

Table 1: Daily Food Intake

## Day 1

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

## Day 2

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

# Sample Diet Analysis Paper

**JA Banks**



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