

Yogurt, plain, skim milk, 13 grams protein per 8 ounce	4 oz	63.5	8.7	0.2	6.5
Soy Milk - Kirkland	0.5 cup	50.0	4.0	2.0	4.0
Strawberries, frozen, unsweetened	0.5 cup, unthawed	26.1	6.8	0.1	0.3
Bananas, raw	0.5 small (6" to 6-7/8" long)	44.9	11.5	0.2	0.6
Dinner		684.4	85.0	9.0	47.8
Fish, snapper, mixed species, raw	6 oz	170.1	0.0	2.3	34.9
Rice, white, glutinous, raw	0.23 cup	157.4	34.8	0.2	2.9
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Peppers, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Onions, raw	0.25 medium (2-1/2" dia)	11.0	2.6	0.0	0.3
Squash, summer, zucchini, includes skin, raw	0.5 small	9.4	2.0	0.1	0.7
Mushrooms, portabella, grilled	0.5 cup sliced	21.2	3.0	0.5	2.6
Eggplant, cooked, boiled, drained, with salt	0.5 cup (1" cubes)	16.3	4.0	0.1	0.4
Lettuce, cos or romaine, raw	1 cup shredded	8.0	1.5	0.1	0.6
Celery, raw	1 stalk, medium (7-1/2" - 8" long)	6.4	1.2	0.1	0.3
Beets, raw	0.5 beet (2" dia)	17.6	3.9	0.1	0.7
Tomatoes, red, ripe, cooked, stewed	200 g	158.0	26.1	5.4	3.9

Post-Dinner		246.8	33.6	5.6	16.7
Tea, brewed, prepared with tap water, decaffeinated	6 oz	1.7	0.5	0.0	0.0
Soy Milk - Kirkland	2 floz	24.6	2.0	1.0	2.0
Soy Milk - Kirkland	4 floz	49.3	3.9	2.0	3.9
Chocolate syrup	1 oz	79.1	18.5	0.3	0.6
Pure Protein (Chocolate Deluxe)	0.9 oz	92.0	8.7	2.3	10.2
Totals		1594.7	199.0	31.6	123.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	405.0					
Totals	30.0	405.0					

Jim Karger

Jim Karger - Daily Report

Feb 16, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		271.7	19.0	12.5	22.7
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Bread, whole-wheat, prepared from recipe	0.5 slice, thin (3-3/4" x 5" x 3/8")	45.9	8.5	0.9	1.4
Broccoli, raw	0.25 cup chopped	7.7	1.5	0.1	0.6
Cheese, goat, soft type	1 oz	76.0	0.3	6.0	5.3
Tomatoes, red, ripe, raw, year round average	1 medium whole (2-3/5" dia)	22.1	4.8	0.2	1.1

Cucumber, peeled, raw	0.5 large (8-1/4" long)	16.8	3.0	0.2	0.8
Lunch		290.5	26.2	9.0	31.1
Lettuce, cos or romaine, raw	2 cup shredded	16.0	3.1	0.3	1.2
Peppers, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Onions, raw	0.25 small	7.0	1.6	0.0	0.2
Squash, summer, zucchini, includes skin, raw	0.5 small	9.4	2.0	0.1	0.7
Mushrooms, portabella, grilled	0.5 cup sliced	21.2	3.0	0.5	2.6
Eggplant, cooked, boiled, drained, with salt	0.5 cup (1" cubes)	16.3	4.0	0.1	0.4
Seitan (Soy Protein)	85 g	90.0	3.0	1.0	18.0
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	2 tbsp	35.0	5.9	1.4	0.0
Cheese, parmesan, shredded	0.25 cup	83.0	0.7	5.5	7.6
Dinner		671.5	12.0	24.8	45.0
Alcoholic beverage, wine, table, red	2 serving 5 fl oz	249.9	7.7	0.0	0.2
Cheese, goat, soft type	1.5 oz	114.0	0.4	9.0	7.9
Nuts, almonds	15 almond	103.5	3.9	8.9	3.8
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Post-Dinner		287.3	44.9	4.8	21.1
Pure Protein (Chocolate Deluxe)	0.9 oz	92.0	8.7	2.3	10.2

Pears, raw	1 medium	103.2	27.5	0.2	0.7
Pure Protein (Chocolate Deluxe)	0.9 oz	92.0	8.7	2.3	10.2
Totals		1521.0	102.0	51.1	119.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	30.0	400.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	245.4					
Walking, 3.0 mph, level, moderate pace, firm surface	30.0	112.9					
Totals	90.0	758.3					

Jim Karger

Jim Karger - Daily Report

Feb 17, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		142.1	28.2	2.1	6.0
Cereal 7 Grain	4 oz	140.0	28.0	2.0	6.0
Margarine spread, fat-free, tub	1 tsp	2.1	0.2	0.1	0.0
Lunch		317.1	35.7	6.4	29.9
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	4 oz	63.5	8.7	0.2	6.5
Syntha 6 Protein (Powder)	44 g	200.0	13.0	6.0	23.0

Mangos, raw	0.5 cup, sliced	53.6	14.0	0.2	0.4
Dinner		559.0	41.1	26.0	41.9
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Soy sauce made from soy (tamari)	1 oz	17.0	1.6	0.0	3.0
Sweet potato, cooked, baked in skin, without salt	0.5 large	81.0	18.6	0.1	1.8
Butter, salted	2 pat (1" sq, 1/3" high)	71.7	0.0	8.1	0.1
Newman's Ginger Soy Dressing	2 tbsp	70.0	10.0	3.0	0.0
Lettuce, cos or romaine, raw	1 cup shredded	8.0	1.5	0.1	0.6
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Avocados, raw, all commercial varieties	0.25 avocado, NS as to Florida or California	80.4	4.3	7.4	1.0
Tomatoes, red, ripe, raw, year round average	0.25 medium whole (2-3/5" dia)	5.5	1.2	0.1	0.3
Broccoli, raw	0.5 cup, chopped or diced	15.0	2.9	0.2	1.2
Post-Dinner		198.6	20.0	4.9	20.7
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Papayas, raw	4 oz	44.2	11.1	0.2	0.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Totals		1216.8	125.1	39.6	98.5

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	10.0	132.8					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	245.4					
Totals	40.0	378.2					

Jim Karger

Jim Karger - Daily Report

Feb 18, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		194.5	19.4	8.0	12.7
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Bread, whole-wheat, prepared from recipe	0.5 slice	63.9	11.8	1.2	1.9
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Papayas, raw	0.5 cup, cubes	27.3	6.9	0.1	0.4
Lunch		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Dinner		830.3	65.0	12.5	70.5
Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
Fish, salmon, pink, raw	4 oz	131.5	0.0	3.9	22.6
Vegetables, mixed, frozen, unprepared	4 oz	72.6	15.3	0.6	3.8

Soy sauce made from soy (tamari)	1 oz	17.0	1.6	0.0	3.0
Rice, white, glutinous, raw	0.25 cup	171.1	37.8	0.3	3.1
Alcoholic beverage, wine, table, red	8 oz	192.8	5.9	0.0	0.2
Tofu, extra firm, prepared with nigari	1 oz	25.8	0.6	1.7	2.8
Fish, surimi	2 oz	56.1	3.9	0.5	8.6
Post-Dinner		494.2	18.4	19.9	62.6
Pure Protein (Chocolate Deluxe)	0.9 oz	92.0	8.7	2.3	10.2
Salmon, Kirkland Canned Atlantic	142 g	262.0	0.0	10.5	42.0
Mayonnaise, reduced-calorie or diet, cholesterol-free	1 tbsp	48.1	1.0	4.8	0.1
Pure Protein (Chocolate Deluxe)	0.9 oz	92.0	8.7	2.3	10.2
Totals		1703.0	120.1	45.0	166.3

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	30.0	345.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	243.6					
Totals	60.0	588.6					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		135.5	24.0	0.5	9.8
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.66 cup (8 fl oz)	90.6	12.4	0.3	9.3
Bananas, raw	0.5 small (6" to 6-7/8" long)	44.9	11.5	0.2	0.6
Lunch		121.3	4.2	5.7	14.0
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Tomatillos, raw	2 oz	18.1	3.3	0.6	0.5
Dinner		755.8	40.9	23.4	78.7
Fish, tuna, fresh, bluefin, raw	8 oz	326.6	0.0	11.1	52.9
Soybeans, mature seeds, raw	2 oz	252.9	17.1	11.3	20.7
Salad dressing, italian dressing, fat-free	1 oz	13.3	2.5	0.2	0.3
Vegetables, mixed, frozen, unprepared	5 oz	90.7	19.1	0.7	4.7
Alcoholic beverage, wine, table, red	3 oz	72.3	2.2	0.0	0.1
Post-Dinner		286.5	25.7	4.0	39.5
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	4 oz	63.5	8.7	0.2	6.5
Protein - Body Fortress Whey	1 oz	110.0	2.0	1.5	23.0

Strawberries, frozen, unsweetened	0.5 cup, unthawed	26.1	6.8	0.1	0.3
Totals		1299.1	94.7	33.5	142.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Bicycling, stationary, general	30.0	347.0					
Totals		30.0	347.0				

Jim Karger

Jim Karger - Daily Report

Feb 20, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		249.1	25.5	9.2	18.2
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Bread, whole-wheat, prepared from recipe	1 slice, thin (3-3/4" x 5" x 3/8")	91.7	17.0	1.8	2.8
Butter, without salt	0.5 pat (1" sq, 1/3" high)	17.9	0.0	2.0	0.0
Vegetables, mixed, frozen, unprepared	2 oz	36.3	7.6	0.3	1.9
Lunch		173.9	16.4	4.3	19.3
Pure Protein (Chocolate Deluxe)	1.7 oz	173.9	16.4	4.3	19.3
Dinner		532.5	43.2	19.5	44.6
Fish, snapper, mixed species, raw	5 oz	141.8	0.0	1.9	29.1

Sauce, salsa, ready-to-serve	3 oz	23.0	5.3	0.1	1.3
Vegetables, mixed, frozen, unprepared	3 oz	54.4	11.4	0.4	2.8
Butter, without salt	0.5 oz	101.6	0.0	11.5	0.1
Fish, salmon, chinook, smoked, (lox), regular	1 oz	33.2	0.0	1.2	5.2
Crackers, saltines, fat-free, low-sodium	4 saltines	78.6	16.5	0.3	2.1
Miscellaneous and Unknown		100.0	10.0	4.0	4.0
Post-Dinner		373.5	46.9	4.6	20.1
Pure Protein (Chocolate Deluxe)	1.7 oz	173.9	16.4	4.3	19.3
Pears, raw	1 medium	103.2	27.5	0.2	0.7
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Totals		1329.0	132.0	37.6	102.2

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Totals							

Jim Karger

Jim Karger - Daily Report

Feb 21, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		448.3	45.3	20.1	25.6
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3

Bread, whole-wheat, prepared from recipe	1 slice, thin (3-3/4" x 5" x 3/8")	91.7	17.0	1.8	2.8
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Tomatoes, sun-dried	0.5 oz	36.6	7.9	0.4	2.0
Carrot juice, canned	4 oz	45.4	10.5	0.2	1.1
Orange juice, raw	2 oz	25.5	5.9	0.1	0.4
Ginger root, raw	0.1 oz	2.3	0.5	0.0	0.1
Onions, spring or scallions (includes tops and bulb), raw	1 small (3" long)	1.6	0.4	0.0	0.1
Cheese, parmesan, shredded	0.5 oz	58.8	0.5	3.9	5.4
Peppers, sweet, yellow, raw	1 oz	7.7	1.8	0.1	0.3
Lunch		425.3	68.5	16.8	7.6
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	6 oz	85.1	22.2	0.1	0.9
Avocados, raw, all commercial varieties	0.5 avocado, NS as to Florida or California	160.8	8.6	14.7	2.0
Jicama	2.5 cup	115.0	26.2	0.2	2.2
Sauce, salsa, ready-to-serve	0.5 cup	35.1	8.1	0.2	2.0
Ice creams, vanilla	0.5 oz	29.3	3.3	1.6	0.5
Dinner		381.9	17.3	9.9	52.6
Salad dressing, italian dressing, fat-free	1 oz	13.3	2.5	0.2	0.3

Vegetables, mixed, frozen, cooked, boiled, drained, without salt	4 oz	73.7	14.8	0.2	3.2
Fish, salmon, pink, raw	4 oz	131.5	0.0	3.9	22.6
Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
Post-Dinner		223.5	18.0	7.5	23.1
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	1 oz	102.3	9.7	2.6	11.4
Cheese, cheddar	0.3 oz	34.3	0.1	2.8	2.1
Totals		1479.0	149.1	54.3	108.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	22.0	300.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	20.0	161.2					
Walking, 4.0 mph, level, firm surface, very brisk pace	30.0	193.4					
Totals	72.0	654.6					

Jim Karger

Jim Karger - Daily Report

Feb 22, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		261.7	19.7	10.9	21.9

Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Bread, whole-wheat, prepared from recipe	1 slice, thin (3-3/4" x 5" x 3/8")	91.7	17.0	1.8	2.8
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Cheese, parmesan, grated	0.5 oz	61.1	0.6	4.1	5.5
Lunch		122.5	0.0	4.2	19.8
Fish, tuna, fresh, bluefin, raw	3 oz	122.5	0.0	4.2	19.8
Dinner		601.4	39.7	20.7	45.2
Snacks, tortilla chips, plain, white corn	0.75 oz	104.0	13.9	5.0	1.7
Sauce, salsa, ready-to-serve	2 oz	15.3	3.5	0.1	0.9
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Vegetables, mixed, frozen, unprepared	4 oz	72.6	15.3	0.6	3.8
Fish, snapper, mixed species, raw	5 oz	141.8	0.0	1.9	29.1
Vegetarian stew	2 oz	69.7	4.0	1.7	9.6
Butter, without salt	0.5 oz	101.6	0.0	11.5	0.1
Post-Dinner		447.7	51.0	9.0	42.0
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	8 oz	113.4	29.6	0.1	1.2
Pure Protein (Chocolate Deluxe)	0.25 oz	25.6	2.4	0.6	2.8
Cucumber, peeled, raw	1 cup, pared, chopped	16.0	2.9	0.2	0.8

Fish, salmon, pink, raw	4 oz	131.5	0.0	3.9	22.6
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Soy Milk - Kirkland	4 floz	49.3	3.9	2.0	3.9
Chocolate Syrup, Sugar Free	2 tbsp	25.0	4.0	0.0	1.0
Totals		1433.2	110.5	44.8	128.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Totals							

Jim Karger

Jim Karger - Daily Report

Feb 23, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		421.3	59.1	13.1	21.8
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Vegetables, mixed, frozen, unprepared	2 oz	36.3	7.6	0.3	1.9
Sauce, salsa, ready-to-serve	2 oz	15.3	3.5	0.1	0.9
Refried beans, canned, traditional style (includes USDA commodity)	2.5 oz	64.5	10.8	0.8	3.8
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	5 oz	70.9	18.5	0.0	0.7
Carrot juice, canned	5 oz	56.7	13.2	0.2	1.3
Snacks, tortilla chips, plain, white corn	0.25 oz	34.7	4.6	1.7	0.6
Lunch		286.9	0.0	9.1	48.1

Fish, tuna, fresh, bluefin, raw	3 oz	122.5	0.0	4.2	19.8
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Dinner		566.8	33.4	16.4	35.1
Salad Dressing, Newman's Light Honey Mustard	2 tbsp	70.0	7.0	0.2	0.0
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	5 oz	129.0	10.9	7.1	5.6
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Sweet potato, cooked, baked in skin, without salt	0.5 medium (2" dia, 5" long, raw)	51.3	11.8	0.1	1.1
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Alcoholic beverage, wine, table, white	5 oz	116.2	3.7	0.0	0.1
Post-Dinner		207.0	18.6	7.3	20.8
Pure Protein (Chocolate Deluxe)	0.45 oz	46.0	4.3	1.2	5.1
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Chocolate, Hot, 4 oz Soy Milk with 2 tbsp. sugar free chocolate	4 oz	74.0	6.0	4.0	6.0
Totals		1482.0	111.0	45.8	125.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	30.0	391.9					

Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	20.0	160.3				
Totals	50.0	552.1				

Jim Karger

Jim Karger - Daily Report

Feb 24, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		511.6	62.7	10.5	44.1
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Strawberries, frozen, unsweetened	0.5 cup, unthawed	26.1	6.8	0.1	0.3
Carrot juice, canned	3 oz	34.0	7.9	0.1	0.8
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Bread, whole-wheat, prepared from recipe	0.5 slice, thin (3-3/4" x 5" x 3/8")	45.9	8.5	0.9	1.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Orange juice, raw	1 oz	12.8	2.9	0.1	0.2
Lunch		481.0	18.4	11.5	74.5
Fish, tuna, white, canned in water, without salt, drained solids	224 g	286.7	0.0	6.7	52.9

Pure Protein (Chocolate Deluxe)	1.9 oz	194.3	18.4	4.9	21.6
Dinner		782.5	72.5	19.1	51.6
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Baja Fresh Veggie Burrito (without torilla)	450 g	480.0	50.0	8.0	19.0
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Sauce, salsa, ready-to-serve	50 g	13.5	3.1	0.1	0.8
Bread, whole-wheat, prepared from recipe	0.5 slice, thin (3-3/4" x 5" x 3/8")	45.9	8.5	0.9	1.4
Baja Fresh Mahi	100 g	140.0	10.0	5.0	17.0
Post-Dinner		902.4	94.9	23.4	62.9
Pears, raw	1 medium	103.2	27.5	0.2	0.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	4 oz	56.7	14.8	0.0	0.6
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	8 oz	127.0	17.4	0.4	13.0
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Cheese, cheddar	1.5 oz	171.4	0.5	14.1	10.6
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	7.0	2.2	9.0

Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Totals		1367.9	108.7	36.0	132.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	409.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	25.0	200.3					
Totals	55.0	609.3					

Jim Karger

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Feb 25, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		343.7	49.8	10.5	16.4
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	8 oz	113.4	29.6	0.1	1.2
Orange juice, raw	4 oz	51.0	11.8	0.2	0.8
Vegetables, mixed, frozen, unprepared	2 oz	36.3	7.6	0.3	1.9
Lunch		182.8	9.2	14.2	4.8
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	4 oz	103.2	8.7	5.7	4.5

Salad dressing, caesar dressing, regular	1 tbsp	79.6	0.5	8.5	0.3
Dinner		834.9	90.0	14.6	65.0
Fish, tuna, fresh, bluefin, raw	1 oz	40.8	0.0	1.4	6.6
Rice, white, glutinous, raw	1 oz	104.9	23.2	0.2	1.9
Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7
Potatoes, baked, skin, with salt	4 oz	224.5	52.2	0.1	4.9
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Spinach, cooked, boiled, drained, with salt	3 oz	19.6	3.2	0.2	2.5
Edamame, frozen, prepared	3 oz	103.8	8.5	4.4	9.3
Post-Dinner		253.9	32.4	4.3	24.3
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	6 oz	80.0	16.0	0.0	5.0
Totals		1615.3	181.4	43.7	110.5

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	365.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	10.0	79.3					
Totals	40.0	444.3					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		252.1	28.1	10.2	13.9
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	5 oz	70.9	18.5	0.0	0.7
Orange juice, raw	3 oz	38.3	8.8	0.2	0.6
Lunch		254.1	32.7	5.2	24.2
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Mixed Salad (Subway)	8 oz	70.0	15.3	0.6	3.8
Dinner		522.0	15.2	17.4	48.9
Fish, swordfish, cooked, dry heat	6 oz	263.7	0.0	8.7	43.2
Arugula, raw	2.5 oz	17.7	2.6	0.5	1.8
Pears, canned, light syrup pack, solids and liquids	0.5 half, with liquid	21.7	5.8	0.0	0.1
Cheese, blue	0.5 oz	50.0	0.3	4.1	3.0
Beans, snap, green, raw	0.5 oz	4.4	1.0	0.0	0.3
Potatoes, raw, skin	0.5 oz	8.2	1.8	0.0	0.4
Butter, salted	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1
Post-Dinner		572.8	120.4	4.3	21.7
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1

Yogurt, fruit variety, nonfat	8 oz	170.0	34.0	0.5	6.0
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
Peaches, raw	1 medium (2-2/3" dia)	58.5	14.3	0.4	1.4
Grapes, american type (slip skin), raw	3 oz	57.0	14.6	0.3	0.5
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Totals		1601.0	196.3	37.0	108.7

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	386.4					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	15.0	119.0					
Totals	45.0	505.3					

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Feb 27, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		262.5	26.6	7.3	24.8
Egg, white, raw, fresh	4 large	63.4	1.0	0.2	14.4
Peppers, hot chili, red, raw	2 oz	22.7	5.0	0.2	1.1
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Cheese, cottage, lowfat, 2% milkfat	2 oz	48.8	2.1	1.4	6.7

Oranges, raw, with peel	0.25 oz	4.5	1.1	0.0	0.1
Melons, cantaloupe, raw	1 wedge, medium (1/8 of medium melon)	23.5	5.6	0.1	0.6
Bread, whole-wheat, prepared from recipe	0.5 slice	63.9	11.8	1.2	1.9
Lunch		270.0	21.0	8.0	21.0
Trader Joe's Mixed Green Salad	227 g	170.0	17.0	4.0	7.0
Trader Joe's Egg White Salad	190 g	100.0	4.0	4.0	14.0
Dinner		512.6	19.8	15.5	47.8
Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1
Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7
Vegetables, mixed, frozen, unprepared	4 oz	72.6	15.3	0.6	3.8
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Tofu, extra firm, prepared with nigari	1.5 oz	38.7	0.9	2.5	4.2
Post-Dinner		209.7	32.3	2.8	11.7
Oranges, raw, with peel	0.5 oz	8.9	2.2	0.0	0.2
Peaches, raw	1 medium (2-2/3" dia)	58.5	14.3	0.4	1.4
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Vitamin Water	1 bottle	25.0			
Plums, raw	1 fruit (2-1/8" dia)	30.4	7.5	0.2	0.5

Totals	1254.8	99.7	33.5	105.3
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Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Bicycling, stationary, general	30.0	340.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	20.0	158.6					
Totals	50.0	498.6					

Jim Karger

Jim Karger - Daily Report

Feb 28, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		381.6	48.6	7.5	30.9
Eggbeaters	1 cup	140.0	4.0	4.0	20.0
Cheese, cottage, lowfat, 2% milkfat	2 oz	48.8	2.1	1.4	6.7
Peppers, chili, green, canned	2 oz	11.9	2.6	0.2	0.4
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	6 oz	85.1	22.2	0.1	0.9
Bread, whole-wheat, prepared from recipe	0.75 slice	95.9	17.7	1.9	2.9
Lunch		240.0	4.5	4.0	43.0
Fish, tuna, white, canned in water, without salt, drained solids	112 g	100.0	0.0	2.0	22.0
Egg White Salad		100.0	2.0	2.0	14.0
cottage cheese, non-fat	0.25 cup	40.0	2.5		7.0

Totals	50.0	528.6					
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