



\* Write any questions you may have!

## Weekly Meal Diary

Dieter Handout - Initial Consultation

Day/Meal	Breakfast	Lunch	Dinner	Snacks	Water	Exercise	Vitamins & Minerals
Monday	1P Chocolate Drink	1P Chx Noed. * Salad	8 oz. chicken 2. c. turnips	1P Jello	1 1/2 20 oz	20 min Walk	Multi-Vita: 2 Cal-Mag: 4 Potas-Cal: 1
Tuesday	1P Strawberry Pudding	1P Herb Omelet 2 c. yellow 1/2 c. red pepper	5 oz. tilapia 1 c. drugala 1 c. pepper	1P Blueberry Pudding	70 oz	Walked Dog	Multi-Vita: 11 Cal-Mag: 1111 Potas-Cal: 1
Wednesday	1P Pink Lemon. 1 c. pickles	1P Broccoli Soup 1 c. broccoli	10 oz hamburger 2 c. rutabaga	1P Blue-Cran Granata	104 oz	Nothing	Multi-Vita: 2 Cal-Mag: 4 Potas-Cal: 1
Thursday	1P Tomato S. 1 c. Celery	1P Capp 2 c. pickles	10 oz steak 1 c. mushroom	1P Lemon Pudding	10 glasses 20 oz	30 min. Swimming	Multi-Vita: 11 Cal-Mag: 1111 Potas-Cal: 1
Friday	1P Cookie	1P Potato 1 c. mushroom 1 c. tomato	8 oz frog legs * Salad	1P Vanilla Pudding	104 oz	Chased kids around the yard	Multi-Vita: 2 Cal-Mag: 4 Potas-Cal: 1
Saturday	1P Vanilla D.	1P Chx Soy 2 c. jicama	10 oz bison 2 c. cauliflower	1P Vanilla Crispy Square	104 oz	2 mile walk	Multi-Vita: 2 Cal-Mag: 4 Potas-Cal: 1
Sunday	1P Herb Omelet 1 c. mushrooms	1P Chx King 1 c. green beans	10 oz chicken * Salad	1P SW Cheese Curds	80 oz	Nothing	Multi-Vita: 11 Cal-Mag: 1111 Potas-Cal: 1

Name: John Smith

Week of: 9/14/12

\* 1/2 c. red pepper  
1/2 c. onion  
1 c. cucumber