

# Week 1: Get Down Glo Girl

## Laurie's Food & Exercise List

### Monday 9/17

#### **Breakfast:**

2 eggs	150 calories
12-grain toast	100
2 tsp. lite butter	35
1-1/2 cups coffee w/2 tbl. Fat-free Cream	60 = 345 calories

#### **Lunch: (took to work with me)**

1 protein/fiber bar	190
1 nectarine	70 = 260 calories

#### **Dinner:**

6 oz grilled steak (lean only)	265
8 oz. baked sweet potato	265
1 tbl. Lite butter	50
Salad w/2 tbl. Lite dressing	70
4 grams parmesan	40
Romaine lettuce	10
Croutons	70 = 770 calories

**Total Calories = 1375 (Yikes! Over calories limit of 1200 by 175 calories – gotta plan better – add my calories up *before* I eat them.)**

**Quiet Time: Yes**

**Exercise: 2.17 miles on elliptical**

### Tuesday 9/18

#### **Breakfast:**

Kashi oatmeal	150
Berries	50
1 12-grain toast	100
2 tsp. lite butter	35
Coffee w/2 tbl. FF cream	40 = 375 calories

**Lunch:**

Protein bar	190
½ nectarine	35 = 225

**Dinner:**

4 oz. grilled salmon	250
¾ cup brown rice	165
1 cup green beans/artichokes/ And onions	50
1 tbl. Olive oil	120
1 fun-size Snickers	80 = 665 calories

**Total Calories = 1265****Quiet Time: Yes****Exercise: 30 min. floor exercises w/weights & 2 mi. on elliptical****Wednesday 9/19****Breakfast:**

2 cups coffee w/ff cream	80
1 serving Quaker oats	150
Berries	50 = 305 calories

**Lunch:**

Stir-fry with:

6 oz. asparagus	40
6 oz. shrimp	105
1 c. frozen mixed veggies	30
¼ cup brown rice	55
2 tsp. butter	70
1 tbl. Olive oil	120
1 tbl. Soy sauce	20 = 430

**Evening snacks (still full from my giant stir-fry):**

2 nectarines	100
5 baked chips	30
1 Fun-size Snickers	80 = 210

**Total Calories = 945****QT: Yes****Exercise: No**

## Thursday, 9/20

### **Breakfast:**

2 eggs, scrambled	150
1 12-grain toast	100
2 tsp. lite butter	35
8 oz. lite grape juice	45 = 330

### **Snack: (no lunch; not hungry; packing to fly to Colorado for retreat)**

10 adzuki bean chips	60
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### **Dinner: (at airport at restaurant; no nutritional info on this restaurant online ☹; had to rely on info from my Calorie King counter)**

1 cup shrimp gumbo	170
seafood cobb salad with:	
mixed greens	20
lump crabmeat	85
shrimp	55
bacon	90
¼ avocado	80
1 boiled egg	75
2 tbl. Vinaigrette	70 = 645

**Total Calories = 945**

**QT: Yes**

**Exercise: 2.5 mi. on elliptical**

## Friday, 9/21:

### **Big breakfast/lunch (before driving from hotel to retreat center 3 hrs away)**

2 eggs	150
1 wheat toast	100
2 bacon	90
Hash browns	125
1 tbl. Butter	100 = 565

### **Dinner (at retreat center)**

Small serving spaghetti	300
Bread	100
Very small Caesar salad	100
2 bites chocolate cake	90 = 590

**Total Calories = 1155**

**QT: Yes**

**Exercise: No**

**Saturday, 9/22 (at retreat center all meals)**

**Breakfast:**

Nature Valley Protein Bar 190 (brought this with me to retreat)  
1 cup coffee 40 = 230

**Lunch:**

½ cup curried chicken salad 300  
1 whole wheat bread 100  
20 fritos 110 = 510

**Dinner:**

Approx.. 4 oz grilled pork  
Tenderloin 200  
½ cup mashed potatoes 125  
mixed veggies 50  
green salad w/vinaigrette  
& dried cranberries 100  
2 bites pumpkin cake 100 = 575

**Total Calories = 1305**

**QT: Yes**

**Exercise: 1+ hour mountain trail hike (gorgeous and FUN!)**

**Sunday, 9/23 – FREE day (no food list) & flying home from retreat**

**Monday, 9/24 Weigh-in: Lost 2 pounds!**

**Thank You, Lord!!**

**And thank YOU, Get Down Glo Girl Accountability Group!!!**

**I'm ready for Week 2 – are you with me?**