







# FOOD & EXERCISE JOURNAL

## TOWARDS A HEALTHY LIFESTYLE

	<b>SUNDAY</b> Date: 06/24/2018	<b>MONDAY</b> Date: 06/25/2018	<b>TUESDAY</b> Date: 06/26/2018	<b>WEDNESDAY</b> Date: 06/27/2018	<b>THURSDAY</b> Date: 06/28/2018	<b>FRIDAY</b> Date: 06/29/2018	<b>SATURDAY</b> Date: 06/30/2018
BREAKFAST	1 Cup of banana smoothie.	2 pieces of cake.	1 cup of banana smoothie.	1 cup of banana smoothie. 	1 cup of banana smoothie.	1 cup of banana smoothie.	1 toast. 

<p>MORNING SNACK</p>	<p>Anything.</p>	<p>Anything.</p>	<p>1 mandarine.</p> 	<p>Anything.</p>	<p>Anything.</p>	<p>Anything.</p>	<p>Anything.</p>
<p>LUNCH</p>	<p>Barbecue, rice and salad.</p>	<p>Rice, beans, fried egg, salad of tomato and lettuce.</p>	<p>Rice, beans, fish, pasta and ground beef.</p>	<p>Meat lasagna, rice, beans, salad of lettuce and tomato, braised cabbage.</p>	<p>Salad of lettuce, tomato and beet, rice, beans, pasta, cooked corn meal and red sauce.</p> 	<p>Meat beef, rice, beans and red sauce.</p>	<p>Pasta, rice, beans, meat beef, french fries.</p>

AFTERNOON SNACK	1 piece of cake.	2 mandarines.	1 mandarine.	1 lollipop.	Pizza of chicken heart and wafer cake.	2 cupcakes. 	Anything.
DINNER	Barbecue reheated, rice and salad.	2 sandwiches.	Pasta with red sauce and meat.	Meat , rice and salad.	Meat , rice, beans and red sauce.	Pizza of meat and pizza of chocolate  	Pizza of chicken.

<p>NIGHTTIME SNACK</p>	<p>1 piece of cake.</p>	<p>1 piece of cake.</p> 	<p>Anything.</p>	<p>1 piece of cake and coke.</p>	<p>2 pieces of cake.</p>	<p>Anything.</p>	<p>Brigadier.</p>
<p>WATER</p>	<p>2 bottles of water.</p>	<p>1 bottle of water.</p>	<p>1 cup of water and 2 bottles of water.</p> 	<p>3 bottles of water.</p>	<p>2 bottles of water.</p>	<p>3 bottles of water.</p>	<p>2 bottles of water.</p>

EXERCISE	I play soccer. 	I play soccer.	I play soccer.t	Anything.	I play basketball.	Anything.	I run.
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