

# Jim Karger - Daily Report

for Jim Karger - Apr 26, 2009 to May 30, 2009

Jim Karger

Jim Karger - Daily Report

Apr 26, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>220.0</b>	<b>30.5</b>	<b>4.5</b>	<b>16.5</b>
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Syntha 6 Protein (Powder)	0.5 Scoop	100.0	6.5	3.0	11.5
<b>Breakfast</b>		<b>309.2</b>	<b>26.0</b>	<b>14.2</b>	<b>23.2</b>
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
Peppers, sweet, green, raw	0.25 medium (approx 2-3/4" long, 2-1/2" dia)	6.0	1.4	0.1	0.3
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	3 oz	47.6	6.5	0.2	4.9
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Butter, without salt	2 pat (1" sq, 1/3" high)	71.7	0.0	8.1	0.1
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8
<b>Post-Breakfast</b>		<b>43.7</b>	<b>11.7</b>	<b>0.2</b>	<b>0.0</b>
Cranberries, dried, sweetened	0.5 oz	43.7	11.7	0.2	0.0
<b>Lunch</b>		<b>303.6</b>	<b>34.2</b>	<b>8.2</b>	<b>26.7</b>
Cranberries, dried, sweetened	0.5 oz	43.7	11.7	0.2	0.0
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5



<b>Totals</b>	<b>60.0</b>	<b>620.0</b>				
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Jim Karger

Jim Karger - Daily Report

Apr 27, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>340.0</b>	<b>41.0</b>	<b>7.0</b>	<b>29.0</b>
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
<b>Breakfast</b>		<b>226.2</b>	<b>19.6</b>	<b>10.0</b>	<b>18.1</b>
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
Peppers, chili, green, canned	1 oz	6.0	1.3	0.1	0.2
Spinach, raw	2 oz	13.0	2.1	0.2	1.6
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
<b>Lunch</b>		<b>304.5</b>	<b>43.1</b>	<b>2.4</b>	<b>29.4</b>
Cheese, cottage, lowfat, 1% milkfat	1 cup (not packed)	162.7	6.1	2.3	28.0
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	10 oz	141.8	37.0	0.1	1.4
<b>Post-Lunch</b>		<b>201.6</b>	<b>22.1</b>	<b>4.7</b>	<b>20.5</b>
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Cranberries, dried, sweetened	0.2 oz	17.5	4.7	0.1	0.0
<b>Dinner</b>		<b>311.0</b>	<b>10.9</b>	<b>8.6</b>	<b>45.0</b>
Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
Fish, salmon, pink, raw	3 oz	98.7	0.0	2.9	17.0

Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Mangos, raw	1 oz	18.4	4.8	0.1	0.1
Vinegar, balsamic	0.5 oz	12.5	2.4	0.0	0.1
<b>Post-Dinner</b>		<b>436.5</b>	<b>22.0</b>	<b>13.8</b>	<b>56.3</b>
Cheese, cottage, lowfat, 2% milkfat	1.3 cup (not packed)	252.7	10.8	7.2	34.8
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Cranberries, dried, sweetened	0.2 oz	17.5	4.7	0.1	0.0
<b>Totals</b>		<b>1819.8</b>	<b>158.6</b>	<b>46.6</b>	<b>198.3</b>

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	200.0					
Precor	30.0	400.0					
<b>Totals</b>	<b>60.0</b>	<b>600.0</b>					

Jim Karger

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Apr 28, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>300.3</b>	<b>42.9</b>	<b>4.7</b>	<b>25.9</b>
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0

Papayas, raw	5 oz	55.3	13.9	0.2	0.9
<b>Breakfast</b>		<b>168.6</b>	<b>15.9</b>	<b>3.2</b>	<b>18.5</b>
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
<b>Post-Breakfast</b>		<b>211.5</b>	<b>13.7</b>	<b>6.8</b>	<b>24.3</b>
Fish, salmon, pink, raw	4 oz	131.5	0.0	3.9	22.6
Cranberries, dried, sweetened	0.3 oz	26.2	7.0	0.1	0.0
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
Papayas, raw	2 oz	22.1	5.6	0.1	0.3
<b>Lunch</b>		<b>66.3</b>	<b>16.7</b>	<b>0.2</b>	<b>1.0</b>
Papayas, raw	6 oz	66.3	16.7	0.2	1.0
<b>Post-Lunch</b>		<b>180.4</b>	<b>15.4</b>	<b>8.7</b>	<b>14.2</b>
Tempeh, cooked	2.65 oz	147.2	7.0	8.5	13.7
Papayas, raw	3 oz	33.2	8.3	0.1	0.5
<b>Dinner</b>		<b>373.9</b>	<b>15.8</b>	<b>17.0</b>	<b>40.9</b>
Lettuce, green leaf, raw	6 oz	25.5	4.7	0.3	2.3
Tomatoes, red, ripe, raw, year round average	8 cherry	24.5	5.3	0.3	1.2
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Basil, fresh	1 oz	6.5	0.8	0.2	0.9
Cucumber, peeled, raw	1 oz	3.4	0.6	0.0	0.2
Capers, canned	1 tbsp, drained	2.0	0.4	0.1	0.2
Cheese, parmesan, shredded	2 tbsp	41.5	0.3	2.7	3.8
Cheese, mozzarella, whole milk	1.5 oz	127.6	0.9	9.5	9.4
Fish, salmon, pink, raw	4 oz	131.5	0.0	3.9	22.6
<b>Post-Dinner</b>		<b>188.9</b>	<b>5.8</b>	<b>2.9</b>	<b>33.1</b>

Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
Protein - EAS Premium	1 Scoops	75.0	1.5	1.2	13.5
<b>Totals</b>		<b>1489.9</b>	<b>126.2</b>	<b>43.5</b>	<b>157.9</b>

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	220.0					
Treadmill	30.0	300.0					
<b>Totals</b>	<b>60.0</b>	<b>520.0</b>					

Jim Karger

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Apr 29, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>271.0</b>	<b>34.9</b>	<b>7.8</b>	<b>14.8</b>
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 - Kirkland	2.7 floz	33.3	2.7	1.3	2.7
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Syrup, Dietetic Strawberry	3 tbsp	12.0	0.0	0.0	0.0
<b>Breakfast</b>		<b>53.9</b>	<b>9.9</b>	<b>0.2</b>	<b>3.6</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	2 oz	31.8	4.4	0.1	3.2
Papayas, raw	2 oz	22.1	5.6	0.1	0.3

<b>Post-Breakfast</b>		<b>86.9</b>	<b>8.2</b>	<b>2.2</b>	<b>9.7</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
<b>Lunch</b>		<b>378.8</b>	<b>34.0</b>	<b>9.5</b>	<b>42.4</b>
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
Spinach, raw	4 oz	26.1	4.1	0.4	3.2
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
Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
Cheese, parmesan, grated	1 tbsp	26.9	0.3	1.8	2.4
Sauce, ready-to-serve, pepper, TABASCO	0.2 oz	0.7	0.0	0.0	0.1
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Carrot juice, canned	7 oz	79.4	18.4	0.3	1.9
<b>Post-Lunch</b>		<b>130.3</b>	<b>1.2</b>	<b>5.6</b>	<b>18.3</b>
Fish, salmon, pink, raw	3 oz	98.7	0.0	2.9	17.0
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Dinner</b>		<b>451.2</b>	<b>45.2</b>	<b>10.0</b>	<b>48.6</b>
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
Beets, raw	2.5 oz	30.5	6.8	0.1	1.1
Capers, canned	1 oz	6.5	1.4	0.2	0.7
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Tomatoes, red, ripe, raw, year round average	6 cherry	18.4	4.0	0.2	0.9
Cucumber, peeled, raw	1.5 oz	5.1	0.9	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
Salad Dressing, Fat Free Honey Dijon	1.5 tbsp	30.0	7.5	0.0	0.0
Vegetables, mixed, frozen, unprepared	4 oz	72.6	15.3	0.6	3.8
<b>Post-Dinner</b>		<b>78.9</b>	<b>7.8</b>	<b>0.9</b>	<b>9.9</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	3 oz	47.6	6.5	0.2	4.9
Protein, Lean Dessert by Syntha	0.25 Serving	31.2	1.2	0.8	5.0
<b>Totals</b>		<b>1451.0</b>	<b>141.1</b>	<b>36.2</b>	<b>147.2</b>

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	219.3					
Bicycling, stationary, general	30.0	380.0					
<b>Totals</b>		<b>60.0</b>	<b>599.3</b>				

**Jim Karger**

**Jim Karger - Daily Report**

**Apr 30, 2009**

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>267.2</b>	<b>29.8</b>	<b>1.7</b>	<b>32.5</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0

Met-RX	0.5 Serving	130.0	11.0	1.2	18.5
<b>Breakfast</b>		<b>347.7</b>	<b>35.9</b>	<b>11.3</b>	<b>28.9</b>
Egg, white, raw, fresh	4 large	63.4	1.0	0.2	14.4
Nopales, raw	2 oz	9.1	1.9	0.1	0.7
Avocados, raw, all commercial varieties	0.3 avocado, NS as to Florida or California	96.5	5.1	8.8	1.2
Refried beans, canned, traditional style (includes USDA commodity)	2 oz	51.6	8.7	0.7	3.1
Cheese, cottage, lowfat, 2% milkfat	2 oz	48.8	2.1	1.4	6.7
Carrot juice, canned	2 oz	22.7	5.3	0.1	0.5
Orange juice, raw	1 oz	12.8	2.9	0.1	0.2
Beet Juice	100 g	43.0	9.0	0.0	2.0
<b>Post-Breakfast</b>		<b>311.8</b>	<b>22.0</b>	<b>2.8</b>	<b>50.5</b>
Protein - Body Fortress Whey	45 g	174.6	3.2	2.4	36.5
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
<b>Lunch</b>		<b>320.4</b>	<b>2.6</b>	<b>15.0</b>	<b>40.8</b>
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Salad dressing, KRAFT Mayo Light Mayonnaise	2 tbsp	100.2	2.6	9.9	0.2
<b>Post-Lunch</b>		<b>134.9</b>	<b>28.7</b>	<b>2.9</b>	<b>2.0</b>
Pears, raw	1 medium	103.2	27.5	0.2	0.7
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Dinner</b>		<b>491.9</b>	<b>28.6</b>	<b>10.5</b>	<b>49.0</b>
Red Snapper	6 oz	165.0	0.0	1.5	34.5
Cheese, parmesan, grated	1 oz	122.2	1.2	8.1	10.9

Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Tomatoes, red, ripe, raw, year round average	5 cherry	15.3	3.3	0.2	0.7
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Cucumber, peeled, raw	1.5 oz	5.1	0.9	0.1	0.3
Salad Dressing, Fat Free Honey Dijon	1.5 tbsp	30.0	7.5	0.0	0.0
Peppers, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Raspberries, raw	1 oz	14.7	3.4	0.2	0.3
<b>Post-Dinner</b>		<b>191.4</b>	<b>5.1</b>	<b>2.7</b>	<b>37.0</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein - Body Fortress Whey	1 oz	110.0	2.0	1.5	23.0
<b>Totals</b>		<b>2065.2</b>	<b>152.6</b>	<b>46.9</b>	<b>240.7</b>

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	219.3					
Treadmill	30.0	357.5					
<b>Totals</b>	<b>60.0</b>	<b>576.8</b>					

Jim Karger

Jim Karger - Daily Report

May 1, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
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<b>Pre-Breakfast</b>		<b>216.6</b>	<b>24.5</b>	<b>6.7</b>	<b>17.1</b>
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
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
Papayas, raw	6 oz	66.3	16.7	0.2	1.0
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Cheese, parmesan, grated	1 tsp	9.0	0.1	0.6	0.8
<b>Breakfast</b>		<b>251.6</b>	<b>22.4</b>	<b>3.4</b>	<b>32.9</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 container (4 oz)	126.6	17.4	0.4	12.9
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
<b>Post-Breakfast</b>		<b>86.9</b>	<b>8.2</b>	<b>2.2</b>	<b>9.7</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
<b>Lunch</b>		<b>307.8</b>	<b>26.1</b>	<b>8.5</b>	<b>33.3</b>
Red Snapper	4.5 oz	123.8	0.0	1.1	25.9
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Salad Dressing, Fat Free Honey Dijon	1 tbsp	20.0	5.0	0.0	0.0
Sweet potato, cooked, baked in skin, without salt	0.5 medium (2" dia, 5" long, raw)	51.3	11.8	0.1	1.1
Butter, without salt	1.5 pat (1" sq, 1/3" high)	53.8	0.0	6.1	0.1
Mushrooms, portabella, grilled	4 oz	39.7	5.6	0.9	4.8
<b>Post-Lunch</b>		<b>175.5</b>	<b>6.7</b>	<b>5.3</b>	<b>25.3</b>

Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
Protein, Lean Dessert by Syntha	0.5 Serving	62.5	2.5	1.5	10.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
<b>Dinner</b>		<b>401.0</b>	<b>28.6</b>	<b>4.2</b>	<b>39.0</b>
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Red Snapper	6 oz	165.0	0.0	1.5	34.5
Cereals ready-to-eat, granola, homemade	1 tbsp	37.3	4.1	1.8	1.1
Lettuce, cos or romaine, raw	3 oz	14.5	2.8	0.3	1.0
Tomatoes, red, ripe, raw, year round average	5 cherry	15.3	3.3	0.2	0.7
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Cucumber, peeled, raw	2 oz	6.8	1.2	0.1	0.3
Raspberries, raw	2 oz	29.5	6.8	0.4	0.7
Vinegar, balsamic	1 oz	24.9	4.8	0.0	0.1
<b>Post-Dinner</b>		<b>191.4</b>	<b>5.1</b>	<b>2.7</b>	<b>37.0</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein - Body Fortress Whey	1 oz	110.0	2.0	1.5	23.0
<b>Totals</b>		<b>1630.7</b>	<b>121.6</b>	<b>33.0</b>	<b>194.3</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Walking climbing hills with 0 to 9 pound load	30.0	262.6					
<b>Totals</b>		<b>30.0</b>	<b>262.6</b>				

Jim Karger

## Jim Karger - Daily Report

May 2, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>240.0</b>	<b>33.5</b>	<b>5.5</b>	<b>17.5</b>
Oats - Steelcut	1 Serving	140.0	27.0	2.5	6.0
Syntha 6 Protein (Powder)	0.5 Scoop	100.0	6.5	3.0	11.5
<b>Breakfast</b>		<b>243.2</b>	<b>16.2</b>	<b>7.1</b>	<b>30.7</b>
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
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	5 cherry	15.3	3.3	0.2	0.7
Peppers, chili, green, canned	1 oz	6.0	1.3	0.1	0.2
Peppers, sweet, yellow, raw	1 oz	7.7	1.8	0.1	0.3
Cheese, low fat, cheddar or colby	1.5 cubic inch	44.1	0.5	1.8	6.2
Seitan	0.5 Serving	71.5	4.0	2.0	10.0
Sauce, salsa, ready-to-serve	1 oz	7.7	1.8	0.0	0.4
<b>Post-Breakfast</b>		<b>65.8</b>	<b>2.5</b>	<b>1.2</b>	<b>11.0</b>
Protein, Lean Dessert by Syntha	0.2 Serving	25.0	1.0	0.6	4.0
Cheese, cottage, lowfat, 1% milkfat	2 oz	40.8	1.5	0.6	7.0
<b>Lunch</b>		<b>149.0</b>	<b>24.6</b>	<b>2.3</b>	<b>10.4</b>
Seitan	0.5 Serving	71.5	4.0	2.0	10.0
Apples, raw, with skin	1 small (2-3/4" dia)	77.5	20.6	0.3	0.4
<b>Post-Lunch</b>		<b>31.7</b>	<b>1.2</b>	<b>2.7</b>	<b>1.3</b>
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3

<b>Dinner</b>		<b>353.0</b>	<b>43.8</b>	<b>2.6</b>	<b>39.0</b>
Red Snapper	6 oz	165.0	0.0	1.5	34.5
Lettuce, cos or romaine, raw	6 oz	28.9	5.6	0.5	2.1
Beets, raw	0.5 beet (2" dia)	17.6	3.9	0.1	0.7
Blueberries, raw	4 oz	64.6	16.4	0.4	0.8
Carrots, raw	0.5 large (7-1/4" to 8-1/2" long)	14.8	3.4	0.1	0.3
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Pears, raw	0.25 medium	25.8	6.9	0.1	0.2
Vinegar, balsamic	1 oz	24.9	4.8	0.0	0.1
<b>Post-Dinner</b>		<b>191.4</b>	<b>5.1</b>	<b>2.7</b>	<b>37.0</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein - Body Fortress Whey	1 oz	110.0	2.0	1.5	23.0
<b>Totals</b>		<b>1274.0</b>	<b>126.8</b>	<b>24.0</b>	<b>147.0</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Swimming, breaststroke, general	30.0	394.0					
<b>Totals</b>	<b>30.0</b>	<b>394.0</b>					

Jim Karger

Jim Karger - Daily Report

May 3, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>290.5</b>	<b>29.0</b>	<b>9.7</b>	<b>24.6</b>
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
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3

Mushrooms, portabella, grilled	2 oz	19.8	2.8	0.4	2.4
Cheese, mozzarella, whole milk	0.5 oz	42.5	0.3	3.2	3.1
Carrot juice, canned	7 oz	79.4	18.4	0.3	1.9
Beet Juice	1 oz	12.2	2.6	0.0	0.6
<b>Breakfast</b>		<b>305.0</b>	<b>41.0</b>	<b>5.2</b>	<b>27.5</b>
5 Grain Cereal (Bob's Red Mill)	1.5 Serving	180.0	36.0	2.2	7.5
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
<b>Lunch</b>		<b>343.5</b>	<b>44.9</b>	<b>9.0</b>	<b>25.7</b>
Seitan	1 Serving	143.0	8.0	4.0	20.0
Broccoli, raw	2 oz	19.3	3.8	0.2	1.6
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 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Raspberries, raw	0.5 oz	7.4	1.7	0.1	0.2
<b>Post-Lunch</b>		<b>31.7</b>	<b>1.2</b>	<b>2.7</b>	<b>1.3</b>
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Dinner</b>		<b>320.9</b>	<b>11.2</b>	<b>10.5</b>	<b>43.8</b>
Fish, tuna, fresh, bluefin, raw	6.4 oz	261.3	0.0	8.9	42.3
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Salad Dressing, mayonnaise-like, fat-free	3 tbsp	40.3	7.4	1.3	0.1
<b>Post-Dinner</b>		<b>206.4</b>	<b>8.1</b>	<b>4.2</b>	<b>34.0</b>

Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
<b>Totals</b>		<b>1498.0</b>	<b>135.3</b>	<b>41.3</b>	<b>157.0</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Bicycling, stationary, general	10.0	104.0					
Running, jogging, general	20.0	173.6					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	217.0					
Bicycling, stationary, general	20.0	195.0					
<b>Totals</b>	<b>80.0</b>	<b>689.7</b>					

Jim Karger

Jim Karger - Daily Report

May 4, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>328.8</b>	<b>30.7</b>	<b>11.4</b>	<b>28.9</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	2 oz	31.8	4.4	0.1	3.2
Cereals ready-to-eat, granola, homemade	0.2 oz	27.7	3.0	1.4	0.8
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
Spinach, raw	1 oz	6.5	1.0	0.1	0.8

Mushrooms, portabella, grilled	1 oz	9.9	1.4	0.2	1.2
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Cheese, parmesan, grated	0.5 oz	61.1	0.6	4.1	5.5
Melons, cantaloupe, raw	2 wedge, large (1/8 of large melon)	69.4	16.6	0.4	1.7
<b>Breakfast</b>		<b>380.0</b>	<b>49.0</b>	<b>8.2</b>	<b>30.5</b>
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1.5 Serving	180.0	36.0	2.2	7.5
<b>Lunch</b>		<b>143.0</b>	<b>8.0</b>	<b>4.0</b>	<b>20.0</b>
Seitan	1 Serving	143.0	8.0	4.0	20.0
<b>Post-Lunch</b>		<b>156.1</b>	<b>24.8</b>	<b>2.6</b>	<b>11.4</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Melons, cantaloupe, raw	0.25 melon, large (about 6-1/2" dia)	69.2	16.6	0.4	1.7
<b>Dinner</b>		<b>312.1</b>	<b>13.4</b>	<b>9.0</b>	<b>44.3</b>
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Tomatoes, red, ripe, raw, year round average	1 plum tomato	11.2	2.4	0.1	0.5
Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7
Soy sauce made from soy (tamari)	0.5 oz	8.5	0.8	0.0	1.5
Wasabi, root, raw	0.5 oz	15.5	3.3	0.1	0.7
Cucumber, with peel, raw	3 oz	12.8	3.1	0.1	0.6
<b>Post-Dinner</b>		<b>206.4</b>	<b>8.1</b>	<b>4.2</b>	<b>34.0</b>

Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
<b>Totals</b>		<b>1526.4</b>	<b>133.9</b>	<b>39.3</b>	<b>169.1</b>

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	217.0					
Bicycling, stationary, general	10.0	101.0					
Treadmill	30.0	353.8					
<b>Totals</b>	<b>70.0</b>	<b>671.8</b>					

**Jim Karger**

**Jim Karger - Daily Report**

**May 5, 2009**

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>201.6</b>	<b>18.9</b>	<b>1.7</b>	<b>26.4</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 container (4 oz)	126.6	17.4	0.4	12.9
Protein - EAS Premium	1 Scoops	75.0	1.5	1.2	13.5
<b>Breakfast</b>		<b>314.6</b>	<b>71.7</b>	<b>8.1</b>	<b>15.9</b>
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 - Kirkland	3 floz	37.0	3.0	1.5	3.0

Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Blueberries, raw	0.33 cup	27.8	7.1	0.2	0.4
Syrups, dietetic	4 tbsp	24.0	29.5	0.0	0.5
<b>Post-Breakfast</b>		<b>86.9</b>	<b>8.2</b>	<b>2.2</b>	<b>9.7</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
<b>Lunch</b>		<b>220.2</b>	<b>0.0</b>	<b>5.1</b>	<b>40.6</b>
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
<b>Post-Lunch</b>		<b>238.0</b>	<b>9.2</b>	<b>6.8</b>	<b>35.3</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Dinner</b>		<b>421.0</b>	<b>30.4</b>	<b>12.5</b>	<b>48.3</b>
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
Cucumber, peeled, raw	3 oz	10.2	1.8	0.1	0.5
Vinegar, balsamic	1 oz	24.9	4.8	0.0	0.1
Oil, olive, salad or cooking	0.1 oz	25.1	0.0	2.8	0.0
Spinach, raw	4 oz	26.1	4.1	0.4	3.2
Onions, raw	0.5 small	14.0	3.3	0.0	0.4
Mushrooms, portabella, raw	1 piece whole	21.8	4.3	0.2	2.1
Melons, cantaloupe, raw	1 wedge, large (1/8 of large melon)	34.7	8.3	0.2	0.9
<b>Post-Dinner</b>		<b>81.4</b>	<b>3.1</b>	<b>1.2</b>	<b>14.0</b>

Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
<b>Totals</b>		<b>1563.6</b>	<b>141.5</b>	<b>37.5</b>	<b>190.3</b>

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	217.0					
Bicycling, stationary, general	10.0	95.0					
<b>Totals</b>	<b>40.0</b>	<b>312.0</b>					

Jim Karger

Jim Karger - Daily Report

May 6, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>193.6</b>	<b>14.4</b>	<b>3.2</b>	<b>27.0</b>
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
<b>Breakfast</b>		<b>157.5</b>	<b>14.6</b>	<b>5.2</b>	<b>14.6</b>
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
Mushrooms, portabella, raw	1 oz	7.4	1.4	0.1	0.7
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Pears, raw	0.4 medium	41.3	11.0	0.1	0.3

<b>Lunch</b>		<b>452.6</b>	<b>43.6</b>	<b>8.4</b>	<b>54.7</b>
Seitan	1 Serving	143.0	8.0	4.0	20.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Pears, raw	1 medium	103.2	27.5	0.2	0.7
<b>Post-Lunch</b>		<b>216.4</b>	<b>17.8</b>	<b>7.0</b>	<b>22.7</b>
Cheese, swiss	0.3 oz	32.3	0.5	2.4	2.3
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
<b>Dinner</b>		<b>513.8</b>	<b>46.1</b>	<b>12.9</b>	<b>56.1</b>
MORI-NU, Tofu, silken, firm	3 oz	52.7	2.0	2.3	5.9
Garlic, raw	1 tbsp	12.7	2.8	0.0	0.5
Oil, olive, salad or cooking	0.5 tsp	19.9	0.0	2.2	0.0
Lemon juice, raw	0.5 tsp	0.6	0.2	0.0	0.0
Carrots, raw	0.5 large (7-1/4" to 8-1/2" long)	14.8	3.4	0.1	0.3
Celery, raw	1 stalk, large (11"-12" long)	10.2	1.9	0.1	0.4
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
Yambean (jicama), raw	4 oz	43.1	10.0	0.1	0.8
Seitan	1 Serving	143.0	8.0	4.0	20.0
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	1 Serving	125.0	5.0	3.0	20.0
Mustard, prepared, yellow	1 tbsp	10.4	0.8	0.6	0.7

<b>Post-Dinner</b>		<b>119.5</b>	<b>7.7</b>	<b>6.2</b>	<b>9.2</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	2 oz	31.8	4.4	0.1	3.2
Peanut butter, chunk style, without salt	2 tsp	63.3	2.3	5.4	2.6
Cheese, cottage, lowfat, 2% milkfat	1 oz	24.4	1.0	0.7	3.4
<b>Totals</b>		<b>1653.3</b>	<b>144.3</b>	<b>42.8</b>	<b>184.4</b>

<b>Exercise</b>	<b>Minutes</b>	<b>Calories (Kcal)</b>	<b>Distance</b>	<b>Weights</b>	<b>Reps</b>	<b>Sets</b>	<b>Notes</b>
Precor	30.0	410.0					
Abdominals	10.0	53.3					
<b>Totals</b>	<b>40.0</b>	<b>463.3</b>					

**Jim Karger**

**Jim Karger - Daily Report**

**May 7, 2009**

	<b>Quantity</b>	<b>Calories (kcal)</b>	<b>Carbohydrate (g)</b>	<b>Fat (g)</b>	<b>Protein (g)</b>
<b>Pre-Breakfast</b>		<b>220.1</b>	<b>25.6</b>	<b>6.1</b>	<b>17.6</b>
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
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Carrot juice, canned	7 oz	79.4	18.4	0.3	1.9
<b>Breakfast</b>		<b>417.0</b>	<b>48.3</b>	<b>3.5</b>	<b>53.4</b>
Pears, raw	1 large	133.4	35.6	0.3	0.9
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 container (8 oz)	63.6	8.7	0.2	6.5
Protein - Body Fortress Whey	2 Serving	220.0	4.0	3.0	46.0

<b>Post-Breakfast</b>		<b>31.7</b>	<b>1.2</b>	<b>2.7</b>	<b>1.3</b>
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Lunch</b>		<b>268.8</b>	<b>8.4</b>	<b>6.6</b>	<b>41.7</b>
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Onions, raw	1 oz	11.3	2.6	0.0	0.3
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
<b>Post-Lunch</b>		<b>309.3</b>	<b>23.9</b>	<b>6.8</b>	<b>37.0</b>
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
<b>Dinner</b>		<b>397.7</b>	<b>19.3</b>	<b>11.4</b>	<b>52.9</b>
Fish, tuna, fresh, bluefin, raw	7.5 oz	306.2	0.0	10.4	49.6
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Yambean (jicama), raw	2 oz	21.5	5.0	0.1	0.4
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Peppers, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Celery, raw	1 stalk, medium (7-1/2" - 8" long)	6.4	1.2	0.1	0.3
Salad dressing, italian dressing, fat-free	3 tbsp	20.4	3.8	0.4	0.4
<b>Post-Dinner</b>		<b>214.7</b>	<b>20.0</b>	<b>4.4</b>	<b>29.8</b>

Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Cereals ready-to-eat, granola, homemade	0.2 oz	27.7	3.0	1.4	0.8
<b>Totals</b>		<b>1859.1</b>	<b>146.7</b>	<b>41.5</b>	<b>233.7</b>

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	216.8					
Precor	30.0	420.0					
<b>Totals</b>	<b>60.0</b>	<b>636.8</b>					

Jim Karger

Jim Karger - Daily Report

May 8, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>131.2</b>	<b>10.0</b>	<b>4.3</b>	<b>15.0</b>
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Peppers, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8
Tofu - Organic (Herb)	0.25 Pieces	17.5	0.6	1.0	1.5

<b>Breakfast</b>		<b>269.3</b>	<b>34.2</b>	<b>2.3</b>	<b>32.7</b>
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 - Body Fortress Whey	1 Serving	110.0	2.0	1.5	23.0
Cereals ready-to-eat, bran flakes, single brand	1 oz	90.7	22.8	0.6	2.7
<b>Post-Breakfast</b>		<b>80.6</b>	<b>15.6</b>	<b>0.0</b>	<b>11.7</b>
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1.3 Serving	80.6	15.6	0.0	11.7
<b>Lunch</b>		<b>184.1</b>	<b>17.4</b>	<b>4.6</b>	<b>20.5</b>
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
<b>Post-Lunch</b>		<b>305.3</b>	<b>9.4</b>	<b>4.3</b>	<b>56.6</b>
Cheese, cottage, lowfat, 1% milkfat	1.2 cup (not packed)	195.3	7.4	2.8	33.6
Protein - Body Fortress Whey	1 Serving	110.0	2.0	1.5	23.0
<b>Dinner</b>		<b>779.7</b>	<b>60.9</b>	<b>16.2</b>	<b>81.9</b>
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Seitan	2 Serving	286.0	16.0	8.0	40.0
Asparagus, cooked, boiled, drained	5 oz	31.2	5.8	0.3	3.4
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
Cheese, mozzarella, whole milk	0.5 oz	42.5	0.3	3.2	3.1
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Protein, Lean Dessert by Syntha	0.75 Serving	93.8	3.8	2.2	15.0

Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Spinach, raw	6 oz	39.1	6.2	0.7	4.9
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Mushrooms, portabella, raw	3 oz	22.1	4.3	0.2	2.1
Cheese, cottage, lowfat, 1% milkfat	0.12 cup (not packed)	19.5	0.7	0.3	3.4
Blueberries, raw	0.5 cup	42.2	10.7	0.2	0.5
<b>Post-Dinner</b>		<b>31.7</b>	<b>1.2</b>	<b>2.7</b>	<b>1.3</b>
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Totals</b>		<b>1781.8</b>	<b>148.6</b>	<b>34.4</b>	<b>219.7</b>

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	216.1					
Precor	30.0	420.0					
<b>Totals</b>	<b>60.0</b>	<b>636.1</b>					

Jim Karger

Jim Karger - Daily Report

May 9, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Breakfast</b>		<b>575.7</b>	<b>58.8</b>	<b>26.7</b>	<b>26.2</b>
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	3 oz	51.9	4.0	2.8	3.0
Amaranth, uncooked	0.3 oz	31.6	5.5	0.6	1.2

Cereals ready-to-eat, granola, homemade	0.5 oz	69.3	7.5	3.4	2.1
Jams and preserves	1.5 tbsp	83.4	20.7	0.0	0.1
Bread, wheat	0.5 slice	33.2	5.9	0.5	1.4
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Snacks, tortilla chips, plain, white corn	0.3 oz	41.6	5.6	2.0	0.7
Cheese, cheddar	0.3 oz	34.3	0.1	2.8	2.1
Refried beans, canned, traditional style (includes USDA commodity)	2 oz	51.6	8.7	0.7	3.1
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
<b>Lunch</b>		<b>385.4</b>	<b>24.0</b>	<b>10.5</b>	<b>48.0</b>
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Fish, tuna, fresh, bluefin, raw	6.5 oz	265.4	0.0	9.0	43.0
<b>Post-Lunch</b>		<b>276.2</b>	<b>17.9</b>	<b>6.9</b>	<b>36.7</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Salad Dressing, Fat Free Honey Dijon	1 tbsp	20.0	5.0	0.0	0.0
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Dinner</b>		<b>324.0</b>	<b>30.4</b>	<b>8.6</b>	<b>31.5</b>
Seitan	1 Serving	143.0	8.0	4.0	20.0
Lettuce, cos or romaine, raw	2 oz	9.6	1.9	0.2	0.7
Cheese, mozzarella, whole milk	0.5 oz	42.5	0.3	3.2	3.1
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0

Spinach, raw	6 oz	39.1	6.2	0.7	4.9
Mushrooms, portabella, raw	3 oz	22.1	4.3	0.2	2.1
Vinegar, balsamic	1 tbsp	14.0	2.7	0.0	0.1
Celery, raw	3 oz	13.6	2.5	0.1	0.6
<b>Post-Dinner</b>		<b>193.6</b>	<b>14.4</b>	<b>3.2</b>	<b>27.0</b>
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	1 Serving	125.0	5.0	3.0	20.0
<b>Totals</b>		<b>1754.9</b>	<b>145.5</b>	<b>55.9</b>	<b>169.4</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	12.0	86.5					
Precor	30.0	400.0					
<b>Totals</b>	<b>42.0</b>	<b>486.5</b>					

**Jim Karger**

**Jim Karger - Daily Report**

**May 10, 2009**

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>181.7</b>	<b>11.2</b>	<b>7.3</b>	<b>18.5</b>
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
Peppers, sweet, red, raw	1 medium (approx 2-3/4" long, 2-1/2 dia.)	36.9	7.2	0.4	1.2
Mushrooms, portabella, raw	2 oz	14.7	2.9	0.1	1.4

Cheese, parmesan, grated	1 tbsp	26.9	0.3	1.8	2.4
<b>Breakfast</b>		<b>155.3</b>	<b>8.2</b>	<b>1.6</b>	<b>27.6</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.33 cup (8 fl oz)	45.3	6.2	0.1	4.6
Protein - Body Fortress Whey	1 Serving	110.0	2.0	1.5	23.0
<b>Post-Breakfast</b>		<b>100.2</b>	<b>24.6</b>	<b>0.5</b>	<b>2.1</b>
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
<b>Lunch</b>		<b>448.8</b>	<b>32.6</b>	<b>11.0</b>	<b>50.2</b>
Fish, tuna, fresh, bluefin, raw	7.2 oz	293.9	0.0	10.0	47.6
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Beets, raw	1 oz	12.2	2.7	0.0	0.5
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Mangos, raw	0.5 fruit without refuse	67.3	17.6	0.3	0.5
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
<b>Post-Lunch</b>		<b>286.0</b>	<b>14.2</b>	<b>7.2</b>	<b>41.3</b>
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	2 oz	31.8	4.4	0.1	3.2
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Dinner</b>		<b>324.4</b>	<b>12.3</b>	<b>9.0</b>	<b>41.4</b>
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
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Vinegar, balsamic	1 tbsp	14.0	2.7	0.0	0.1
Wasabi, root, raw	0.2 oz	6.2	1.3	0.0	0.3
<b>Post-Dinner</b>		<b>194.5</b>	<b>10.5</b>	<b>2.4</b>	<b>31.3</b>
Cheese, cottage, lowfat, 1% milkfat	1 cup (not packed)	162.7	6.1	2.3	28.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	2 oz	31.8	4.4	0.1	3.2
<b>Totals</b>		<b>1691.0</b>	<b>113.7</b>	<b>39.0</b>	<b>212.4</b>

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	217.0					
Precor	15.0	211.0					
Treadmill	15.0	165.0					
<b>Totals</b>	<b>60.0</b>	<b>593.0</b>					

Jim Karger

Jim Karger - Daily Report

May 11, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>281.4</b>	<b>16.1</b>	<b>7.2</b>	<b>37.0</b>
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0

<b>Breakfast</b>		<b>226.7</b>	<b>21.0</b>	<b>4.5</b>	<b>26.8</b>
Cereals ready-to-eat, bran flakes, single brand	0.5 oz	45.4	11.4	0.3	1.3
Syntha 6 Protein (Powder)	0.5 Scoop	100.0	6.5	3.0	11.5
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
<b>Post-Breakfast</b>		<b>56.6</b>	<b>14.5</b>	<b>0.2</b>	<b>1.1</b>
Grapefruit, raw, white, Florida	0.75 fruit (3-3/4" dia)	56.6	14.5	0.2	1.1
<b>Lunch</b>		<b>439.7</b>	<b>40.3</b>	<b>12.0</b>	<b>41.4</b>
Watermelon, raw	1 cup, diced	45.6	11.5	0.2	0.9
Cucumber, peeled, raw	0.5 cup, pared, chopped	8.0	1.4	0.1	0.4
Tomatoes, red, ripe, cooked	1 medium	22.1	4.9	0.1	1.2
Fish, tuna, fresh, bluefin, raw	5 oz	204.1	0.0	6.9	33.1
Mushrooms, portabella, raw	2 oz	14.7	2.9	0.1	1.4
Cabbage, raw	2 oz	14.2	3.3	0.1	0.7
Seeds, sesame seeds, whole, dried	0.25 oz	40.6	1.7	3.5	1.3
Corn, yellow	0.3 oz	31.0	6.3	0.4	0.8
Broccoli, raw	2 oz	19.3	3.8	0.2	1.6
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
<b>Post-Lunch</b>		<b>245.9</b>	<b>11.9</b>	<b>9.9</b>	<b>29.3</b>
Nuts, almonds	9 almond	62.1	2.3	5.3	2.3
Cheese, cottage, lowfat, 1% milkfat	2 oz	40.8	1.5	0.6	7.0
Seitan	1 Serving	143.0	8.0	4.0	20.0
<b>Dinner</b>		<b>628.5</b>	<b>44.7</b>	<b>18.4</b>	<b>53.7</b>
Red Snapper	7 oz	192.5	0.0	1.8	40.2

Cheese, brie	1.5 oz	142.0	0.2	11.8	8.8
Mangos, raw	1 oz	18.4	4.8	0.1	0.1
Beets, raw	1 oz	12.2	2.7	0.0	0.5
Alcoholic beverage, wine, table, red	2.5 floz	62.5	1.9	0.0	0.1
Tamarindo Salad Dressing	0.5 tbsp	20.0	2.2	0.1	0.0
Vinegar, balsamic	0.5 tbsp	7.0	1.4	0.0	0.0
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
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 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
<b>Post-Dinner</b>		<b>160.0</b>	<b>9.7</b>	<b>2.7</b>	<b>24.2</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Protein, Lean Dessert by Syntha	0.5 Serving	62.5	2.5	1.5	10.0
<b>Totals</b>		<b>2038.9</b>	<b>158.1</b>	<b>54.9</b>	<b>213.5</b>

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	215.9					
Bicycling, stationary, general	5.0	43.2					
Precor	15.0	212.0					
Treadmill	15.0	201.0					

<b>Totals</b>	<b>65.0</b>	<b>672.1</b>					

**Jim Karger**

**Jim Karger - Daily Report**

**May 12, 2009**

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>265.0</b>	<b>33.0</b>	<b>4.0</b>	<b>26.0</b>
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
<b>Breakfast</b>		<b>176.4</b>	<b>6.8</b>	<b>3.1</b>	<b>29.6</b>
Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
Protein, Lean Dessert by Syntha	0.5 Serving	62.5	2.5	1.5	10.0
<b>Post-Breakfast</b>		<b>193.8</b>	<b>17.6</b>	<b>5.1</b>	<b>19.9</b>
Maxi-Whey Protein	0.5 scoops	47.0	0.5	0.0	11.2
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	1 cup	123.8	11.6	4.9	8.2
Strawberries, raw	0.5 cup, whole	23.0	5.5	0.2	0.5
<b>Lunch</b>		<b>290.5</b>	<b>19.5</b>	<b>7.7</b>	<b>30.4</b>
Red Snapper	4.6 oz	126.5	0.0	1.1	26.4
Lettuce, cos or romaine, raw	3 oz	14.5	2.8	0.3	1.0
Mangos, raw	1 oz	18.4	4.8	0.1	0.1
Blueberries, raw	0.5 oz	8.1	2.1	0.0	0.1
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Vinegar, balsamic	1 tbsp	14.0	2.7	0.0	0.1
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5
<b>Post-Lunch</b>		<b>356.3</b>	<b>20.6</b>	<b>5.5</b>	<b>55.0</b>

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	1 Serving	125.0	5.0	3.0	20.0
Cheese, cottage, lowfat, 1% milkfat	1 cup (not packed)	162.7	6.1	2.3	28.0
<b>Dinner</b>		<b>413.3</b>	<b>20.2</b>	<b>14.7</b>	<b>44.7</b>
Fish, tuna, fresh, bluefin, raw	5.3 oz	216.4	0.0	7.4	35.1
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Yambean (jicama), raw	0.5 oz	5.4	1.3	0.0	0.1
Celery, raw	0.5 stalk, medium (7-1/2" - 8" long)	3.2	0.6	0.0	0.1
Carrots, raw	0.5 large (7-1/4" to 8-1/2" long)	14.8	3.4	0.1	0.3
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Beets, raw	0.5 oz	6.1	1.4	0.0	0.2
Tomatoes, red, ripe, raw, year round average	1 oz	5.1	1.1	0.1	0.2
Peppers, sweet, red, raw	0.25 medium (approx 2-3/4" long, 2-1/2 dia.)	9.2	1.8	0.1	0.3
Mushrooms, white, raw	0.5 oz	3.1	0.5	0.0	0.4
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Cheese, mozzarella, whole milk	1 oz	85.1	0.6	6.3	6.3
<b>Post-Dinner</b>		<b>206.4</b>	<b>8.1</b>	<b>4.2</b>	<b>34.0</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
<b>Totals</b>		<b>1901.6</b>	<b>125.7</b>	<b>44.2</b>	<b>239.6</b>

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	215.9					
Precor	15.0	212.0					
Treadmill	15.0	195.0					
<b>Totals</b>	<b>60.0</b>	<b>622.9</b>					

Jim Karger

Jim Karger - Daily Report

May 13, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>190.8</b>	<b>19.5</b>	<b>6.0</b>	<b>18.3</b>
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
Spinach, raw	3 oz	19.6	3.1	0.3	2.4
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Jellies, reduced sugar, home preserved	1 tsp	11.2	2.9	0.0	0.0
<b>Breakfast</b>		<b>241.2</b>	<b>17.1</b>	<b>7.1</b>	<b>28.2</b>
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Soy Milk - Kirkland	1 cup	100.0	8.0	4.0	8.0
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
<b>Post-Breakfast</b>		<b>89.8</b>	<b>15.2</b>	<b>3.2</b>	<b>2.1</b>
Papayas, raw	5 oz	55.3	13.9	0.2	0.9
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3

<b>Lunch</b>		<b>303.7</b>	<b>16.0</b>	<b>9.7</b>	<b>33.2</b>
Fish, tuna, fresh, bluefin, raw	4.5 oz	183.7	0.0	6.3	29.8
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Yambean (jicama), raw	0.5 oz	5.4	1.3	0.0	0.1
Celery, raw	0.5 stalk, medium (7-1/2" - 8" long)	3.2	0.6	0.0	0.1
Carrots, raw	0.5 large (7-1/4" to 8-1/2" long)	14.8	3.4	0.1	0.3
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Post-Lunch</b>		<b>315.8</b>	<b>28.5</b>	<b>7.4</b>	<b>36.7</b>
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Papayas, raw	2 oz	22.1	5.6	0.1	0.3
Grapefruit, raw, white, Florida	0.7 fruit (3-3/4" dia)	52.9	13.5	0.2	1.0
<b>Dinner</b>		<b>485.3</b>	<b>35.6</b>	<b>11.9</b>	<b>41.2</b>
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Alcoholic beverage, wine, table, red	4 floz	100.0	3.1	0.0	0.1
Red Snapper	5 oz	137.5	0.0	1.2	28.8
Cheese, parmesan, shredded	2 tbsp	41.5	0.3	2.7	3.8
Eggplant, cooked, boiled, drained, with salt	0.5 cup (1" cubes)	16.3	4.0	0.1	0.4
Onions, raw	2 oz	22.7	5.3	0.1	0.6

Peppers, sweet, green, raw	0.5 small	7.4	1.7	0.1	0.3
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Spinach, raw	2 oz	13.0	2.1	0.2	1.6
Tomatoes, crushed, canned	4 oz	36.3	8.3	0.3	1.9
Tomatoes, red, ripe, canned, stewed	0.5 cup	33.1	7.9	0.2	1.2
Capers, canned	1 tbsp, drained	2.0	0.4	0.1	0.2
Oil, olive, salad or cooking	0.7 tsp	27.8	0.0	3.1	0.0
<b>Post-Dinner</b>		<b>191.4</b>	<b>5.1</b>	<b>2.7</b>	<b>37.0</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein - Body Fortress Whey	1 Serving	110.0	2.0	1.5	23.0
<b>Totals</b>		<b>1817.9</b>	<b>137.0</b>	<b>47.8</b>	<b>196.8</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	15.0	212.0					
Treadmill	15.0	181.0					
Precor	30.0	409.0					
<b>Totals</b>	<b>60.0</b>	<b>802.0</b>					

Jim Karger

Jim Karger - Daily Report

May 14, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>244.9</b>	<b>32.2</b>	<b>5.5</b>	<b>21.3</b>
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	4 oz	26.1	4.1	0.4	3.2

Cheese, cottage, lowfat, 1% milkfat	0.125 cup (not packed)	20.3	0.8	0.3	3.5
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Papayas, raw	6 oz	66.3	16.7	0.2	1.0
Cheese, parmesan, grated	1 tbsp	26.9	0.3	1.8	2.4
<b>Breakfast</b>		<b>265.0</b>	<b>33.0</b>	<b>4.0</b>	<b>26.0</b>
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
<b>Lunch</b>		<b>321.9</b>	<b>44.6</b>	<b>8.8</b>	<b>21.7</b>
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Quinoa, cooked	0.3 cup	66.6	11.8	1.1	2.4
Cheese, parmesan, shredded	2 tbsp	41.5	0.3	2.7	3.8
Eggplant, cooked, boiled, drained, with salt	0.5 cup (1" cubes)	16.3	4.0	0.1	0.4
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Peppers, sweet, green, raw	0.5 small	7.4	1.7	0.1	0.3
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Spinach, raw	2 oz	13.0	2.1	0.2	1.6
Tomatoes, crushed, canned	4 oz	36.3	8.3	0.3	1.9
Tomatoes, red, ripe, canned, stewed	0.5 cup	33.1	7.9	0.2	1.2
Capers, canned	1 tbsp, drained	2.0	0.4	0.1	0.2
Oil, olive, salad or cooking	0.7 tsp	27.8	0.0	3.1	0.0
<b>Post-Lunch</b>		<b>338.9</b>	<b>31.7</b>	<b>8.5</b>	<b>37.6</b>
Protein - Body Fortress Whey	1 Serving	110.0	2.0	1.5	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
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5
Protein, Lean Dessert by Syntha	0.2 Serving	25.0	1.0	0.6	4.0
Papayas, raw	6 oz	66.3	16.7	0.2	1.0
<b>Dinner</b>		<b>278.5</b>	<b>18.8</b>	<b>6.9</b>	<b>33.3</b>
Fish, tuna, fresh, bluefin, raw	4.4 oz	179.6	0.0	6.1	29.1
Lettuce, cos or romaine, raw	3 oz	14.5	2.8	0.3	1.0
Onions, raw	1.5 oz	17.0	4.0	0.0	0.5
Tomatoes, red, ripe, raw, year round average	2 oz	10.2	2.2	0.1	0.5
Mushrooms, portabella, raw	2 oz	14.7	2.9	0.1	1.4
Tamarindo Salad Dressing	0.5 tbsp	20.0	2.2	0.1	0.0
Vinegar, balsamic	0.5 tbsp	7.0	1.4	0.0	0.0
Wasabi, root, raw	0.5 oz	15.5	3.3	0.1	0.7
<b>Post-Dinner</b>		<b>286.2</b>	<b>18.0</b>	<b>8.4</b>	<b>36.4</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Blueberries, raw	2 oz	32.3	8.2	0.2	0.4
Peanut butter, chunk style, without salt	1.5 tsp	47.5	1.7	4.0	1.9
<b>Totals</b>		<b>1735.4</b>	<b>178.3</b>	<b>42.0</b>	<b>176.2</b>

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	214.8				
Precor	15.0	207.0				
Treadmill	15.0	200.0				
Bicycling, stationary, general	15.0	100.0				
<b>Totals</b>	<b>75.0</b>	<b>721.8</b>				

**Jim Karger**

**Jim Karger - Daily Report**

**May 15, 2009**

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>217.4</b>	<b>29.2</b>	<b>3.9</b>	<b>19.0</b>
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Bananas, raw	1 medium (7" to 7-7/8" long)	105.0	27.0	0.4	1.3
<b>Breakfast</b>		<b>483.7</b>	<b>62.1</b>	<b>4.9</b>	<b>55.7</b>
Protein - Body Fortress Whey	1 Serving	110.0	2.0	1.5	23.0
Cereals ready-to-eat, bran flakes, single brand	1 cup (1 NLEA serving)	128.0	32.2	0.9	3.8
Cheese, cottage, lowfat, 1% milkfat	1 cup (not packed)	162.7	6.1	2.3	28.0
Pineapple, raw, all varieties	1 slice (4-2/3" dia x 3/4" thick)	83.0	21.8	0.2	0.9
<b>Lunch</b>		<b>312.6</b>	<b>22.9</b>	<b>1.6</b>	<b>50.5</b>
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5

Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
<b>Post-Lunch</b>		<b>328.9</b>	<b>32.3</b>	<b>6.7</b>	<b>31.4</b>
Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Mushrooms, portabella, raw	2 oz	14.7	2.9	0.1	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
Cucumber, peeled, raw	2 oz	6.8	1.2	0.1	0.3
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Vinegar, balsamic	1 tbsp	14.0	2.7	0.0	0.1
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
<b>Dinner</b>		<b>675.2</b>	<b>56.0</b>	<b>24.5</b>	<b>50.6</b>
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Seitan	1 Serving	143.0	8.0	4.0	20.0
Tofu - Organic - Firm - Costco	3 oz	57.9	0.0	2.9	7.7
Alcoholic beverage, wine, table, red	2 oz	48.2	1.5	0.0	0.0
Bread crumbs, dry, grated, plain	0.5 oz	56.0	10.2	0.8	1.9
Olives, ripe, canned (small-extra large)	4 large	20.2	1.1	1.9	0.1
Olives, pickled, canned or bottled, green	6 olive	23.5	0.6	2.5	0.2
MORI-NU, Tofu, silken, firm	160 g	99.2	3.8	4.3	11.0

Garlic, raw	0.25 oz	10.6	2.3	0.0	0.5
Celery, raw	6 oz	27.2	5.1	0.3	1.2
Peppers, sweet, red, raw	6 oz	52.7	10.3	0.5	1.7
Cheese, cheddar	0.75 oz	85.7	0.3	7.0	5.3
<b>Post-Dinner</b>		<b>40.8</b>	<b>1.5</b>	<b>0.6</b>	<b>7.0</b>
Cheese, cottage, lowfat, 1% milkfat	2 oz	40.8	1.5	0.6	7.0
<b>Totals</b>		<b>2058.7</b>	<b>204.0</b>	<b>42.1</b>	<b>214.3</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Bicycling, stationary, general	15.0	128.2					
Treadmill	25.0	290.2					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	213.6					
<b>Totals</b>	<b>70.0</b>	<b>632.0</b>					

**Jim Karger**

**Jim Karger - Daily Report**

**May 16, 2009**

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Breakfast</b>		<b>268.6</b>	<b>22.4</b>	<b>6.2</b>	<b>30.0</b>
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
<b>Post-Breakfast</b>		<b>132.0</b>	<b>17.3</b>	<b>3.7</b>	<b>9.4</b>
Grapefruit, raw, white, Florida	0.75 fruit (3-3/4" dia)	56.6	14.5	0.2	1.1
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3

Cheese, cottage, lowfat, 1% milkfat	2 oz	40.8	1.5	0.6	7.0
<b>Lunch</b>		<b>383.5</b>	<b>55.1</b>	<b>14.0</b>	<b>24.5</b>
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	1 large	71.5	0.4	5.0	6.3
Soy Milk - Kirkland	0.5 cup	50.0	4.0	2.0	4.0
Syrups, dietetic	2 tbsp	12.0	14.8	0.0	0.2
<b>Post-Lunch</b>		<b>294.2</b>	<b>45.5</b>	<b>4.7</b>	<b>23.1</b>
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
Seitan	1 Serving	143.0	8.0	4.0	20.0
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
<b>Dinner</b>		<b>373.8</b>	<b>28.5</b>	<b>8.2</b>	<b>38.6</b>
Fish, tuna, fresh, bluefin, raw	5.1 oz	208.2	0.0	7.1	33.7
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Mushrooms, portabella, raw	2 oz	14.7	2.9	0.1	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
Cucumber, peeled, raw	2 oz	6.8	1.2	0.1	0.3
Tamarindo Salad Dressing	1.5 tbsp	60.0	6.8	0.4	0.0
Vinegar, balsamic	1.5 tbsp	21.0	4.1	0.0	0.1
Wasabi, root, raw	0.5 oz	15.5	3.3	0.1	0.7
<b>Post-Dinner</b>		<b>311.9</b>	<b>24.4</b>	<b>9.7</b>	<b>29.3</b>
Soy Milk - Kirkland	1 cup	100.0	8.0	4.0	8.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Mangos Frozen	3 oz	55.3	10.2	0.0	0.0

Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Totals</b>		<b>1764.0</b>	<b>193.2</b>	<b>46.5</b>	<b>154.9</b>

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	213.6					
Precor	15.0	209.0					
Treadmill	15.0	191.0					
<b>Totals</b>	<b>60.0</b>	<b>613.6</b>					

Jim Karger

Jim Karger - Daily Report

May 17, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>122.8</b>	<b>13.5</b>	<b>3.2</b>	<b>11.8</b>
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
<b>Breakfast</b>		<b>340.0</b>	<b>31.5</b>	<b>16.4</b>	<b>20.4</b>
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
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 oz	51.6	8.7	0.7	3.1
Nopales, raw	1 oz	4.5	0.9	0.0	0.4
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8

Melons, cantaloupe, raw	1 oz	9.6	2.3	0.1	0.2
Mangos, raw	1 oz	18.4	4.8	0.1	0.1
Papayas, raw	2 oz	22.1	5.6	0.1	0.3
Bananas, raw	1 oz	25.2	6.5	0.1	0.3
<b>Lunch</b>		<b>275.0</b>	<b>17.5</b>	<b>4.4</b>	<b>41.0</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
<b>Post-Lunch</b>		<b>217.5</b>	<b>37.9</b>	<b>7.5</b>	<b>5.4</b>
Nuts, almonds	7 almond	48.3	1.8	4.2	1.8
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Watermelon, raw	10 oz	85.1	21.4	0.4	1.7
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Dinner</b>		<b>518.8</b>	<b>33.5</b>	<b>22.9</b>	<b>48.8</b>
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
Cauliflower, raw	4 oz	28.4	6.0	0.1	2.2
Cheese, mozzarella, whole milk	0.5 oz	42.5	0.3	3.2	3.1
Tomatoes, red, ripe, raw, year round average	3 slice, medium (1/4" thick)	10.8	2.4	0.1	0.5
Cheese, monterey	0.75 oz	79.3	0.1	6.4	5.2
Oil, olive, salad or cooking	0.2 floz	47.1	0.0	5.3	0.0
Watermelon, raw	8 oz	68.0	17.1	0.3	1.4
<b>Post-Dinner</b>		<b>206.4</b>	<b>8.1</b>	<b>4.2</b>	<b>34.0</b>

Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
<b>Totals</b>		<b>1680.4</b>	<b>141.9</b>	<b>58.4</b>	<b>161.4</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	15.0	215.0					
Treadmill	15.0	170.0					
Bicycling, stationary, general	15.0	120.0					
<b>Totals</b>	<b>45.0</b>	<b>505.0</b>					

Jim Karger

Jim Karger - Daily Report

May 18, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>268.6</b>	<b>22.4</b>	<b>6.2</b>	<b>30.0</b>
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
<b>Breakfast</b>		<b>238.9</b>	<b>42.2</b>	<b>3.9</b>	<b>15.6</b>
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Sauce, salsa, ready-to-serve	2 tbsp	8.8	2.0	0.1	0.5
Jams and preserves, dietetic (with sodium saccharin), any flavor	1 tbsp	18.5	7.5	0.0	0.0
Carrot juice, canned	8 floz	94.4	21.9	0.4	2.2

<b>Post-Breakfast</b>		<b>103.5</b>	<b>26.3</b>	<b>0.4</b>	<b>1.7</b>
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
<b>Lunch</b>		<b>285.6</b>	<b>5.7</b>	<b>1.4</b>	<b>61.8</b>
Maxi-Whey Protein	2 scoops	188.0	2.0	0.0	45.0
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
<b>Post-Lunch</b>		<b>198.2</b>	<b>10.1</b>	<b>8.7</b>	<b>22.0</b>
Seitan	1 Serving	143.0	8.0	4.0	20.0
Nuts, almonds	8 almond	55.2	2.1	4.7	2.0
<b>Dinner</b>		<b>594.5</b>	<b>37.6</b>	<b>14.7</b>	<b>70.5</b>
Fish, tuna, fresh, bluefin, raw	9.4 oz	383.7	0.0	13.1	62.2
Broccoli, raw	4 oz	38.6	7.5	0.4	3.2
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Mushrooms, portabella, raw	2 oz	14.7	2.9	0.1	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
Cucumber, peeled, raw	2 oz	6.8	1.2	0.1	0.3
Tamarindo Salad Dressing	1.5 tbsp	60.0	6.8	0.4	0.0
Vinegar, balsamic	1.5 tbsp	21.0	4.1	0.0	0.1
Wasabi, root, raw	0.5 oz	15.5	3.3	0.1	0.7
Peppers, sweet, yellow, raw	0.5 oz	3.8	0.9	0.0	0.1
Peppers, sweet, green, raw	0.5 oz	2.8	0.7	0.0	0.1
<b>Post-Dinner</b>		<b>398.5</b>	<b>24.3</b>	<b>14.2</b>	<b>46.3</b>

Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Peanut butter, chunk style, without salt	1 tbsp	95.0	3.5	8.1	3.9
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
Cheese, cottage, lowfat, 1% milkfat	2 oz	40.8	1.5	0.6	7.0
<b>Totals</b>		<b>2087.9</b>	<b>168.6</b>	<b>49.5</b>	<b>247.9</b>

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	286.1					
Treadmill	30.0	340.0					
<b>Totals</b>	<b>70.0</b>	<b>626.1</b>					

Jim Karger

Jim Karger - Daily Report

May 19, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>384.5</b>	<b>26.8</b>	<b>10.3</b>	<b>45.3</b>
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
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0

Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
<b>Breakfast</b>		<b>302.8</b>	<b>40.4</b>	<b>10.8</b>	<b>19.3</b>
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
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
Onions, raw	1 oz	11.3	2.6	0.0	0.3
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
Jams and preserves, dietetic (with sodium saccharin), any flavor	1 tbsp	18.5	7.5	0.0	0.0
Watermelon, raw	8 oz	68.0	17.1	0.3	1.4
<b>Post-Breakfast</b>		<b>206.4</b>	<b>8.1</b>	<b>4.2</b>	<b>34.0</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
<b>Lunch</b>		<b>268.2</b>	<b>1.0</b>	<b>9.9</b>	<b>40.8</b>
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Mayonnaise, reduced-calorie or diet, cholesterol-free	1 tbsp	48.1	1.0	4.8	0.1
<b>Post-Lunch</b>		<b>312.6</b>	<b>30.6</b>	<b>7.6</b>	<b>34.1</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Peanut butter, chunk style, without salt	1.5 tsp	47.5	1.7	4.0	1.9

Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Watermelon, raw	8 oz	68.0	17.1	0.3	1.4
<b>Dinner</b>		<b>447.8</b>	<b>26.4</b>	<b>14.3</b>	<b>52.6</b>
Tofurkey Roll	0.5 Serving	125.0	6.5	3.0	17.0
Fish, tuna, fresh, bluefin, raw	4.8 oz	196.0	0.0	6.7	31.7
Sweet potato, cooked, baked in skin, without salt	0.5 medium (2" dia, 5" long, raw)	51.3	11.8	0.1	1.1
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Broccoli, cooked, boiled, drained, without salt	4 oz	39.7	8.1	0.5	2.7
<b>Post-Dinner</b>		<b>175.4</b>	<b>4.1</b>	<b>1.2</b>	<b>36.5</b>
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
<b>Totals</b>		<b>2097.7</b>	<b>137.3</b>	<b>58.2</b>	<b>262.6</b>

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	283.3					
Precor	30.0	403.0					
<b>Totals</b>	<b>70.0</b>	<b>686.3</b>					

Jim Karger

Jim Karger - Daily Report

May 20, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
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**Totals**

**Jim Karger**

**Jim Karger - Daily Report**

**May 21, 2009**

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Breakfast</b>		<b>178.1</b>	<b>0.9</b>	<b>13.2</b>	<b>14.1</b>
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Butter, without salt	0.5 pat (1" sq, 1/3" high)	17.9	0.0	2.0	0.0
<b>Post-Breakfast</b>		<b>183.7</b>	<b>0.0</b>	<b>6.3</b>	<b>29.8</b>
Fish, tuna, fresh, bluefin, raw	4.5 oz	183.7	0.0	6.3	29.8
<b>Lunch</b>		<b>372.3</b>	<b>21.3</b>	<b>17.0</b>	<b>36.7</b>
Seitan	1 Serving	143.0	8.0	4.0	20.0
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
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Hellman's Light Mayonnaise	2 tbsp	72.0	2.4	6.8	0.4
<b>Post-Lunch</b>		<b>301.9</b>	<b>6.3</b>	<b>1.6</b>	<b>64.6</b>
Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
Maxi-Whey Protein	2 scoops	188.0	2.0	0.0	45.0
<b>Dinner</b>		<b>156.7</b>	<b>29.1</b>	<b>0.5</b>	<b>12.0</b>
Egg, white, raw, fresh	3 large	47.5	0.7	0.2	10.8
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Pineapple, raw, all varieties	4 oz	56.7	14.9	0.1	0.6
<b>Post-Dinner</b>		<b>81.4</b>	<b>3.1</b>	<b>1.2</b>	<b>14.0</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0

<b>Totals</b>	<b>1274.1</b>	<b>60.7</b>	<b>39.7</b>	<b>171.3</b>
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Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
<b>Totals</b>							

Jim Karger

Jim Karger - Daily Report

May 22, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Breakfast</b>		<b>330.0</b>	<b>37.0</b>	<b>7.0</b>	<b>30.0</b>
Spinach, Tomato Omelette IHOP	1 portion	330.0	37.0	7.0	30.0
<b>Post-Breakfast</b>		<b>235.0</b>	<b>2.0</b>	<b>1.5</b>	<b>23.0</b>
Protein - Body Fortress Whey	1 Serving	110.0	2.0	1.5	23.0
Size On	1 portion	125.0			
<b>Lunch</b>		<b>430.2</b>	<b>15.6</b>	<b>11.2</b>	<b>60.1</b>
Red Snapper	4 oz	110.0	0.0	1.0	23.0
Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
Salad Dressing, Newman's Light Honey Mustard	1 tbsp	35.0	3.5	0.1	0.0
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Edamame, frozen, prepared	3 oz	103.8	8.5	4.4	9.3
<b>Post-Lunch</b>		<b>475.3</b>	<b>90.9</b>	<b>5.8</b>	<b>25.2</b>
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

Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
Melons, cantaloupe, raw	3 oz	28.9	6.9	0.2	0.7
Strawberries, frozen, unsweetened	8 berry	29.7	7.7	0.1	0.4
Pineapple, raw, all varieties	3 oz	42.5	11.2	0.1	0.5
<b>Dinner</b>		<b>162.6</b>	<b>10.4</b>	<b>0.2</b>	<b>29.5</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
<b>Post-Dinner</b>		<b>348.0</b>	<b>12.0</b>	<b>0.0</b>	<b>73.0</b>
cottage cheese, non-fat	1 cup	160.0	10.0		28.0
Maxi-Whey Protein	2 scoops	188.0	2.0	0.0	45.0
<b>Totals</b>		<b>1981.1</b>	<b>168.0</b>	<b>25.7</b>	<b>240.8</b>

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	284.9					
Treadmill	30.0	335.0					
<b>Totals</b>	<b>70.0</b>	<b>619.9</b>					

Jim Karger

Jim Karger - Daily Report

May 23, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>153.9</b>	<b>38.2</b>	<b>0.7</b>	<b>3.0</b>
Melons, cantaloupe, raw	6 oz	57.8	13.9	0.3	1.4
Pineapple, raw, all varieties	3 oz	42.5	11.2	0.1	0.5
Oranges, raw, with peel	3 oz	53.6	13.2	0.3	1.1

<b>Breakfast</b>		<b>72.5</b>	<b>6.2</b>	<b>0.3</b>	<b>12.1</b>
Egg, white, raw, fresh	3 large	47.5	0.7	0.2	10.8
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Squash, summer, zucchini, includes skin, raw	3 oz	13.6	2.8	0.2	1.0
<b>Post-Breakfast</b>		<b>86.9</b>	<b>8.2</b>	<b>2.2</b>	<b>9.7</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
<b>Lunch</b>		<b>300.4</b>	<b>14.7</b>	<b>18.4</b>	<b>19.6</b>
Fish, tuna salad	4 oz	212.1	10.7	10.5	18.2
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Salad dressing, home recipe, vinegar and oil	1 tbsp	70.2	0.4	7.8	0.0
<b>Post-Lunch</b>		<b>277.8</b>	<b>27.0</b>	<b>9.8</b>	<b>25.7</b>
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Nuts, almonds	8 almond	55.2	2.1	4.7	2.0
Broccoli, raw	4 oz	38.6	7.5	0.4	3.2
<b>Dinner</b>		<b>425.0</b>	<b>24.6</b>	<b>18.6</b>	<b>42.6</b>
Fish, salmon, pink, raw	6.3 oz	207.2	0.0	6.2	35.6
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Artichokes, (globe or french), raw	3 oz	40.0	8.9	0.1	2.8
Salad dressing, home recipe, vinegar and oil	1.5 tbsp	105.2	0.6	11.7	0.0
Vegetables, mixed, frozen, unprepared	3 oz	54.4	11.4	0.4	2.8
<b>Post-Dinner</b>		<b>252.3</b>	<b>19.4</b>	<b>4.1</b>	<b>34.8</b>
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.7 cup (8 fl oz)	96.0	13.2	0.3	9.8
Protein, Lean Dessert by Syntha	1.25 Serving	156.2	6.2	3.8	25.0

<b>Totals</b>		<b>1568.8</b>	<b>138.4</b>	<b>54.0</b>	<b>147.6</b>

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	213.0					
Precor	30.0	410.0					
<b>Totals</b>	<b>60.0</b>	<b>623.0</b>					

Jim Karger

Jim Karger - Daily Report

May 24, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>151.1</b>	<b>14.4</b>	<b>3.2</b>	<b>16.9</b>
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Squash, summer, zucchini, includes skin, raw	2 oz	9.1	1.9	0.1	0.7
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	3 oz	47.6	6.5	0.2	4.9
<b>Breakfast</b>		<b>229.3</b>	<b>25.0</b>	<b>11.8</b>	<b>4.4</b>
Oatmeal, regular cooked	0.25 cup	69.3	12.0	1.1	2.9
Starbucks addition to Oatmeal (mixed nuts)	0.5 oz	50.0	1.0	4.5	1.0
Starbucks addition to Oatmeal (dried fruit)	0.3 oz	50.0	12.0	6.1	0.5
Size On		60.0			
<b>Post-Breakfast</b>		<b>184.1</b>	<b>17.4</b>	<b>4.6</b>	<b>20.5</b>

Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
<b>Lunch</b>		<b>188.0</b>	<b>11.9</b>	<b>14.1</b>	<b>6.1</b>
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Salad dressing, home recipe, vinegar and oil	1.5 tablespoon	107.8	0.6	12.0	0.0
Soybeans, green, raw	1 oz	41.7	3.1	1.9	3.7
Onions, raw	1 oz	11.3	2.6	0.0	0.3
<b>Post-Lunch</b>		<b>86.9</b>	<b>8.2</b>	<b>2.2</b>	<b>9.7</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
<b>Dinner</b>		<b>647.8</b>	<b>83.2</b>	<b>11.1</b>	<b>56.4</b>
Fish, swordfish, cooked, dry heat	7 oz	307.6	0.0	10.2	50.4
Grapes, red or green (European type, such as Thompson seedless), raw	6 oz	117.4	30.8	0.3	1.2
Broccoli, raw	6 oz	57.8	11.3	0.6	4.8
Candies, jellybeans	40 small	165.0	41.2	0.0	0.0
<b>Totals</b>		<b>1487.2</b>	<b>160.1</b>	<b>47.0</b>	<b>113.9</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	35.0	403.9					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	248.7					
<b>Totals</b>	<b>70.0</b>	<b>652.7</b>					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>300.3</b>	<b>14.6</b>	<b>8.9</b>	<b>40.7</b>
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 container (8 oz)	63.6	8.7	0.2	6.5
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
<b>Breakfast</b>		<b>276.0</b>	<b>32.0</b>	<b>4.8</b>	<b>27.7</b>
Oatmeal (Market Pantry)	1 Serving	100.0	18.0	1.5	4.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Strawberries, raw	5 medium (1-1/4" dia)	19.2	4.6	0.2	0.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	2 oz	31.8	4.4	0.1	3.2
<b>Lunch</b>		<b>341.1</b>	<b>5.5</b>	<b>13.0</b>	<b>48.4</b>
Fish, swordfish, cooked, dry heat	5 oz	219.7	0.0	7.3	36.0
Gaspacho	1 Cup	46.0	4.4	0.2	7.1
Cheese, swiss	0.7 oz	75.4	1.1	5.5	5.3
<b>Post-Lunch</b>		<b>468.4</b>	<b>48.4</b>	<b>8.8</b>	<b>53.1</b>
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
Protein, Lean Dessert by Syntha	0.25 Serving	31.2	1.2	0.8	5.0
Cheese, cottage, lowfat, 2% milkfat	2 oz	48.8	2.1	1.4	6.7
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1

Lala Live! Liquid Yogurt (Fat Free)	0.75 Serving	66.0	11.2	0.5	6.0
<b>Dinner</b>		<b>650.7</b>	<b>28.8</b>	<b>39.0</b>	<b>42.5</b>
Eggplant Parmesan	2 floz	78.6	4.2	5.4	3.4
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	1 tbsp	40.0	2.9	0.7	0.0
Fish, halibut, greenland, cooked, dry heat	6 oz	406.5	0.0	30.2	31.3
Broccoli, raw	6 oz	57.8	11.3	0.6	4.8
Carrots, cooked, boiled, drained, with salt	2 oz	19.8	4.7	0.1	0.4
Sauce, homemade, white, thin	1 oz	29.8	2.1	1.9	1.1
<b>Totals</b>		<b>2036.5</b>	<b>129.2</b>	<b>74.5</b>	<b>212.5</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	15.0	173.1					
Cross Trainer	15.0	220.0					
Precor	15.0	220.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	213.2					
Abs	10.0	60.0					
<b>Totals</b>	<b>85.0</b>	<b>886.3</b>					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>261.4</b>	<b>21.5</b>	<b>8.2</b>	<b>25.0</b>
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Oatmeal (Market Pantry)	1 Serving	100.0	18.0	1.5	4.0
<b>Breakfast</b>		<b>319.7</b>	<b>30.7</b>	<b>7.7</b>	<b>34.6</b>
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Strawberries, raw	10 medium (1-1/4" dia)	38.4	9.2	0.4	0.8
<b>Lunch</b>		<b>362.7</b>	<b>6.1</b>	<b>18.7</b>	<b>41.7</b>
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Salad dressing, home recipe, vinegar and oil	1.5 tbsp	105.2	0.6	11.7	0.0
Fish, salmon, pink, raw	7 oz	230.2	0.0	6.8	39.6
<b>Post-Lunch</b>		<b>352.9</b>	<b>21.8</b>	<b>6.7</b>	<b>51.0</b>
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Candies, MASTERFOODS USA, SKITTLES Original Bite Size Candies	10 pieces	43.3	9.7	0.5	0.0
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Protein, Lean Dessert by Syntha	0.5 Serving	62.5	2.5	1.5	10.0
<b>Dinner</b>		<b>605.1</b>	<b>40.7</b>	<b>26.0</b>	<b>41.2</b>

Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Salad dressing, home recipe, vinegar and oil	1 tbsp	70.2	0.4	7.8	0.0
Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
Wasabi, root, raw	0.5 oz	15.5	3.3	0.1	0.7
Dessert (Undesignated)		250.0	25.0	10.0	3.0
<b>Totals</b>		<b>1901.8</b>	<b>120.8</b>	<b>67.3</b>	<b>193.6</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	430.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	248.7					
Stairmaster	30.0	300.0					
<b>Totals</b>	<b>95.0</b>	<b>978.7</b>					

Jim Karger

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May 27, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>296.7</b>	<b>23.7</b>	<b>7.4</b>	<b>34.7</b>
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Oatmeal (Market Pantry)	1 Serving	100.0	18.0	1.5	4.0

<b>Breakfast</b>		<b>194.0</b>	<b>13.9</b>	<b>6.5</b>	<b>19.3</b>
Yogurt, Dannon Lean and Fit	1 serving	60.0	11.0	0.0	3.0
Protein, Lean Dessert by Syntha	0.5 Serving	62.5	2.5	1.5	10.0
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
<b>Post-Breakfast</b>		<b>127.8</b>	<b>12.1</b>	<b>3.2</b>	<b>14.2</b>
Pure Protein (Chocolate Deluxe)	1.25 oz	127.8	12.1	3.2	14.2
<b>Lunch</b>		<b>193.5</b>	<b>17.6</b>	<b>5.7</b>	<b>22.2</b>
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	2 tbsp	20.5	5.9	1.4	0.0
Cheese, cottage, lowfat, 2% milkfat	0.75 cup (not packed)	145.8	6.2	4.2	20.1
<b>Post-Lunch</b>		<b>538.5</b>	<b>48.3</b>	<b>32.6</b>	<b>19.5</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Candies, MASTERFOODS USA, SKITTLES Tropical Bite Size Candies	1 oz	114.8	25.7	1.2	0.1
Nuts, mixed nuts, dry roasted, with peanuts, with salt added	2 oz	336.8	14.4	29.2	9.8
<b>Dinner</b>		<b>417.1</b>	<b>21.2</b>	<b>14.7</b>	<b>50.8</b>
Fish, salmon, pink, raw	8 oz	263.1	0.0	7.8	45.2
Broccoli, cooked, boiled, drained, without salt	4 oz	39.7	8.1	0.5	2.7
Salad dressing, italian dressing, commercial, regular, without salt	1.5 tablespoon	64.4	2.3	6.3	0.1

Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Onions, raw	2 oz	22.7	5.3	0.1	0.6
<b>Totals</b>		<b>1767.7</b>	<b>136.7</b>	<b>70.0</b>	<b>160.7</b>

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	214.8					
Precor	30.0	430.0					
<b>Totals</b>	<b>60.0</b>	<b>644.8</b>					

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May 28, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>305.1</b>	<b>23.4</b>	<b>10.1</b>	<b>31.0</b>
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Oatmeal (Market Pantry)	1 Serving	100.0	18.0	1.5	4.0
<b>Breakfast</b>		<b>176.9</b>	<b>32.9</b>	<b>2.7</b>	<b>11.7</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Oranges, raw, with peel	1 fruit without seeds	90.0	24.6	0.5	2.1
<b>Post-Breakfast</b>		<b>146.9</b>	<b>23.2</b>	<b>2.8</b>	<b>17.7</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7

Lala Live! Liquid Yogurt (Fat Free)	1 Serving	60.0	15.0	0.6	8.0
<b>Lunch</b>		<b>591.2</b>	<b>63.7</b>	<b>17.6</b>	<b>12.3</b>
Vegetarian Sandwich	1 portion	350.0	25.0	10.0	5.0
Fast foods, salad, vegetable, tossed, without dressing	5 oz	22.7	4.6	0.1	1.8
Salad dressing, home recipe, vinegar and oil	0.5 tbsp	35.1	0.2	3.9	0.0
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
<b>Post-Lunch</b>		<b>174.9</b>	<b>23.2</b>	<b>2.8</b>	<b>17.7</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lala Live! Liquid Yogurt (Fat Free)	1 Serving	88.0	15.0	0.6	8.0
<b>Dinner</b>		<b>252.8</b>	<b>51.3</b>	<b>2.4</b>	<b>11.5</b>
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	8 oz	113.4	29.6	0.1	1.2
Pure Protein (Chocolate Deluxe)	0.85 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
<b>Post-Dinner</b>		<b>314.8</b>	<b>16.8</b>	<b>9.7</b>	<b>41.3</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Cheese, cottage, creamed, large or small curd	0.5 cup, large curd (not packed)	102.9	3.5	4.5	11.7
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0

<b>Totals</b>	<b>1962.8</b>	<b>234.4</b>	<b>48.0</b>	<b>143.2</b>
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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	213.2					
Precor	30.0	433.0					
<b>Totals</b>	<b>60.0</b>	<b>646.2</b>					

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May 29, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>100.2</b>	<b>24.6</b>	<b>0.5</b>	<b>2.1</b>
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
<b>Breakfast</b>		<b>200.7</b>	<b>12.0</b>	<b>5.8</b>	<b>25.4</b>
Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Squash, summer, zucchini, includes skin, raw	2 oz	9.1	1.9	0.1	0.7
Onions, raw	2 oz	22.7	5.3	0.1	0.6
<b>Post-Breakfast</b>		<b>184.1</b>	<b>17.4</b>	<b>4.6</b>	<b>20.5</b>
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
<b>Lunch</b>		<b>322.2</b>	<b>23.6</b>	<b>10.8</b>	<b>30.3</b>
tofu, baked	1 serving	140.0	7.0	6.0	17.0

Tofu - Organic - Firm - Costco	4 oz	77.1	0.0	3.9	10.3
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	1 tbsp	40.0	2.9	0.7	0.0
Vinegar, balsamic	1 tbsp	14.0	2.7	0.0	0.1
Onions, cooked, boiled, drained, with salt	2 oz	23.8	5.4	0.1	0.8
<b>Post-Lunch</b>		<b>284.3</b>	<b>42.0</b>	<b>5.1</b>	<b>22.5</b>
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
<b>Dinner</b>		<b>222.2</b>	<b>9.1</b>	<b>5.8</b>	<b>33.4</b>
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
<b>Totals</b>		<b>1313.6</b>	<b>128.8</b>	<b>32.6</b>	<b>134.1</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
<b>Totals</b>							

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May 30, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>310.0</b>	<b>45.2</b>	<b>4.6</b>	<b>24.9</b>
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0

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
Oatmeal (Market Pantry)	1 Serving	100.0	18.0	1.5	4.0
<b>Breakfast</b>		<b>282.7</b>	<b>72.2</b>	<b>1.1</b>	<b>3.7</b>
Bananas, raw	1 medium (7" to 7-7/8" long)	105.0	27.0	0.4	1.3
Apples, raw, with skin	1 small (2-3/4" dia)	77.5	20.6	0.3	0.4
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
<b>Lunch</b>		<b>271.0</b>	<b>25.6</b>	<b>6.8</b>	<b>30.1</b>
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
<b>Post-Lunch</b>		<b>520.2</b>	<b>39.3</b>	<b>9.3</b>	<b>71.5</b>
Protein, Lean Dessert by Syntha	1.5 Serving	187.5	7.5	4.5	30.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
cottage cheese, non-fat	0.5 cup	80.0	5.0		14.0
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
<b>Dinner</b>		<b>454.3</b>	<b>16.6</b>	<b>12.8</b>	<b>64.8</b>
Fish, tuna, fresh, bluefin, raw	9 oz	367.4	0.0	12.5	59.5
Peas, green, cooked, boiled, drained, without salt	3 oz	71.4	13.3	0.2	4.6
Wasabi, root, raw	0.5 oz	15.5	3.3	0.1	0.7
<b>Post-Dinner</b>		<b>69.0</b>	<b>2.6</b>	<b>5.9</b>	<b>2.5</b>
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5

<b>Totals</b>	<b>1907.2</b>	<b>201.5</b>	<b>40.5</b>	<b>197.5</b>
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<b>Exercise</b>	<b>Minutes</b>	<b>Calories (Kcal)</b>	<b>Distance</b>	<b>Weights</b>	<b>Reps</b>	<b>Sets</b>	<b>Notes</b>
Precor	32.0	369.7					
<b>Totals</b>	<b>32.0</b>	<b>369.7</b>					