

*1,750 calories per day  
Mother*

# *Health web quest*

## **Monday**

Breakfast/ McDonalds-egg mc muffin=300 calories with fruit yogurt  
=160 calories with a 7up=150

Lunch/ Subway-tuna sandwich=530 calories with a coke=210calories

Dinner/Bob evens-chicken breast=232 calories with a hot green Tea  
=2 calories

Total= 1584 calories

## **Tuesday**

Breakfast/Dunkin Donuts-glazed donut=220 calories with a hot  
chocolate= 210 calories

Lunch/Papa johns-all meat pizza=350 calories with parmesan  
bread sticks=270 calories with drink sprite=97 calories

Dinner/Salad works-chicken salad=185 calories with a mountain  
dew=240 calories

Total= 1672 calories

## **Wednesday**

Breakfast/Dairy queen-chicken noodle soup=370 calories with orange  
juice=250 calories

Lunch/Chicken Fila-chicken nuggets=390 calories with a medium  
pepsi=210 calories

Dinner/Subway-veggie wrap=330 calories with a lemon aid=99  
calories

Total=1649 calories

## **Thursday**

Breakfast/Dunkin donuts-English egg muffin=350 calories with a cup  
of coffee and creamer=100 calories

Lunch/Papa johns-Hawaiian BBQ pizza=340 calories with a Dr  
pepper=210 calories

Dinner/Bob evens-Alfredo pasta=750 calories with a water=0 calories

Total=1750 calories