

## 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
		Enhanced GH Formula	2	capsule	0.00	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	1	Tbsp.	114.00	0.00	0.00	0.00	0.00	0.00	0.00
		<b>Meal Totals</b>			<b>414.00</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	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	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>809.73</b>	<b>59.60</b>	<b>55.82</b>	<b>6.77</b>	<b>125.25</b>	<b>2,060.71</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	1	Tbsp.	114.00	0.00	0.00	0.00	0.00	0.00	0.00
		<b>Meal Totals</b>			<b>414.00</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	4	Ounce	116.85	1.97	15.98	0.12	3.45	376.44	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
		Enhanced GH Formula	2	capsule	0.00	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>757.02</b>	<b>78.40</b>	<b>25.87</b>	<b>18.18</b>	<b>165.01</b>	<b>2,063.01</b>	<b>0.00</b>
6	21:00	50/50 Plus Powder, Chocolate Flavor	2	serving	300.00	40.00	34.00	0.00	80.00	260.00	0.00
		<b>Meal Totals</b>			<b>300.00</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>
		<b>Daily Totals</b>			<b>3,308.51</b>	<b>302.23</b>	<b>200.45</b>	<b>26.37</b>	<b>1,394.08</b>	<b>5,617.38</b>	<b>0.00</b>