

Food Log for an average day:

	Ingredient	Portion	Cal.	Prot.	Carbs	Fat	Fiber	
Breakfast	of Toast	3 pieces	240	12gms	45 gms	1.5gms	9 gms	
	peanut butter	1.5 T	150	5 gms	5 gms/	12.5gms	2gms	
	jam	1.5 T	45	0	12 gms	0	0	
	non-fat milk	1 cup	90	10gms	12.5gms	0		
			525	27	75	14	11	
Snack	Protein Powder	2 scp	150	40gms	2gms	2 gms	0 gms	
	banana	1	90	1 gms	22gms	0gms	2.5gms	
	papaya	½	75	1 gm	18gms	0	3.5gms	
	mango	½	67	0	18gms	0	2gms	
	orange	1	70	1	18gms	0	3gms	
	Raw Almonds	12	103	4gms	3gms	9gms		
			555	47	81	11	14	
Lunch	MultiGrain Pita	1	170	6gms	35gms	1.5gms	5gms	
	Hummus	2 Tbls	45	2 gms	5 gms	2.5 gms	2 gms	
	Avocado	¼	57	.5gms	0	5gms	2gms	
	1 med. Tomato	1	22	1 gms	5 gms	0	1.5gms	
	3 oz turkey brst	68	15gms	0	0	0	0	
	½ C Edamames	125	125	12gms	13gms	3.5gms	4gms	
			502	36.5	84	12.5	14.5	
Snack	Protein Powder	2 scp	150	40gms	2gms	2 gms	0 gms	
	banana	1	90	1 gms	22gms	0gms	2.5gms	
	papaya	½	75	1 gm	18gms	0	3.5gms	
	mango	½	67	0	18gms	0	2gms	
	orange	1	70	1	18gms	0	3gms	
	Raw Almonds	12	103	4gms	3gms	9gms	2gms	
			555	47	81	11	14	
Dinner			661	32gms	48gms	5gms	7.5	
Snack	1% Cot.Ch	1 ¼	203	35gms	7,5	3gms	0	
	Peach	1	68	1.5	17	0	2.5	
	Raspberry	1 cup	64	1.5	15	1	8gms	
				335	38gms	39.5gms	4gms	10.5gms
				Cal.	Prot	Carbs	Fat	Fiber
	Daily Total	xxxxxx	2860	199gms	380.5gms	63.5gms	67.5gms	

Food log notes:

- All food from the “Circle of Trust”
- Lots of raw food
- 6 meals
- Very high fiber with no fiber supplements
- All meals are complete meals
- Great taste, no suffering here
- A couple of beers with dinner to show I am human