Antonio Scalfaro

NUTR 100 / 6371

Professor Lattimore

Week 4 Assignment: Diet Log

* Friday – September 8th, 2023
* 1 ciabatta roll
* 1 tbspn butter
* 2 strips bacon
* 1 egg
* 1 slice American cheese
* Liquid IV – 18 oz water added
* Chicken Dumplings (8)
* 1 oz soy sauce
* 18 oz water
* 1 cup macaroni and cheese
* ½ pound pulled pork
* 2 oz BBQ sauce
* Saturday – September 9th, 2023
* 2 pack oatmeal (brown sugar)
* 1 cup whole milk
* Liquid IV – 18 oz water
* 10 oz coffee
* 1 ½ tbsp sugar
* 1 oz milk
* 32 oz water
* 1 can tuna (albacore)
* 1 tbsp mayonnaise
* 32 oz water
* 2 slice gluten free bread
* 2 slice pizza
* 20 oz coke
* Monday – September 11th, 2023
* 1 Bagel (French toast)
* 1 egg
* 1 slice American cheese
* 3 slices bacon
* Liquid IV – 18 oz water
* 1 hashbrown
* 20 oz water
* 8 oz coffee
* 1 oz milk
* 1 tbsp sugar
* 32 oz water
* 2 pretzel bites
* 32 oz water
* ½ chicken cheese steak
* 1 chicken tender