

Diet Trac Entry for Cindy Sample 2/17/2010

<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	4.00	Egg (xl)	77.52	16.55	1.20	0.00	221.92	211.28	0.00
		Oatmeal (rolled oats), dry	3.00	Ounce	331.70	12.08	58.00	6.29	1.70	299.38	0.00
		CapTri	1.00	Tbsp.	114.00	0.00	0.00	0.00	0.00	0.00	0.00
		Essential Vitamin Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		Muscle Amino	2.00	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		<u>Meal Totals</u>			<u>523.22</u>	<u>28.63</u>	<u>59.20</u>	<u>6.29</u>	<u>223.62</u>	<u>609.66</u>	<u>0.00</u>
2	11:00	Captri Cookbook Entree, Chicken Salad	5.00	Ounce	244.52	18.67	1.52	1.98	63.08	326.15	0.00
		Salad Greens	5.00	Ounces	28.35	1.70	4.95	0.30	12.74	374.21	0.00
		CapTri	1.00	Tbsp.	114.00	0.00	0.00	0.00	0.00	0.00	0.00
		Muscle Amino	2.00	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		<u>Meal Totals</u>			<u>386.87</u>	<u>20.37</u>	<u>6.46</u>	<u>2.28</u>	<u>75.82</u>	<u>700.36</u>	<u>0.00</u>
3	13:30	Protein Powder, Optimized Whey, Strawberry Malt	1.00	serving	150.00	33.00	4.00	0.00	70.00	210.00	0.00
		<u>Meal Totals</u>			<u>150.00</u>	<u>33.00</u>	<u>4.00</u>	<u>0.00</u>	<u>70.00</u>	<u>210.00</u>	<u>0.00</u>
4	15:30	Fish, Salmon, atlantic, steamed	6.00	Ounce	335.10	34.19	0.00	22.11	187.11	561.33	0.00
		Salad Greens	6.00	Ounces	34.02	2.04	5.94	0.36	15.29	449.05	0.00
		CapTri	1.00	Tbsp.	114.00	0.00	0.00	0.00	0.00	0.00	0.00
		Essential Vitamin Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Mineral-Electrolyte Formula	1.00	tablet	0.00	0.00	0.00	0.00	0.00	99.00	0.00
		Muscle Amino	2.00	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		<u>Meal Totals</u>			<u>483.12</u>	<u>36.23</u>	<u>5.94</u>	<u>22.47</u>	<u>202.40</u>	<u>1,109.38</u>	<u>0.00</u>
5	19:00	Bar, Parrillo Energy Bar, French Vanilla Flavor	1.00	Bar	240.00	14.00	35.00	1.00	35.00	270.00	0.00
		<u>Meal Totals</u>			<u>240.00</u>	<u>14.00</u>	<u>35.00</u>	<u>1.00</u>	<u>35.00</u>	<u>270.00</u>	<u>0.00</u>
6	21:00	Protein Powder, Hi-Protein Powder, Chocolate	1.00	serving	160.00	31.00	8.00	0.00	50.00	200.00	0.00
		<u>Meal Totals</u>			<u>160.00</u>	<u>31.00</u>	<u>8.00</u>	<u>0.00</u>	<u>50.00</u>	<u>200.00</u>	<u>0.00</u>
		Daily Totals			1,943.20	163.23	118.61	32.05	656.85	3,099.39	0.00