

Food Diary

(7:30 AM)

Breakfast:

On the way to work

Bread like item and coffee from food cart

Orange Juice, 1-2 glasses

(10:00 AM)

Snack:

Strawberry yogurt, 16oz bottle of cranberry juice

(12:00 PM)

Lunch at Client's house

Chicken soup

4 corn tortillas

(3:00 PM)

Snack:

Coffee and some cakes

(4:00 PM)

Goes home

(7:00 PM)

Dinner:

(Sometimes order Kung Pao chicken or

Sesame chicken and rice from local Chinese, sometimes KFC)

White rice and black beans

Fried plantains with shredded beef

Water

(11:00 PM)

late night snack:

2 cookies

