

## 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>Lnic Acc. gms.</u>
1	08:00	Egg whites, extra large	6.00	Egg (xl)	116.28	24.83	1.80	0.00	332.88	316.92	0.00
		Oatmeal (rolled oats), dry	4.00	Ounce	442.26	16.10	77.34	8.39	2.27	399.17	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
		<u>Meal Totals</u>			<u>558.54</u>	<u>40.93</u>	<u>79.14</u>	<u>8.39</u>	<u>335.15</u>	<u>815.09</u>	<u>0.00</u>
2	11:00	Captri Cookbook Entree, Chicken Salad	7.00	Ounce	342.33	26.14	2.12	2.78	88.31	456.61	0.00
		Lentils, cooked	4.00	Ounce	120.20	8.85	21.89	0.00	1.13	282.37	0.00
		Salad Greens	.05	Ounces	0.28	0.02	0.05	0.00	0.13	3.75	0.00
		<u>Meal Totals</u>			<u>462.81</u>	<u>35.00</u>	<u>24.06</u>	<u>2.78</u>	<u>89.57</u>	<u>742.73</u>	<u>0.00</u>
3	13:30	Bar, Parrillo Protein Bar, Fudge Brownie Flavor	1.00	Bar	230.00	20.00	30.00	0.00	35.00	370.00	0.00
		<u>Meal Totals</u>			<u>230.00</u>	<u>20.00</u>	<u>30.00</u>	<u>0.00</u>	<u>35.00</u>	<u>370.00</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
		Potatoes, baked in skin	5.00	Ounce	131.83	3.69	29.91	0.14	5.67	713.00	0.00
		Salad Greens	6.00	Ounces	34.02	2.04	5.94	0.36	15.29	449.05	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
		<u>Meal Totals</u>			<u>500.94</u>	<u>39.92</u>	<u>35.85</u>	<u>22.61</u>	<u>208.07</u>	<u>1,822.38</u>	<u>0.00</u>
5	19:00	Protein Powder, Optimized Whey, Vanilla Malt	2.00	serving	300.00	66.00	8.00	0.00	140.00	360.00	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>360.00</u>	<u>0.00</u>
		<b>Daily Totals</b>			<b>2,052.30</b>	<b>201.85</b>	<b>177.04</b>	<b>33.78</b>	<b>807.79</b>	<b>4,110.20</b>	<b>0.00</b>