

Tuesday, April 22, 2008

Meal	Food	Portion	Calories
Tuesday, April 22, 2008			
Meal 1			
	myoplex low carb bar, apple cinnamon, EAS	1 each	240
	soymilk, organic plain, Silk	1 cup	90
Meal 2			
	oranges, fresh	2 each	130
Meal 3			
	whey protein, chocolate, scoop, EAS	2 each	90
Meal 4			
	mixed nuts w/peanuts, dry roasted w/o salt	1 ounce	168
	kiwi strawberry fruit drink, diet, Snapple	8 fluid ounce	20
Meal 5			
	all american classic burger (meatless), regular, Boca Burger	1 each	110
	french fries frozen, steak fries, deep fried	10 each	272
	tea iced, lemon, Nestea	8 fluid ounce	80
	mixed vegetables, frozen boiled	0.5 cup	54
Meal 6			
	iron plus vitamin c, tablet (canada), Nature's Sunshine	1 each	0
			1254

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