

**Appendix 2. What Have I Eaten for a Week?**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Morning</b>	Egg(P) Cheese(P) Olive(Y) Cucumber Tomato Bread (F) Milk(P)	French Fries (F,Y) Tomato Tea Cheese (P)	Omelet (P) Cheese (P) Olive(Y) Bread(K) Chocolate	Menemen Cheese(P) Egg(P) Bread Chocolate	Egg Salad(P) Cheese(P) Milk(P)	Mixed Toast(P,K) Tea	Piti (K) Jam Chocolate
<b>Snack</b>	Fruit	Dry fruit	Cake Biscuit	Chocolate Ice cream	chips Chocolate	Fruit	Wafer Milk
<b>Noon</b>	Pasta(F) Salad Meatball(P)	Rice(F) Salad Bean meal	Fruit	Pasta(F)	Noodle(N) Sausage Toast (P) Fruit juice	Hamburger (K,P,Y) Ayran (P)	Pizza(F,Y) Cola
<b>Snack</b>	Wafer	Chocolate	Biscuit Chocolate	Chocolate	Pop Cake	2xchocolate Cola Chips	Chocolate
<b>Evening</b>	Soup Rice Salad	Spinach Rice Yogurt	Rice Salad	chips Easy	Soup Eggplant Meal	Dessert with Sorbet	-
<b>Extra</b>						Nuts	
P: Protein K: Carbs A: Oil V: Vitamin M: Mineral							