

Jim Karger - Daily Report

for Jim Karger - Mar 28, 2009 to Apr 25, 2009

Jim Karger

Jim Karger - Daily Report

Mar 28, 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		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					

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Mar 29, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		290.6	20.9	14.8	19.8
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	4 oz	69.2	5.3	3.7	3.9
Amaranth, uncooked	0.5 oz	52.6	9.2	1.0	1.9
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Sauce, salsa, ready-to-serve	1 oz	7.7	1.8	0.0	0.4
Vegetables, mixed, frozen, unprepared	1 oz	18.1	3.8	0.1	0.9
Lunch		287.2	21.8	2.9	41.0

Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Protein - EAS Premium	2 Scoops	150.0	3.0	2.5	27.0
Post-Lunch		20.7	0.8	1.8	0.8
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Dinner		295.9	17.0	8.7	35.8
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
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
Post-Dinner		272.5	22.8	11.7	22.2
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Carrots, raw	0.5 medium	12.5	2.9	0.1	0.3
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)	1 Pieces	70.0	2.5	4.0	6.0
Cheese, goat, hard type	0.5 oz	64.1	0.3	5.0	4.3
Tomatoes, red, ripe, raw, year round average	4 cherry	12.2	2.7	0.1	0.6
Pure Protein (Chocolate Deluxe)	0.8 oz	81.8	7.7	2.0	9.1
Totals		1166.8	83.2	40.0	119.6

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	227.5					

Dinner		510.2	13.0	24.1	58.4
Fish, tuna, fresh, bluefin, raw	8 oz	326.6	0.0	11.1	52.9
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	4 oz	103.2	8.7	5.7	4.5
Avocados, raw, all commercial varieties	0.25 avocado, NS as to Florida or California	80.4	4.3	7.4	1.0
Post-Dinner		81.8	7.7	2.0	9.1
Pure Protein (Chocolate Deluxe)	0.8 oz	81.8	7.7	2.0	9.1
Totals		1736.1	178.9	47.7	152.2

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	403.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	225.7					
Totals	60.0	628.7					

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Mar 31, 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)	1 Serving	140.0	28.0	1.0	6.0

Breakfast		188.5	10.8	10.5	14.7
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Lunch		323.6	13.6	18.2	26.8
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	4 oz	103.2	8.7	5.7	4.5
Avocados, raw, all commercial varieties	0.25 avocado, NS as to Florida or California	80.4	4.3	7.4	1.0
Tofu - Organic (Herb)	0.25 Pieces	17.5	0.6	1.0	1.5
Fish, tuna, fresh, bluefin, raw	3 oz	122.5	0.0	4.2	19.8
Post-Lunch		162.5	27.5	2.4	11.1
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Grapefruit, raw, white, Florida	1 fruit (3-3/4" dia)	75.5	19.3	0.2	1.5
Dinner		226.1	19.8	6.1	23.3
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Strawberries, frozen, unsweetened	0.5 cup, unthawed	26.1	6.8	0.1	0.3
Soy Milk - Kirkland	2 oz	0.0	0.0	0.0	0.0
Post-Dinner		81.8	7.7	2.0	9.1
Pure Protein (Chocolate Deluxe)	0.8 oz	81.8	7.7	2.0	9.1
Totals		1322.5	120.5	46.2	114.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
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Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	226.8				
Bicycling, stationary, general	15.0	136.1				
Totals	45.0	362.9				

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Apr 1, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		287.2	21.8	2.9	41.0
Protein - EAS Premium	2 Scoops	150.0	3.0	2.5	27.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Breakfast		262.3	37.0	8.0	16.2
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
Peppers, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Spinach, raw	2 oz	13.0	2.1	0.2	1.6
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Pineapple, raw, all varieties	4.3 oz	61.0	16.0	0.1	0.7
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Lunch		319.8	5.0	16.9	35.8

Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Spinach, raw	3 oz	19.6	3.1	0.3	2.4
Mayonnaise, reduced-calorie or diet, cholesterol-free	2 tbsp	96.2	1.9	9.6	0.3
Post-Lunch		121.4	9.5	5.1	10.9
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Dinner		317.5	17.0	8.5	41.5
Fish, tuna, fresh, bluefin, raw	5.5 oz	224.5	0.0	7.6	36.4
Broccoli, raw	4 oz	38.6	7.5	0.4	3.2
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Cucumber, peeled, raw	3 oz	10.2	1.8	0.1	0.5
Tomatoes, red, ripe, raw, year round average	1 medium whole (2-3/5" dia)	22.1	4.8	0.2	1.1
Vinegar, red wine	2 oz	10.8	0.2	0.0	0.0
Post-Dinner		243.9	8.1	3.7	41.5
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein - EAS Premium	2 Scoops	150.0	3.0	2.5	27.0
Chocolate Syrup, Sugar Free	1 tbsp	12.5	2.0	0.0	0.5
Totals		1552.2	98.4	45.1	186.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Bicycling, stationary, general	30.0	240.0					

Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	297.9				
Totals	70.0	537.9				

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Apr 2, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		125.1	25.9	1.8	4.7
Cereals ready-to-eat, bran flakes, single brand	0.5 cup (1 NLEA serving)	64.0	16.1	0.4	1.9
Strawberries, frozen, unsweetened	0.5 cup, unthawed	26.1	6.8	0.1	0.3
Soy Milk (West's) - Low Fat	0.5 cup	35.0	3.0	1.2	2.5
Breakfast		342.6	35.6	12.7	25.7
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Cheese, goat, soft type	1 oz	76.0	0.3	6.0	5.3
Spinach, raw	3 oz	19.6	3.1	0.3	2.4
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Carrot juice, canned	6 oz	68.0	15.8	0.3	1.6
Oranges, raw, with peel	1 oz	17.9	4.4	0.1	0.4
Ginger root, raw	0.2 oz	4.5	1.0	0.0	0.1
Tomatoes, red, ripe, raw, year round average	1 medium whole (2-3/5" dia)	22.1	4.8	0.2	1.1
Post-Breakfast		122.5	0.0	4.2	19.8
Fish, tuna, fresh, bluefin, raw	3 oz	122.5	0.0	4.2	19.8

Lunch		328.8	17.9	9.2	43.5
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Post-Lunch		200.1	26.2	4.0	15.6
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Honey	0.25 oz	21.5	5.8	0.0	0.0
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Dinner		356.7	34.2	10.9	31.3
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Carrots, raw	0.5 large (7-1/4" to 8-1/2" long)	14.8	3.4	0.1	0.3
Kiwi fruit, (chinese gooseberries), fresh, raw	0.5 fruit without skin, medium	23.2	5.6	0.2	0.4
Nectarines, raw	0.5 medium (2-1/2" dia)	31.2	7.5	0.2	0.8
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Peppers, sweet, green, raw	0.5 medium (approx 2-3/4" long, 2-1/2" dia)	11.9	2.8	0.1	0.5
Vinegar, balsamic	1.5 oz	37.4	7.2	0.0	0.2
Tomatoes, red, ripe, raw, year round average	1 small whole (2-2/5" dia)	16.4	3.6	0.2	0.8
Fish, tuna, fresh, bluefin, raw	3 oz	122.5	0.0	4.2	19.8
Post-Dinner		237.7	7.6	3.5	41.5
Cheese, cottage, lowfat, 1% milkfat, no sodium added	1 cup	162.7	6.1	2.3	28.0

Protein - EAS Premium	1 Scoops	75.0	1.5	1.2	13.5
Totals		1713.5	147.4	46.2	182.2

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	297.9					
Treadmill	30.0	275.0					
Totals	70.0	572.9					

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Apr 3, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		137.2	18.8	0.4	14.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Breakfast		90.2	3.4	4.2	9.9
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Post-Breakfast		260.5	7.4	6.4	40.7
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Salad Dressing, mayonnaise-like, fat-free	3 tbsp	40.3	7.4	1.3	0.1
Lunch		334.1	23.4	14.1	30.8
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Egg, white, raw, fresh	2.5 large	39.6	0.6	0.1	9.0

Tofu - Organic (Herb)	2 Pieces	140.0	5.0	8.0	12.0
Peppers, sweet, yellow, raw	0.5 pepper, large (3-3/4" long, 3" dia)	25.1	5.9	0.2	0.9
Onions, raw	3 oz	34.0	7.9	0.1	0.9
Sauce, salsa, ready-to-serve	2 oz	15.3	3.5	0.1	0.9
Post-Lunch		360.4	46.4	5.2	35.0
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Strawberries, frozen, unsweetened	0.75 cup, unthawed	39.1	10.2	0.1	0.5
Dinner		427.0	29.0	15.7	41.8
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
Fish, tuna, fresh, bluefin, raw	4.7 oz	191.9	0.0	6.5	31.1
Sweet potato, cooked, baked in skin, without salt	1 medium (2" dia, 5" long, raw)	102.6	23.6	0.2	2.3
Butter, without salt	1.5 pat (1" sq, 1/3" high)	53.8	0.0	6.1	0.1
Soy Meat (OvarB)	0.5 oz	47.1	4.3	0.2	7.1
Totals		1609.5	128.5	46.0	172.3

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	225.7					
Precor	30.0	399.0					

Totals	60.0	624.7					

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Apr 4, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		170.0	23.5	5.9	8.1
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Bananas, raw	1 small (6" to 6-7/8" long)	89.9	23.1	0.3	1.1
Breakfast		170.0	23.5	5.9	8.1
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Bananas, raw	1 small (6" to 6-7/8" long)	89.9	23.1	0.3	1.1
Post-Breakfast		55.7	14.5	0.2	0.7
Strawberries, frozen, unsweetened	15 berry	55.7	14.5	0.2	0.7
Lunch		264.2	17.8	10.2	27.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Post-Lunch		388.2	17.4	11.5	53.5
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Dinner		396.4	36.3	22.4	13.9
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	8 oz	206.4	17.4	11.3	8.9
Salad dressing, italian dressing, reduced fat	3 oz	63.8	3.9	5.4	0.4

Soup, minestrone, canned, prepared with equal volume water	8 oz	77.1	10.6	2.4	4.0
Candies, chocolate, dark, 60-69% cacao solids	0.3 oz	49.2	4.5	3.2	0.5
Totals		1444.4	133.0	56.1	111.9

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

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Apr 5, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		513.7	52.9	16.7	40.9
Oatmeal, regular cooked	0.5 cup	138.7	24.0	2.3	5.7
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Bananas, raw	1 small (6" to 6-7/8" long)	89.9	23.1	0.3	1.1
Breakfast		368.2	34.8	9.2	40.9
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Lunch		56.6	14.5	0.2	1.1
Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7
Post-Breakfast		103.2	27.5	0.2	0.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		56.6	14.5	0.2	1.1

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	6 oz	154.8	13.0	8.5	6.7
Post-Breakfast		103.2	27.5	0.2	0.7
Pears, raw	1 medium	103.2	27.5	0.2	0.7
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
Lunch		56.6	14.5	0.2	1.1
Grapefruit, raw, white, Florida	0.75 fruit (3-3/4" dia)	56.6	14.5	0.2	1.1
Dinner		115.1	12.9	3.3	10.5
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	4 oz	103.2	8.7	5.7	4.5
Fish, salmon, pink, raw	7 oz	230.2	0.0	6.8	39.6
Vinegar, balsamic	1 oz	50.0	4.8	0.0	0.1
Lettuce, cos or romaine, raw	5 oz	24.1	4.7	0.4	1.7
Post-Dinner		179.0	29.6	0.5	15.9
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Dinner		115.1	12.9	3.3	10.5
Alfalfa seeds, sprouted, raw	3 oz	19.6	1.8	0.6	3.4
Post-Dinner		179.0	29.6	0.5	15.9
Dinner		115.1	12.9	3.3	10.5
Onions, young green, tops only	2 oz	14.2	3.2	0.1	1.0
Mushrooms, white, raw	3 oz	18.7	2.8	0.3	2.6
Salad dressing, italian dressing, fat-free	2 oz	26.6	5.0	0.5	0.5

Cheese, cottage, creamed, large or small curd	2 oz	55.6	1.9	2.4	6.3
Post-Dinner		179.0	29.6	0.5	15.9
cottage cheese, non-fat	4 floz	78.9	4.9		13.8
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
Totals		1271.7	98.6	39.2	127.3

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	224.5					
Bicycling, stationary, general	30.0	269.4					
Totals		60.0	494.0				

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Apr 6, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Breakfast		236.6	56.4	1.2	4.5
Bread, wheat	1 slice	66.5	11.9	0.9	2.7
Pineapple, raw, all varieties	6 oz	85.1	22.3	0.2	0.9
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

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		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		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Dinner		613.5	23.6	9.5	76.9
Red Snapper	8 oz	220.0	0.0	2.0	46.0
Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	1 roll (1 oz)	86.8	14.6	1.8	3.0
Sauce, salsa, ready-to-serve	3 oz	23.0	5.3	0.1	1.3
Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1
Totals		1392.2	131.2	24.2	141.6

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Bicycling, stationary, general	20.0	179.6					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	224.5					
Totals	50.0	404.2					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Breakfast		404.0	24.9	23.2	25.0
Bread, whole-wheat, prepared from recipe	1 slice	127.9	23.6	2.5	3.9
Egg, whole, raw, fresh	3 extra large	240.2	1.3	16.7	21.1
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Post-Breakfast		380.5	57.7	13.9	9.1
Cereals ready-to-eat, granola, homemade	2 oz	277.3	30.2	13.6	8.4
Pears, raw	1 medium	103.2	27.5	0.2	0.7
Lunch		223.8	21.8	4.5	22.6
Fish, tuna, fresh, bluefin, raw	3 oz	122.5	0.0	4.2	19.8
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Crackers, saltines, fat-free, low-sodium	4 saltines	78.6	16.5	0.3	2.1
Post-Lunch		245.4	46.7	3.3	12.7
Pineapple, raw, all varieties	3 oz	42.5	11.2	0.1	0.5
Blackberries, raw	2 oz	24.4	5.4	0.3	0.8
Raspberries, raw	2 oz	29.5	6.8	0.4	0.7
Grapes, american type (slip skin), raw	3 oz	57.0	14.6	0.3	0.5
Pure Protein (Chocolate Deluxe)	0.9 oz	92.0	8.7	2.3	10.2
Dinner		594.6	47.8	19.4	39.3
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1

Bread, white, commercially prepared, toasted	1 slice	64.5	12.0	0.9	2.0
Palm hearts, raw	4 oz	130.4	29.0	0.2	3.1
Lettuce, cos or romaine, raw	3 oz	14.5	2.8	0.3	1.0
Salad dressing, KRAFT Zesty Italian Dressing	2 tbsp	108.8	1.8	11.1	0.1
Alcoholic beverage, wine, table, red	3 oz	72.3	2.2	0.0	0.1
Post-Dinner		194.3	18.4	4.9	21.6
Pure Protein (Chocolate Deluxe)	1.9 oz	194.3	18.4	4.9	21.6
Totals		2129.4	225.4	71.5	140.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	20.0	190.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	20.0	149.7					
Totals	40.0	339.7					

Jim Karger

Jim Karger - Daily Report

Apr 8, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Breakfast		379.3	40.9	15.9	21.8
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1

Vegetables, mixed, frozen, unprepared	3 oz	54.4	11.4	0.4	2.8
Vegetable juice cocktail, canned	8 oz	43.1	10.3	0.2	1.4
Cereals ready-to-eat, granola, homemade	0.5 oz	69.3	7.5	3.4	2.1
Tortillas, ready-to-bake or -fry, corn	1 tortilla	52.3	10.7	0.7	1.4
Post-Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		122.7	11.6	3.1	13.6
Pure Protein (Chocolate Deluxe)	1.2 oz	122.7	11.6	3.1	13.6
Post-Lunch		116.0	30.8	0.4	0.6
Apples, raw, with skin	1 large (3-1/4" dia)	116.0	30.8	0.4	0.6
Dinner		1192.5	146.6	29.4	64.6
Fish, snapper, mixed species, cooked, dry heat	7 oz	254.0	0.0	3.4	52.2
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
Bread, cornbread, dry mix, prepared	1 piece	188.4	28.9	6.0	4.3
Plantains, cooked	1 cup, mashed	232.0	62.3	0.4	1.6
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Key Lime Pie	0.6 Serving	270.0	34.8	13.8	3.6
Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1
Totals		1984.4	246.3	53.1	120.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
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Bicycling, stationary, general	30.0	269.4					
Precor	30.0	320.0					
Totals	60.0	589.4					

Jim Karger

Jim Karger - Daily Report

Apr 9, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Breakfast		345.7	39.0	13.4	19.7
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Vegetables, mixed, frozen, unprepared	3 oz	54.4	11.4	0.4	2.8
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
Jams and preserves	0.5 oz	39.4	9.8	0.0	0.1
Post-Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		146.3	38.0	0.2	0.7
Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	6 oz	146.3	38.0	0.2	0.7
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		598.4	51.4	16.9	66.5
Lettuce, cos or romaine, raw	6 oz	28.9	5.6	0.5	2.1
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8

Tomatoes, red, ripe, raw, year round average	7 cherry	21.4	4.7	0.2	1.0
Cheese, parmesan, grated	0.4 oz	48.9	0.5	3.2	4.4
Vegetables, mixed, frozen, unprepared	3 oz	54.4	11.4	0.4	2.8
Vinegar, balsamic	2 oz	49.9	9.7	0.0	0.3
Broccoli, raw	4 oz	38.6	7.5	0.4	3.2
Fish, talapia	7 oz	252.0	0.0	7.0	49.0
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Bread crumbs, dry, grated, plain	0.5 oz	56.0	10.2	0.8	1.9
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		1535.3	170.5	41.5	136.4

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Bicycling, stationary, general	30.0	310.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	25.0	187.1					
Totals		55.0	497.1				

Jim Karger

Jim Karger - Daily Report

Apr 10, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		86.9	8.2	2.2	9.7

Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Breakfast		214.6	12.3	11.6	16.9
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Vegetables, mixed, frozen, unprepared	3 oz	54.4	11.4	0.4	2.8
Post-Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		310.6	44.7	11.6	10.0
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	8 oz	206.4	17.4	11.3	8.9
Grapes, red or green (European type, such as Thompson seedless), raw	1 cup	104.2	27.3	0.2	1.1
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		643.0	28.6	35.2	54.3
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	1 roll (1 oz)	86.8	14.6	1.8	3.0
Broccoli, raw	5 oz	48.2	9.4	0.5	4.0
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Cheese, mozzarella, whole milk	2 oz	170.1	1.2	12.7	12.6
Oil, olive, salad or cooking	0.5 oz	125.3	0.0	14.2	0.0
Tomatoes, red, ripe, raw, year round average	3 oz	15.3	3.3	0.2	0.7
Post-Dinner		592.5	57.5	36.8	12.8
Nuts, cashew nuts, raw	2 oz	313.6	17.1	24.9	10.3

Candies, MASTERFOODS USA, M&M s Milk Chocolate Candies	2 oz	279.0	40.4	12.0	2.5
Totals		2118.7	176.9	104.2	133.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	224.5					
Bicycling, stationary, general	30.0	269.4					
Totals	60.0	494.0					

Jim Karger

Jim Karger - Daily Report

Apr 11, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		105.0	27.0	0.4	1.3
Bananas, raw	1 medium (7" to 7-7/8" long)	105.0	27.0	0.4	1.3
Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		320.7	37.9	12.6	17.4
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
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
Grapes, american type (slip skin), raw	1 cup	61.6	15.8	0.3	0.6
Melons, cantaloupe, raw	1 cup, diced	53.0	12.7	0.3	1.3

Post-Lunch		284.1	55.4	4.8	21.2
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	6 oz	100.0	38.0	0.2	0.7
Dinner		411.9	13.5	17.0	52.2
Cheese, cheddar	1 oz	114.3	0.4	9.4	7.1
Fish, salmon, pink, raw	7 oz	230.2	0.0	6.8	39.6
Broccoli, raw	7 oz	67.5	13.2	0.7	5.6
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		1392.8	159.4	41.6	122.1

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	364.6					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	224.5					
Totals		60.0	589.2				

Jim Karger

Jim Karger - Daily Report

Apr 12, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		72.6	15.3	0.6	3.8
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1

Pre-Breakfast		9.6	2.5	0.1	0.1
Grapes, american type (slip skin), raw	6 grape	9.6	2.5	0.1	0.1
Breakfast		72.6	15.3	0.6	3.8
Biscuits, plain or buttermilk, prepared from recipe	0.5 biscuit (2-1/2" dia)	105.9	13.4	4.9	2.1
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Lunch		225.0	24.0	10.5	9.5
Fast foods, salad, vegetable, tossed, without dressing	7 oz	31.8	6.4	0.1	2.5
Breakfast		72.6	15.3	0.6	3.8
Vegetables, mixed, frozen, unprepared	4 oz	72.6	15.3	0.6	3.8
Lunch		225.0	24.0	10.5	9.5
Oranges, raw, with peel	1.5 fruit without seeds	150.3	37.0	0.7	3.1
Post-Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.3 oz	30.7	2.9	0.8	3.4
Lunch		225.0	24.0	10.5	9.5
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	6 oz	83.0	13.1	0.3	9.7
Post-Breakfast		86.9	8.2	2.2	9.7
Oranges, raw, with peel	0.5 fruit without seeds	50.1	12.3	0.2	1.0
Post-Lunch		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Dinner		717.1	71.6	18.8	67.8

Soybeans, mature seeds, raw	3 oz	379.3	25.7	17.0	31.0
Lunch		225.0	24.0	10.5	9.5
Egg salad sandwich (Starbucks)	0.5 Sandwich	225.0	24.0	10.5	9.5
Post-Dinner		187.1	32.9	2.7	11.7
Protein, Lean Dessert by Syntha	1.5 Serving	187.5	7.5	4.5	30.0
Post-Lunch		86.9	8.2	2.2	9.7
Grapefruit, raw, white, Florida	1 fruit (3-3/4" dia)	75.5	19.3	0.2	1.5
Post-Dinner		187.1	32.9	2.7	11.7
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
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		717.1	71.6	18.8	67.8
Fish, talapia	7 oz	252.0	0.0	7.0	49.0
Sauce, salsa, ready-to-serve	3 oz	23.0	5.3	0.1	1.3
Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood	4 oz	103.2	8.7	5.7	4.5
Vinegar, balsamic	2 oz	49.9	9.7	0.0	0.3
Beans, black, mature seeds, cooked, boiled, with salt	4 oz	149.7	26.9	0.6	10.0
Corn, yellow	1 oz	103.5	21.1	1.3	2.7
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Post-Dinner		187.1	32.9	2.7	11.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7

Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
Totals		1419.2	140.0	43.7	127.0

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

Jim Karger

Jim Karger - Daily Report

Apr 13, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		265.0	33.0	4.0	26.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
10 Grain Cereal (Bob's Red Mill)	1 Serving	140.0	28.0	1.0	6.0
Breakfast		217.9	21.1	1.7	28.1
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	9 oz	142.9	19.6	0.5	14.6
Protein - EAS Premium	1 Scoops	75.0	1.5	1.2	13.5
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		257.5	5.8	6.6	41.4
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Salad Dressing, mayonnaise-like, fat-free	2 tbsp	26.9	5.0	0.9	0.1
Mustard, prepared, yellow	1 tbsp	10.4	0.8	0.6	0.7
Post-Lunch		92.3	9.3	4.5	5.8

Nuts, almonds	7 almond	48.3	1.8	4.2	1.8
Lala Live! Liquid Yogurt (Fat Free)	0.5 Serving	44.0	7.5	0.3	4.0
Dinner		442.2	28.8	15.1	47.7
Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Carrots, raw	0.5 small (5-1/2" long)	10.2	2.4	0.1	0.2
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Peppers, sweet, green, raw	0.25 medium (approx 2-3/4" long, 2-1/2" dia)	6.0	1.4	0.1	0.3
Alfalfa seeds, sprouted, raw	0.5 cup	3.8	0.3	0.1	0.7
Cheese, feta	1 oz	74.8	1.2	6.0	4.0
Salad Dressing, Fat Free Honey Dijon	3 tbsp	60.0	15.0	0.0	0.0
Post-Dinner		249.8	10.2	8.1	34.4
Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Nuts, almonds	4 almond	27.6	1.0	2.4	1.0
Totals		1708.7	125.6	44.6	203.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
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Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	224.5				
Precor	30.0	364.6				
Totals	60.0	589.2				

Jim Karger

Jim Karger - Daily Report

Apr 14, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		265.0	33.0	4.0	26.0
10 Grain Cereal (Bob's Red Mill)	1 Serving	140.0	28.0	1.0	6.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Breakfast		204.5	17.3	7.1	19.2
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	2.5 large	39.6	0.6	0.1	9.0
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Tomatoes, red, ripe, raw, year round average	0.5 medium whole (2-3/5" dia)	11.1	2.4	0.1	0.5
Olives, pickled, canned or bottled, green	3 olive	11.7	0.3	1.2	0.1
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Bread, reduced-calorie, wheat	1 slice	53.0	10.0	0.5	2.1
Post-Breakfast		105.0	27.0	0.4	1.3
Bananas, raw	1 medium (7" to 7-7/8" long)	105.0	27.0	0.4	1.3
Lunch		286.3	18.4	8.9	32.8
Lettuce, cos or romaine, raw	2 oz	9.6	1.9	0.2	0.7

Tomatoes, red, ripe, raw, year round average	0.25 plum tomato	2.8	0.6	0.0	0.1
Mushrooms, white, raw	0.5 oz	3.1	0.5	0.0	0.4
Carrots, raw	0.5 small (5-1/2" long)	10.2	2.4	0.1	0.2
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Peppers, sweet, green, raw	0.15 medium (approx 2-3/4" long, 2-1/2" dia)	3.6	0.8	0.0	0.2
Alfalfa seeds, sprouted, raw	0.25 cup	1.9	0.2	0.1	0.3
Cheese, feta	0.6 oz	44.9	0.7	3.6	2.4
Salad Dressing, Fat Free Honey Dijon	2 tbsp	40.0	10.0	0.0	0.0
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Post-Lunch		287.3	44.9	4.8	21.1
Pears, raw	1 medium	103.2	27.5	0.2	0.7
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Dinner		630.2	51.6	24.6	37.4
MORI-NU, Tofu, silken, firm	4 oz	70.3	2.7	3.1	7.8
Mixed salad	8 oz	90.0	18.0	3.0	4.0
Tofu Burger	1.5 oz	150.0	9.0	9.0	6.0
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Mustard, prepared, yellow	1 tbsp	10.4	0.8	0.6	0.7
Edamame, frozen, prepared	6 oz	207.5	16.9	8.8	18.5
Post-Dinner		131.1	11.9	1.7	17.0

Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Protein, Lean Dessert by Syntha	0.5 Serving	62.5	2.5	1.5	10.0
Totals		1909.4	204.1	51.6	154.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	224.5					
Precor	30.0	364.6					
Totals	60.0	589.2					

Jim Karger

Jim Karger - Daily Report

Apr 15, 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		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		452.1	31.4	16.5	44.6

Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7
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 plum tomato	2.8	0.6	0.0	0.1
Mushrooms, white, raw	0.5 oz	3.1	0.5	0.0	0.4
Carrots, raw	0.5 small (5-1/2" long)	10.2	2.4	0.1	0.2
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Peppers, sweet, green, raw	0.15 medium (approx 2-3/4" long, 2-1/2" dia)	3.6	0.8	0.0	0.2
Alfalfa seeds, sprouted, raw	0.25 cup	1.9	0.2	0.1	0.3
Salad Dressing, Fat Free Honey Dijon	2 tbsp	40.0	10.0	0.0	0.0
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	50 g	59.5	11.3	0.6	2.5
Post-Lunch		214.4	22.0	8.4	15.6
Grapefruit, raw, white, Florida	1 fruit (3-3/4" dia)	75.5	19.3	0.2	1.5
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Fish, salmon, pink, raw	2 oz	65.8	0.0	2.0	11.3
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
Dinner		250.3	11.1	6.3	36.7
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Broccoli, cooked, boiled, drained, without salt	3 oz	29.8	6.1	0.3	2.0
Onions, raw	1.25 oz	14.2	3.3	0.0	0.4
Celery, raw	2 oz	9.1	1.7	0.1	0.4

Post-Dinner		143.6	10.9	1.5	20.5
Protein - EAS Premium	1 Scoops	75.0	1.5	1.2	13.5
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Totals		1768.6	151.2	49.0	187.4

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	224.5					
Treadmill	30.0	300.0					
Totals	60.0	524.5					

Jim Karger

Jim Karger - Daily Report

Apr 16, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		337.2	31.8	6.4	37.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Breakfast		274.5	25.1	9.9	18.9
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	2.5 large	39.6	0.6	0.1	9.0
Peppers, sweet, green, raw	0.25 large (2-1/4 per lb, approx 3-3/4" long, 3" dia)	8.2	1.9	0.1	0.4

Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
SizeOn (Supplement)		62.0	10.0	0.0	0.0
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
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		125.8	24.7	0.1	7.7
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Vive! Liquid Yogurt		88.0	15.0	0.0	7.0
Dinner		840.8	64.7	44.5	55.0
Peanuts, spanish, raw	2 oz	323.2	9.0	28.1	14.8
Cranberries, dried, sweetened	2 oz	174.6	46.7	0.8	0.0
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Apples, raw, with skin	0.35 medium (3" dia)	33.1	8.8	0.1	0.2
Cheese, monterey	1 oz	105.7	0.2	8.6	6.9
Totals		1762.4	163.6	65.6	139.2

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	224.5					
Precor	30.0	405.0					

Totals	60.0	629.5				
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Jim Karger

Jim Karger - Daily Report

Apr 17, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		320.7	64.5	13.4	12.1
Pancake Mix (Whole Wheat - Hodgson Mill)	1 Serving	130.0	28.0	1.0	4.0
Flour (Soy) Bob's Red Mill	0.5 Serving	60.0	4.0	3.0	5.0
Soy Milk (West's) - Low Fat	0.5 cup	35.0	3.0	1.2	2.5
Butter, without salt	2 pat (1" sq, 1/3" high)	71.7	0.0	8.1	0.1
Syrups, dietetic	4 tbsp	24.0	29.5	0.0	0.5
Breakfast		297.2	17.1	8.8	36.4
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
Lunch		358.3	28.3	10.7	38.6
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Mangos, raw	0.5 fruit without refuse	67.3	17.6	0.3	0.5
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Peppers, sweet, green, raw	0.25 oz	1.4	0.3	0.0	0.1
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Cheese, goat, soft type	0.5 oz	38.0	0.1	3.0	2.6
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		276.0	24.3	4.6	34.5

Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Post-Dinner		335.2	30.2	7.8	38.0
Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Oranges, raw, with peel	0.75 fruit without seeds	75.1	18.5	0.4	1.6
Soybeans, mature seeds, raw	0.3 oz	37.9	2.6	1.7	3.1
Totals		1771.6	181.9	49.9	180.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	364.6					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	224.5					
Walking, 2.5 mph, firm surface	20.0	59.9					
Totals	80.0	649.0					

Jim Karger

Jim Karger - Daily Report

Apr 19, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		184.1	17.4	4.6	20.5

Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Breakfast		244.0	17.8	11.8	17.2
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Refried beans, canned, traditional style (includes USDA commodity)	2 oz	51.6	8.7	0.7	3.1
Sugars, granulated	2 tsp	32.3	8.3	0.0	0.0
Post-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
Lunch		287.3	44.9	4.8	21.1
Pears, raw	1 medium	103.2	27.5	0.2	0.7
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Lunch		221.9	27.1	4.7	21.2
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Dinner		242.3	22.6	9.3	19.6
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	2.5 large	39.6	0.6	0.1	9.0
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Ice creams, vanilla	0.5 serving 1/2 cup	68.3	7.8	3.6	1.2
Sauce, salsa, ready-to-serve	2 oz	15.3	3.5	0.1	0.9
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		1316.6	150.3	37.6	110.2
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Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Totals							

Jim Karger

Jim Karger - Daily Report

Apr 20, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		51.0	11.8	0.2	0.8
Orange juice, raw	4 oz	51.0	11.8	0.2	0.8
Breakfast		240.0	34.5	4.0	17.5
10 Grain Cereal (Bob's Red Mill)	1 Serving	140.0	28.0	1.0	6.0
Syntha 6 Protein (Powder)	0.5 Scoop	100.0	6.5	3.0	11.5
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		209.1	8.8	13.6	15.6
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Lettuce, cos or romaine, raw	2 oz	9.6	1.9	0.2	0.7
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Avocados, raw, all commercial varieties	2 oz	90.7	4.8	8.3	1.1
Post-Lunch		244.5	22.5	3.5	26.6
Soy milk, Soy Slender	1 cup	67.0	4.0	0.3	6.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0

Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Dinner		546.3	20.0	7.6	70.5
Wahoo, Fish	9 oz	339.8	0.0	6.5	66.2
Broccoli, raw	2 oz	19.3	3.8	0.2	1.6
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Salad dressing, italian dressing, fat-free	3 tbsp	70.0	3.8	0.4	0.4
Alcoholic beverage, wine, table, white	3 oz	69.7	2.2	0.0	0.1
Post-Dinner		428.0	59.0	20.0	5.0
Pie, apple, prepared from recipe	1 piece (1/8 of 9" dia)	410.8	57.5	19.4	3.7
Soy Milk (West's) - Low Fat	2 floz	17.2	1.5	0.6	1.2
Totals		1903.1	173.9	53.5	156.5

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	359.1					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	221.1					
Bicycling, stationary, general	30.0	310.0					
Totals	90.0	890.2					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		318.8	36.8	6.2	28.5
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Yogurt, fruit variety, nonfat	125 g	118.8	23.8	0.2	5.5
Breakfast		519.1	29.3	22.5	49.9
Ceviche (Fish)	4 oz	225.0	10.0	9.0	25.0
Refried beans, canned, traditional style (includes USDA commodity)	3 oz	77.4	13.0	1.0	4.6
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Cheese, cottage, creamed, large or small curd	2 oz	55.6	1.9	2.4	6.3
Post-Breakfast		324.3	72.8	2.7	7.8
Melons, cantaloupe, raw	4 oz	38.6	9.3	0.2	1.0
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Papayas, raw	4 oz	44.2	11.1	0.2	0.7
Onions, raw	2 small	56.0	13.1	0.1	1.5
Corn, yellow	0.25 cup	151.5	30.8	2.0	3.9
Lunch		521.3	74.3	11.0	35.3
Ceviche (Fish)	4 oz	225.0	10.0	9.0	25.0
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Refried beans, canned, traditional style (includes USDA commodity)	4 oz	103.2	17.3	1.3	6.1
Salad Dressing, Fat Free Honey Dijon	2 tbsp	40.0	10.0	0.0	0.0
Melons, cantaloupe, raw	5 oz	48.2	11.6	0.3	1.2
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
Papayas, raw	4 oz	44.2	11.1	0.2	0.7

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		175.0	9.0	5.0	24.0
Soy Milk - Kirkland	0.5 cup	50.0	4.0	2.0	4.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Totals		1945.3	230.5	49.6	155.1

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	359.1					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	221.1					
Swimming, leisurely, not lap swimming, general	20.0	147.4					
Totals	80.0	727.7					

Jim Karger

Jim Karger - Daily Report

Apr 22, 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		197.6	12.8	6.7	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, chili, green, canned	1 oz	6.0	1.3	0.1	0.2
Cheese, swiss, low fat	1 oz	50.7	1.0	1.4	8.1
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Post-Breakfast		253.4	26.7	7.9	21.6
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Snacks, tortilla chips, plain, white corn	0.5 oz	69.3	9.3	3.3	1.1
Lunch		453.6	26.6	7.8	66.6
Wahoo, Fish	8 oz	302.0	0.0	5.8	58.8
Sauce, salsa, ready-to-serve	1 oz	7.7	1.8	0.0	0.4
Bread, wheat	1 slice	66.5	11.9	0.9	2.7
Refried beans, canned, traditional style (includes USDA commodity)	3 oz	77.4	13.0	1.0	4.6
Post-Lunch		180.8	23.2	5.9	11.8
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Dinner		341.5	28.7	2.3	45.6
Red Snapper	7 oz	192.5	0.0	1.8	40.2
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Salad Dressing, Fat Free Honey Dijon	3 tbsp	60.0	15.0	0.0	0.0
Broccoli, raw	4 oz	38.6	7.5	0.4	3.2
Alcoholic beverage, wine, table, white	1 oz	23.2	0.7	0.0	0.0

Post-Dinner		166.2	15.9	5.0	15.8
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	3 oz	47.6	6.5	0.2	4.9
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Totals		1933.2	175.0	42.6	212.9

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	221.1					
Precor	30.0	320.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	14.0	103.2					
Precor	15.0	179.6					
Totals	89.0	823.9					

Jim Karger

Jim Karger - Daily Report

Apr 23, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		240.0	34.5	4.0	17.5
10 Grain Cereal (Bob's Red Mill)	1 Serving	140.0	28.0	1.0	6.0

Syntha 6 Protein (Powder)	0.5 Scoop	100.0	6.5	3.0	11.5
Breakfast		195.9	17.4	6.2	19.0
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Refried beans, canned, traditional style (includes USDA commodity)	3 oz	77.4	13.0	1.0	4.6
Sauce, salsa, ready-to-serve	2 oz	15.3	3.5	0.1	0.9
Post-Breakfast		47.6	6.5	0.2	4.9
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	3 oz	47.6	6.5	0.2	4.9
Lunch		334.7	7.0	14.9	40.9
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Salad dressing, mayonnaise type, regular, with salt	2 tbsp	114.6	7.0	9.8	0.3
Post-Lunch		148.3	20.9	4.4	9.0
Pure Protein (Chocolate Deluxe)	0.6 oz	61.4	5.8	1.5	6.8
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
Papayas, raw	5 oz	55.3	13.9	0.2	0.9
Dinner		548.4	41.3	6.6	58.7
Fish, grouper, mixed species, cooked, dry heat	7 oz	234.2	0.0	2.6	49.3
Sauce, salsa, ready-to-serve	2 oz	15.3	3.5	0.1	0.9
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	2 roll (1 oz)	173.6	29.1	3.6	6.1
Broccoli, raw	3 oz	28.9	5.6	0.3	2.4
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Totals		1514.9	127.6	36.3	149.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	25.0	184.3					
Precor	30.0	359.1					
Totals	55.0	543.4					

Jim Karger

Jim Karger - Daily Report

Apr 24, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		402.4	40.4	9.3	38.8
Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0.66 container (4 oz)	156.6	27.7	2.1	7.2
Syntha 6 Protein (Powder)	0.5 Scoop	100.0	6.5	3.0	11.5
Cheese, cottage, lowfat, 2% milkfat	0.75 cup (not packed)	145.8	6.2	4.2	20.1
Breakfast		200.2	8.2	4.3	31.7
Wahoo, Fish	3 oz	113.2	0.0	2.2	22.0
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		237.9	8.2	5.1	39.1
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Wahoo, Fish	4 oz	151.0	0.0	2.9	29.4
Post-Lunch		402.9	43.9	20.9	11.3
Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	2 roll (1 oz)	173.6	29.1	3.6	6.1
Oil, olive, salad or cooking	0.25 oz	62.7	0.0	7.1	0.0

Soup, minestrone, canned, prepared with equal volume water	6 oz	57.8	7.9	1.8	3.0
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Salad dressing, KRAFT Zesty Italian Dressing	1.5 tbsp	81.6	1.3	8.3	0.1
Dinner		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Dinner		306.1	27.3	9.9	29.1
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Carne Vegetariano	0.3 Serving	31.2	3.7	0.7	2.7
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Cheese, cottage, lowfat, 2% milkfat	1 oz	24.4	1.0	0.7	3.4
Soybeans, mature seeds, raw	0.5 oz	63.2	4.3	2.8	5.2
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 oz	15.9	2.2	0.1	1.6
Totals		1733.6	145.5	54.1	170.4

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

Jim Karger

Jim Karger - Daily Report

Apr 25, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		419.1	47.5	9.9	35.8

Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
10 Grain Cereal (Bob's Red Mill)	1 Serving	140.0	28.0	1.0	6.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 oz	15.9	2.2	0.1	1.6
Soybeans, mature seeds, raw	0.5 oz	63.2	4.3	2.8	5.2
Breakfast		284.3	42.0	5.1	22.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
Post-Breakfast		64.4	12.5	2.0	0.8
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Cranberries, dried, sweetened	0.5 oz	43.7	11.7	0.2	0.0
Lunch		262.2	23.8	3.4	34.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Post-Lunch		413.3	18.1	18.0	44.0
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Mustard, prepared, yellow	0.25 oz	4.7	0.4	0.3	0.3
Mayonnaise, reduced-calorie or diet, cholesterol-free	2.5 tbsp	120.2	2.4	12.0	0.3
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Dinner		335.1	14.3	9.4	45.8
Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7

Cheese, cottage, lowfat, 2% milkfat	1.5 oz	36.6	1.6	1.0	5.0
Fast foods, salad, vegetable, tossed, without dressing	3 oz	13.6	2.7	0.1	1.1
Salad Dressing, Fat Free Honey Dijon	2 tbsp	40.0	10.0	0.0	0.0
Post-Dinner		63.5	8.7	0.2	6.5
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	4 oz	63.5	8.7	0.2	6.5
Totals		1841.9	166.9	48.0	189.4

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	15.0	110.6					
Precor	30.0	400.0					
Totals	45.0	510.6					