

## SUGAR CHALLENGE

Date: Monday, January 25<sup>th</sup>

Time you woke up: 6:30 a.m. How many hours sleep? 7 hr Bed Time: 10:30 p.m. Do you feel rested? Yes / **No**

| TIME       | AMOUNT         | DESCRIPTION OF MEAL  |
|------------|----------------|--|
| 7:00 a.m.  | 1              | Coffee – with 1 splenda and ¼ cup milk = <b>5g Carbs for milk</b>  |
| 7:30 a.m.  | 1 slice        | <b>Dempster's Bread – 20g Carbs</b>  |
|            | 1 tsp          | Butter   |
|            | 2              | Whole eggs   |
|            | 1              | <b>Banana – 40g Carbs</b>  |
| 10:00 a.m. | 1 small (125g) | <b>Activia yogurt – strawberry – 15g Carbs</b>   |
| 12:30 p.m. | 2 cups         | <b>Salad – romaine lettuce, tomatoes, cucumber, celery, peppers, mushrooms – 4 ½ cups x 5g = 20g Carbs</b> |
|            | 2 tbsp         | Kraft Italian Dressing – light – <b>Check label – 2g Carbs</b>   |
|            | 4 oz           | Chicken breast   |
| 3:30 p.m.  | 1 – 8 oz       | Coffee – with 1 sugar and ¼ cup milk = <b>5g for sugar + 5g for milk = 10g Carbs</b>                       |
| 6:30 p.m.  | 1 – 5 oz       | Glass red wine - <b>Don't worry about counting this just yet</b>   |
| 7:00 p.m.  | 3 oz           | beef   |
|            | 1 cup          | Veggies – peas, carrots and corn, frozen = ½ cup = 20g x 2 = <b>40g Carbs</b>                              |
|            | ½ cup          | White rice = <b>20g Carbs</b>  |
| 9:00 p.m.  | 2 cups         | Popcorn – Orville Redenbacher microwave = <b>Check the label 10g Carbs</b>                                 |
|            |                |  |
|            |                | <b>Total Carbohydrates = 182 grams</b>   |
|            |                |  |
|            |                |  |
|            |                |  |
|            |                |  |
|            |                |  |
|            |                |  |

**Water Consumption:** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 (Circle how many cups you drink.)

**Caffeinated Drinks:** (coffee, tea, pop, hot chocolate, ice caps, etc.)

Type of drink: Coffee How many? 2 Type of drink: \_\_\_\_\_ How many? \_\_\_\_\_

Alcoholic Beverages: Type of drink(s): wine How many? 1 – 5 oz