

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 | 8.00 | Egg (xl) | 155.04 | 33.11 | 2.40 | 0.00 | 443.84 | 422.56 | 0.00 |
| | | Oatmeal (rolled oats), dry | 5.00 | Ounce | 552.82 | 20.13 | 96.67 | 10.49 | 2.84 | 498.96 | 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>935.86</u> | <u>53.23</u> | <u>99.08</u> | <u>10.49</u> | <u>446.67</u> | <u>1,020.52</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 |
| | | Captri Cookbook Sides, Brown Rice and Lentils | 7.00 | Ounce | 132.54 | 5.50 | 19.65 | 0.42 | 6.09 | 156.91 | 0.00 |
| | | Salad Greens | 5.00 | Ounces | 28.35 | 1.70 | 4.95 | 0.30 | 12.74 | 374.21 | 0.00 |
| | | CapTri | 2.00 | Tbsp. | 228.00 | 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>731.22</u> | <u>33.33</u> | <u>26.72</u> | <u>3.49</u> | <u>107.15</u> | <u>987.73</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 | 8.00 | Ounce | 446.80 | 45.59 | 0.00 | 29.48 | 249.48 | 748.44 | 0.00 |
| | | Captri Cookbook Sides, Beet Salad with Red Onion | 6.00 | Ounce | 198.46 | 2.25 | 13.78 | 0.15 | 74.93 | 438.82 | 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>907.27</u> | <u>49.87</u> | <u>19.71</u> | <u>29.99</u> | <u>339.70</u> | <u>1,735.31</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 | 2.00 | serving | 320.00 | 62.00 | 16.00 | 0.00 | 100.00 | 400.00 | 0.00 |
| | | <u>Meal Totals</u> | | | <u>320.00</u> | <u>62.00</u> | <u>16.00</u> | <u>0.00</u> | <u>100.00</u> | <u>400.00</u> | <u>0.00</u> |
| | | Daily Totals | | | 3,364.36 | 232.44 | 226.51 | 44.98 | 1,063.53 | 4,783.56 | 0.00 |