

Diet Trac Entry for Jason B. 1/10/2010

<u>Meal</u>	<u>Time</u>	<u>Description</u>	<u>Food Amt</u>	<u>UOM</u>	<u>Calories</u>	<u>Protein (gms.)</u>	<u>Carbs (gms.)</u>	<u>Fat (gms.)</u>	<u>Sodium mgs.</u>	<u>Potassium mgs</u>	<u>Lnlc Acc. gms.</u>
1	08:00	Egg whites, large	6.00	Egg (lg)	100.98	21.60	1.56	0.00	289.08	275.22	0.00
		Oatmeal (rolled oats), cooked	7.00	Ounce	109.15	3.97	19.25	1.98	432.62	121.05	0.00
		CapTri	3.00	Tbsp.	342.00	0.00	0.00	0.00	0.00	0.00	0.00
		Essential Vitamin Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		Muscle Amino	.01	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		<u>Meal Totals</u>			<u>552.13</u>	<u>25.57</u>	<u>20.81</u>	<u>1.98</u>	<u>721.70</u>	<u>495.27</u>	<u>0.00</u>
2	11:30	Bar, Parrillo Bar (generic)	1.00	Bar	240.00	11.00	38.00	1.00	50.00	210.00	0.00
		<u>Meal Totals</u>			<u>240.00</u>	<u>11.00</u>	<u>38.00</u>	<u>1.00</u>	<u>50.00</u>	<u>210.00</u>	<u>0.00</u>
3	15:00	Captri Cookbook Entree, Chicken Fingers	5.00	Ounce	290.25	29.03	12.73	3.60	56.61	425.99	0.00
		Captri Cookbook Sides, Lentil Delight	6.00	Ounce	232.41	10.92	25.14	0.46	26.60	384.90	0.00
		Asparagus spears, cooked, boiled, drained	4.00	Ounce	22.68	2.48	4.08	0.24	1.12	207.52	0.00
		Essential Vitamin Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		Muscle Amino	2.00	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		<u>Meal Totals</u>			<u>545.33</u>	<u>42.43</u>	<u>41.95</u>	<u>4.30</u>	<u>84.34</u>	<u>1,117.41</u>	<u>0.00</u>
4	18:30	Protein, Hi-Protein Powder, Vanilla	2.00	Serving	320.00	62.00	16.00	0.00	60.00	360.00	0.00
		<u>Meal Totals</u>			<u>320.00</u>	<u>62.00</u>	<u>16.00</u>	<u>0.00</u>	<u>60.00</u>	<u>360.00</u>	<u>0.00</u>
5	22:00	Captri Cookbook Entree, Cod Fillet Italiano	7.00	Ounce	186.74	23.36	11.75	1.45	84.94	643.26	0.00
		Salad Greens	8.00	Ounces	45.36	2.72	7.92	0.48	20.39	598.73	0.00
		CapTri	2.00	Tbsp.	228.00	0.00	0.00	0.00	0.00	0.00	0.00
		Essential Vitamin Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		Muscle Amino	2.00	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		<u>Meal Totals</u>			<u>460.10</u>	<u>26.08</u>	<u>19.66</u>	<u>1.92</u>	<u>105.33</u>	<u>1,340.99</u>	<u>0.00</u>
		Daily Totals			2,117.56	167.08	136.43	9.21	1,021.37	3,523.67	0.00