Date: Wed., Dec. 21, 1994 kcal

	Tennis, 30 mins	−159.9

(a)	VitaminSalad, 3 pieces	70.0
(a)	CalorieMate, 4 pieces	400.0
(n)	Coffee, 1 cup	0.0
Breakfast	total	470.0

(o)	Curry (Quixote), 1 dish	50.0
(a)		70.0
(g)		40.0
(i)		20.0
(l)		50.0
(a)	Rice, 200 grams	200.0
(h)	Cabbage, 30 grams	3.0
(o)	Scallop, 50 grams	55.5
(l)	Fried, 20 cm^3s	40.0
(n)	Coffee, 1 cup	0.0
Lunch	total	528.5
	Jog, 20 mins	−80.0

(a)	Sushi rice, 20 pieces	800.0
(c)	Raw fish, 20 pieces	300.0
(l)	Vinegar, 20 mls	0.0
(d)	Egg, .3 pieces	24.0
(d)	Quail, 1 piece	18.0
(f)	Nattoh, 10 grams	20.0
(j)	Laver, 5 sheets	0.0
Supper	total	1162.0

(e)	Yogurt, 60 grams	36.0
(n)	Beer, 700 mls	280.0
Night Snack	total	316.0

Items

(a)	∘	Cereals	1540.0
(b)	×	Meats	0.0
(c)	∘	Seafoods	300.0
(d)	∘	Eggs	42.0
(e)	∘	Dairy products	36.0
(f)	∘	Beans	20.0
(g)	∘	Potatoes	40.0
(h)	∘	Green vegetables	3.0
(i)	∘	Other vegetables	20.0
(j)	∘	Dry goods	0.0
(k)	×	Fruits	0.0
(l)	∘	Oils & seasonings	90.0
(m)	×	Confectioneries	0.0

(n)	◦ Drinks	280.0
(o)	◦ Miscellaneous	105.5

Total	2476.5
Limit	2439.9

Warning **36.6 kcal** **Exceeded!!**