

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	Oatmeal (rolled oats), cooked	7	Ounce	109.15	3.97	19.25	1.98	432.62	121.05	0.00
		50/50 Plus Powder (generic)	1	serving	150.00	20.00	17.00	0.00	45.00	120.00	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
		<u>Meal Totals</u>			<u>601.15</u>	<u>23.97</u>	<u>36.25</u>	<u>1.98</u>	<u>477.62</u>	<u>340.05</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	1	Tbsp.	114.00	0.00	0.00	0.00	0.00	0.00	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>414.00</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, Captri Lentil Loaf	5	Ounce	125.73	5.83	20.60	0.54	50.41	181.28	0.00
		Brussels sprouts, fresh	8	Ounce	102.06	11.11	18.82	0.91	31.75	884.52	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
		<u>Meal Totals</u>			<u>1,034.19</u>	<u>63.39</u>	<u>59.79</u>	<u>7.21</u>	<u>172.74</u>	<u>1,846.38</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
		Muscle Amino	2	capsule	0.00	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	8	Ounce	469.48	73.03	0.00	17.46	136.08	839.16	0.00
		Captri Cookbook Sides, Fried Squash	6	Ounce	428.38	12.69	60.78	5.92	9.42	514.42	0.00
		Salad Greens	10	Ounces	56.70	3.40	9.89	0.60	25.49	748.41	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
		<u>Meal Totals</u>			<u>1,296.56</u>	<u>89.12</u>	<u>70.67</u>	<u>23.98</u>	<u>170.99</u>	<u>2,200.99</u>	<u>0.00</u>
6	21:00	Protein Powder, Optimized Whey, Strawberry Malt	2	serving	300.00	66.00	8.00	0.00	140.00	420.00	0.00
		<u>Meal Totals</u>			<u>300.00</u>	<u>66.00</u>	<u>8.00</u>	<u>0.00</u>	<u>140.00</u>	<u>420.00</u>	<u>0.00</u>
		Daily Totals			4,173.89	322.48	242.71	33.17	1,121.36	5,327.42	0.00