

Wednesday

6.30 am

1 cup of Pad-Won-San contain lots of vegetables. and about 1 cup of milk Felt full after ate it.

11.30 am

0.35 cup of white rice and 0.25 chicken with teriyaki source. I still hungry, so I decided to eat banana smoothies with no syrup.

4.30 pm

0.25 cup of flied rice and 2 cup with noodles. I felt very

6.00 pm

After I ate dinner and walk around the mall, I wanted to ate some ice cream, so I ate 0.5 cup of ice cream

8.00 pm

I did the 5 minutes workout

Thursday

6.30 am

am I ate 1 slide of whole grain bread and hot chocolate, no sugar, and I drink only half of the hot chocolate.

10.00 am

It was break time and I felt hungry again, so I ate sandwich.

11.30 am

I still felt full because of sandwich that I ate, so I ate only banana smoothies, no syrup, only banana and milk 1 cup of milk and 1 banana

5.30 pm

Today I did not eat enough meat, so I decided to ate 1 cup of pork rip

Friday

6.30 am

In the morning I felt very hungry because last night I slept late, so I ate fried rice, not use oil, and eat whole grain rice because carbohydrate in the rice will slowly release energy and it can make me feel full 1 cup

11.30 am

Banana smoothies and yogurt 1cup of milk 1 banana and 0.5 cup of yogurt. I got lots of works to do, so I brought smoothies and went back to do my work

5.30 pm

Salmon 1.5 cup salad with sea food.

did 5 minutes work out

Saturday

10.30 am

sandwich with chicken breast

3.00 pm.

omelet with rice, I did not use the oil. I ate the refine grain rice

5.30 pm

I still felt full from lunch so I ate only 1 cup of salad and 0.5 cup of tuna

I felt pain at my leg, so I did not do the work out

Sunday

6.30 am

I wake up late and I was going to miss my first class at siam, so I bring beef pie to ate during the way to siam

12.20 pm

It is a lunch time and I got only 40 minutes to eat before my second class started, so I decided to eat salad with crab

5.30 pm

After my second class end I felt very hungry, so I decided to ate spaghetti carbonara which gave lots of energy.