

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	9	Ounce	140.33	5.10	24.75	2.55	556.23	155.64	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
		Meal Totals			484.61	29.93	26.55	2.55	889.11	571.56	0.00
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
		Meal Totals			528.00	40.00	34.00	0.00	80.00	260.00	0.00
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	6	Ounce	160.47	3.44	27.86	0.15	5.29	660.67	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
		Meal Totals			701.41	58.22	62.35	6.59	119.69	2,104.64	0.00
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
		Meal Totals			528.00	40.00	34.00	0.00	80.00	260.00	0.00
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	8	Ounce	251.75	7.71	52.16	0.91	2.27	138.35	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
		Meal Totals			888.56	65.89	62.06	14.60	129.81	1,615.13	0.00
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
		Meal Totals			230.00	20.00	30.00	0.00	40.00	370.00	0.00
		Daily Totals			3,360.58	254.04	248.96	23.75	1,338.61	5,181.32	0.00