

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	4.00	Egg (lg)	67.32	14.40	1.04	0.00	192.72	183.48	0.00
		Oatmeal (rolled oats), dry	3.00	Ounce	331.70	12.08	58.00	6.29	1.70	299.38	0.00
		Oil, Captri; (fat)	2.00	Tbsp.	228.00	0.00	0.00	28.36	0.00	0.00	0.00
		<u>Meal Totals</u>			<u>627.02</u>	<u>26.48</u>	<u>59.05</u>	<u>34.65</u>	<u>194.42</u>	<u>482.86</u>	<u>0.00</u>
2	11:30	Bar, Parrillo Energy Bar, Apple Cinnamon Flavor	2.00	Bar	480.00	28.00	70.01	2.00	70.01	700.00	0.00
		<u>Meal Totals</u>			<u>480.00</u>	<u>28.00</u>	<u>70.01</u>	<u>2.00</u>	<u>70.01</u>	<u>700.00</u>	<u>0.00</u>
3	15:00	Captri Cookbook Entree, Lemon Spice Chicken	6.00	Ounce	363.23	31.20	1.91	2.57	66.66	460.68	0.00
		Rice, brown, cooked	5.00	Ounce	168.68	3.54	36.15	0.85	399.73	99.23	0.00
		Asparagus spears, cooked, boiled, drained	4.00	Ounce	22.68	2.48	4.08	0.24	1.12	207.52	0.00
		<u>Meal Totals</u>			<u>554.59</u>	<u>37.22</u>	<u>42.13</u>	<u>3.66</u>	<u>467.52</u>	<u>767.43</u>	<u>0.00</u>
4	18:30	Supl Meal, 50/50 Plus Powder, Chocolate Flavor	3.00	Serving	450.00	60.00	51.00	0.00	120.00	390.00	0.00
		<u>Meal Totals</u>			<u>450.00</u>	<u>60.00</u>	<u>51.00</u>	<u>0.00</u>	<u>120.00</u>	<u>390.00</u>	<u>0.00</u>
5	22:00	Captri Cookbook Entree, Turkey Chili	6.00	Ounce	206.88	15.60	27.27	1.02	20.99	615.37	0.00
		Salad Greens	7.00	Ounces	39.69	2.38	6.93	0.42	17.84	523.89	0.00
		<u>Meal Totals</u>			<u>246.57</u>	<u>17.98</u>	<u>34.19</u>	<u>1.44</u>	<u>38.83</u>	<u>1,139.26</u>	<u>0.00</u>
		Daily Totals			2,358.17	169.68	256.38	41.75	890.78	3,479.54	0.00