

## 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
		Advanced Lipotropic Formula	2.00	capsule	0.00	0.00	0.00	0.00	0.00	0.00	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
		<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
		<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
		Advanced Lipotropic Formula	2.00	capsule	0.00	0.00	0.00	0.00	0.00	0.00	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
		<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>
		<b>Daily Totals</b>			<b>2,671.85</b>	<b>175.03</b>	<b>226.76</b>	<b>35.73</b>	<b>769.89</b>	<b>3,824.79</b>	<b>0.00</b>