

Chris Romito

3-day Food Record

Tuesday (9/11/12)- 6:00AM- 2c coffee, 2c 1% milk, medium fresh plum, 6 egg whites + 2 whole eggs

1:00 PM- 12 oz. chicken breast, 1/2 c brown rice (before), 1/2c green beans, 1/4c green

Pepper, 1/4c chopped onion

6:00PM- protein shake (60g pro, 0g cho, 0g fat), 2 large bananas

10:00PM- 8 oz. steak with 2 tbsp A1 steak sauce, 2c spinach, 5 slices cucumber, 2 tbsp.

Vinaigrette dressing, 1c 1% milk, 4 tbsp. natural peanut butter

Wednesday (9/12/12)- 9:00AM- 6 oz. steak, 4 whole (large) eggs, tbsp. onion, tbsp. red pepper, tsp. hot

Sauce, 2 large bananas

12:00AM- protein shake, 1c coffee, banana

3:00PM- 10 oz. chicken, 1c lettuce, 1 tbsp. green pepper, 1 tbsp. onion, 2 tbsp.

Ranch, slice of tomato

6:00PM- handful of almonds

10:00PM- 4 slices bacon, 1c broccoli cooked with ¼ clove of garlic and a tbsp.

Soy sauce, 6 oz chicken breast

Thursday (9/13/12)- 6:00AM- 2c coffee, 2c 1% milk, 2 medium apples, 6 egg whites + 2 whole eggs

1:00PM- 12 oz. chicken breast, 1/2c brown rice (before cooking), 1/2c green beans, 1/4c

Green pepper, 1/4c chopped onion

6:00PM- protein shake, 2 bananas

10:00PM- 10 oz. ground beef, 2c whole grain noodles (after cooking), 1c marinara, 1.5c

Spinach, 5 slices cucumber, 2 slices tomato, 2 tbsp. vinaigrette, 1c 1% milk, 6

Tbsp. peanut butter