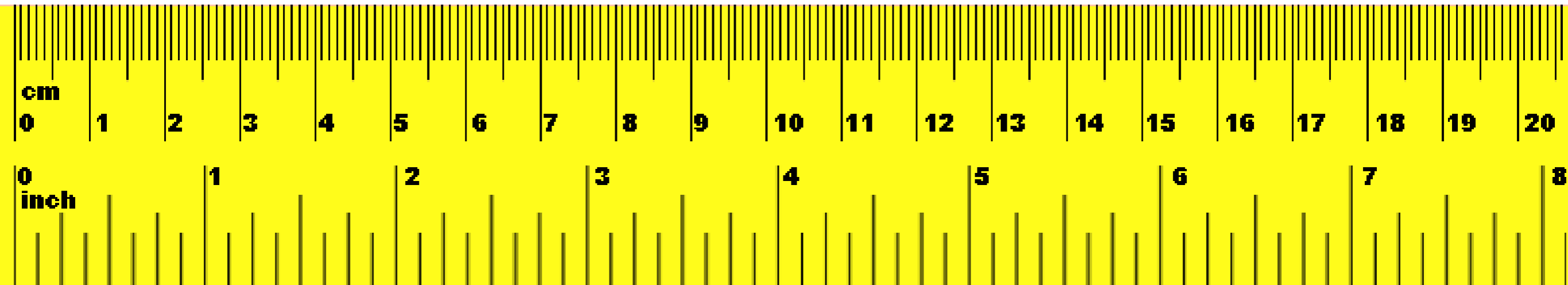


ID# Name

Report Date: mm/dd/yyyy, Day

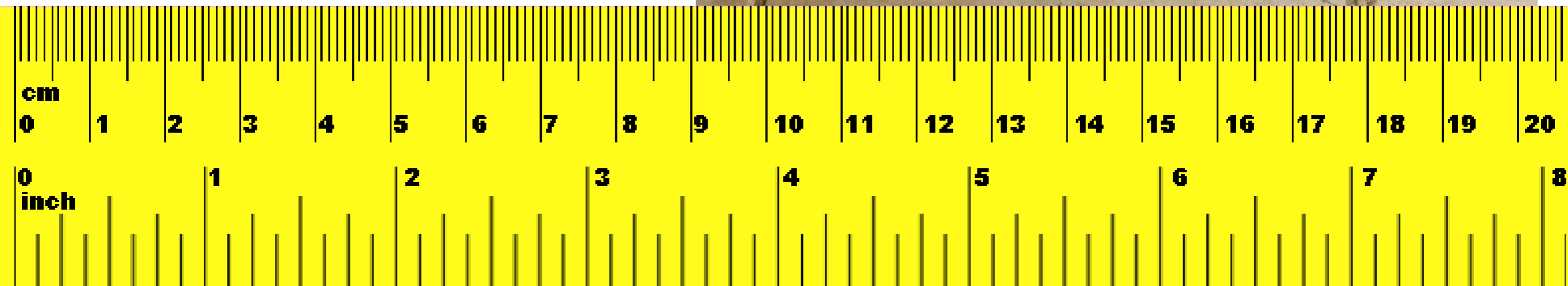


B-fast (Before)

Time: 7:35am

Description:

- 3 morning star vege patties
- 1 croissant
- 1 kiwi
- 7 Oz strawberry yogurt

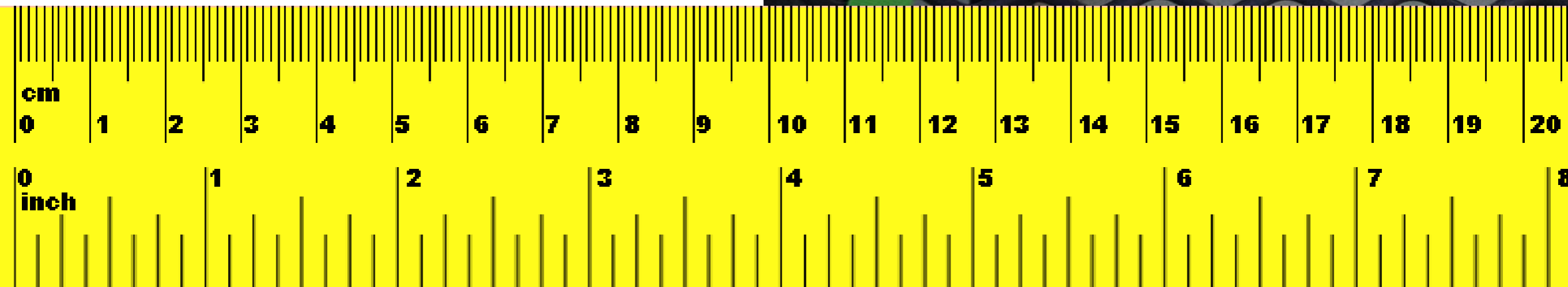


Lunch-Before

Time: 11:47am

Description:

- 1 vege hotdog with 1 tsp mustard, 1 tsp ketchup, 1 tsp pickle relish
- 1.5 cups of baked French fries
- 1 cup cold chili
- 1/4 an apple
- 1 slice cucumber
- 3 baby carrots
- 1 baby tomato
- 8th continent soymilk a half pint

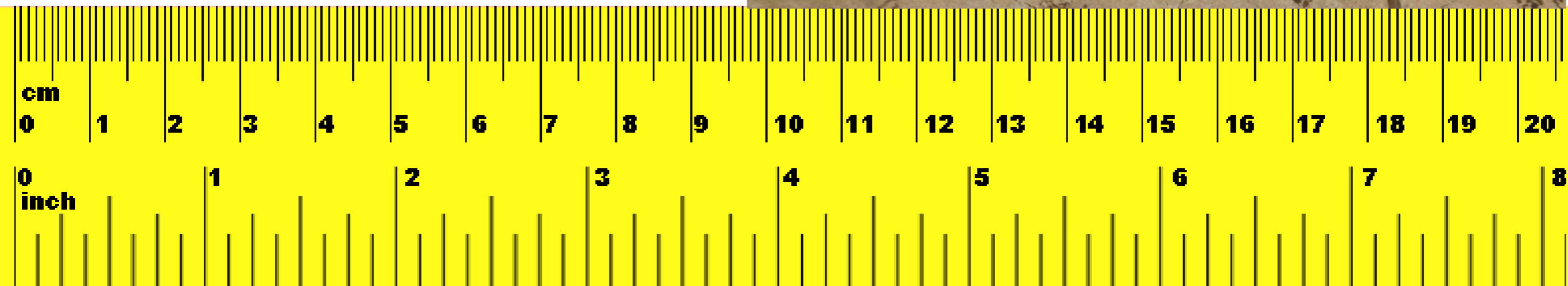


Dinner-before

Time: 8:33pm

Description:

- 1 cup of corn
- 1 cup of green beans
- 1.5 cup of white rice
- 1 slice of chicken breast with $\frac{3}{4}$ cup of cream of mushroom and paprika sauce
- 1 cup of water



End- 10:36pm

