

## 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	2	Tbsp.	228.00	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>487.15</b>	<b>23.97</b>	<b>36.25</b>	<b>1.98</b>	<b>477.62</b>	<b>340.05</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
		Muscle Amino	2	capsule	0.00	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, 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	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>920.19</b>	<b>63.39</b>	<b>59.79</b>	<b>7.21</b>	<b>172.74</b>	<b>1,846.38</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
		Muscle Amino	2	capsule	0.00	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, Fried Squash	3	Ounce	214.19	6.34	30.39	2.96	4.71	257.21	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
		<b>Meal Totals</b>			<b>1,082.37</b>	<b>82.78</b>	<b>40.28</b>	<b>21.02</b>	<b>166.28</b>	<b>1,943.78</b>	<b>0.00</b>
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
		<b>Meal Totals</b>			<b>300.00</b>	<b>66.00</b>	<b>8.00</b>	<b>0.00</b>	<b>140.00</b>	<b>420.00</b>	<b>0.00</b>
		<b>Daily Totals</b>			<b>3,731.70</b>	<b>316.13</b>	<b>212.33</b>	<b>30.21</b>	<b>1,116.64</b>	<b>5,070.21</b>	<b>0.00</b>