

Baseline								
Date	Beef (oz)	Chicken (oz)	Turkey (oz)	Pork (oz)	Seafood (oz)	Lamb (oz)	Animal Products	Notes
3/11/19	0	8	0	0	0	0	0	1 Chicken is good, going to miss it in a week. Is there vegan school lunch options?
3/12/19	0	3	0	0	0	0	0	5 I really like chicken. Ate pasta, but it had cheese.
3/13/19	8	8	0	0	0	0	0	1 Honey isn't vegan :( McDonalds has 2 vegan things.
3/14/19	0	5	0	0	0	0	0	6 Does it count if I just never eat? My 2 favorite foods are chicken and cheese.
3/15/19	0	0	0	0	0	0	0	5 A lot easier because of my mom being vegetarian, but vegetarians still eat animal products.
3/16/19	10	0	0	0	0	0	0	4
3/17/19	0	10	0	0	0	0	0	6
One Week Total	18	34	0	0	0	0	0	28
4 week estimate	72	136	0	0	0	0	0	112
DOT Project								
Date	Beef (oz)	Chicken (oz)	Turkey (oz)	Pork (oz)	Seafood (oz)	Lamb (oz)	Animal Products	Notes
3/18/19	0	0	0	0	0	0	0	0 No vegan school lunch today, had to ask friends for vegan food. Bringing vegan lunch tomorrow.
3/19/19	0	5	0	0	0	0	0	2 So many things have like butter or eggs, how am I gonna be vegan when I can't eat dessert
3/20/19	0	1	0	0	0	0	0	3 I'm not a good vegan, also I hate lamb and seafood so those will stay at a 0 regardless of diet or not
3/21/19	0	0	0	0	0	0	0	5 Good day, but I had cereal for breakfast, and who has cereal without milk?
3/22/19	0	4	0	4	0	0	0	4 I was really craving tacos but ended up getting chicken and pork tacos with sour cream and cheese
3/23/19	0	0	0	0	0	0	0	1 I've only gone one day going fully vegan... I going to ask Ms.R to switch to just vegetarian
3/24/19	0	0	0	0	0	0	n/a	Asked Ms.R to switch to vegetarian and she approved, wont be needing the Animal products column anymore
3/25/19	0	0	0	0	0	0	n/a	good vegetarian day
3/26/19	0	0	0	0	0	0	n/a	vegetarian is way easier than vegan
3/27/19	0	0	0	0	0	0	0	I put Lamb and Seafood as all 0s because that is what I predict, however I will change if I eat Lamb/Seafood
3/28/19	0	0	0	0	0	0	n/a	I went to Chipotle, had to have the sofritas :/
3/29/19	0	0	0	0	0	0	n/a	probably not many more notes in the future because nothing really special is happening
3/30/19	0	0	0	0	0	0	n/a	
3/31/19	0	0	0	0	0	0	n/a	
4/1/19	0	0	0	0	0	0	n/a	really craving BBQ
4/2/19	0	0	0	0	0	0	n/a	
4/3/19	0	0	0	0	0	0	n/a	Had pesto pasta, it was really good
4/4/19	0	0	0	0	0	0	n/a	Went to McDonald's today but I couldn't really get anything :(
4/5/19	0	0	0	0	0	0	n/a	
4/6/19	0	0	0	0	0	0	n/a	Optimistic that I can finish strong, haven't eaten meat in a while
4/7/19	0	0	0	0	0	0	n/a	
4/8/19	0	0	0	0	0	0	n/a	
4/9/19	0	0	0	0	0	0	n/a	Had tofu instead of chicken curry today, weird texture but still delicious
4/10/19	0	0	0	0	0	0	n/a	
4/11/19	0	0	0	0	0	0	n/a	The DOT project is almost done now and I'm really craving meat
4/12/19	0	0	0	0	0	0	n/a	
4/13/19	0	0	0	0	0	0	n/a	Really good that the DOT project ends before spring break because I need to relax
4/14/19	0	0	0	0	0	0	n/a	Thank god that I went vegetarian and not vegan because I couldn't cope without Ben and Jerry's
4-Week Total	0	10	0	4	0	0	n/a	
4-Week Savings	72	126	0	-4	0	0	n/a	
Estimated Yearly Savings	936	1638	0	-52	0	0		
Estimated Yearly Savings (lbs)	58.5	102.375	0	-3.25	0	0	n/a	