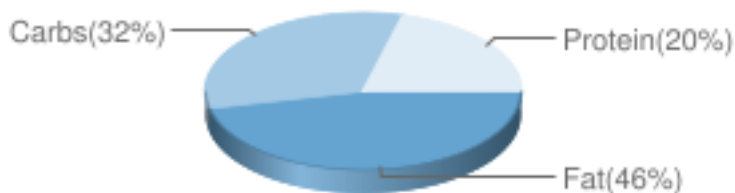


Report for 4 Dec 2011

Calories Consumed	+1699
Calories Burned (Daily Activity)	-2082
Calories Burned (Exercise)	-0
Net Calories	-382

**Exercise**

No exercise recorded for this day.

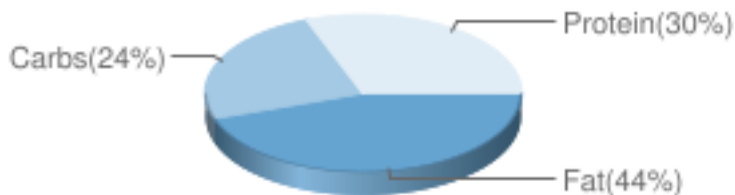
Nutrition

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Grapes, american type (slip skin), raw (1 cup) (2 servings of 1 cup (92g))	0.7	35.0	33.2	1.3	1.8	2.2	0.0	388.5	135
Raw Beet Ginger Kvass (1 serving of 6 ounces)	0.0	4.0	2.0	1.0	1.0	75.0	0.0	0.0	20
Pitted black olives (3 servings of 5 olives (15 gr...))	4.8	1.5	0.0	0.6	0.0	0.0	0.0	0.0	51
Onions, raw (1 large) (0 servings of 1 large (150g))	0.1	9.3	4.2	1.1	1.7	4.0	0.0	144.5	39
Egg, whole, raw, fresh (1 large) (3 servings of 1 large (50g))	14.9	1.2	1.2	18.9	0.0	210.0	634.5	201.0	213
Fat, duck (1 tbsp) (0 servings of 1 tbsp (12.8g))	8.4	0.0	0.0	0.0	0.0	0.0	8.5	0.0	75
Totals	29.0	50.9	40.5	22.8	4.5	291.2	642.9	734.0	534
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Organic Tart Cherry Juice Concentrate (1 serving of 1 Tbsp)	0.0	9.0	8.0	0.0	0.0	15.0	0.0	106.0	34
Nuts, almond butter, plain, without salt added (1 tbsp) (1 serving of 1 tbsp (16g))	9.5	3.4	0.0	2.4	0.6	1.0	0.0	121.0	101
Apples, raw, with skin (1 medium (2-3/4" dia) (approx 3 per lb)) (1 serving of 1 medium (2-3/4...))	0.2	19.1	14.3	0.4	3.3	1.0	0.0	147.0	71
Post Workout Whey Protein (1 serving of 1/3 cup)	1.0	4.2	0.2	17.3	0.0	0.0	0.0	0.0	95
Totals	10.7	35.7	22.5	20.1	3.9	17.0	0.0	374.0	301

Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Carrots, raw (1 large (7-1/4" to 8-1/2" long)) (2 servings of 1 large (7-1/4"...	0.4	13.8	6.8	1.3	4.0	98.0	0.0	460.0	58
Fat, duck (1 tbsp) (0 servings of 1 tbsp (12.8g))	6.4	0.0	0.0	0.0	0.0	0.0	6.4	0.0	57
Egg (1 serving of 1 large egg)	7.5	1.3	1.1	6.8	0.0	170.0	214.7	84.0	101
Cole Slaw Mix (3 servings of 1.5 cups)	0.0	15.0	9.0	3.0	6.0	60.0	0.0	0.0	75
Pears, raw (1 medium) (1 serving of 1 medium (178g))	0.2	27.5	17.4	0.7	5.5	1.0	0.0	211.0	103
Super Omega-3 Oil (2 servings of 1 tsp)	10.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	90
Wild Herring Fillets Seasoned with cracked pepper (3 servings of 55 g (Whole Tin...))	27.6	0.0	0.0	38.0	0.0	793.5	120.8	0.0	379
Totals	52.0	57.7	34.3	49.7	15.6	1122.5	341.9	755.0	864
Daily Nutrition Totals	91.6	144.2	97.4	92.6	24.0	1430.7	984.8	1863.0	1699
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 5 Dec 2011

Calories Consumed	+2396
Calories Burned (Daily Activity)	-2069
Calories Burned (Exercise)	-227
Net Calories	100

**Exercise**

Cardio Exercise	Time	Distance	Mets	Incline	Heart Rate	Calories
Walking	00:19:21	1.21	-	-	-	131
Cardio Totals	00:19:21	1.21 mi	0	0.0	0.0	131

Weight Exercise	Sets	Weight	Calories
Push Press	(5x65.0lbs, 5x65.0lbs, 5x65.0lbs, 5x65.0lbs, 5x65.0lbs, 5x65.0lbs, 5x65.0lbs)	2275.0lbs	21
Power Clean	(5x65.0lbs, 5x65.0lbs, 5x65.0lbs, 5x65.0lbs, 5x65.0lbs, 5x65.0lbs, 5x65.0lbs, 4x65.0lbs)	2535.0lbs	39
Box Squat	(10x45.0lbs, 7x65.0lbs, 3x85.0lbs, 3x85.0lbs, 3x85.0lbs, 3x85.0lbs, 3x85.0lbs, 3x85.0lbs, 3x85.0lbs, 3x85.0lbs, 3x85.0lbs, 3x85.0lbs)	3965.0lbs	36
Weight Training Totals		8775.0lbs	96

Daily Exercise Calorie Burn

227

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Pears, raw (1 medium) (1 serving of 1 medium (178g))	0.2	27.5	17.4	0.7	5.5	1.0	0.0	211.0	103
Egg (3 servings of 1 large egg)	22.3	4.0	3.2	20.3	0.0	510.0	644.2	252.0	303
Raw Beet Ginger Kvass (1 serving of 6 ounces)	0.0	4.0	2.0	1.0	1.0	75.0	0.0	0.0	20
Fat, duck (1 tbsp) (0 servings of 1 tbsp (12.8g))	6.4	0.0	0.0	0.0	0.0	0.0	6.4	0.0	57
Olives, ripe, canned (small-extra large) (1 tbsp) (5 servings of 1 tbsp (8.4g))	4.5	2.6	0.0	0.4	1.3	365.0	0.0	0.0	45

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Turkey, all classes, dark meat, cooked, roasted (1 cup, chopped or diced) (0 servings of 1 cup, chopped ...)	8.1	0.0	0.0	32.0	0.0	88.0	95.2	324.8	208
Cheese, feta (1 oz) (1 serving of 1 oz (28.35g))	6.6	1.3	1.3	4.4	0.0	347.6	27.8	18.7	81
Totals	48.2	39.4	23.9	58.8	7.9	1386.6	773.5	806.5	818
Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Apples, raw, with skin (1 medium (2-3/4" dia) (approx 3 per lb)) (1 serving of 1 medium (2-3/4...))	0.2	19.1	14.3	0.4	3.3	1.0	0.0	147.0	71
Skinless and Boneless Low Sodium Sardines (1 serving of 1/4 cup (55g))	5.0	0.0	0.0	12.0	0.0	35.0	25.0	0.0	90
Totals	5.2	19.1	14.3	12.4	3.3	36.0	25.0	147.0	161
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Turkey Weight Cutting Meal (1 serving of 1 bag)	6.5	8.1	3.4	25.7	2.5	94.0	71.4	633.0	193
Totals	6.5	8.1	3.4	25.7	2.5	94.0	71.4	633.0	193
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Nuts, almond butter, plain, without salt added (1 tbsp) (1 serving of 1 tbsp (16g))	9.5	3.4	0.0	2.4	0.6	1.0	0.0	121.0	101
Apples, raw, with skin (1 medium (2-3/4" dia) (approx 3 per lb)) (1 serving of 1 medium (2-3/4...))	0.2	19.1	14.3	0.4	3.3	1.0	0.0	147.0	71
Turkey Weight Cutting Meal (1 serving of 1 bag)	6.5	8.1	3.4	25.7	2.5	94.0	71.4	633.0	193
Totals	16.2	30.6	17.8	28.5	6.4	96.0	71.4	901.0	365
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Pomegranates, raw (1 pomegranate (3-3/8" dia)) (1 serving of 1 pomegranate (...))	0.5	26.4	25.5	1.5	0.9	4.0	0.0	398.0	104
All Natural Smoked Wild Kippers (3 servings of 1/4 cup (55 g))	28.0	0.0	0.0	38.5	0.0	805.0	122.5	0.0	385
Super Omega-3 Oil (3 servings of 1 tsp)	15.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	135
Cole Slaw Mix (4 servings of 1.5 cups)	0.0	20.0	12.0	4.0	8.0	80.0	0.0	0.0	100
Totals	43.5	46.4	37.5	44.0	8.9	889.0	122.5	398.0	724

Pre-gym	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
BCAA Powder (1 serving of 1scoop (5g))	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20
Totals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20
Post-gym	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
BCAA Powder (1 serving of 1scoop (5g))	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	20
Post Workout Whey Protein (1 serving of 1/3 cup)	1.0	4.2	0.2	17.3	0.0	0.0	0.0	0.0	95
Totals	1.0	4.2	0.2	17.3	0.0	0.0	0.0	0.0	115
Daily Nutrition Totals	120.6	147.9	97.2	186.6	29.0	2501.6	1063.8	2885.5	2396
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 6 Dec 2011

Calories Consumed	+1786
Calories Burned (Daily Activity)	-2069
Calories Burned (Exercise)	-180
Net Calories	-462

**Exercise**

Cardio Exercise	Time	Distance	Mets	Incline	Heart Rate	Calories
Walking	00:17:13	0.95	-	-	-	101
Walking	00:14:20	0.83	-	-	-	79
Cardio Totals	00:31:33	1.78 mi	0	0.0	0.0	180

Daily Exercise Calorie Burn**180****Nutrition**

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Fat, duck (1 tbsp) (0 servings of 1 tbsp (12.8g))	6.4	0.0	0.0	0.0	0.0	0.0	6.4	0.0	57
Organic Roast Turkey Breast (1 serving of 3 slices)	0.0	0.0	0.0	15.0	0.0	390.0	40.0	0.0	70
Salsa, Medium (2 servings of 2 tbsp.)	0.0	4.0	2.0	0.0	0.0	180.0	0.0	0.0	20
Egg (3 servings of 1 large egg)	22.3	4.0	3.2	20.3	0.0	510.0	644.2	252.0	303
Blue Corn No Salt Organic Tortilla Chips (1 serving of 1 oz.)	12.3	31.5	0.0	3.5	3.5	17.5	0.0	0.0	245
Totals	41.0	39.5	5.2	38.8	3.5	1097.5	690.6	252.0	695

Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Honey (1 tbsp) (2 servings of 1 tbsp (21g))	0.0	34.6	34.5	0.1	0.1	0.0	0.0	20.0	126
Totals	0.0	34.6	34.5	0.1	0.1	0.0	0.0	20.0	126

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Super Omega-3 Oil (2 servings of 1 tsp)	10.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	90
Cole Slaw Mix (5 servings of 1.5 cups)	0.0	25.0	15.0	5.0	10.0	100.0	0.0	0.0	125

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Turkey Weight Cutting Meal (1 serving of 1 bag)	6.5	8.1	3.4	25.7	2.5	94.0	71.4	633.0	193
Totals	16.5	33.1	18.4	30.7	12.5	194.0	71.4	633.0	408
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Apples, raw, with skin (1 medium (2-3/4" dia) (approx 3 per lb)) (1 serving of 1 medium (2-3/4...))	0.2	19.1	14.3	0.4	3.3	1.0	0.0	147.0	71
Carrots, raw (1 medium) (3 servings of 1 medium (61g))	0.4	17.5	8.7	1.7	5.1	126.0	0.0	585.0	75
Fat, duck (1 tbsp) (0 servings of 1 tbsp (12.8g))	6.4	0.0	0.0	0.0	0.0	0.0	6.4	0.0	57
Chicken, broilers or fryers, thigh, meat only, raw (1 thigh, bone and skin removed) (2 servings of 1 thigh, bone a...)	5.4	0.0	0.0	27.1	0.0	118.0	114.5	318.0	164
Totals	12.5	36.6	23.0	29.2	8.4	245.0	120.9	1050.0	367
Evening Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Salsa, Medium (1 serving of 2 tbsp.)	0.0	2.0	1.0	0.0	0.0	90.0	0.0	0.0	10
Honey (1 tbsp) (1 serving of 1 tbsp (21g))	0.0	17.3	17.3	0.1	0.0	0.0	0.0	10.0	63
Organic Roast Turkey Breast (1 serving of 3 slices)	0.0	0.0	0.0	24.9	0.0	647.4	66.4	0.0	116
Totals	0.0	19.3	18.2	25.0	0.0	737.4	66.4	10.0	189
Daily Nutrition Totals	69.9	163.2	99.4	123.8	24.6	2273.9	949.3	1965.0	1786
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 7 Dec 2011

Calories Consumed	+2015
Calories Burned (Daily Activity)	-2062
Calories Burned (Exercise)	-266
Net Calories	-312

**Exercise**

Cardio Exercise	Time	Distance	Mets	Incline	Heart Rate	Calories
Rowing Machine	00:14:10	2.33	-	-	-	266
Cardio Totals	00:14:10	2.33 mi	0	0.0	0.0	266

Daily Exercise Calorie Burn

266

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Super Omega-3 Oil (3 servings of 1 tsp)	15.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	135
Post Workout Whey Protein (2 servings of 1/3 cup)	2.0	8.4	0.4	34.6	0.0	0.0	0.0	0.0	190
Bananas, raw (1 large (8" to 8-7/8" long)) (1 serving of 1 large (8" to ...))	0.5	31.1	16.6	1.5	3.5	1.0	0.0	486.0	121
Totals	17.4	39.5	17.0	36.1	3.5	1.0	0.0	486.0	446

Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Honey (1 tbsp) (1 serving of 1 tbsp (21g))	0.0	17.3	17.3	0.1	0.0	0.0	0.0	10.0	63
Totals	0.0	17.3	17.2	0.1	0.0	0.0	0.0	10.0	63

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Parsley, raw (1 tbsp) (4 servings of 1 tbsp (3.8g))	0.1	1.0	0.1	0.5	0.5	8.0	0.0	84.0	4
Seeds, sesame butter, tahini, from raw and stone ground kernels (1 tbsp) (1 serving of 1 tbsp (15g))	10.8	5.9	0.0	4.0	2.1	16.5	0.0	93.0	127
Tomatoes, red, ripe, raw, year round average (1 medium whole (2-3/5" dia)) (1 serving of 1 medium whole ...)	0.3	4.8	3.2	1.1	1.5	6.0	0.0	291.0	22

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Cucumber, with peel, raw (0.5 cup slices) (2 servings of 0.5 cup slices ...)	0.1	3.8	1.7	0.7	0.5	2.0	0.0	152.0	14
Organic Roast Turkey Breast (1 serving of 3 slices)	0.0	0.0	0.0	20.0	0.0	518.7	53.2	0.0	93
Turkey Weight Cutting Meal (1 serving of 1 bag)	6.5	8.1	3.4	25.7	2.5	94.0	71.4	633.0	193
Ginger Kombucha Tea (4 servings of 4 fl oz (117g))	0.0	20.0	8.0	0.0	0.0	0.0	0.0	0.0	80
Totals	17.8	43.6	16.5	51.9	7.1	645.2	124.6	1253.0	533

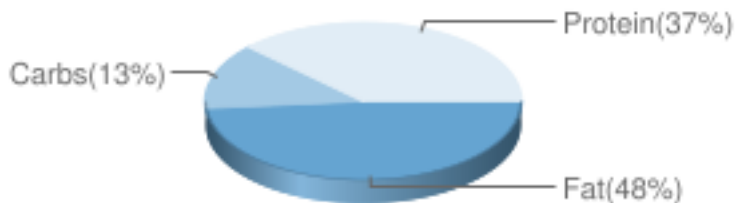
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Sauerkraut, canned, solids and liquids (1 cup) (1 serving of 1 cup (142g))	0.2	6.1	2.5	1.3	4.1	938.0	0.0	241.0	26
Apples, raw, with skin (1 medium (2-3/4" dia) (approx 3 per lb)) (1 serving of 1 medium (2-3/4...))	0.2	19.1	14.3	0.4	3.3	1.0	0.0	147.0	71
Organic Molasses (1 serving of 1 tbsp. (22g))	0.0	14.0	10.0	0.0	0.0	0.0	0.0	730.0	60
Bolthouse Farms Carrot Chips Croustilles (2 servings of 3 oz)	0.0	16.0	10.0	0.0	4.0	130.0	0.0	540.0	70
Celery, raw (1 stalk, large (11"-12" long)) (4 servings of 1 stalk, large ...)	0.4	7.6	4.7	1.8	4.1	204.0	0.0	664.0	40
Onions, raw (1 serving of 1 med. (2.5 dia...))	0.0	10.0	5.0	1.0	2.0	4.0	0.0	0.0	44
Fat, duck (1 tbsp) (1 serving of 1 tbsp (12.8g))	12.8	0.0	0.0	0.0	0.0	0.0	12.8	0.0	115
Chicken, broilers or fryers, breast, meat only, cooked, roasted (0.5 breast, bone and skin removed) (2 servings of 0.5 breast, bon...)	6.1	0.0	0.0	53.4	0.0	126.0	146.2	440.0	282
Totals	19.8	72.7	46.6	57.8	17.5	1403.0	159.0	2762.0	708

Evening Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Nuts, almond butter, plain, without salt added (1 tbsp) (2 servings of 1 tbsp (16g))	18.9	6.8	0.0	4.8	1.2	2.0	0.0	242.0	202
Honey (1 tbsp) (1 serving of 1 tbsp (21g))	0.0	17.3	17.3	0.1	0.0	0.0	0.0	10.0	63
Totals	18.9	24.1	17.2	4.9	1.2	2.0	0.0	252.0	265

Daily Nutrition Totals	73.9	197.2	114.6	150.7	29.4	2051.2	283.6	4763.0	2015
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 8 Dec 2011

Calories Consumed	+1614
Calories Burned (Daily Activity)	-2062
Calories Burned (Exercise)	-220
Net Calories	-667

**Exercise**

Cardio Exercise	Time	Distance	Mets	Incline	Heart Rate	Calories
Walking	00:16:48	0.94	-	-	-	112
Walking	00:14:39	0.9	-	-	-	108
Cardio Totals	00:31:27	1.84 mi	0	0.0	0.0	220

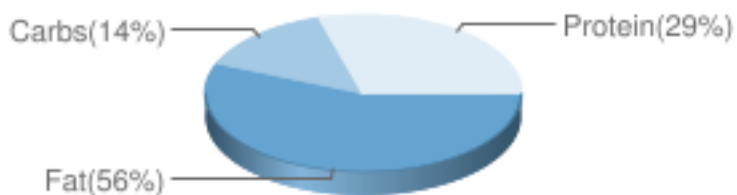
Daily Exercise Calorie Burn**220****Nutrition**

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Coconut Milk (1 serving of 1/3 cup)	14.0	2.0	2.0	1.0	0.0	15.0	0.0	165.0	140
Chicken - dark meat, no skin, roasted (0 servings of 1 cup (140 g))	9.0	0.0	0.0	25.3	0.0	85.8	85.8	221.8	189
Fat, duck (1 tbsp) (1 serving of 1 tbsp (12.8g))	12.8	0.0	0.0	0.0	0.0	0.0	12.8	0.0	115
Egg (3 servings of 1 large egg)	22.3	4.0	3.2	20.3	0.0	510.0	644.2	252.0	303
Totals	58.1	6.0	5.2	46.6	0.0	610.8	742.8	638.8	747
Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Turkey Weight Cutting Meal (2 servings of 1 bag)	13.0	16.3	6.9	51.4	5.0	188.0	142.8	1266.0	386
Totals	13.0	16.3	6.9	51.4	5.0	188.0	142.8	1266.0	386
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Turkey Weight Cutting Meal (1 serving of 1 bag)	6.5	8.1	3.4	25.7	2.5	94.0	71.4	633.0	193
Totals	6.5	8.1	3.4	25.7	2.5	94.0	71.4	633.0	193

Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Apples, raw, with skin (1 small (2-1/2" dia) (approx 4 per lb)) (0 servings of 1 small (2-1/2"...))	0.1	7.3	5.5	0.1	1.3	0.5	0.0	56.5	27
Chicken, broilers or fryers, breast, meat only, cooked, roasted (0.5 breast, bone and skin removed) (1 serving of 0.5 breast, bon...)	3.1	0.0	0.0	26.7	0.0	63.0	73.1	220.0	141
Pure Wraps (original) (2 servings of 1 wrap)	5.0	16.0	2.0	0.0	2.0	480.0	0.0	240.0	120
Totals	8.2	23.3	7.5	26.8	3.3	543.5	73.1	516.5	288
Daily Nutrition Totals	85.8	53.8	23.0	150.5	10.8	1436.3	1030.1	3054.3	1614
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 9 Dec 2011

Calories Consumed	+1550
Calories Burned (Daily Activity)	-2044
Calories Burned (Exercise)	-90
Net Calories	-584

**Exercise**

Cardio Exercise	Time	Distance	Mets	Incline	Heart Rate	Calories
Walking	00:14:22	0.86	-	-	-	90
Cardio Totals	00:14:22	0.86 mi	0	0.0	0.0	90

Daily Exercise Calorie Burn

90

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Beet Ginger Kvass (1 serving of 6 ounces)	0.0	4.0	2.0	1.0	1.0	75.0	0.0	0.0	20
Coffee, brewed, espresso, restaurant-prepared (1 fluid ounce) (1 serving of 1 fluid ounce (...))	0.1	0.0	0.0	0.0	0.0	4.0	0.0	34.0	0
Salsa, Medium (1 serving of 2 tbsp.)	0.0	2.0	1.0	0.0	0.0	90.0	0.0	0.0	10
Pure Wraps (original) (1 serving of 1 wrap)	2.5	8.0	1.0	0.0	1.0	240.0	0.0	120.0	60
Fat, duck (1 tbsp) (1 serving of 1 tbsp (12.8g))	12.8	0.0	0.0	0.0	0.0	0.0	12.8	0.0	115
Egg (3 servings of 1 large egg)	22.3	4.0	3.2	20.3	0.0	510.0	644.2	252.0	303
Totals	37.7	18.0	7.2	21.3	2.0	919.0	657.0	406.0	508

Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Coffee, brewed, espresso, restaurant-prepared (1 fluid ounce) (2 servings of 1 fluid ounce (...))	0.1	0.0	0.0	0.1	0.0	8.0	0.0	68.0	0
Totals	0.1	0.0	0.0	0.1	0.0	8.0	0.0	68.0	0

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Turkey Weight Cutting Meal (2 servings of 1 bag)	13.0	16.3	6.9	51.4	5.0	188.0	142.8	1266.0	386

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Totals	13.0	16.3	6.9	51.4	5.0	188.0	142.8	1266.0	386
Afternoon Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Coffee, brewed, espresso, restaurant-prepared (1 fluid ounce) (2 servings of 1 fluid ounce (...))	0.1	0.0	0.0	0.1	0.0	8.0	0.0	68.0	0
Totals	0.1	0.0	0.0	0.1	0.0	8.0	0.0	68.0	0
Dinner	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Vegetable oil, coconut (1 tbsp) (0 servings of 1 tbsp (13.6g))	4.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	39
Chicken, broilers or fryers, breast, meat only, raw (0.5 breast, bone and skin removed) (1 serving of 0.5 breast, bon...)	1.7	0.0	0.0	32.4	0.0	90.4	81.4	357.0	153
Pure Wraps (original) (1 serving of 1 wrap)	2.5	8.0	1.0	0.0	1.0	240.0	0.0	120.0	60
Totals	8.8	8.0	1.0	32.4	1.0	330.4	81.4	477.0	252
Evening Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Nuts, almond butter, plain, without salt added (1 tbsp) (4 servings of 1 tbsp (16g))	37.8	13.6	0.0	9.7	2.4	4.0	0.0	484.0	404
Totals	37.8	13.6	0.0	9.7	2.4	4.0	0.0	484.0	404
Daily Nutrition Totals	97.5	55.9	15.0	115.0	10.4	1457.4	881.2	2769.0	1550
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	

Report for 10 Dec 2011

Calories Consumed	+1057
Calories Burned (Daily Activity)	-2028
Calories Burned (Exercise)	-490
Net Calories	-1460



Exercise

Cardio Exercise	Time	Distance	Mets	Incline	Heart Rate	Calories
Rowing Machine	00:07:34	2.71	-	-	-	142
Rowing Machine	00:19:52	2.71	-	-	-	257
Rowing Machine	00:12:06	1.13	-	-	-	91
Cardio Totals	00:39:32	6.55 mi	0	0.0	0.0	490

Daily Exercise Calorie Burn

490

Nutrition

Breakfast	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Nuts, almond butter, plain, without salt added (1 tbsp) (2 servings of 1 tbsp (16g))	18.9	6.8	0.0	4.8	1.2	2.0	0.0	242.0	202
Vegetable oil, coconut (1 tbsp) (0 servings of 1 tbsp (13.6g))	4.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	35
Chicken, broilers or fryers, breast, meat only, raw (0.5 breast, bone and skin removed) (1 serving of 0.5 breast, bon...)	1.7	0.0	0.0	32.4	0.0	90.4	81.4	357.0	153
Totals	24.7	6.8	0.0	37.2	1.2	92.4	81.4	599.0	390

Morning Snack	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Coffee, brewed, espresso, restaurant-prepared (1 fluid ounce) (3 servings of 1 fluid ounce (...))	0.2	0.0	0.0	0.1	0.0	12.0	0.0	102.0	0
Totals	0.2	0.0	0.0	0.1	0.0	12.0	0.0	102.0	0

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Sport Energy Vanilla Crisp (1 serving of 1 bar)	3.5	43.0	25.0	8.0	2.0	190.0	0.0	378.0	210

Lunch	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Tangerines, (mandarin oranges), raw (1 medium (2-1/2" dia)) (1 serving of 1 medium (2-1/2...))	0.3	11.7	9.3	0.7	1.6	1.0	0.0	146.0	46
Fluid replacement, electrolyte solution (include PEDIALYTE) (1 cup (8 fl oz)) (4 servings of 1 cup (8 fl oz)...)	0.0	24.5	24.5	0.0	0.0	1008.0	0.0	768.0	100
Totals	3.8	79.2	58.8	8.7	3.6	1199.0	0.0	1292.0	356
Post-gym	Fat	Carbs	Sugar	Protein	Fiber	Sodium	Cholesterol	Potassium	Calories
Bananas, raw (1 large (8" to 8-7/8" long)) (1 serving of 1 large (8" to ...))	0.5	31.1	16.6	1.5	3.5	1.0	0.0	486.0	121
Post Workout Whey Protein (2 servings of 1/3 cup)	2.0	8.4	0.4	34.6	0.0	0.0	0.0	0.0	190
Totals	2.4	39.5	17.0	36.1	3.5	1.0	0.0	486.0	311
Daily Nutrition Totals	31.1	125.5	75.8	82.2	8.3	1304.4	81.4	2479.0	1057
	(g)	(g)	(g)	(g)	(g)	(mg)	(mg)	(mg)	