

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 | 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 |
| | | CapTri | 2.00 | Tbsp. | 228.00 | 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>786.54</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 |
| | | Sweetpotatoes, baked in skin | 6.00 | Ounce | 239.84 | 3.57 | 55.28 | 0.85 | 20.41 | 510.30 | 0.00 |
| | | Salad Greens | .05 | Ounces | 0.28 | 0.02 | 0.05 | 0.00 | 0.13 | 3.75 | 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>582.45</u> | <u>29.72</u> | <u>57.46</u> | <u>3.63</u> | <u>108.85</u> | <u>970.66</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 |
| | | Captri Cookbook Sides, Brown Rice and Lentils | 4.00 | Ounce | 75.74 | 3.14 | 11.23 | 0.24 | 3.48 | 89.67 | 0.00 |
| | | Salad Greens | 6.00 | Ounces | 34.02 | 2.04 | 5.94 | 0.36 | 15.29 | 449.05 | 0.00 |
| | | CapTri | 2.00 | Tbsp. | 228.00 | 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>672.86</u> | <u>39.37</u> | <u>17.16</u> | <u>22.71</u> | <u>205.88</u> | <u>1,199.04</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 | | | 2,671.85 | 175.03 | 226.76 | 35.73 | 769.89 | 3,824.79 | 0.00 |