

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  <b>Daily Totals:</b> <b>3098 calories,</b> <b>154.2g fat</b>

## 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 Sloggy Joe	1 Bowl cottage

# Sample Diet Analysis Paper

**Rachel S Tattersall**



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