

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	Egg whites, large	6	Egg (lg)	100.98	21.60	1.56	0.00	289.08	275.22	0.00
		Oatmeal (rolled oats), cooked	5	Ounce	77.96	2.84	13.75	1.42	309.02	86.47	0.00
		CapTri	1	Tbsp.	114.00	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
		Meal Totals			292.94	24.44	15.31	1.42	598.10	460.69	0.00
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	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
		Meal Totals			528.00	40.00	34.00	0.00	80.00	260.00	0.00
3	14:00	Captri Cookbook Entree, Chicken Fingers	8	Ounce	464.40	46.45	20.37	5.76	90.58	681.58	0.00
		Brussels sprouts, fresh	8	Ounce	102.06	11.11	18.82	0.91	31.75	884.52	0.00
		CapTri	1	Tbsp.	114.00	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
		Meal Totals			680.46	57.56	39.19	6.67	122.34	1,665.10	0.00
4	16:30	Muscle Amino	2	capsule	0.00	0.00	0.00	0.00	0.00	0.00	0.00
		Protein Powder, Optimized Whey, Chocolate Malt	2	serving	300.00	66.00	8.00	0.00	140.00	460.00	0.00
		Meal Totals			300.00	66.00	8.00	0.00	140.00	460.00	0.00
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
		Salad Greens	10	Ounces	56.70	3.40	9.89	0.60	25.49	748.41	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
		Meal Totals			754.18	76.43	9.89	18.06	161.57	1,686.57	0.00
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
		Meal Totals			300.00	66.00	8.00	0.00	140.00	420.00	0.00
Daily Totals					2,855.57	330.43	114.40	26.14	1,242.00	4,952.36	0.00