**Food Journal**

**Sunday** :  
Breakfast: Oatmeal, one banana.  
Lunch: Turkey Sandwich, One apple  
Dinner: Garden salad with oil and vinegar.

**Monday**:

Breakfast: three boiled eggs, Banana, Greek yogurt  
Lunch: Chicken, Rice, kidney beans  
Dinner: Tomatoe Soup, Grilled cheese sandwich.

**Tuesday**:

Breakfast: three eggs over easy, toast, orange juice  
Lunch: Tuna wrap, Baked chips, grapes  
Dinner: Chicken noodle soup, Caesar salad.

**Wednesday**:

Breakfast: Greek Yogurt, banana  
Lunch: Steak tacos, tortilla soup  
Dinner: Pork chops, Sweet potatoes, Broccoli

**Thursday**:

Breakfast: Ricecake, peanut butter, sliced bananas  
Lunch: Steak and cheese, French fries  
Dinner: Salmon, Spinach, baked potatoes

**Friday**:  
Breakfast: Avacado Toast

Friday:  
Lunch: Stewed Chicken, cauliflower rice, asparagus  
Dinner: Pizza

**Saturday**:

Breakfast: Egg Cheese Omelet, toast  
Lunch: BLT sandwich  
Dinner: Fried porkchop, Plantains, salad