

Week 2: Get Down Glo Girl

Laurie's Food & Exercise List

Monday 9/24

Breakfast:

None – not hungry

Lunch:

4 oz grilled salmon	250 calories
½ cup brown rice	110
Green beans	25 = 385 calories

Snacks:

2 Keebler coconut Dream cookies	140
3 cups kettle corn	175 = 315

Dinner:

1 nectarine	50
4 oz. Greek yogurt	100
½ oz. sliced almonds	80
1 oz. berries	25 = 255

Total Daily Calories = 955

Quiet Time: Yes

Exercise: None (home from retreat/rested)

Tuesday 9/25

Breakfast:

1 coffee	40
2 scrambled eggs	150
1 12-grain toast	100
2 tsp. lite butter	35 = 325 calories

Lunch:

4 oz. Greek yogurt	100
1 oz. berries	25
½ oz. sliced almonds	80
Nature Valley protein bar	190 = 395

Dinner:

1 cup chicken spaghetti	375
1 crescent roll	110
½ cup corn	77 = 562

Snack:

20 Adzuki bean chips	140
----------------------	-----

Total Daily Calories = 1422 (over by 222!!! Yikes!)**Quiet Time: Yes****Exercise: No****Wednesday 9/26****Breakfast:**

1 serving oats	150
20 g. dried cherries	65
2 tbl. Chopped pecans	100
1 coffee	40 = 355

Lunch:

4 oz. Greek yogurt	100
½ oz. almonds	80
1 oz. berries	25
Nature Valley protein bar	190 = 395

Dinner: (before church at Café Express)

4 oz. grilled salmon	210
½ c green beans	20
½ c artichokes	20
1 tbl. olive oil	120
Slice French bread	100 = 470

Snack:

20 baked Adzuki bean chips	140
----------------------------	-----

Total Daily Calories = 1360 (over by 160)**Quiet time: Yes****Exercise: No**

Thursday 9/27 (an awful, out-of-control day)

Breakfast:

2 scrambled eggs	150
1 slice 12-grain toast	100
1 coffee	40
2 tsp. lite butter	35 = 325

Lunch:

3 oz. baked Cheetos	390 (sad but true but, yes, this was my lunch)
---------------------	--

Dinner:

1 baked chicken thigh	250
2 servings baked fingerling potatoes w/olive oil	300
Salad w/raw veggies	75
2 tbl. Dressing	50
¼ oz. sliced almonds	40 = 715

Snack:

1 coconut cookie	70
3 Smarties	75 = 145

Totally Daily Calories = 1575 (over by 375 calories)

Quiet Time: Yes

Exercise: No

Friday 9/28

Took today as my day off from the food list; having family over tonight for dinner.

Quiet time: Yes

Exercise: finally, YES! 30 min. floor exercises; 2 mi. on elliptical

Saturday 9/29

Late breakfast:

2 scrambled eggs	150
1 12-grain toast	100
1 slice bacon	45
2 cups coffee	80
2 tsp. lite butter	35 = 410

Lunch/Dinner:

2 quesadillas w/ 4 corn tortillas	180
1/3 c refried beans	50
1 oz. cheddar	100
1 c salsa	80 = 410

Snack:

2 oz. grapes	40
--------------	----

Total Daily Calories = 860**Quiet time: Yes****Exercise: 3 mi. on elliptical****Sunday 9/30****Breakfast:**

4 oz. Breek yogurt	100
Berries	25
Coffee	30
¼ oz almonds	40 = 200

Lunch & Dinner:

Stir-fry with/ 6 oz. shrimp	150
1 tbl. oil	120
2 tsp. butter	66
2 c mixed veggies	90
2 tbl. soy sauce	20
½ c brown rice	110 = 556

Snacks:

2 plums	90
20 baked Adzuki bean chips	140
2 oreos	106
2 Smarties	50 = 386

Total Daily Calories = 1142**Quiet Time: Yes****Exercise: 30 min. floor exercises; 2 mi. elliptical**