

Week 4: Get Down Glo Girl

Laurie's Food & Exercise List

Monday 10/8

Breakfast:

1-1/2 cups multi-grain Cheerios	165
Berries	25
1 cup milk	120
1 coffee	30 = 330

Lunch:

4 oz grapes	80
2 oz tortilla chips	280 (yikes!)
¼ c guacamole	100 = 460

Dinner:

Skillet pork chop sauté w/peaches	300
½ couscous	200
½ cup green beans	20
1 cup romaine	10
1 tbl. salad dressing	35 = 565

Snacks:

1 peanut butter cookie	90
1 oreo	52 = 142

Total Daily Calories: 1497 (300 over)

Exercise: 3 miles on elliptical

Quiet Time: Yes

Tuesday 10/9

Breakfast:

1 serving oats	150
Berries	25
Coffee	40 = 215

Lunch:

Greek yogurt	100
Berries	25
¼ oz almonds	40

Nature Valley protein bar 190 = 355

Dinner:

Quesadillas –

4 corn tortillas	180
½ c. refried beans	80
¼ c. cheese	100
2 oz lean beef fajita meat	170 = 530

Snacks:

2 oreos	110
1 tea cookie	90
¼ pecans	200 (way more than I thought ☹) = 400

Total Daily Calories = 1500 (2nd day in a row that I'm over my limit of 1200)

Exercise = elliptical 3 mi

QT = yes

Wednesday 10/10

Breakfast:

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

Lunch:

1-1/2 cups black-eyed pea stew	352
8 flatbread crisps	70 = 422

Dinner:

Quesadilla –

2 corn tortillas	90
¼ c refried beans	40
2 tbl. cheese	50
1 oz. chicken	50 = 230

Snacks:

1 fun-size Snickers	80
¼ c guacamole	90
20 adzuki bean chips	120 = 290

Total daily calories = 1490

Exercise: none

Quiet Time: Yes

Thursday 10/11

Breakfast:

2 scrambled eggs	150
2 bacon	95
1 multigrain toast	100
2 tsp lite butter	35
1 coffee	30 = 410

Lunch:

Nature Valley protein bar	190
1 med. Apple	70 = 260

Dinner:

3 slices veggie pizza	622
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Snacks:

2 tbl. pecans	100
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Total daily calories = 1392

Exercise: 3 mi. elliptical

Quiet Time: Yes

Friday 10/12 (travel day to Alabama for women's conference)

Breakfast:

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

Lunch (at airport):

Chicken fajita wrap	400
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Dinner (at Chili's)

House salad	140
1 tbl. lite honey mustard dressing	25
Bowl chicken enchilada soup	400 = 565

Total daily calories = 1290

Exercise: No

Quiet Time: Yes

Saturday 10/13 – Free Day/No list (at women's conference)

Sunday 10/14/12 (coming home from conference)

BIG Breakfast @ Cracker Barrel:

2 eggs	150
2 pc. Bacon	95
1 biscuit	150
Blackberry jelly	50
½ c. hash browns	70
2 coffee	60
1 tsp. butter	35 = 610

Lunch (at airport):

1 Nature Valley protein bar	190
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Dinner (at home – YAY!)

1 serving oatmeal	150
Berries	25
¼ oz sliced almonds	40 = 215

Total Daily Calories = 1015

Exercise: No

Quiet Time: Yes