

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	6	Ounce	93.56	3.40	16.50	1.70	370.82	103.76	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
		<u>Meal Totals</u>			<u>437.84</u>	<u>28.23</u>	<u>18.30</u>	<u>1.70</u>	<u>703.70</u>	<u>519.68</u>	<u>0.00</u>
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
		<u>Meal Totals</u>			<u>528.00</u>	<u>40.00</u>	<u>34.00</u>	<u>0.00</u>	<u>80.00</u>	<u>260.00</u>	<u>0.00</u>
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	3	Ounce	80.24	1.72	13.93	0.08	2.65	330.33	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
		<u>Meal Totals</u>			<u>621.18</u>	<u>56.50</u>	<u>48.42</u>	<u>6.52</u>	<u>117.04</u>	<u>1,774.30</u>	<u>0.00</u>
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
		<u>Meal Totals</u>			<u>528.00</u>	<u>40.00</u>	<u>34.00</u>	<u>0.00</u>	<u>80.00</u>	<u>260.00</u>	<u>0.00</u>
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
		Salad Greens	10	Ounces	56.70	3.40	9.89	0.60	25.49	748.41	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
		<u>Meal Totals</u>			<u>636.81</u>	<u>58.17</u>	<u>9.89</u>	<u>13.69</u>	<u>127.55</u>	<u>1,476.78</u>	<u>0.00</u>
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
		<u>Meal Totals</u>			<u>230.00</u>	<u>20.00</u>	<u>30.00</u>	<u>0.00</u>	<u>40.00</u>	<u>370.00</u>	<u>0.00</u>
		Daily Totals			2,981.81	242.91	174.62	21.91	1,148.29	4,660.76	0.00