

Jim Karger - Daily Report

for Jim Karger - Mar 1, 2009 to Mar 28, 2009

Jim Karger

Jim Karger - Daily Report

Mar 1, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Dinner		1610.0	100.0	35.0	100.0
Food (Lost entries)		1610.0	100.0	35.0	100.0
Totals		1610.0	100.0	35.0	100.0

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	25.0	198.3					
Totals	55.0	584.6					

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Mar 2, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Lunch		603.7	13.0	27.9	66.9
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1

Salad mixed	5 oz	60.0			
Salad dressing, caesar dressing, regular	1 tbsp	79.6	0.5	8.5	0.3
Egg White Salad		50.0	2.0	3.5	8.0
tofu, baked	1.5 serving	210.0	10.5	9.0	25.5
Dinner		368.8	20.7	9.5	50.5
Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7
Mushrooms, portabella, grilled	4 oz	39.7	5.6	0.9	4.8
Soy sauce made from soy (tamari)	1 oz	17.0	1.6	0.0	3.0
Bok Choy	1 piece	18.0	4.0	0.0	1.0
Bread, french or vienna (includes sourdough)	0.6 oz	49.2	9.6	0.3	2.0
Post-Dinner		291.3	72.5	1.0	3.1
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
Candies, hard	10 piece, small	118.2	29.4	0.1	0.0
Grapes, american type (slip skin), raw	8 grape	12.9	3.3	0.1	0.1
Tangerines, (mandarin oranges), raw	4 oz	60.1	15.1	0.4	0.9
Totals		1448.0	123.6	43.0	141.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	386.4					
Totals	30.0	386.4					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		288.8	46.3	5.9	17.3
Egg, white, raw, fresh	3 large	47.5	0.7	0.2	10.8
Bread, whole-wheat, prepared from recipe	0.5 slice	63.9	11.8	1.2	1.9
Vegetables, mixed, frozen, unprepared	4 oz	72.6	15.3	0.6	3.8
Butter, without salt	1 tsp	33.9	0.0	3.8	0.0
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
Lunch		271.4	27.1	10.4	21.0
tofu, baked	1 serving	140.0	7.0	6.0	17.0
Vegetables, mixed, frozen, unprepared	4 oz	72.6	15.3	0.6	3.8
Vinegar, balsamic	1 oz	24.9	4.8	0.0	0.1
Butter, without salt	1 tsp	33.9	0.0	3.8	0.0
Dinner		826.9	57.6	47.8	45.9
Sugar-apples, (sweetsop), raw	0.5 fruit (2-7/8" dia)	72.8	18.3	0.2	1.6
Arugula, raw	3 oz	21.3	3.1	0.6	2.2
Nuts, walnuts, english	0.5 oz	92.7	1.9	9.2	2.2
Cheese, blue	0.5 oz	50.0	0.3	4.1	3.0
Bread, whole-wheat, prepared from recipe	2 slice, thin (3-3/4" x 5" x 3/8")	183.5	33.9	3.6	5.5
Fish, halibut, greenland, cooked, dry heat	6 oz	406.5	0.0	30.2	31.3

Post-Dinner		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Totals		1571.2	148.4	68.7	104.5

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	320.0					
Totals	30.0	320.0					

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Mar 4, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Lunch		370.3	5.4	12.2	56.6
Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
Fish, salmon, pink, raw	2 oz	65.8	0.0	2.0	11.3
Cucumber, peeled, raw	2 oz	6.8	1.2	0.1	0.3
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Cheese, mozzarella, nonfat	2 oz	84.5	2.0	0.0	18.0
Tomatoes, red, ripe, raw, year round average	2 oz	10.2	2.2	0.1	0.5
Dinner		784.0	34.3	20.1	87.5
Fish, tuna, fresh, bluefin, raw	12 oz	489.9	0.0	16.7	79.4
Vegetables, mixed, frozen, unprepared	3 oz	54.4	11.4	0.4	2.8

Alcoholic beverage, wine, table, white, Sauvignon Blanc	1 oz	23.0	0.6	0.0	0.0
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Miso	1 oz	56.4	7.5	1.7	3.3
Bread, whole-wheat, prepared from recipe	0.5 slice	63.9	11.8	1.2	1.9
Post-Dinner		415.9	92.5	6.3	2.9
Candies, hard	12 piece, small	141.8	35.3	0.1	0.0
Apples, raw, with skin	0.75 medium (3" dia)	71.0	18.9	0.2	0.4
Tangerines, (mandarin oranges), raw	2 small (2-1/4" dia)	80.6	20.3	0.5	1.2
Grapes, red or green (European type, such as Thompson seedless), raw	12 grapes	40.6	10.6	0.1	0.4
Candies, chocolate, dark, 60-69% cacao solids	0.5 oz	81.9	7.5	5.4	0.9
Totals		1754.3	149.6	43.2	167.4

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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Mar 5, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		276.3	46.8	2.8	19.1
Egg, white, raw, fresh	4 large	63.4	1.0	0.2	14.4
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	1 slice	127.9	23.6	2.5	3.9
Lunch		297.1	8.5	3.5	53.7
Fish, snapper, mixed species, cooked, dry heat	7 oz	254.0	0.0	3.4	52.2
Vinegar, balsamic	1 oz	24.9	4.8	0.0	0.1
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Dinner		1280.4	45.9	46.0	59.4
Fish, salmon, king, chinook, smoked, brined (Alaska Native)	4 oz	487.6	0.0	34.0	45.2
Mediterraneo Restaurant (Hermosa Beach)		600.0	40.0	12.0	14.0
Alcoholic beverage, wine, table, red	8 oz	192.8	5.9	0.0	0.2
Post-Dinner		480.5	46.6	8.7	38.3
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Tangerines, (mandarin oranges), raw	1 medium (2-1/2" dia)	46.6	11.7	0.3	0.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7

Pure Protein (Chocolate Deluxe)	0.65 oz	66.5	6.3	1.7	7.4
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Totals		2334.3	147.8	61.0	170.6

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	415.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	20.0	158.6					
Bicycling, 10-11.9 mph, leisure, slow, light effort	90.0	713.7					
Totals	140.0	1287.3					

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Mar 6, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		342.1	46.9	9.0	20.6
Egg, white, raw, fresh	3 large	47.5	0.7	0.2	10.8
Cheese, feta	1 oz	74.8	1.2	6.0	4.0
Vegetables, mixed, frozen, unprepared	2 oz	36.3	7.6	0.3	1.9
Bread, whole-wheat, prepared from recipe	1 slice	127.9	23.6	2.5	3.9
Jams and preserves	1 tbsp	55.6	13.8	0.0	0.1
Lunch		259.6	25.6	13.8	11.0

Apples, raw, with skin	1 medium (3" dia)	94.6	25.1	0.3	0.5
Cheese, monterey	0.75 oz	79.3	0.1	6.4	5.2
Cheese, cheddar	0.75 oz	85.7	0.3	7.0	5.3
Dinner		307.1	8.2	7.3	50.3
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Post-Dinner		470.7	50.5	17.7	29.5
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Bananas, raw	1 medium (7" to 7-7/8" long)	105.0	27.0	0.4	1.3
Cheese, cheddar	0.75 oz	85.7	0.3	7.0	5.3
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	2 oz	51.6	4.3	2.8	2.2
Salad dressing, italian dressing, fat-free	0.5 oz	20.0	1.2	0.1	0.1
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Totals		1379.5	131.2	47.8	111.4

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

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Mar 7, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		250.0	21.0	4.0	31.0
Oatmeal (Market Pantry)	28 g	100.0	18.0	1.5	4.0
Protein - EAS Premium	35 g	150.0	3.0	2.5	27.0
Lunch		129.9	6.6	5.4	15.2
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
Squash, summer, zucchini, includes skin, raw	0.5 medium	15.7	3.3	0.2	1.2
Tomatoes, red, ripe, raw, year round average	0.5 medium whole (2-3/5" dia)	11.1	2.4	0.1	0.5
Dinner		1002.4	102.0	25.4	48.4
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5
Cranberries, dried, sweetened	1 oz	87.3	23.3	0.4	0.0
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Broccoli, raw	4 oz	38.6	7.5	0.4	3.2
Bread, whole-wheat, prepared from recipe	1.5 slice	191.8	35.5	3.7	5.8
Alcoholic beverage, wine, table, red	8 oz	192.8	5.9	0.0	0.2
Strawberries, frozen, unsweetened	1 oz	9.9	2.6	0.0	0.1
Cheese, cream, low fat	0.75 oz	42.7	1.7	3.2	1.7
Raspberries, raw	2 oz	29.5	6.8	0.4	0.7
Blueberries, raw	2 oz	32.3	8.2	0.2	0.4

Jicama	0.75 cup	34.5	7.9	0.1	0.7
Sauce for broccoli		34.0			
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Post-Dinner		304.6	34.8	4.8	32.4
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
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Strawberries, frozen, unsweetened	1 berry	3.7	1.0	0.0	0.0
Totals		1686.9	164.4	39.5	127.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	411.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	239.3					
Totals		60.0	650.3				

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Mar 8, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		50.1	12.3	0.2	1.0

Oranges, raw, with peel	0.5 fruit without seeds	50.1	12.3	0.2	1.0
Breakfast		300.0	31.0	7.5	27.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Oatmeal (Market Pantry)	28 g	100.0	18.0	1.5	4.0
Lunch		222.7	26.3	6.1	18.7
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Garlic, raw	0.35 oz	14.8	3.3	0.0	0.6
Peppers, sweet, yellow, raw	1.5 oz	11.5	2.7	0.1	0.4
Peppers, sweet, green, raw	1.5 oz	8.5	2.0	0.1	0.4
Cheese, parmesan, grated	0.3 oz	36.7	0.3	2.4	3.3
Alfalfa seeds, sprouted, raw	1 oz	6.5	0.6	0.2	1.1
Carrot juice, canned	5 oz	56.7	13.2	0.2	1.3
Tomatoes, red, ripe, raw, year round average	1 small whole (2-2/5" dia)	16.4	3.6	0.2	0.8
Post-Lunch		265.0	25.0	6.0	23.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Mangos Frozen	100 g	65.0	12.0	0.0	0.0
Dinner		394.0	40.7	7.9	40.9
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Peppers, sweet, yellow, raw	2.5 oz	19.1	4.5	0.1	0.7

Onions, raw	2.5 oz	28.4	6.6	0.1	0.8
Peppers, sweet, red, raw	1.5 oz	13.2	2.6	0.1	0.4
Soy sauce made from soy (tamari)	0.4 oz	6.8	0.6	0.0	1.2
Sweet potato, cooked, baked in skin, without salt	1 medium (2" dia, 5" long, raw)	102.6	23.6	0.2	2.3
Mushrooms, portabella, grilled	2 oz	19.8	2.8	0.4	2.4
Post-Dinner		34.5	1.3	3.0	1.3
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Totals		1266.4	136.6	30.7	111.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	30.0	325.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	237.7					
Totals		60.0	562.7				

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Mar 9, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		340.0	40.0	8.5	29.0
Oats - Steelcut	1 Serving	140.0	27.0	2.5	6.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0

Breakfast		229.3	42.3	0.9	15.1
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Oranges, raw, California, valencias	0.5 fruit (2-5/8" dia)	29.6	7.2	0.2	0.6
Apples, raw, with skin	0.5 medium (3" dia)	47.3	12.6	0.2	0.2
Plums, raw	0.5 fruit (2-1/8" dia)	15.2	3.8	0.1	0.2
Lunch		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Lunch		212.7	3.0	6.1	14.4
Fish, catfish, channel, farmed, cooked, dry heat	2.7 oz	116.3	0.0	6.1	14.3
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Dinner		661.2	67.4	12.0	49.6
Rice, Sushi, Cooked	0.5 cup	150.0	33.0	0.0	3.0
Fish, tuna, fresh, bluefin, raw	5.8 oz	236.8	0.0	8.1	38.4
Lettuce, cos or romaine, raw	200 g	34.0	6.6	0.6	2.5
Peppers, sweet, red, raw	0.25 large (2-1/4 per pound, approx 3-3/4" long, 3" dia.)	12.7	2.5	0.1	0.4
Cucumber, with peel, raw	0.33 cucumber (8-1/4")	14.9	3.6	0.1	0.6
Carrots, raw	1 medium	25.0	5.8	0.1	0.6
Seeds, sesame seeds, whole, dried	2 tsp	34.4	1.4	3.0	1.1

Vinegar, rice (for Sushi)	2 tbsp	40.0	10.0	0.0	0.0
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Soy sauce made from soy (tamari)	1 oz	17.0	1.6	0.0	3.0
Post-Dinner		129.8	14.4	3.3	11.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	6 oz	95.3	13.1	0.3	9.7
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Totals		1757.1	184.5	35.4	139.6

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	236.6					
Precor	25.0	320.1					
Totals	55.0	556.7					

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Mar 10, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		378.6	35.6	4.2	51.5
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
Soy Meat (OvarB)	75 g	249.4	22.5	1.1	37.5
Peppers, sweet, red, raw	2 oz	17.6	3.4	0.2	0.6

Onions, raw	2 oz	22.7	5.3	0.1	0.6
Squash, summer, zucchini, includes skin, raw	2 oz	9.1	1.9	0.1	0.7
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8
Post-Breakfast		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Lunch		155.7	18.4	3.1	14.7
Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Peaches, raw	1 medium (2-2/3" dia)	58.5	14.3	0.4	1.4
Post-Lunch		346.0	42.6	6.5	31.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Strawberries, frozen, unsweetened	1 cup, thawed	77.3	20.2	0.2	1.0
Dinner		485.9	26.1	24.6	37.4
Fish, catfish, channel, farmed, cooked, dry heat	5 oz	215.5	0.0	11.4	26.5
Lettuce, cos or romaine, raw	150 g	25.5	4.9	0.5	1.8
Onions, raw	1.5 oz	17.0	4.0	0.0	0.5
Cheese, cheddar	1 oz	114.3	0.4	9.4	7.1
Salad dressing, italian dressing, fat-free	2 tbsp	70.0	7.0	3.0	0.0
Yambean (jicama), raw	2 oz	21.5	5.0	0.1	0.4

Tomatoes, red, ripe, raw, year round average	1 medium whole (2-3/5" dia)	22.1	4.8	0.2	1.1
Post-Dinner		98.0	10.0	3.2	7.8
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	4 oz	63.5	8.7	0.2	6.5
Totals		1648.2	150.2	46.2	162.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	409.0					
Walking hiking, cross country	25.0	197.5					
Totals		55.0	606.5				

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Mar 11, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		202.1	23.8	7.0	10.7
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	4 oz	63.5	8.7	0.2	6.5
Cereals ready-to-eat, granola, homemade	1 oz	138.6	15.1	6.8	4.2
Breakfast		265.8	26.5	7.0	26.4
Carrot juice, canned	5.5 oz	62.4	14.5	0.2	1.5
Cheese, parmesan, grated	1 tbsp	26.9	0.3	1.8	2.4

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
Squash, summer, zucchini, includes skin, raw	0.5 medium	15.7	3.3	0.2	1.2
Peppers, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Sauce, salsa, ready-to-serve	1 oz	7.7	1.8	0.0	0.4
Cheese, cottage, lowfat, 2% milkfat	3 oz	73.1	3.1	2.1	10.1
Post-Breakfast		265.9	33.0	1.3	32.6
Soy Meat (OvarB)	2.2 oz	207.4	18.7	0.9	31.2
Peaches, raw	1 medium (2-2/3" dia)	58.5	14.3	0.4	1.4
Lunch		239.0	6.8	7.3	34.7
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Lettuce, cos or romaine, raw	3 oz	14.5	2.8	0.3	1.0
Cucumber, peeled, raw	1 oz	3.4	0.6	0.0	0.2
Squash, summer, zucchini, includes skin, raw	1 oz	4.5	0.9	0.1	0.3
Vinegar, balsamic	0.5 oz	12.5	2.4	0.0	0.1
Post-Lunch		34.5	1.3	3.0	1.3
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Dinner		658.8	82.2	13.8	56.5
Lentils, mature seeds, cooked, boiled, without salt	4 oz	131.5	22.8	0.4	10.2
Rice, brown, medium-grain, cooked	4 oz	127.0	26.7	0.9	2.6

Salmon, Kirkland Canned Atlantic	125 g	230.6	0.0	9.2	37.0
Lettuce, cos or romaine, raw	2 oz	9.6	1.9	0.2	0.7
Peppers, sweet, yellow, raw	1 oz	7.7	1.8	0.1	0.3
Squash, summer, zucchini, includes skin, raw	1 oz	4.5	0.9	0.1	0.3
Vinegar, balsamic	0.5 oz	12.5	2.4	0.0	0.1
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Tomatoes, red, ripe, raw, year round average	0.5 medium whole (2-3/5" dia)	11.1	2.4	0.1	0.5
Cucumber, peeled, raw	0.5 oz	1.7	0.3	0.0	0.1
Broccoli, cooked, boiled, drained, without salt	5 oz	49.6	10.2	0.6	3.4
Butter, without salt	0.5 pat (1" sq, 1/3" high)	17.9	0.0	2.0	0.0
Yambean (jicama), raw	3 oz	32.3	7.5	0.1	0.6
Post-Dinner		125.0	12.0	4.0	9.0
Soy Milk - Kirkland	1 cup	100.0	8.0	4.0	8.0
Chocolate Syrup, Sugar Free	2 tbsp	25.0	4.0	0.0	1.0
Totals		1791.1	185.6	43.4	171.1

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	237.7					

Totals	60.0	666.1				
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Jim Karger

Jim Karger - Daily Report

Mar 13, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		382.5	52.1	7.0	29.4
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	3 oz	42.5	11.1	0.0	0.4
10 Grain Cereal (Bob's Red Mill)	0.25 cup	140.0	28.0	1.0	6.0
Post-Breakfast		245.3	15.1	2.9	37.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	5.5 oz	87.3	12.0	0.3	8.9
Protein - EAS Premium	1.3 oz	157.9	3.2	2.6	28.4
Lunch		253.1	36.2	7.5	13.3
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	0.5 cup	62.2	16.2	0.0	0.6
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Egg, whole, raw, fresh	0.5 oz	20.3	0.1	1.4	1.8
Squash, summer, zucchini, includes skin, raw	2.5 oz	11.3	2.4	0.1	0.9
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
Post-Lunch		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Dinner		443.8	23.2	16.4	51.0

Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Spinach, cooked, boiled, drained, with salt	3 oz	19.6	3.2	0.2	2.5
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Garlic, raw	1 tsp	4.2	0.9	0.0	0.2
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	5 oz	129.0	10.9	7.1	5.6
Post-Dinner		144.3	11.3	1.4	20.4
Protein - EAS Premium	0.6 oz	72.9	1.5	1.2	13.1
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	4.5 oz	71.4	9.8	0.2	7.3
Totals		1556.0	146.1	37.5	161.2

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	30.0	340.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	317.2					
Totals	70.0	657.2					

Jim Karger

Jim Karger - Daily Report

Mar 14, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		384.5	47.8	13.8	21.4
Pancake Mix (Whole Wheat - Hodgson Mill)	1 Serving	130.0	28.0	1.0	4.0

Flour (Soy) Bob's Red Mill	1 Serving	120.0	8.0	6.0	10.0
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Soy Milk - Kirkland	4 floz	49.3	3.9	2.0	3.9
Strawberries, frozen, unsweetened	0.5 cup, unthawed	26.1	6.8	0.1	0.3
Sweeteners, tabletop, sucralose, SLENDA packets	1 serving 1 packet	3.3	0.9	0.0	0.0
Oil, vegetable, canola	0.5 tsp	20.1	0.0	2.3	0.0
Post-Breakfast		251.5	16.6	2.9	36.5
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Chocolate Syrup, Sugar Free	2 tbsp	25.0	4.0	0.0	1.0
Protein - EAS Premium	1.3 oz	157.9	3.2	2.6	28.4
Lunch		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Lunch		200.2	19.9	0.9	28.6
Soy Meat (OvarB)	2 oz	188.5	17.0	0.9	28.4
Peaches, raw	0.2 medium (2-2/3" dia)	11.7	2.9	0.1	0.3
Dinner		732.4	52.9	22.9	53.9
Celery, raw	2 stalk, large (11"-12" long)	20.5	3.8	0.2	0.9
Tofu - Organic (Herb)	4 Pieces	280.0	10.0	16.0	24.0
Broccoli, raw	4 oz	38.6	7.5	0.4	3.2
Hollandaise - Low Cal	2 tsp	20.0	4.0	0.0	0.0
Butter, without salt	0.5 tbsp	50.9	0.0	5.8	0.1
Soy Milk (West's) - Low Fat	0.138 cup	9.6	0.8	0.3	0.7
Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1

TVP	0.5 cup	160.0	14.0	0.0	24.0
Tomatoes, red, ripe, raw, year round average	1 plum tomato	11.2	2.4	0.1	0.5
Onions, raw	1 slice, medium (1/8" thick)	5.6	1.3	0.0	0.2
Lime juice, raw	0.25 cup	15.6	5.3	0.0	0.3
Totals		1752.8	154.5	45.1	160.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	316.0					
Treadmill	30.0	295.0					
Totals	70.0	611.0					

Jim Karger

Jim Karger - Daily Report

Mar 15, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		266.7	31.6	7.5	19.9
Egg, white, raw, fresh	2.5 large	39.6	0.6	0.1	9.0
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Tomatoes, red, ripe, raw, year round average	1 plum tomato	11.2	2.4	0.1	0.5
Cheese, parmesan, grated	1 tbsp	26.9	0.3	1.8	2.4
Bread, whole-wheat, prepared from recipe	1.5 slice, thin (3-3/4" x 5" x 3/8")	137.6	25.4	2.7	4.2
Onions, raw	1 oz	11.3	2.6	0.0	0.3

Breakfast		426.2	56.5	7.2	31.8
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Soy Milk (West's) - Low Fat	0.25 cup	17.5	1.5	0.6	1.2
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	4 oz	63.5	8.7	0.2	6.5
Bananas, raw	1 small (6" to 6-7/8" long)	89.9	23.1	0.3	1.1
Mangos Frozen	3 oz	55.3	10.2	0.0	0.0
Lunch		421.0	50.2	2.4	48.9
Lettuce, green leaf, raw	3 oz	12.8	2.4	0.1	1.2
Carrots, raw	1 oz	11.6	2.7	0.1	0.3
Onions, spring or scallions (includes tops and bulb), raw	1 oz	9.1	2.1	0.1	0.5
Peppers, sweet, yellow, raw	2 oz	15.3	3.6	0.1	0.6
Tomatoes, red, ripe, raw, year round average	2 oz	10.2	2.2	0.1	0.5
Beets, raw	2 oz	24.4	5.4	0.1	0.9
Mushrooms, portabella, grilled	2 oz	19.8	2.8	0.4	2.4
Salad Dressing, Newman's Light Honey Mustard	1 tbsp	35.0	3.5	0.1	0.0
Soy Meat (OvarB)	3 oz	282.8	25.5	1.3	42.5
Post-Lunch		190.9	18.9	4.7	20.8
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Tomato products, canned, sauce	1 oz	6.8	1.5	0.1	0.4
Dinner		239.3	6.6	7.4	36.3

Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Broccoli, raw	3 oz	28.9	5.6	0.3	2.4
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Post-Dinner		151.7	10.9	4.8	15.2
Syntha 6 Protein (Powder)	0.5 Scoop	100.0	6.5	3.0	11.5
Soy Milk (West's) - Low Fat	6 floz	51.7	4.4	1.8	3.7
Totals		1695.8	174.7	34.0	173.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Climb steps twice to Salida Queretaro	30.0	320.0					Ran heartrate above 142
Totals	30.0	320.0					

Jim Karger

Jim Karger - Daily Report

Mar 16, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		200.0	13.0	6.0	23.0
10 Grain Cereal (Bob's Red Mill)					
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Breakfast		298.5	26.5	12.1	24.7
Egg, white, raw, fresh	2.5 large	39.6	0.6	0.1	9.0
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Tomatoes, red, ripe, raw, year round average	1 medium whole (2-3/5" dia)	22.1	4.8	0.2	1.1

Broccoli, raw	4 oz	38.6	7.5	0.4	3.2
Carrot juice, canned	5 oz	56.7	13.2	0.2	1.3
Cheese, monterey	1 oz	105.7	0.2	8.6	6.9
Post-Breakfast		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Lunch		278.6	18.3	7.4	34.9
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Peaches, raw	1 medium (2-2/3" dia)	58.5	14.3	0.4	1.4
Sauce, salsa, ready-to-serve	1 oz	16.0	4.0	0.0	0.4
Dinner		365.8	26.5	9.0	43.4
Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Post-Dinner		111.5	10.1	3.7	5.9
Lettuce, green leaf, raw	3 oz	12.8	2.4	0.1	1.2
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Mushrooms, portabella, grilled	1 oz	9.9	1.4	0.2	1.2
Cheese, mozzarella, whole milk	0.5 oz	42.5	0.3	3.2	3.1
Salad Dressing, Newman's Light Honey Mustard	1 tbsp	35.0	3.5	0.1	0.0
Totals		1438.4	111.8	42.8	152.4

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Stairs, Recreo to Salida Queretaro (Twice)	30.0	400.0					Got heart rate up to 152 today.
Totals	30.0	400.0					

Jim Karger

Jim Karger - Daily Report

Mar 17, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		341.7	51.3	9.0	17.6
Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Bananas, raw	0.5 extra small (less than 6" long)	36.0	9.3	0.1	0.4
Peaches, raw	0.5 medium (2-2/3" dia)	29.2	7.2	0.2	0.7
Pears, raw	0.5 medium	51.6	13.8	0.1	0.3
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
Post-Breakfast		93.0	15.6	3.3	2.6
Peaches, raw	1 medium (2-2/3" dia)	58.5	14.3	0.4	1.4
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Lunch		340.8	19.3	8.1	48.2
Egg, white, raw, fresh	2.5 large	39.6	0.6	0.1	9.0
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1

Peppers, sweet, yellow, raw	1 oz	7.7	1.8	0.1	0.3
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Sauce, salsa, ready-to-serve	0.5 oz	3.8	0.9	0.0	0.2
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	4.8 oz	76.2	10.5	0.2	7.8
Protein - EAS Premium	1 oz	121.5	2.4	2.0	21.9
Tofu Organic Aires De Campo	0.5 block	50.0	2.0	3.0	5.0
Post-Lunch		381.9	43.2	7.2	25.5
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Soy Milk (West's) - Low Fat	4 floz	34.5	3.0	1.2	2.5
Mangos Frozen	8 oz	147.4	27.2	0.0	0.0
Dinner		326.0	11.5	13.5	38.3
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Broccoli, raw	4 oz	38.6	7.5	0.4	3.2
Olives, ripe, canned (small-extra large)	1 oz	32.6	1.8	3.0	0.2
Mushrooms, portabella, grilled	0.5 oz	5.0	0.7	0.1	0.6
Tomatoes, red, ripe, raw, year round average	1 oz	5.1	1.1	0.1	0.2
Alcoholic beverage, wine, table, white	0.5 oz	11.6	0.4	0.0	0.0
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Post-Dinner		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Totals		1667.5	158.2	45.8	152.6

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor - Interval Training - 9	30.0	450.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	233.8					
Totals	60.0	683.8					

Jim Karger

Jim Karger - Daily Report

Mar 18, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		340.0	41.0	7.0	29.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
10 Grain Cereal (Bob's Red Mill)	0.25 cup	140.0	28.0	1.0	6.0
Breakfast		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Breakfast		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Lunch		388.5	35.3	5.6	50.8
Lettuce, cos or romaine, raw	2 oz	9.6	1.9	0.2	0.7
Beets, raw	1 oz	12.2	2.7	0.0	0.5
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Peppers, sweet, yellow, raw	1 oz	7.7	1.8	0.1	0.3
Tofu - Organic (Herb)	1 Pieces	70.0	2.5	4.0	6.0
Soy Meat (OvarB)	3 oz	282.8	25.5	1.3	42.5

Dinner		416.0	49.6	6.2	30.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Mangos Frozen	8 oz	147.4	27.2	0.0	0.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Post-Dinner		145.4	22.5	2.5	11.0
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
Totals		1658.1	183.2	30.6	161.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	308.4					
Bicycling, stationary, general	25.0	231.3					
Totals	65.0	539.8					

Jim Karger

Jim Karger - Daily Report

Mar 19, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		426.9	49.2	9.2	38.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0

10 Grain Cereal (Bob's Red Mill)	0.25 cup	140.0	28.0	1.0	6.0
Breakfast		306.6	31.5	12.5	23.0
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	1 slice	127.9	23.6	2.5	3.9
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Tofu - Organic - Firm - Costco	2.3 oz	44.4	2.0	3.0	5.0
Spinach, cooked, boiled, drained, with salt	2 oz	13.0	2.1	0.1	1.7
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8
Post-Breakfast		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Lunch		163.3	0.0	5.6	26.5
Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
Post-Lunch		437.0	35.4	21.6	29.2
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Beets, raw	3 oz	36.6	8.1	0.1	1.4
Peppers, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Tofu - Organic (Herb)	2 Pieces	140.0	5.0	8.0	12.0
Cheese, mozzarella, whole milk	2 oz	170.1	1.2	12.7	12.6
Peaches, raw	1 medium (2-2/3" dia)	58.5	14.3	0.4	1.4
Dinner		416.0	49.6	6.2	30.0

Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Mangos Frozen	8 oz	147.4	27.2	0.0	0.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Post-Dinner		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Totals		2020.9	191.3	61.9	177.4

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	310.3					
Precor	30.0	433.0					
Totals	70.0	743.3					

Jim Karger

Jim Karger - Daily Report

Mar 20, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		403.6	57.0	7.4	30.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
10 Grain Cereal (Bob's Red Mill)	0.25 cup	140.0	28.0	1.0	6.0
Tangerines, (mandarin oranges), raw	1 large (2-3/4" dia)	63.6	16.0	0.4	1.0
Breakfast		308.7	51.6	3.8	20.4

Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Syntha 6 Protein (Powder)	0.5 Scoop	100.0	6.5	3.0	11.5
Bananas, raw	0.5 extra small (less than 6" long)	36.0	9.3	0.1	0.4
Peaches, raw	0.5 medium (2-2/3" dia)	29.2	7.2	0.2	0.7
Pears, raw	0.5 medium	51.6	13.8	0.1	0.3
Kiwi fruit, (chinese gooseberries), fresh, raw	0.5 fruit without skin, medium	23.2	5.6	0.2	0.4
Lunch		337.7	33.3	13.6	23.9
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Spinach, raw	2 oz	13.0	2.1	0.2	1.6
Onions, raw	0.25 medium (2-1/2" dia)	11.0	2.6	0.0	0.3
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8
Tofu - Organic (Herb)	1 Pieces	70.0	2.5	4.0	6.0
Bread, whole-wheat, prepared from recipe	1 slice	127.9	23.6	2.5	3.9
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Post-Lunch		40.8	0.0	1.4	6.6
Fish, tuna, fresh, bluefin, raw	1 oz	40.8	0.0	1.4	6.6
Dinner		307.8	15.4	10.3	38.3
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8
Carrots, raw	2 oz	23.2	5.4	0.1	0.5
Celery, raw	1 oz	4.5	0.8	0.0	0.2

Vinegar, balsamic	0.5 oz	12.5	2.4	0.0	0.1
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
Post-Dinner		254.8	17.1	2.9	37.9
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.75 cup (8 fl oz)	102.9	14.1	0.3	10.5
Protein - EAS Premium	1.25 oz	151.9	3.0	2.5	27.3
Totals		1653.4	174.5	39.4	157.1

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	30.0	300.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	232.2					
Totals	60.0	532.2					

Jim Karger

Jim Karger - Daily Report

Mar 21, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		324.1	35.3	12.3	22.5
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
Peppers, sweet, yellow, raw	0.5 pepper, large (3-3/4" long, 3" dia)	25.1	5.9	0.2	0.9
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8
Spinach, raw	3 oz	19.6	3.1	0.3	2.4

Bread, whole-wheat, prepared from recipe	1 slice	127.9	23.6	2.5	3.9
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Post-Breakfast		71.5	0.4	5.0	6.3
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Lunch		143.0	0.8	9.9	12.6
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Post-Lunch		604.1	36.5	20.8	68.8
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	5 oz	129.0	10.9	7.1	5.6
Dinner		324.2	41.8	7.8	25.3
Cheese, cottage, lowfat, 2% milkfat	5 oz	121.9	5.2	3.5	16.8
Papayas, raw	7 oz	77.4	19.5	0.3	1.2
Eggplant, cooked, boiled, drained, with salt	4 oz	37.4	9.2	0.3	0.9
Tomato products, canned, sauce	2 oz	13.6	3.1	0.1	0.7
Tofu - Organic (Herb)	0.5 Pieces	35.0	1.2	2.0	3.0
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Peppers, sweet, yellow, raw	0.4 oz	3.1	0.7	0.0	0.1
Cheese, parmesan, grated	0.2 oz	24.4	0.2	1.6	2.2
Totals		1466.9	114.7	55.8	135.4

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Walking, 4.0 mph, level, firm surface, very brisk pace	20.0	123.4					
Running, jogging, general	10.0	92.5					
Totals	30.0	215.9					

Jim Karger

Jim Karger - Daily Report

Mar 22, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		273.1	68.5	4.5	11.8
Papayas, raw	7 oz	77.4	19.5	0.3	1.2
Cereals ready-to-eat, KELLOGG, KELLOGG S ALL-BRAN Original	1 cup (1 NLEA serving)	161.2	46.0	3.0	8.1
Soy Milk (West's) - Low Fat	4 floz	34.5	3.0	1.2	2.5
Breakfast		345.7	26.9	17.6	21.4
Egg, whole, raw, fresh	2.5 large	178.8	1.0	12.4	15.7
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Tomatoes, red, ripe, raw, year round average	1 oz	5.1	1.1	0.1	0.2
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Refried beans, canned, traditional style (includes USDA commodity)	2.5 oz	64.5	10.8	0.8	3.8
Grapefruit juice, pink, raw	5 oz	55.3	13.0	0.1	0.7
Post-Breakfast		93.0	7.8	4.1	6.4
Jicama	0.5 cup	23.0	5.2	0.1	0.4
Tofu - Organic (Herb)	1 Pieces	70.0	2.5	4.0	6.0
Lunch		234.8	0.4	10.5	32.7

Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
Post-Lunch		90.0	8.5	2.2	10.0
Pure Protein (Chocolate Deluxe)	0.88 oz	90.0	8.5	2.2	10.0
Dinner		338.6	32.1	6.3	37.9
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	3 oz	101.2	19.2	1.0	4.2
Tomatoes, red, ripe, raw, year round average	0.5 small whole (2-2/5" dia)	8.2	1.8	0.1	0.4
Carrots, raw	1 large (7-1/4" to 8-1/2" long)	29.5	6.9	0.2	0.7
Cheese, parmesan, grated	2 tbsp	53.9	0.5	3.6	4.8
Red Snapper	4.6 oz	126.5	0.0	1.1	26.4
Post-Dinner		197.6	8.7	3.6	30.8
Protein - EAS Premium	35 g	150.0	3.0	2.5	27.0
Milk, lowfat, fluid, 1% milkfat, with added vitamin A	4 oz	47.6	5.7	1.1	3.8
Totals		1572.8	152.8	48.9	151.2

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Running, jogging, general	30.0	279.0					

Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	232.5				
Totals	60.0	511.4				

Jim Karger

Jim Karger - Daily Report

Mar 23, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		200.0	13.0	6.0	23.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Oatmeal (Market Pantry)	28 g	0.0	0.0	0.0	0.0
Breakfast		270.7	7.6	16.1	24.5
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Tofu - Organic (Herb)	1 Pieces	70.0	2.5	4.0	6.0
Mushrooms, white, raw	1 large	5.1	0.8	0.1	0.7
Onions, raw	0.5 small	14.0	3.3	0.0	0.4
Cheese, cheddar	1 oz	114.3	0.4	9.4	7.1
Post-Breakfast		133.8	32.5	0.5	2.7
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Oranges, raw, with peel	0.5 fruit without seeds	50.1	12.3	0.2	1.0
Jicama	1 cup	46.0	10.5	0.1	0.9
Lunch		219.7	4.1	6.9	33.2
Fish, tuna, fresh, bluefin, raw	3 oz	122.5	0.0	4.2	19.8
Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Post-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		416.2	32.1	12.1	44.6
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	3 oz	101.2	19.2	1.0	4.2
Tomatoes, red, ripe, raw, year round average	0.5 small whole (2-2/5" dia)	8.2	1.8	0.1	0.4
Carrots, raw	1 large (7-1/4" to 8-1/2" long)	29.5	6.9	0.2	0.7
Cheese, parmesan, grated	2 tbsp	53.9	0.5	3.6	4.8
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Post-Dinner		277.0	20.4	2.9	40.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	8 oz	127.0	17.4	0.4	13.0
Protein - EAS Premium	2 Scoops	150.0	3.0	2.5	27.0
Totals		1701.5	127.1	49.1	188.4

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Running, jogging, general	15.0	139.5					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	232.5					
Running, jogging, general	15.0	138.8					
Totals	60.0	510.8					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		200.0	13.0	6.0	23.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Oatmeal (Market Pantry)	28 g	0.0	0.0	0.0	0.0
Breakfast		170.5	10.0	7.2	17.0
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Fish, tuna, fresh, bluefin, raw	1.5 oz	61.2	0.0	2.1	9.9
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Lunch		531.0	41.1	15.0	40.8
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	4 oz	103.2	8.7	5.7	4.5
Juice, apple, grape and pear blend, with added ascorbic acid and calcium	5 oz	73.7	18.4	0.2	0.2
Salad Dressing, Newman's Light Honey Mustard	2 tbsp	70.0	7.0	0.2	0.0
Other (Dressing on Tuna)		80.0	7.0	2.0	3.0
Post-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		375.1	21.1	5.7	59.3
Red Snapper	7.2 oz	198.0	0.0	1.8	41.4
Squash, summer, zucchini, includes skin, raw	1.5 small	28.3	5.9	0.3	2.1

Peppers, sweet, yellow, raw	0.5 pepper, large (3-3/4" long, 3" dia)	25.1	5.9	0.2	0.9
Tomatoes, red, ripe, raw, year round average	1 plum tomato	11.2	2.4	0.1	0.5
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Egg, white, raw, fresh	3 large	47.5	0.7	0.2	10.8
Salad Dressing, mayonnaise-like, fat-free	4 tsp	17.9	3.3	0.6	0.0
Post-Dinner		416.0	49.6	6.2	30.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Mangos Frozen	8 oz	147.4	27.2	0.0	0.0
Totals		1876.8	152.2	44.7	190.5

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Running, jogging, general	15.0	138.8					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	20.0	154.2					
Walking hiking, cross country	15.0	115.7					
Running, jogging, general	15.0	138.8					
Totals		65.0	547.5				

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		134.0	9.3	4.8	14.6
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Tofu - Organic (Herb)	0.5 Pieces	35.0	1.2	2.0	3.0
Peppers, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Sauce, salsa, ready-to-serve	1 oz	7.7	1.8	0.0	0.4
Post-Breakfast		218.9	27.6	5.0	6.3
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Mangos Frozen	8 oz	147.4	27.2	0.0	0.0
Lunch		392.7	9.0	5.9	70.3
Red Snapper	11.2 oz	308.0	0.0	2.8	64.4
Lettuce, green leaf, raw	2 cup shredded	10.8	2.0	0.1	1.0
Peppers, sweet, red, raw	0.25 large (2-1/4 per pound, approx 3-3/4" long, 3" dia.)	12.7	2.5	0.1	0.4
Cucumber, peeled, raw	0.25 large (8-1/4" long)	8.4	1.5	0.1	0.4
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Cheese, parmesan, shredded	2 tbsp	41.5	0.3	2.7	3.8
Post-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		559.3	45.0	7.7	48.7

Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1
Spinach, raw	6 oz	39.1	6.2	0.7	4.9
Strawberries, raw	3 oz	27.2	6.5	0.3	0.6
Syrups, corn, high-fructose	0.5 oz	39.8	10.8	0.0	0.0
Fish, snapper, mixed species, raw	6 oz	170.1	0.0	2.3	34.9
Cheese, parmesan, grated	0.5 oz	61.1	0.6	4.1	5.5
Asparagus, cooked, boiled, drained	3 oz	18.7	3.5	0.2	2.0
Rice, brown, medium-grain, cooked	1 oz	31.8	6.7	0.2	0.7
Mango chutney	2 tbsp	50.0	7.0	0.0	0.0
Alfalfa seeds, sprouted, raw	2 tbsp	0.9	0.1	0.0	0.2
Totals		1489.0	108.3	28.0	160.3

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Walking hiking, cross country	60.0	350.0					
Totals	60.0	350.0					

Jim Karger

Jim Karger - Daily Report

Mar 26, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		300.0	31.0	7.5	27.0

Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Oatmeal (Market Pantry)	1 Serving	100.0	18.0	1.5	4.0
Breakfast		306.4	22.5	9.6	32.6
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Egg, white, raw, fresh	3 large	47.5	0.7	0.2	10.8
Carne Vegetariano	1.5 Serving	156.0	18.3	3.3	13.5
Peppers, sweet, red, raw	0.25 medium (approx 2-3/4" long, 2-1/2 dia.)	9.2	1.8	0.1	0.3
Onions, raw	1 tbsp chopped	4.0	0.9	0.0	0.1
Cheese, parmesan, grated	2 tbsp	53.9	0.5	3.6	4.8
Post-Breakfast		58.5	14.3	0.4	1.4
Peaches, raw	1 medium (2-2/3" dia)	58.5	14.3	0.4	1.4
Lunch		303.4	14.3	8.7	41.0
Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7
Peaches, raw	1 medium (2-2/3" dia)	58.5	14.3	0.4	1.4
Post-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		303.9	12.5	9.3	41.8
Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Salad Dressing, mayonnaise-like, fat-free	1 tbsp	13.4	2.5	0.4	0.0
Post-Dinner		86.9	8.2	2.2	9.7

Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Totals		1543.3	120.2	42.3	174.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Running, jogging, general	20.0	183.8					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	229.7					
Totals	50.0	413.5					

Jim Karger

Jim Karger - Daily Report

Mar 27, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		340.0	41.0	7.0	29.0
10 Grain Cereal (Bob's Red Mill)	1 Serving	140.0	28.0	1.0	6.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Breakfast		221.8	30.8	6.1	29.1
Cheese, cottage, lowfat, 2% milkfat	1 cup (not packed)	128.0	8.3	5.5	26.7
Melons, cantaloupe, raw	0.5 melon, medium (about 5" dia)	93.8	22.5	0.5	2.3
Lunch		321.2	10.4	12.4	41.5
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1

Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Post-Lunch		274.0	40.5	4.9	21.6
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Bananas, raw	1 small (6" to 6-7/8" long)	89.9	23.1	0.3	1.1
Dinner		631.9	27.9	15.3	66.6
Fish, tuna, fresh, bluefin, raw	9 oz	367.4	0.0	12.5	59.5
Rice, brown, medium-grain, cooked	4 tbsp	54.6	11.5	0.4	1.1
Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1
Vegetables, mixed, frozen, unprepared	3 oz	54.4	11.4	0.4	2.8
Tofu - Organic (Herb)	0.5 Pieces	35.0	1.2	2.0	3.0
Post-Dinner		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Totals		1875.8	158.7	48.0	197.3

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	303.0					
Precor	30.0	440.0					
Totals	70.0	743.0					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		340.0	41.0	7.0	29.0
10 Grain Cereal (Bob's Red Mill)	1 Serving	140.0	28.0	1.0	6.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Breakfast		230.6	16.1	11.0	17.6
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Tomatoes, red, ripe, raw, year round average	0.5 oz	2.6	0.6	0.0	0.1
Peppers, sweet, yellow, raw	1 oz	7.7	1.8	0.1	0.3
Refried beans, canned, traditional style (includes USDA commodity)	3 oz	77.4	13.0	1.0	4.6
Post-Breakfast		81.8	7.7	2.0	9.1
Pure Protein (Chocolate Deluxe)	0.8 oz	81.8	7.7	2.0	9.1
Lunch		366.1	19.0	7.6	53.3
Fish, tuna, white, canned in water, without salt, drained solids	1.3 can	286.2	0.0	6.6	52.8
Salad Dressing, mayonnaise-like, fat-free	2 tbsp	26.9	5.0	0.9	0.1
Pears, raw	0.5 medium	51.6	13.8	0.1	0.3
Celery, raw	0.5 stalk, small (5" long)	1.4	0.3	0.0	0.1
Post-Lunch		81.8	7.7	2.0	9.1
Pure Protein (Chocolate Deluxe)	0.8 oz	81.8	7.7	2.0	9.1
Dinner		585.7	34.0	4.3	36.8
Crepe Huitlacoche	0.3 portion	150.0			
Red Snapper	6 oz	165.0	0.0	1.5	34.5

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	2 oz	51.6	4.3	2.8	2.2
Flan, caramel custard, dry mix	1 oz	98.7	26.0	0.0	0.0
Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1
Totals		1686.0	125.5	34.1	154.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Running, 5 mph (12 min/ mile)	22.0	233.3					
Totals	22.0	233.3					