

Bo Thompson November-December 2017 PDP Food Log

11/13/2017

Breakfast: Bowl of Krave cereal and a banana

Lunch: Lean Cuisine chicken alfredo pasta with broccoli, a bowl of strawberries, and a cup of coffee with sugar and creamer.

Snack: Handful of potato chips, a banana, three slices of ham, and a handful of pecans

Dinner: pesto parmesan ham sandwich with mayonnaise and provolone cheese, blueberries, and a glass of chocolate milk

11/14/2017

Breakfast: Three poached eggs each on an English muffin with corned beef hash and a bit of ketchup, a banana, and a cup of coffee with stevia sweetener

Lunch: Bowl of macaroni and cheese with two slices of spam

Dinner: Two cheeseburgers and a glass of chocolate milk

11/15/2017

Breakfast: Bowl of Krave cereal

Lunch: Two cups of strawberries, Caesar salad, and two cups of coffee with creamer and sugar

Dinner: Meatloaf and macaroni and cheese

11/16/2017

Breakfast: Two Quaker bars and a banana

Lunch: Zesty au gratin potatoes and a cup of coffee with sugar and creamer

Dinner: Tuna fish sandwich

11/17/2017

Breakfast: Bowl of frosted cheerios and a cup of coffee with truvia sweetener

Lunch: Tuna fish sandwich, an apple, and two chocolate chip and craisin cookies

Dinner: Nine taquitos, a glass of chocolate milk and a cup of blueberries

11/18/2017

Breakfast: Two strawberry toaster strudels

Lunch: Lean Cuisine five cheese rigatoni, strawberry and blueberry parfait

Snack: leftover cheese pizza and a glass of milk

Dinner: Three parmesan chicken strips with some ketchup and some potato chips

11/19/2017

Breakfast: An omelet with cheddar and parmesan cheese, pork sausage, and ham with a cup of coffee with truvia sweetener, and two halos.

Lunch: Two cups of strawberries and two slices of spam

Dinner: Vegetable pot pie with ham balls, and a cup of walnuts

11/20/2017

Breakfast: Lean Cuisine French bread pepperoni pizza with a bowl of strawberries and a cup of coffee with sugar and cream

Lunch: Spam sandwich with provolone cheese, an apple, and a cup of chopped walnuts

Dinner: Chicken sandwich with provolone cheese

11/21/2017

Breakfast: Two hard-boiled eggs with a Quaker bar

Lunch: Tomato bisque soup with a small can of Pringles

Dinner: Skipped

11/22/2017

Breakfast: Two granola bars and coffee with truvia sweetener

Lunch: 5 hotdogs with some ketchup, Cheetos, and a cup of coffee

Dinner: Foot long tuna fish sandwich from Subway with provolone cheese, lettuce and pickles

11/23/2017

Breakfast: Coffee with sugar and cream and a sausage, egg, and cheese sandwich on an English muffin

Lunch: Chicken sandwich with shredded cheese

Dinner: Thanksgiving feast

11/24/2017

Breakfast: Bowl of frosted cheerios

Snack: medium sized bag of Doritos

Lunch: Leftover turkey and stuffing

Dinner: Three slices of peperoni pizza with parmesan cheese and a glass of chocolate milk

11/25/2017

Breakfast: Skipped

Lunch: Lean Cuisine chicken alfredo with a strawberry and blueberry parfait

Dinner: Leftover pot-roast

11/26/2017

Breakfast: Two poached eggs with chicken for a sandwich and some coffee with truvia sweetener

Lunch: Bowl of Italian wedding soup with a glass of milk

Dinner: Pasta and meatballs with some parmesan cheese

11/27/2017

Breakfast: Skipped

Lunch: Scalloped potatoes and a cup of coffee with creamer and sweetener

Dinner: Gator tail for an appetizer and 18 chicken wings with three glasses of water and a glass of milk

11/28/2017

Breakfast: Three poached eggs and an apple with a cup of coffee and truvia sweetener

Lunch: Bacon turkey sandwich with lettuce and tomato and a strawberry/banana smoothie, and small bag of kettle cooked chips

Dinner: Spaghetti and meatballs with parmesan cheese

11/29/2017

Breakfast: Skipped

Lunch: Lean Cuisine spaghetti and meatballs with a cup of coffee with sugar and creamer

Dinner: Grilled cheese sandwich with an apple and some cheese flavored pretzels

11/30/2017

Breakfast: Two strawberry toaster strudels, a bowl of frosted cheerios with two bananas, and a cup of coffee with truvia sweetener

Lunch: Ham and cheese sandwich with a halo and a cup of coffee with sugar and creamer

Snack: Salami and cheese sandwich with chopped walnuts

Dinner: Pasta and meatballs with a glass of chocolate milk

12/1/2017

Breakfast: 5 couple slices of an apple

Lunch: Lean Cuisine Spaghetti and meatballs with a cup of coffee and creamer

Dinner: Two bacon cheeseburgers on one bun with a glass of chocolate milk

12/2/2017

Breakfast: Bowl of Frosted Cheerios

Lunch: Salami sandwich with some mayonnaise and two halos

Dinner: Ribeye Steak with a glass of chocolate milk

12/3/2017

Breakfast: Turkey and cheese omelet with a cup of coffee and truvia sweetener

Lunch: Skipped

Dinner: 12 beef taquitos

12/4/2017

Breakfast: Ham sandwich with mayonnaise and pecan cookies

Lunch: Buffalo popcorn chicken with some ranch dip

Dinner: Elk burger with lettuce, tomatoes, pickles, and provolone cheese, and broccoli

12/5/2017

Breakfast: Skipped

Lunch: Slivered almonds

Dinner: Salami sandwich with provolone cheese and mayonnaise

12/6/2017

Breakfast: Skipped

Lunch: Roast beef sandwich with two halos

Dinner: Spam sandwich

12/7/2017

Breakfast: Buffalo Chicken frozen dinner with a cup of coffee with sugar and creamer

Lunch: Bowl of macaroni and cheese with a glass of chocolate milk

Dinner: Skipped

12/8/2017

Breakfast: Two strawberry toaster strudels

Snack: Cheese flavored rice cakes

Dinner: Pesto parmesan ham and provolone cheese sandwich with some chocolate frozen yogurt for dessert

12/9/2017

Breakfast: Bacon and cheese sandwich

Lunch: Broccoli and cheese soup with a bowl of strawberries and cup of coffee with sugar and creamer

Snack: chicken nuggets with some ketchup

Dinner: Ham and salami

12/10/2017

Breakfast: Two poached eggs on English muffins with bacon and cheese and a cup of coffee with truvia sweetener

Lunch: chicken sandwich with provolone cheese and mayonnaise with an apple and a small coke zero

Dinner: Two servings of turkey with mashed potatoes, gravy, green beans, and two craisin chocolate chip cookies

12/11/2017

Breakfast: Bowl of Frosted Cheerios

Lunch: Turkey sandwich with an apple and a cup of coffee with sugar and creamer

Dinner: 8 pigs in a blanket with ketchup

12/12/2017

Breakfast: Two English muffins with salami and butter with a cup of coffee with truvia

Lunch: Pesto parmesan ham sandwich with an apple and a cup of coffee

Dinner: Steak and asparagus with a glass of chocolate milk

12/13/2017

Breakfast: Ham and chicken sandwich

Lunch: Eggs Benedict with cheddar cheese and sausage mixed with hash browns, ketchup and tabasco sauce with two cups of coffee

Dinner: Two servings of spaghetti pie with a Caesar salad

Dessert: Triple berry (raspberries, blackberries, strawberries) pie with vanilla ice cream