

# Health Web Quest

Dad-couch potato

## Monday

Breakfast: Dunkin donuts

Wheat bagel with strawberry reduced fat cream cheese with medium  
Coffee Calories 670

Lunch: subway

6"roast beef sandwich with a salad and a medium diet  
Coke Calories 637

Dinner: Chick-fil-a

Chick-fil-a chicken sandwich  
Medium diet coke salad Calories 690

Monday Calories total 1,997

## Tuesday

Breakfast: McDonalds

Bacon, egg biscuit with hash brown  
And med orange juice Calorie 800

Lunch: Papa Johns

Medium cheese pizza and medium coke  
Zero Calories 307

Dinner: Salad Works

Salad with mandarin chicken, wheat rolls  
And butternut squash water  
Calories 981

Tuesday Calorie total 1988

## Wednesday

Breakfast: Dunkin donut Chocolate glazed donut [two donuts] with Apple  
Danish and medium iced coffee Calories 610

Lunch: Chick-fil-a

Chik-fil-a chicken strips [three strips] with a  
Cheesecake and a diet sprite

Calories 660Dinner/dessert: Bob Evans and Dairy Queen Garlic  
butter salmon with a fruit cup and water Then a small chocolate  
dipped cone Calories 766

Wednesday total calories 2036

## Thursday

Breakfast: Chick-fil-a

Chick-fil-a chicken biscuit with milk

Calories 610

Lunch: Bob Evans

Bob Evans' BLT with potato soup and

Fruit cup and last medium coke

Calories 685

Dinner: Papa Johns

Mild chipotle bbq wings with bread sticks

And water Calories 745

Total Calories 2040