

## Zumba Food Journal

### Day One 9/4/2013:

- Breakfast: eggs
- Lunch: peach and roasted almonds
- Dinner: hot dog, corn on the cob salad with orange and yellow peppers, cucumbers, tomatoes, water
- Dessert: Ice cream

### Day Two 9/5/2013:

- Breakfast: grapes and sliced peaches
- Lunch: Peanut butter and jam on wheat bread, grapes and water
- Snack: Almonds
- Dinner: Barbequed shredded pork sandwich, mashed potatoes, salad with orange and yellow peppers, cucumbers, and avocado.

### Day Three 9/6/2013

- Breakfast: cereal Life
- Lunch: peach, grapes, and almonds
- Dinner: left overs, barbeque pork, salad, water
- Snack: Special K Pastry Crisp
- Dessert: Ice Cream

### Day Four 9/7/2013

- Breakfast: peach and blueberry pancake
- Lunch: hot chicken alfredo sub sandwich, grapes, raspberry lemonade
- Dinner: hot dogs and salad

### Day Five 9/11/2013

- Breakfast: Life Cereal and milk
- Lunch: Peanut butter and Jelly sandwich carrots
- Dinner: Grilled Cheese sandwich and peas
- Dessert: cookies

### Day Six 9/12/2013

- Breakfast: cereal and milk
- Lunch: croissant sandwich turkey and swiss cheese
- Dinner: Mahi mahi fish, rice and salad

### Day Seven 9/23/2013

- Breakfast: muffin
- Lunch: Bagel and cream cheese
- Dinner: Hawaiian Pizza and carrots

Day Eight 9/24/2013

- Breakfast: Peach
- Lunch: bagel and cream cheese
- Dinner: Pizza, Salad, cucumbers, tomatoes, string cheese

Day Nine 9/25/2013

- Breakfast: Bagel and orange juice
- Lunch: Peanut butter and jelly on wheat bread, grapes, water
- Snack: Hummus and Wheat Thins
- Dinner: Fish, rice and salad with raspberry lemonade

Day Ten 9/26/2013

- Breakfast: Fiber One Bar
- Lunch: Peanut Butter and Jelly on wheat bread, peach, water
- Dinner: Cheeseburger, fries, and water
- Snack: Strawberry Yogurt

Day 11 9/27/2013

- Breakfast: Life Cereal
- Lunch: Sandwich on a Hoagie, Salad
- Dinner: Roast and Potatoes

Day 12 10/10/2013

- Breakfast: Bagel and cream cheese
- Lunch: Salad and water
- Dinner: Broccoli and cheese soup
- Dessert: Ice Cream Cake

Day 13 10/11/2013

- Breakfast: Granola bar
- Lunch: Pizza, salad, and water
- Dinner: Beef Stroganoff

Day 14 10/12/2013

- Breakfast: Toaster Strudel
- Lunch: Sandwich and milk
- Dinner: Steak and rice with gravy and salad

Day 15 10/13/2013

- Breakfast: Cereal and milk
- Lunch: Chicken and mashed potatoes, spinach salad with strawberries, corn
- Dinner: sandwich, peanut butter and jelly, water

Day 16 10/14/2013

- Breakfast: Bagel and cream cheese
- Lunch: Salad and juice
- Dinner: Spaghetti, salad, and peas, water

Day 17 10/15/2013

- Breakfast: Cereal and milk, yogurt
- Lunch: Cheeseburger, French fries, root beer
- Dinner: Enchiladas, rice, and corn

Day 18 10/16/2013

- Breakfast: juice smoothie
- Lunch: Pizza, salad, water
- Dinner: macaroni and cheese, water, broccoli

Day 19 10/17/2013

- Breakfast: Nothing
- Lunch: Bagel and cream cheese, grapes, water
- Dinner: Hot Dogs, French fries, and corn

Day 20 10/18/2013

- Breakfast: Cereal and milk
- Lunch: turkey, cheese sandwich on Focaccia bread, chips, and water
- Dinner: Hawaiian Cheeseburger, cheese fries, and water
- Dessert: Raspberry Pie

Day 21 10/26/2013

- Breakfast: pancakes and syrup
- Lunch: Chicken nuggets, salad
- Dinner: Pizza from Papa Murphy's

Day 22 11/01/2013

- Breakfast: Orange Juice
- Lunch: Auhi Steak, mashed potatoes, asparagus, raspberry lemonade
- Dinner: Salad

Day 23 11/02/2013

- Breakfast: Cereal
- Lunch: Pulled pork, brisket, macaroni and cheese, and French fries
- Dinner: Salad, cucumbers, green peppers, dressing

Day 24 11/05/2013

- Breakfast: Cereal and milk
- Lunch: Smothered Pork Burrito from Café Rio and salad
- Dinner: Popcorn

Day 25 11/07/2013

- Breakfast: Bagel and cream cheese
- Lunch: Turkey and avocado sandwich, salad, and raspberry cream soda
- Dinner: Breakfast for dinner. Eggs, hash browns, sausage, pancakes, and orange juice.