

DAILY LOG	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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VEGETARIAN PROTEIN calories per 3.5 oz. portion														
Tofu	75-100													
Tofu "Miracle" Noodles	20													
DAIRY PROTEIN - NON-FAT calories per various portion sizes														
Skim Milk (1 cup)	90													
Plain Yogurt (6 oz)	103													
Cottage Cheese (6 oz)	100													
VEGETABLES calories per 1 cup portion														
Lettuce	10													
Cucumbers	20													
Tomatoes	35													
Celery	20													
Onions	65													
Spinach	10													
Chard	10													
Fennel	30													
Red Radishes	20													
Asparagus	30													
Cabbage	25													
Chicory	40													
Beet Greens	10													
FRUITS calories per various portion sizes														
Apple (1 medium)	95													
Orange (1 medium)	85													
Grapefruit (1/2 cup)	50													
Strawberries (1 cup)	50													
Blueberries (1/2 cup)	40													
STARCHES calories per 1 piece portion														
Melba Toast	15													
Grissini Breadstick	15													
Ak-Mak Crackers	20													
Wasa "Lite" Crackers	25-45													