Table 1: Daily Food Intake

Day I

Breakfast Calories	Snack Calories	Lunch S Glords	Snack Calories	Dinner Calories	Snack Calories
2 Poptarts (cherry, frosted) 2 cups cottles with creamer and sweetener	2 Granota burs (single serve package)	Whopper with choese Large fries Large Dr. Pepper	2 Nutter butter cookies (single serve package)	Bondless skinless chicken breast with stovetop stuffing and a slice of mozzarella cheese I baked potato with butter, sour	Microwave popcom (extreme bener)
	) S	tuc	der	passley ble o shredded cheese 7 caramelized baby carrots loe water	ha
400 calpries. Se ful 59 calbries Og fat	180 calories. 6g fat	760 calories, 47g far 640 calories, 36g far 100 calories, 0g far	130 calories, 5g fat	300 calories, 11g fat 448 calories, 22.1g fat 131 calories, 4.2g fgt	150 calories, 40g fat Daily Lotals: 3298 calories, 154.2g fat

Breakfast	Smack	Lunch	Snack	Dinner	Snack
Calories	Calories	Calories	Calories	Calories	Calories
l Bowl Cheerios with	2 Fig Newton bars (single	Fiesta Taco	Medium cup chocolate	2 Stoppy Joe	I Bowl cottage

# **Sample Diet Analysis Paper**

**D** Keegan

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