

Date	Time	Meal	Blood Sugars			1 Hour Chg	2 Hour Chg
			Pre-Meal	1 Hour Post	2 Hour Post		
11/23/2018	Dinner	Onion Maiden - Kale Em All / Tofu / Sautéed Kale	139	118	119	-21	-20
11/22/2018	Lunch	Soy Noodles with Veggie Patties	131	126	112	-5	-19
11/25/2018	Lunch	Stir-fry (Broccoli / Tofu / Onion / Mushroom)	134	142	115	8	-19
11/12/2018	Breakfast	Granola	122	136	114	14	-8
11/19/2018	Lunch	Salad	103	103	100	0	-3
11/12/2018	Lunch	Salad	118	126	119	8	1
11/26/2018	Snack	Goji Berries	107	128	110	21	3
11/13/2018	Snack	Juice, One Fruit	126	159	131	33	5
11/6/2018	Lunch	Salad	85	102	92	17	7
11/9/2018	Dinner	Stir Fry	124	139	132	15	8
11/26/2018	Dinner	Stir-fry (Broccoli / Tofu / Onion / Mushroom) and Cabbage Burger	106	136	122	30	16
11/19/2018	Dinner	Stir-fry (Caul Rice / Broccoli)	110	139	127	29	17
11/13/2018	Breakfast	Juice, All Veggies	108	167	126	59	18
11/28/2018	Dinner	Dinner - Cabbage and Chickpea/Broccoli mix	119	185	137	66	18
11/29/2018	Lunch	Quinoa from Burgatory	116	136	136	20	20
11/28/2018	Lunch	Burgatory Apple Cider Salad (raisins, vegan cheese, cashews)	109	136	129	27	20
11/7/2018	Dinner	Stir Fry	93	127	117	34	24
11/13/2018	Lunch	Hello Bistro Salad	107	139	133	32	26
11/8/2018	Breakfast	Granola	103	131	136	28	33
11/12/2018	Dinner	Squash and Marinara	106	162	143	56	37
11/6/2018	Dinner	Stir Fry with Veggie Burger	72	125	133	53	61
11/9/2018	Lunch	Burgatory Veggie Burger	103	159	179	56	76
11/11/2018	Breakfast	Granola	108	118		10	
11/11/2018	Lunch	Squash and Marinara	125	155		30	
11/10/2018	Dinner	Squash and Marinara	92	135		43	
11/29/2018	Dinner	Dinner - Chickpea/Broccoli/Quinoa mix	114	189		75	