

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 | 3.00 | Tbsp. | 342.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| | | Enhanced GH Formula | 2.00 | 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>663.75</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 | 9.00 | Ounce | 522.45 | 52.25 | 22.91 | 6.48 | 101.91 | 766.78 | 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 |
| | | 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>713.81</u> | <u>58.28</u> | <u>63.14</u> | <u>7.57</u> | <u>502.76</u> | <u>1,172.52</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 | 9.00 | Ounce | 240.10 | 30.03 | 15.10 | 1.86 | 109.20 | 827.04 | 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 | 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 | 2.00 | capsule | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| | | <u>Meal Totals</u> | | | <u>759.28</u> | <u>36.44</u> | <u>52.93</u> | <u>2.48</u> | <u>135.26</u> | <u>2,237.78</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 |
| | | 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>322.06</u> | <u>56.13</u> | <u>6.93</u> | <u>6.20</u> | <u>126.70</u> | <u>1,223.00</u> | <u>0.00</u> |
| | | Daily Totals | | | 3,178.89 | 290.46 | 220.08 | 20.65 | 2,031.81 | 6,056.78 | 0.00 |