokeicha (Japanese green) tea</p> <p>4 cups hot, unsweetened Bancha (Japanese green) tea</p> <p>2 cups hot, unsweetened White Peony (Pai Mu Tan Chinese white) tea</p>	<p>Water throughout the day</p> <p>2 cups unsweetened hot Gyokuro Asahina Extra Fine (Japanese green) tea</p> <p>2 cups hot, unsweetened Bancha (Japanese green) tea</p> <p>2 cups hot, unsweetened Hojicha (Japanese green) tea</p>