

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	8.00	Egg (lg)	134.64	28.80	2.09	0.00	385.44	366.96	0.00
		Oatmeal (rolled oats), cooked	12.00	Ounce	187.11	6.80	33.00	3.40	741.64	207.52	0.00
		CapTri	2.00	Tbsp.	228.00	0.00	0.00	0.00	0.00	0.00	0.00
		Enhanced GH Formula	.01	capsule	0.00	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>549.75</u>	<u>35.61</u>	<u>35.09</u>	<u>3.40</u>	<u>1,127.08</u>	<u>673.48</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	7.00	Ounce	406.35	40.64	17.82	5.04	79.26	596.38	0.00
		Rice, brown, cooked	6.00	Ounce	202.42	4.25	43.38	1.02	479.68	119.07	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>631.45</u>	<u>47.38</u>	<u>65.28</u>	<u>6.30</u>	<u>560.07</u>	<u>1,021.97</u>	<u>0.00</u>
4	18:30	Protein, Hi-Protein Powder, Vanilla	3.00	Serving	480.00	93.00	24.00	0.00	90.00	540.00	0.00
		<u>Meal Totals</u>			<u>480.00</u>	<u>93.00</u>	<u>24.00</u>	<u>0.00</u>	<u>90.00</u>	<u>540.00</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
		Potatoes, baked in skin	5.00	Ounce	131.83	3.69	29.91	0.14	5.67	713.00	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>591.93</u>	<u>29.76</u>	<u>49.57</u>	<u>2.07</u>	<u>111.00</u>	<u>2,053.99</u>	<u>0.00</u>
6	23:00	Chicken, white meat without skin, roasted	6.00	Ounce	282.37	53.75	0.00	5.78	108.86	699.11	0.00
		Captri Cookbook Sides, Chickpeas with Spinach	4.00	Ounce	126.49	6.15	17.55	1.28	27.36	349.33	0.00
		Salad Greens	7.00	Ounces	39.69	2.38	6.93	0.42	17.84	523.89	0.00
		Enhanced GH Formula	2.00	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		<u>Meal Totals</u>			<u>448.54</u>	<u>62.28</u>	<u>24.48</u>	<u>7.48</u>	<u>154.07</u>	<u>1,572.33</u>	<u>0.00</u>
		Daily Totals			2,941.66	279.03	236.42	20.25	2,092.21	6,071.77	0.00