

Jim Karger - Daily Report

for Jim Karger - May 31, 2009 to Jun 27, 2009

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	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		325.7	29.8	6.3	25.8
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
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
Size On	0.5 portion	60.0			
Breakfast		368.1	32.5	0.4	59.1
Maxi-Whey Protein	2 scoops	188.0	2.0	0.0	45.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	1 cup (8 fl oz)	137.2	18.8	0.4	14.0
Honey	2 tsp	42.9	11.6	0.0	0.0
Lunch		326.7	2.8	15.3	41.6
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	2 tbsp	96.2	1.9	9.6	0.3
Mustard, prepared, yellow	1 tbsp	10.4	0.8	0.6	0.7
Post-Lunch		155.9	10.8	8.1	12.2
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5
Dinner		407.1	45.1	17.3	26.1