April 21:
**Breakfast/Brunch at a restaurant:** Open face omelet with mozzarella, tomatoes, spinach; black coffee, half slice of sourdough bread with ricotta and avocado  
**Snack:** N/A  
**Lunch:** N/A  
**Dinner:** Swordfish, sweet potato asparagus; 2 glasses of wine  
**Snack:** N/A  
**Photos for the day:**

April 22

**Breakfast:** 2 scrambled eggs with onions, mushrooms, spinach and ½ an orange  
**Snack:** 10 crackers and sliced cheese  
**Lunch:** N/A  
**Dinner at a restaurant:** Seafood pasta split with my b/f (Linguini with lobster, mussels, clams, scallops)  
**Snack:** N/A  
**Photos for the day:**

April 23

**Breakfast:** Shakeology with water, ice, frozen peaches and frozen mango  
**Snack:** Siggi’s yogurt (vanilla)  
**Lunch:** Cup of lentil soup  
**Dinner:** Sautéed veggies with ginger sauce and rice noodles  
**Snack:** Siggi’s yogurt with half banana, strawberries, and half of a red apple.

April 24

**Breakfast:** 2 scrambled eggs with bell peppers, onions, and spinach; baked beans  
**Lunch:** Garden salad with tuna and vinaigrette dressing  
**Dinner:** 3 square slices of vegetable flatbread pizza  
**Photos of the day:**
April 25

**Breakfast:** Missed Breakfast - I was running late to work

**Lunch:** Mixed greens salad with avocado, corn, black beans, tomatoes, 1 veggie burger patty (vegan), Balsamic vinaigrette dressing

**Dinner:** Spinach and cheese ravioli, oven roasted carrots, sweet peas, and shiitake mushrooms, 1 glass of red wine

**Photos of the day:**

April 26

**Breakfast:** 2 slices of Ezekiel sprouted grain bread and crunch almond butter

**Lunch:** Greek Salad (feta, onions, olives, mixed greens)

**Dinner:** (take out Indian) – Veggie Samosa, Indian Aloo Saag (spinach and potato) 1 slice of nan, Basmati Rice

April 27 (We were driving to a wedding in DC, so meals this weekend were challenging)

**Breakfast:** 2 scrambled eggs with spinach and baked beans.

**Lunch:** Take out Kale Salad, tomatoes, mozzarella, cherry tomatoes, corn, ½ of an avocado, creamy dressing

**Snack:** Take out Yogurt Parfait

**Dinner Take out** Tomato and Mozzarella and Pesto Panini

**Photos of the day:**
April 28 (Eating pretty much what the hotel had to offer)

**Breakfast:** Quaker Hot Oatmeal with raisins

**Snack:** Ativia Yogurt

**Lunch:** Amy’s Cheddar Cheese burrito with organic means and rice + 1 cup of healthy choice country vegetable soup

**Dinner:** Sautéed veggies, wedding cake, 2 glasses of red wine

**Photos of the day:**

April 29 (Road trip back to Boston)

Let’s just skip this day – It pretty much consisted of crap food from truck stops/gas stations.

April 30 (After tracking my food this last week, I can totally see where improvement needs to be made. This week looks better, I think)

**Breakfast:** 2 scrambled eggs with peppers and onions; 2 slices of Ezekiel sprouted grain bread

**Snack:** Siggi’s low fat yogurt with fresh mixed fruit (raspberries and blueberries)

**Lunch:** Greek Salad

**Dinner:** Salad with Salmon, peppers, mixed greens, Annie’s Goddess Dressing

**Photos of the day:**

May 1

**Breakfast:** Siggi’s yogurt with blueberries and Kind granola with flaxseed

**Lunch:** Arugula salad with marinated portabella mushroom and dressing

**Dinner:** Salad with Salmon, peppers, mixed greens, Annie’s Goddess Dressing

**Photos of the day:**
May 2

**Breakfast:** Siggi’s yogurt with blueberries and Kind granola with flaxseed

**Lunch:** Salad – Mixed greens, broccoli, carrots, celery, tomatoes, hard-boiled egg, olive oil and balsamic dressing

**Dinner:** Salad – Mixed greens, sugar snap peas, beets, pomegranate seeds, salmon, tomatoes, onion, hard-boiled egg, olives

**Snacks throughout the day:** Orange, Yogurt, raw cashews, banana, raspberries.

**Photos of the day:**

May 3

**Breakfast:** Siggi’s yogurt with blueberries and Kind granola with flaxseed

**Lunch:** Kale salad with red onion, cherry tomatoes, carrots, parmigiana cheese, ceaser dressing, cottage cheese

**Dinner:** Ramon noodles, with kale, cucumber, and peanut sauce and a class of chardonnay

**Photos of the day:**

May 4

**Breakfast:** Siggi’s yogurt with blueberries and Kind granola with flaxseed

**Lunch:** Organic Low Fat Cottage Cheese and an Orange

**Dinner:** (Out at a restaurant) Fried Calamari (a few pieces), Articoke Hearts, Shrimp and Scallps, 2 glasses of Chardonnay
May 5

**Breakfast:** Vanilla Siggi’s Yogurt  
**Lunch:** *Shakeology with banana and frozen mixed berries*  
**Dinner:** *(restaurant)* Burrata on Crostini, Wild mushroom flatbread, Arugula Salad, 1 IPA Beer

May 6

**Breakfast:** 2 scrambled eggs with peppers, onions, spinach and half of an avocado with 1 slice of Ezekiel bread.  
**Lunch:** I forget  
**Dinner:** Salmon, asparagus, mushrooms, sautéed spinach

May 7

**Breakfast:** Vanilla Shakeology, 1 Banana, 6 Strawberries  
**Lunch:** Greek Salad and 1 roll  
**Dinner:** Scallops, Sauteed Kale, Greek Olives, Roasted Brussel Sprouts with Olive Oil, roasted potatoes, Cucumber and Tomato Salad  
**Snack:** Handful of Walnuts

May 8

**Breakfast:**  
**Lunch:** Sauteed Kale, Greek Olives, Cannelloni beans with Olive Oil, roasted potatoes,  
**Dinner:**  
**Snack:** Sesame Sticks
May 9:

**Breakfast:** Granola with Siggi’s Yogurt and fresh strawberries  
**Lunch:** Mixed Greens, Salmon, olive oil and balsamic  
**Dinner:** Asian rice noodle and veggie soup  
**Snack:** Sesame sticks

May 10:

**Breakfast:** Vanilla Shakeology with Banana and fresh strawberries  
**Lunch:** Mixed greens with low fat cottage cheese, raw carrots, tomatoes, cucumbers, olives  
**Dinner:** I was at an event and didn’t get to really eat much, a few bits of cheese and crackers and 2 Corona light beers

May 11:

**Breakfast:** 2 eggs, peppers, broccoli, onions, and spinach, two slices of Ezekiel toast