

## 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	5	Ounce	77.96	2.84	13.75	1.42	309.02	86.47	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
		<b>Meal Totals</b>			<b>613.76</b>	<b>44.22</b>	<b>16.75</b>	<b>1.42</b>	<b>863.82</b>	<b>713.67</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, Home Fries	6	Ounce	193.91	3.06	24.94	0.15	4.37	593.41	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
		<b>Meal Totals</b>			<b>988.37</b>	<b>60.62</b>	<b>64.13</b>	<b>6.82</b>	<b>126.71</b>	<b>2,258.51</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	8	Ounce	469.48	73.03	0.00	17.46	136.08	839.16	0.00
		Captri Cookbook Sides, French Potato Salad	6	Ounce	175.27	2.96	23.97	0.19	5.17	564.66	0.00
		Salad Greens	10	Ounces	56.70	3.40	9.89	0.60	25.49	748.41	0.00
		CapTri	1	Tbsp.	114.00	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>815.45</b>	<b>79.39</b>	<b>33.86</b>	<b>18.25</b>	<b>166.74</b>	<b>2,251.24</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>3,703.57</b>	<b>284.23</b>	<b>212.75</b>	<b>26.48</b>	<b>1,357.26</b>	<b>6,113.41</b>	<b>0.00</b>