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HLAC 1035 – 002

## 25-Day Food Journal

### **June 1**

Breakfast: banana  
Lunch: Fried tofu with white rice + chili crushed in soy sauce  
Dinner: Steamed spinach with preserved tofu as sauce and white rice  
Exercise: 15 minute jogging and weight lifting

### **June 2**

Breakfast: yogurt  
Lunch: chicken and tomato salad with ranch sauce  
Dinner: steak with salad and white rice  
Exercise: 1 hour bike ride

### **June 3**

Breakfast: toast with soy sauce  
Lunch: cauliflower and beef with white rice  
Dinner: spinach soup with white rice  
Snacks: waffle with strawberries  
Exercise: 1.5 hours racquetball

### **June 4**

Breakfast: banana and apple slices  
Lunch: pho with steak meat and meatballs  
Dinner: Thai chicken curry with white rice  
Exercise: 2 hours of swimming

### **June 5**

Breakfast: no breakfast  
Lunch: spinach and steak with white rice and chili crushed in soy sauce  
Dinner: chicken wings and grilled chicken with shrimp and potatoes  
Exercise: zumba – 2 hours

### **June 6**

Breakfast: orange slices  
Lunch: grilled ham and cheese, slice of cake, and a doughnut  
Dinner: 2 spring rolls, fried rice, kung pao chicken, teriyaki chicken, and white rice  
Exercise: 45 minutes of badminton

### **June 7**

Breakfast: apple  
Lunch: scrambled eggs with rice and sriracha  
Dinner: chicken dumplings with mashed potato  
Exercise: 1 hour racquetball

**June 8**

Breakfast: Greek yogurt with strawberry slices

Lunch: salad containing tomatoes and sunflower seeds with ranch dressing

Dinner: asparagus with chicken and white rice

Exercise: 2 hours of swimming

**June 9**

Breakfast: oatmeal

Lunch: steamed broccoli with chicken and white rice

Dinner: grilled rainbow trout with brown rice and carrots

Exercise: 1 hour of raquetball

**June 10**

Breakfast: apple slices with peanut butter

Lunch: asparagus with chicken and white rice

Snack: grapes

Dinner: cauliflower with spicy beef and white rice

Exercise: 1 hour of badminton

**June 11**

Breakfast: eggs with sausage

Lunch: kung pao chicken with white rice

Dinner: soup containing shrimp, mushrooms, and beef chunks

Snack: watermelon slices

Exercise: 4 hour hiking

**June 12**

Breakfast: peach Yoplait yogurt

Lunch: soup containing shrimp, mushrooms, and beef chunks

Dinner: cabbage with spicy beef and white rice

Exercise: zumba - 2 hours

**June 13**

Breakfast: chicken flavored instant ramen

Lunch: spinach soup with white rice

Dinner: Vietnamese meat rice vermicelli soup with fresh salad

Exercise: 2 hour of swimming

**June 14**

Breakfast: apple slices with peanut butter

Lunch: cucumber salad with ranch sauce

Snacks: seasoned seaweed

Dinner: macaroni and cheese with chicken bits

Exercise: 1 hour of basketball

**June 15**

Breakfast: banana

Lunch: salad containing tomatoes and chicken with ranch sauce

Dinner: spam with white rice and crushed chili in soy sauce

Exercise: 1 hour of racquetball

**June 16**

Breakfast: tofu dipped with crushed chili in soy sauce

Lunch: vegetarian soup containing tofu, yam, and mushrooms with rice

Dinner: seaweed soup with white rice

Exercising: 30 minutes of jogging

**June 17**

Breakfast: eggs with toast

Lunch: okonomiyaki

Dinner: chicken and asparagus with white rice

Exercising: 1 hour of biking

**June 18**

Breakfast: buttered jelly toast

Lunch: green beans and chicken with white rice

Dinner: cauliflower and spicy chicken with white rice

Exercise: 1.5 hours of badminton

**June 19**

Breakfast: grilled ham and cheese sandwich

Lunch: fried rice with peas, carrots, and ham

Dinner: buttered corn and shish kabobs

Exercise: zumba – 2 hours

**June 20**

Breakfast: apple slices

Lunch: string beans with chicken and white rice

Dinner: spicy chicken with white rice

Exercise: 1 hour of swimming

**June 21**

Breakfast: carrots, celery, and cucumber with ranch

Lunch: egg drop soup and mixed vegetables with chicken and white rice

Dinner: spaghetti with chicken bits

Exercise: 1.5 hours of swimming

**June 22**

Breakfast: oatmeal

Lunch: lettuce wraps and fried rice containing peas, carrots, and ham

Dinner: steak with rice and crushed chili in soy sauce dip  
Exercise: 1 hour of swimming

### **June 23**

Breakfast: strawberry Yoplait yogurt  
Snack: mixed nuts  
Lunch: pot stickers and spicy beef with rice and salad  
Dinner: spicy beef with rice and salad  
Exercise: 1.5 hours of badminton

### **June 24**

Breakfast: no breakfast  
Lunch: sausage with salad  
Dinner: pizza  
Exercise: 1 hour long boarding

### **June 25**

Breakfast: banana  
Snack: madeleine  
Lunch: grilled ham and cheese on white bread and fresh vegetables with ranch(carrots, broccoli, celery, and cucumbers)  
Dinner: udon noodles with shrimp and beef  
Exercise: 2 hours of volleyball