

Table 1: Daily Food Intake

Day 1

| Breakfast Calories | Snack Calories | Lunch Calories | Snack Calories | Dinner Calories | Snack Calories |
|---|--|---|---|---|--|
| 2 Pop-tarts (cherry, frosted) 2 cups coffee with creamer and sweetener | 2 Granola bars (single serve package) | Whopper with cheese Large fries Large Dr. Pepper | 2 Nutter butter cookies (single serve package) | Boneless, skinless chicken breast with stovetop stuffing and a slice of mozzarella cheese 1 baked potato with butter, sour cream, parsley, and black shredded cheese 7 caramelized baby carrots Ice water | Microwave popcorn (extreme butter) |
| 400 calories, 5g fat 59 calories, 0g fat | 180 calories, 6g fat | 760 calories, 47g fat 640 calories, 36g fat 100 calories, 0g fat | 130 calories, 5g fat | 300 calories, 11g fat 448 calories, 22.1g fat 131 calories, 4.2g fat | 150 calories, 40g fat Daily Totals: 3098 calories, 154.2g fat |

Day 2

| Breakfast Calories | Snack Calories | Lunch Calories | Snack Calories | Dinner Calories | Snack Calories |
|-------------------------|------------------------------|-------------------|-------------------------|--------------------|-------------------|
| 1 Bowl Cheerios with | 2 Fig Newton bars (single | Fiesta Taco | Medium cup chocolate | 2 Sloppy Joe | 1 Bowl cottage |

Sample Diet Analysis Paper

Jianjun Gao



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