

Age: 35

Gender: female

Goal (how my activity should improve in the next week): My goal is to eat healthier. In particular I would like to increase my fruit and vegetable intake and try to consume fewer processed foods

Preferences/Constraints: Restricting (but not eliminating) dairy and wheat.

Your activity log:

Saturday

9 AM | breakfast | honeydew melon, pecan & almond KIND bar
12 PM | lunch | lentil snaps, kombucha, EPIC turkey bar
4 PM | lunch | sliced tomato with mayo on sourdough toast
5:30 PM | snack | black tea, dark chocolate
7 PM | dinner | veggie burger (seven grain roll), carrots, salad greens, glass of red wine | restaurant
10 PM | snack | lemon sorbet | out with friends

Sunday

9 AM | breakfast | banana, vanilla chia pod
11 AM | snack | oatmeal raisin WHENEVER bar | black tea
2 PM | lunch | slice of cheese pizza, chipotle/tomato soup
6 PM | dinner | salad (spring mix, tomato, mozzarella, cucumber, carrot), blue corn chips and guacamole (avocado + salsa)
8 PM | snack | veggie straws | my toddler was eating them
10 PM | snack | cereal and milk | feeling stressed / emotional eating

Monday

9 AM | breakfast | buckwheat waffles
11 AM | snack | trail mix (cashews, pretzels, pepitas) & dried apples with toffee dip
2 PM | lunch | hummus, carrots, cheddar crackers
4 PM | snack | black tea, figs
6:30 PM | snack | provalone, crackers, salami
8:45 PM | dinner | beans, rice, chicken, peas, carrots, tomatoes, sour cream & flour tortilla

Tuesday

9 AM | breakfast | hot quinoa rice cereal with peanut butter, raisin & maple syrup mixed in
11 AM | snack | chai + whole milk
1 PM | lunch | salad of mixed greens, tomato, avocado, hemp seeds, tahini dressing
1:45 PM | snack | cheddar crackers
4:00 PM | snack | iced tea, orange
5:00 PM | dinner | leftover beans, rice, chicken from yesterday
8:00 PM | snack | 1/2 shrimp roll
9:15 PM | snack | raspberries, dark chocolate
11:00 PM | snack | sriracha popcorn | stayed up late watching tv

Wednesday

9 AM | breakfast | almond & sea salt KIND bar, ALOHA green drink mix
11 AM | snack | 2-ingredient pancake (banana + egg), sliced strawberries
1:30 PM | snack | 1/2 mango chia pod, veggie pirate booty | my daughter's snack leftovers
3:30 PM | lunch | chicken vegetable soup, sour dough bread, provalone cheese

4:30 PM | snack | iced green tea, dark chocolate

6:30 PM | snack | random candy a co-worker brought back from China | I didn't bring food to work and ate this out of desperation

8:30 | dinner | olive, spinach, goat cheese pizza and mixed green salad with tomato, carrot, and onion + ranch dressing

Thursday

8:30 AM | snack | 3-ingredient "cookies" - baked banana with oats and raisins

10:00 AM | breakfast | spinach & potato pancake, orange

12:00 PM | snack | peach yogurt, veggie pirate booty

2:00 PM | lunch | egg & green chile burrito on flour tortilla, avocado, salsa

4:45 PM | snack | corn chips, string cheese, iced green tea with honey

7:00 | snack | cold cereal

9:00 | "dinner" | peanut butter and jelly on sourdough | tired, hungry & not making good decisions

10:30 | snack | sriracha popcorn

Friday

8:30 AM | snack | THUNDERBIRD bar (dates, buckwheat, walnuts, cherries, sweet potato)

10:30 AM | breakfast | buckwheat cereal with peanut butter and raisins mixed in, peach

1:00 PM | lunch | spanikopita

3:30 PM | snack | iced green tea, orange

7:00 PM | dinner | ham sandwich with tomato, cheese, avocado, lettuce, mayo & mustard, fruit salad, potato chips, lemonade | picnic with family

10:00 PM | snack | apple sauce, WHENEVER oatmeal cranberry bar