

	7/20/2010	7/21/2010	7/22/2010	7/23/2010	7/24/2010	7/25/2010	7/26/2010
<b>time:</b>	10:30 AM	10:15 AM	12:00 PM	11:15 AM	12:20 PM	12:30 PM	9:45 AM
<b>meal:</b>	shake & tea	shake	shake & tea	shake & tea	shake & tea	shake & tea	shake & tea
<b>protein:</b>	19	27	25	31	27	29	14
<b>calories</b>	245	255	335	350	291	370	205
<b>time:</b>	1:30 PM	2:00 PM	2:45 PM	3:00 PM	2:30 PM	3:00 PM	12:15 PM
<b>meal:</b>	1/2 apple, 1/2 c. cherries, 1/4 c. raspberries, string cheese, cocoa almonds	cherries & LC chs	bar	banana & string chs	string chs	southwestern salad w/ pollock	bar
<b>protein:</b>	9	2	12	7	7	31	12
<b>calories</b>	190	122	180	160	60	268	180
<b>time:</b>	3:45 PM	3:45 PM	7:00 PM	6:45 PM	3:00 PM	6:00 PM	2:30 PM
<b>meal:</b>	bar	bar	salad w/boca	salad w/pollock	salmon & chips	cherries & cocoa almonds	serving of special k protein plus cereal with skim milk & berries
<b>protein:</b>	12	12	18	31	29	5	15
<b>calories</b>	180	180	248	218	168	220	160
<b>time:</b>	6:45 PM	7:00 PM	9:45 PM	9:45 PM	6:00 PM	9:00 PM	5:45 PM
<b>meal:</b>	southwestern salad w/ tilapia	salad w/boca	yogurt & berries	cocoa almonds & cherries	smoothie & tea	yogurt & berries	scallop & shrimp & veggie kababs w/cous cous & small fruit salad
<b>protein:</b>	20	16	17	3	11	17	22
<b>calories</b>	281	160	170	148	175	170	283
<b>time:</b>	11:00 PM	11:00 PM	12:00 AM	12:45 PM	9:45 PM	1:30 AM	9:05 PM
<b>meal:</b>	shake	yogurt & berries	shake	shake	cocoa almonds & cherries	shake	yogurt & a few berries
<b>protein:</b>	32	16	28	28	3	18	16
<b>calories</b>	300	135	250	300	148	170	130
<b>time:</b>		12:55 AM			12:30 AM		
<b>meal:</b>		shake			shake		shake
<b>protein:</b>		29			23		21
<b>calories</b>		345			349		240
<b>Exercise:</b>	ran 1/2 mile, lower body workout: 60 min	ran 1/2 mile, power walked uphill (4.5) 1/2 mile, add-on circuit: 60 min				hiking & rock climbing: 90 minutes	ran 7/10 mile, lower body workout, abs: 75 min
<b>total pro:</b>	92	102	100	100	100	100	100
<b>total cal:</b>	1196	1197	1183	1176	1191	1198	1198
<b>total water:</b>	128	64	64	96	64	160	180