

# Week 3: Get Down Glo Girl

## Laurie's Food & Exercise List

### Monday 10/1

#### **Breakfast:**

1 serving oats	150
1 oz berries	25
¼ c milk	30
¼ oz pecans	50 = 255

#### **Lunch/Snack:**

½ multigrain Cheerios	55
1 medium banana	105 = 160

#### **Dinner:**

1-1/2 cups black-eyed pea stew	352
1 serving cornbread	200
2 tsp. lite butter	35 = 587

**Total Daily Calories = 1002e**

**Quiet Time: Yes**

**Exercise: 3.5 mi. on elliptical**

### Tuesday 10/2

#### **Breakfast:**

1 serving oats	150
¼ oz pecans	50
¼ oz dried cherries	65
1 multi-grain toast	100
2 tsp. lite butter	35
1 coffee	30 = 430

#### **Lunch:**

Yoplait Greek yogurt	100
Berries	25
½ oz. sliced almonds	80
Nature Valley protein bar	190 = 395

#### **Dinner:**

Chick fil-a grilled sandwich	290
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Fruit cup 70 = 360

**Snacks:** (Argh! These are what put me over my calorie limit for the day.)

Handful Reese's pieces 100  
¼ cup pecans 200 = 300

**Total Daily Calories = 1485**

**Quiet Time: Yes**

**Exercise: No**

### Wednesday 10/3

**Breakfast:** No appetite

2 cups coffee 60

**Lunch:**

1-1/2 cups black-eyed pea stew 352  
1 cornbread 200  
2 tsp. lite butter 35 = 587

**Dinner:**

1 serving oatmeal 150  
½ oz pecans 100  
Berries 25 = 275

**Total Daily Calories = 922**

**QT: Yes**

**Exercise: No**

### Thursday 10/4

**Breakfast:**

2 eggs, scrambled 150  
1 multigrain toast 100  
2 tsp. lite butter 35  
Coffee 30 = 315

**Late Lunch/Dinner:**

1-1/2 c black-eyed pea stew 352  
1 cornbread 200  
2 tsp. lite butter 35 = 587

**Snacks:**

2 peanut butter cookies 180  
¼ (1 oz) pecans 200 = 380

**Total Daily Calories = 1282**

**QT: No**

**Exercise: No**

### Friday 10/5

**Breakfast:**

2 eggs, scrambled	150
1 multigrain toast	100
2 tsp. lite butter	35
1 coffee	30 = 315

**Lunch:**

Nature Valley protein bar	190
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**Dinner** (out to eat with friends at a restaurant, so I'm little unsure about these calorie counts; just did my best to approximate them)

1 cup lobster bisque	250
6 oz. skillet charred salmon	300
1 tbl olive oil	120
Asparagus	25
Polenta	150
½ cup raspberry sorbet	125 = 970 (and I felt every one of those calories when I got up from the table – whew! Sooooo full.)

**Total Daily Calories = 1475**

**QT: Yes**

**Exercise: No (way behind in my exercise quota for this week ☹)**

### Saturday 10/6

Spent the day with Bill (and throngs of other antique/junktique lovers) at the annual Round Top/Warrenton Antique Festival. We had a **blast** and walked our legs off for 7 hours. Way fun!

**Breakfast:** At Hruska's Bakery in Ellinger, TX – famous for their kolaches (and now I know why).

2 kolaches	350
1 coffee	30 = 380

**Lunch:** (at a sandwich kiosk in Warrenton)

½ grilled rib-eye sandwich	300
½ bag potato chips	75
2 choc. chip cookies	150 = 525

**Dinner/Snack** (at home):

20 adzuki bean chips	140
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Total Daily Calories = 1045

QT: No

Exercise: 7 hrs. walking, talking, and having fun with Bill.

Sunday 10/7 – My Free Day (no calorie-counting, no list)

Goal for next week: Exercise more.