

## Diet Trac Entry for Male Diet 2/18/2010

<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, extra large	6	Egg (xl)	116.28	24.83	1.80	0.00	332.88	316.92	0.00
		Oatmeal (rolled oats), cooked	7	Ounce	109.15	3.97	19.25	1.98	432.62	121.05	0.00
		CapTri	2	Tbsp.	228.00	0.00	0.00	0.00	0.00	0.00	0.00
		Essential Vitamin Formula	1	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		Muscle Amino	2	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		<b>Meal Totals</b>			<b>453.43</b>	<b>28.80</b>	<b>21.05</b>	<b>1.98</b>	<b>765.50</b>	<b>536.97</b>	<b>0.00</b>
2	11:30	Supl Meal, 50/50 Plus Powder, Chocolate Flavor	2	Serving	300.00	40.00	34.00	0.00	80.00	260.00	0.00
		CapTri	2	Tbsp.	228.00	0.00	0.00	0.00	0.00	0.00	0.00
		<b>Meal Totals</b>			<b>528.00</b>	<b>40.00</b>	<b>34.00</b>	<b>0.00</b>	<b>80.00</b>	<b>260.00</b>	<b>0.00</b>
3	14:00	Captri Cookbook Entree, Chicken Fingers	8	Ounce	464.40	46.45	20.37	5.76	90.58	681.58	0.00
		Captri Cookbook Sides, Hash Browns	4	Ounce	106.98	2.29	18.57	0.10	3.53	440.45	0.00
		Brussels sprouts, fresh	6	Ounce	76.55	8.33	14.12	0.68	23.81	663.39	0.00
		Essential Vitamin Formula	1	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		Muscle Amino	2	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		<b>Meal Totals</b>			<b>647.92</b>	<b>57.07</b>	<b>53.06</b>	<b>6.54</b>	<b>117.92</b>	<b>1,884.41</b>	<b>0.00</b>
4	16:30	Supl Meal, 50/50 Plus Powder, Chocolate Flavor	2	Serving	300.00	40.00	34.00	0.00	80.00	260.00	0.00
		CapTri	2	Tbsp.	228.00	0.00	0.00	0.00	0.00	0.00	0.00
		<b>Meal Totals</b>			<b>528.00</b>	<b>40.00</b>	<b>34.00</b>	<b>0.00</b>	<b>80.00</b>	<b>260.00</b>	<b>0.00</b>
5	19:00	Beef, sirloin, broiled, choice, all fat trimmed	6	Ounce	352.11	54.77	0.00	13.10	102.06	629.37	0.00
		Pasta, spaghetti, cooked, tender	5	Ounce	156.71	4.80	32.47	0.56	1.41	86.12	0.00
		Salad Greens	10	Ounces	56.70	3.40	9.89	0.60	25.49	748.41	0.00
		Essential Vitamin Formula	1	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		Muscle Amino	2	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		<b>Meal Totals</b>			<b>565.52</b>	<b>62.97</b>	<b>42.37</b>	<b>14.26</b>	<b>128.96</b>	<b>1,562.90</b>	<b>0.00</b>
6	21:00	Bar, Parrillo Protein Bar, Fudge Brownie	1	bar	230.00	20.00	30.00	0.00	40.00	370.00	0.00
		<b>Meal Totals</b>			<b>230.00</b>	<b>20.00</b>	<b>30.00</b>	<b>0.00</b>	<b>40.00</b>	<b>370.00</b>	<b>0.00</b>
		<b>Daily Totals</b>			<b>2,952.87</b>	<b>248.85</b>	<b>214.48</b>	<b>22.79</b>	<b>1,212.39</b>	<b>4,874.28</b>	<b>0.00</b>