

# Nutrition Work Sheet – 1

<b>Foods</b>			
<b>Breakfast</b>			
Sausage, 2 links			
Fried egg (2)			
Toast, white bread, 1 pat butter			
Hash browns			
Sub-Total			
<b>Mid-morning snack</b>			
Coffee, 1 cup, 2T sugar			
Doughnut			
Sub-Total			
<b>Lunch</b>			
Hamburger, with cheese and mayo			
French fries, 1 med.			
Coke, 12 ounce			
One pickle			
Sub-Total			
<b>Dinner</b>			
Steak, 6 ounce			
Baked potato, large			
Sour cream, ¼ cup			
Butter 2T			
String beans, ½ cup			
Rolls, white 2			
Butter, 1 pat			
Cheesecake, small piece			
Coffee with cream and sugar			
Sub-Total			
<b>Late snack</b>			
Ice cream 1 cup			
Cookies, 2			
Sub-Total			
Total for the day			
Nutrition Goals			

Notes:

