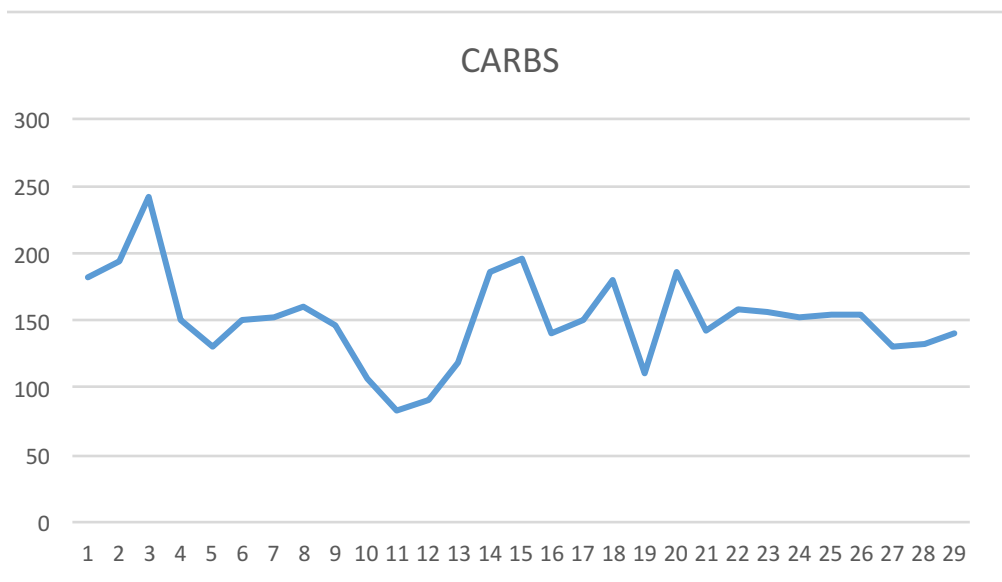
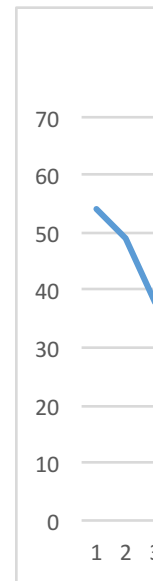
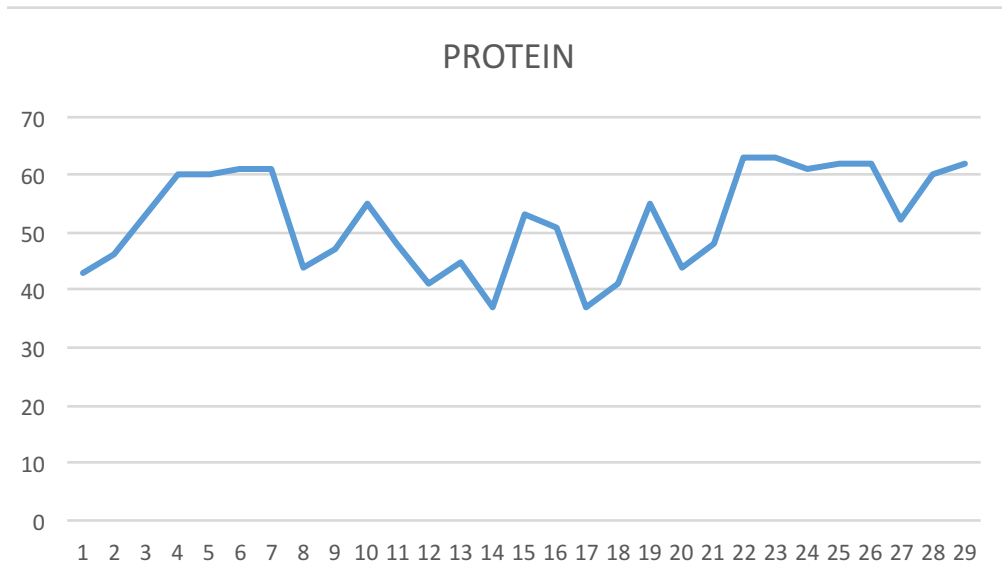


AMELA FILI

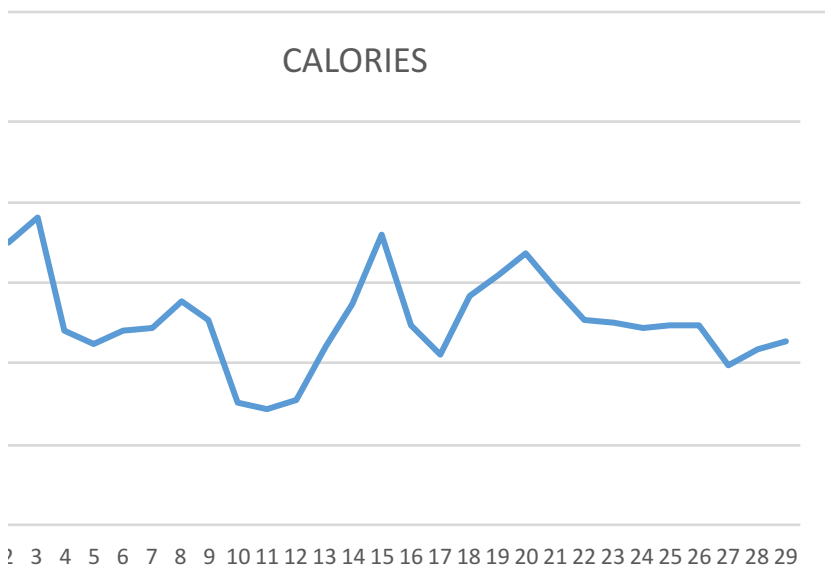
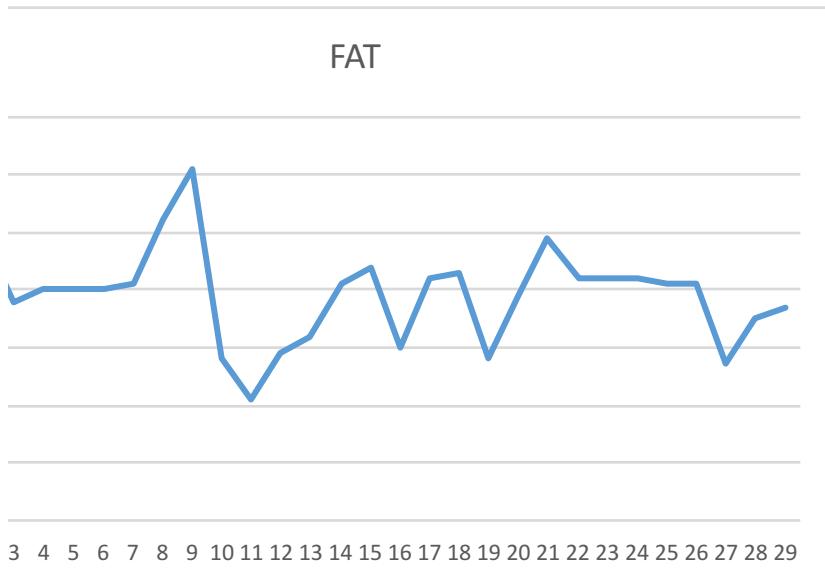
	PROTEIN (g)	FATS (g)	CARBS (g)	CALORIES (kcal)
DAY 1	43	54	183	1893
DAY 2	46	49	195	1749
DAY 3	53	38	242	1905
DAY 4	60	40	151	1204
DAY 5	60	40	130	1123
DAY 6	61	40	151	1210
DAY 7	61	41	152	1219
DAY 8	44	52	161	1385
DAY 9	47	61	147	1265
DAY 10	55	28	106	753
DAY 11	48	21	83	717
DAY 12	41	29	90	781
DAY 13	45	32	119	1102
DAY 14	37	41	187	1369
DAY 15	53	44	196	1803
DAY 16	51	30	140	1240
DAY 17	37	42	150	1049
DAY 18	41	43	180	1425
DAY 19	55	28	111	1552
DAY 20	44	39	186	1678
DAY 21	48	49	143	1466
DAY 22	63	42	158	1263
DAY 23	63	42	157	1254
DAY 24	61	42	153	1224
DAY 25	62	41	155	1242
DAY 26	62	41	155	1240
DAY 27	52	27	131	993
DAY 29	60	35	133	1082
DAY 30	62	37	140	1135

MY RESULTS= AVERAGE AVERAGE AVERAGE AVERAGE
 (/ day) 52.24137931 39.5862069 151.206897 1286.931034

USDA REC. = 49 53-93 269-389 2393 K
 (/day)



5. My results differed from the information that the USDA provides on their that as the semester went on my calorie intake would decrease.
6. I don't think I should follow the guidelines because the amount of food tha



website. My calorie intake was lower, and i noticed
 at I eat gets me full and I feel healthy.