

Student Name:

Computer number:

DIET ANALYSIS

DAY/MEAL	BREAKFAST	LUNCH	DINNER	EXTRAS
SATURDAY	<ul style="list-style-type: none">• Cheese sandwich (2 slices white toast, 2 slices cheese, 2 slices tomato)• 1 glass orange juice• 1 cup coffee	<ul style="list-style-type: none">• 2 servings of white rice• 1 chicken breast• 2 servings vegetables• 1 can coke.	<ul style="list-style-type: none">• 1 tuna sandwich, (baguette, cheese toppings, lettuce, mayonnaise)• 1 can coke	<ul style="list-style-type: none">• 1 cup tea with 2 teaspoons sugar.
SUNDAY	<ul style="list-style-type: none">• 2 eggs• 1 piece of Arabic flat bread• 1 cup coffee	<ul style="list-style-type: none">• 1 fish fillet• 2 cups white rice• 1 cup mixed fruit juice	<ul style="list-style-type: none">• 2 cups stir-fried vegetables• 1 cup white rice• 1 can diet coke	
MONDAY	<ul style="list-style-type: none">• 1 cup milk• 1 cup bran cereal• 1 cup mixed juice	<ul style="list-style-type: none">• 3 cups pasta with tomato sauce• 2 cups salad	<ul style="list-style-type: none">• Roast beef sandwich (white bread), 3 slices roast beef, 2 slices cheese, 3 slices tomato, 2 slices lettuce, 2 spoons mayonnaise• 1 can coke	<ul style="list-style-type: none">• 2 cups tea (each with 2 teaspoons sugar)• 1 chocolate bar
TUESDAY	<ul style="list-style-type: none">• 2 eggs• 1 piece of Arabic flat bread• 1 cup coffee	<ul style="list-style-type: none">• 1 double burger• 1 can coke• 1 cup French fries	<ul style="list-style-type: none">• 3 cups salad• 1 cheese sandwich (1 piece Arabic flat bread, 3 slices cheese)• 1 cup mixed fruit juice	<ul style="list-style-type: none">• 1 chocolate bar
WEDNESDAY	<ul style="list-style-type: none">• 1 cup milk• 2 cups bran cereal• 1 cup orange juice	<ul style="list-style-type: none">• 2 chicken fillet• 1 baked potato• 1 cup salad	<ul style="list-style-type: none">• 3 cups tuna salad (1 can tuna)• 1 cup orange juice• 1 chocolate bar	

THURSDAY	<ul style="list-style-type: none"> • 1 omelette (3 eggs, 1 cup vegetables) • 1 cup orange juice • 1 cup coffee with 2 teaspoons of sugar 	<ul style="list-style-type: none"> • 2 cups vegetable soup • 1 cup white rice • 1 steak • 1 cup salad 	<ul style="list-style-type: none"> • 1 chicken sandwich (1 chicken fillet, 1 piece Arabic bread, 1 spoon mayonnaise, 2 slices tomato) • 1 can coke 	<ul style="list-style-type: none"> • 1 cup tea with 2 teaspoons sugar • 3 digestive biscuits
FRIDAY	<ul style="list-style-type: none"> • 2 pancakes with 1 cup syrup • 1 cup of tea with 2 teaspoons of sugar 	<ul style="list-style-type: none"> • 1 cup cream of mushroom soup • 4 pieces fried chicken • 1 cup French fries • 1 can coke 	<ul style="list-style-type: none"> • 2 cups noodles • 2 pieces cheese • 1 piece bread • 1 banana 	<ul style="list-style-type: none"> • 1 chocolate bar

FOOD GROUP:	PER WEEK	PER DAY	RECOMMENDED
GRAINS			
VEGETABLES			
FRUIT			
DAIRY			
MEAT AND BEANS			
OIL			
DISCRETIONARY CALORIES			