



Good afternoon, Mark



Weight	Food	Activity
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Tue 8/18

Today

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Breakfast 7

Track

Cheerios Breakfast and Milk ^

7

Low-fat milk
1 cup(s)

4

Cheerios Original toasted whole grain oat cereal
1 oz

3

Lunch 4

Track

Turkey sandwich no cheese ^

4

Uncooked carrot(s)
1/2 cup(s)

0

Fresh apple(s)
1 medium

0

Kirkland Signature 98% Fat free turkey breast slices browned in vegetable oil 2 1/2 slice(s)	1
365 Everyday Value 8 Grain bread 1 slice(s)	3

Dinner 10

Track

Cooked broccoli
1/2 cup(s)

0

Cooked lean beef steak
3 oz

3

Plain baked potato(es)
4 oz

3

Low-fat milk
1 cup(s)

4

Save meal

Snacks

Track