

Baseline						
date	Poultry (oz)	beef (oz)	Lamb (oz)	seafood (oz)	seafood (oz)	NOTES
3/11/19			4			i ate a hamburger
3/12/19			4			i ate a hamburger
3/13/19	4					i had tacos with turkey
3/14/19			2			i had 2 slices of pepperoni pizza
3/15/19			16			
3/16/19			5			
3/17/19	24					
1 week totals	28	31	0	0	0	
4 Week estimate	112	124	0	0	0	
DOT project						
date	Poultry (oz)	beef (oz)	Lamb (oz)	seafood (oz)	pork (oz)	NOTES
3/18/19						I had a cheese quesadilla
3/19/19						I had a veggie burger with fruits
3/20/19				8		I slipped up and ate some shrimp (it was really good though)
3/21/19	0	0	0	0	0	I had macaroni and cheese with fruit and a veggie burger
3/22/19	0	0	0	0	0	I had some Patato soup with fruit
3/23/19	0	0	0	0	0	I had a salad and pasta, fruit and pancake
3/24/19	1					1 I had and egg with asparagus and broccoli, spinach and cheese ravioli and pork
3/25/19	0	0	0	0	0	0 I had a veggie burger with fruits
3/26/19	1	0	0	0	0	0 i had chicjen nuggets
3/27/19	0	0	0	0	0	0 i had a cesar salad whith fruit
3/28/19	0	0	0	0	0	0 i ate salad with pasta and fruit
3/29/19	0	0	0	0	0	0 i ate chese pasta with a veggie burger
3/30/19	0	0	0	0	0	0 veggie burger with fuit
3/31/19	0	0	0	0	0	0 Kale cesar salad
4/1/19	0	0	0	0	0	0 cheese pizza with fruit and veggies
4/2/19	0	0	0	5	0	0 sushi
4/3/19	0	0	0	0	0	0 carrots and hummus
4/4/19	0	0	0	0	0	0 sofritas at chipotle with lettus guac, corn and sour cream with rice
4/5/19	0	0	0	0	0	0 had pankaces and pesto ravioli
4/6/19	0	0	0	0	0	0 ate cheese pizza with a salad and fruit
4/7/19	0	0	0	0	0	0 bagel and creme cheese
4/8/19	0	0	0	0	0	0 grilled chese and veggies
4/9/19	0	0	0	0	0	0 mac and cheese
4/10/19	0	0	0	0	0	0 margrita pizza
4/11/19	0	0	0	0	0	0 spaghetti with tomato sauce
4/12/19	0	0				veggie stir fry
4/13/19	2	4				0 hamburger with bacon and cheese chicken
4/14/19	2	0	0	0	0	0 Burrito bowl with chicen and lettece, corn,cheese,rice,sourcream.
4 week total	6	4	0	13	1	
4 week savings	106	120	0	-13		
estimated yearly	1378	1560	0	-169	0	
estimated yearly	86.125	97.5	0	-10.5625	0	