

Sample Food Journal:

Wednesday:

7.00 am – eat sweetened yogurt and half glass of cocoa

10:00 am – mashed potatoes

12:30 pm – 1 cup of brown rice and chicken breast

5:30 pm –salmon sasimi

Thursday:

7.00am – half glass of cocoa

10.00am – dolly fish with gravy syrup

12:30pm – 1cup of brown rice and curry pork soup added fried egg

7.00pm – sushi and cold soba

Friday

7.00am – one glass of cocoa

12:30pm – 1 chicken breast and 1cup of brown rice

7.00pm – 2grams of boiled vegetables and 2 cup of boiled shrimps.

Monday:

7.00am – one glass of milk and sweetened yogurt

12.30pm – pumkinstirfired with eggs and brown rice

17.00pm – 1 piece of sandwich

20.00pm – half cup of mama noodle cup

Tuesday:

11:30 am – 1cup of refined grain and crab with curry souce

13:00 pm – iced green tea (no milk added)

22.00 pm – salmon steamed and mama noodle cup

