

Sample Menu Plan

	Day 1	Day 2	Day 3
<u>Upon Rising</u>	1 glass of water with my meds.		
<u>Breakfast</u>	1 cup of coffee + 1 tsp white sugar + 2 tbsp cream / milk 2% / any other 2 sl. of bread (kind , brand) 1 tbsp cream cheese 1 tsp honey (brand)		
<u>Snack</u>	1 cup of coffee		
<u>Lunch</u>	2 cups of rice half cup vegetables mixed with meat (kind) or 1 palm of chicken / , 1 glass of drink (kind)		
<u>Snack</u>	2 chocolate bar 1 cup of tea / coffee with milk and sugar		
<u>Dinner</u>	1 hot dog with ketchup and mustard , 1 sl. tomato, 1 sl. cucumber 1 sprite 2 glass of wine / beer half plate chips and 4 tbsp hummus, 1 cup fruit (what kind) ps. I was at bbq party		
<u>Snack</u> <i>(Not after 8pm)</i>	1 glass of water / drink or any snack exact measured.		

Notes:

Please note that your Journal has to be exact in measurements, use hands measuring if cup measuring is hard to follow. please be specific and write all brands and kind of foods you eat.