

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	10	Egg (xl)	193.80	41.38	3.00	0.00	554.80	528.20	0.00
		Oatmeal (rolled oats), cooked	3	Ounce	46.78	1.70	8.25	0.85	185.41	51.88	0.00
		CapTri	3	Tbsp.	342.00	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			582.58	43.08	11.25	0.85	740.21	679.08	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, Home Fries	4	Ounce	129.28	2.04	16.62	0.10	2.91	395.61	0.00
		Brussels sprouts, fresh	8	Ounce	102.06	11.11	18.82	0.91	31.75	884.52	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			923.73	59.60	55.82	6.77	125.25	2,060.71	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	8	Ounce	469.48	73.03	0.00	17.46	136.08	839.16	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			754.18	76.43	9.89	18.06	161.57	1,686.57	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			3,546.48	279.12	174.97	25.68	1,227.03	5,316.35	0.00