

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 Sloggy Joe	1 Bowl cottage

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