

Peppers, sweet, yellow, raw	0.5 pepper, large (3-3/4" long, 3" dia)	25.1	5.9	0.2	0.9
Onions, raw	0.25 medium (2-1/2" dia)	11.0	2.6	0.0	0.3
Tofu - Organic - Firm - Costco	5 oz	96.4	0.0	4.9	12.9
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Oil, olive, salad or cooking	0.75 tsp	29.8	0.0	3.4	0.0
Basil, fresh	2 oz	13.0	1.5	0.4	1.8
Lettuce, cos or romaine, raw	3 oz	14.5	2.8	0.3	1.0
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	1 tbsp	10.3	2.9	0.7	0.0
Cheese, parmesan, grated	0.5 tbsp	13.5	0.1	0.9	1.2
Tomatoes, red, ripe, raw, year round average	5 cherry	15.3	3.3	0.2	0.7
Post-Dinner		396.2	22.0	2.7	70.2
Gold Standard 100% Whey	1 Scoop	120.0	3.0	1.0	24.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.65 cup (not packed)	105.8	4.0	1.5	18.2
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
Papayas, raw	3 oz	33.2	8.3	0.1	0.5
Totals		1618.0	172.2	40.0	161.3

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

Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	25.0	170.1				
Treadmill	20.0	160.0				
Totals	45.0	330.1				

Jim Karger

Jim Karger - Daily Report

Jun 29, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		250.6	33.0	1.6	29.4
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Papayas, raw	2.5 oz	27.6	7.0	0.1	0.4
Breakfast		239.3	14.2	2.2	39.7
Gold Standard 100% Whey	1 Scoop	120.0	3.0	1.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.12 cup (8 fl oz)	16.5	2.3	0.1	1.7
Honey	1 tsp	21.5	5.8	0.0	0.0
Post-Breakfast		78.9	4.3	3.3	8.4
Cheese, cottage, lowfat, 1% milkfat	2 oz	40.8	1.5	0.6	7.0
Grapes, american type (slip skin), raw	4 grape	6.4	1.6	0.0	0.1
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
Lunch		221.3	20.4	5.3	23.1
Fish, tuna, fresh, bluefin, raw	3 oz	122.5	0.0	4.2	19.8

Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Baby Corn	2 oz	30.0	8.0	0.0	0.0
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	1 tbsp	20.0	2.9	0.7	0.0
Asparagus, raw	2 oz	11.3	2.2	0.1	1.2
Bread, white, commercially prepared, toasted	0.3 slice	19.3	3.6	0.3	0.6
Post-Lunch		275.4	10.7	10.1	36.5
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	10 almond	69.0	2.6	5.9	2.5
Dinner		392.0	35.1	13.1	34.8
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Rice, brown, medium-grain, cooked	0.25 cup	54.6	11.5	0.4	1.1
Cabbage, raw	4 oz	28.4	6.6	0.1	1.5
Carrots, raw	0.5 oz	5.8	1.4	0.0	0.1
Peppers, sweet, yellow, raw	0.5 oz	3.8	0.9	0.0	0.1
Seeds, sesame seeds, whole, dried	0.25 tsp	4.3	0.2	0.4	0.1
Oil, sesame, salad or cooking	0.5 tsp	20.1	0.0	2.3	0.0
Spinach, raw	3 oz	19.6	3.1	0.3	2.4
Garlic, raw	0.5 oz	21.1	4.7	0.1	0.9
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Vinegar, balsamic	1 tbsp	14.0	2.7	0.0	0.1
Grapes, american type (slip skin), raw	10 grape	16.1	4.1	0.1	0.2
Post-Dinner		272.9	13.4	4.6	44.9

Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
Honey	1 tsp	21.5	5.8	0.0	0.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Totals		1730.3	131.0	40.2	216.9

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	202.3					
Treadmill	25.0	274.8					
Totals	55.0	477.1					

Jim Karger

Jim Karger - Daily Report

Jun 30, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Post-Lunch		103.2	27.5	0.2	0.7
Pears, raw	1 medium	103.2	27.5	0.2	0.7
Dinner		443.1	61.4	4.1	42.2
Carrots, cooked, boiled, drained, with salt	3 oz	29.8	7.0	0.2	0.6
Celery, cooked, boiled, drained, without salt	3 oz	15.3	3.4	0.1	0.7
Bread, white, commercially prepared, toasted	0.75 slice	48.3	9.0	0.7	1.5
Gelatin desserts, dry mix, prepared with water	1 oz	17.6	4.0	0.0	0.3
Sugars, granulated	1 tsp	16.1	4.2	0.0	0.0

Bananas, raw	1 extra small (less than 6" long)	72.1	18.5	0.3	0.9
Met-RX	0.5 Serving	130.0	11.0	1.2	18.5
Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
Post-Dinner		77.5	20.6	0.3	0.4
Apples, raw, with skin	1 small (2-3/4" dia)	77.5	20.6	0.3	0.4
Totals		623.8	109.5	4.5	43.2

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

Jim Karger

Jim Karger - Daily Report

Jul 1, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		218.0	26.0	1.9	26.5
Met-RX	0.5 Serving	130.0	11.0	1.2	18.5
Lala Live! Liquid Yogurt (Fat Free)	1 Serving	88.0	15.0	0.6	8.0
Breakfast		94.6	25.1	0.3	0.5
Apples, raw, with skin	1 medium (3" dia)	94.6	25.1	0.3	0.5
Post-Breakfast		88.0	15.0	0.6	8.0
Lala Live! Liquid Yogurt (Fat Free)	1 Serving	88.0	15.0	0.6	8.0
Lunch		326.4	16.4	12.9	36.4
Fish, salmon, pink, raw	4.5 oz	148.0	0.0	4.4	25.4
Tamarindo Salad Dressing	0.5 tbsp	20.0	2.2	0.1	0.0

McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	1.5 tbsp	15.4	4.4	1.1	0.0
Lettuce, cos or romaine, raw	1.5 cup shredded	12.0	2.3	0.2	0.9
Beets, raw	0.5 beet (2" dia)	17.6	3.9	0.1	0.7
Peppers, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Cheese, parmesan, shredded	1 tbsp	20.8	0.2	1.4	1.9
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Post-Lunch		60.0	7.9	2.5	1.3
Brownies (Light)	1 Brownie	60.0	7.9	2.5	1.3
Dinner		305.2	26.0	4.9	40.6
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
Papayas, raw	6 oz	66.3	16.7	0.2	1.0
Post-Dinner		34.5	1.3	3.0	1.3
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Totals		1126.7	117.8	26.0	114.6

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

Jim Karger

Jim Karger - Daily Report

Jul 2, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		226.9	35.7	0.6	33.5

Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Cereals ready-to-eat, KELLOGG, KELLOGG S ALL-BRAN BRAN BUDS	1 oz	70.9	22.7	0.6	2.0
Breakfast		175.4	4.1	1.2	36.5
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
Post-Breakfast		34.5	1.3	3.0	1.3
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Lunch		230.3	16.8	9.6	28.1
Fish, salmon, pink, raw	4.5 oz	148.0	0.0	4.4	25.4
Lettuce, cos or romaine, raw	1 cup shredded	8.0	1.5	0.1	0.6
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
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Capers, canned	2 tbsp, drained	4.0	0.8	0.1	0.4
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	1 tbsp	10.3	2.9	0.7	0.0
Newman's Light Sun Dried Tomato	1 tbsp	30.0	5.0	4.0	0.0
Post-Lunch		233.0	27.8	1.3	34.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Gold Standard 100% Whey	1 Scoop	120.0	3.0	1.0	24.0
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Dinner		258.4	18.6	13.7	18.3

Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
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
Squash, summer, zucchini, includes skin, raw	0.5 small	9.4	2.0	0.1	0.7
Onions, raw	0.5 oz	5.7	1.3	0.0	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
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Basil, fresh	1 cup leaves, whole	5.5	0.6	0.2	0.8
Post-Dinner		253.0	7.7	4.7	43.8
Gold Standard 100% Whey	1.2 Scoop	144.0	3.6	1.2	28.8
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Nuts, almonds	4 almond	27.6	1.0	2.4	1.0
Totals		1411.5	112.1	34.0	195.5

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	15.0	50.0					
Walking, 2.0 mph, level, slow pace, firm surface	30.0	60.7					
Totals	45.0	110.7					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		263.5	43.7	3.7	18.0
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
Spinach, raw	1 oz	6.5	1.0	0.1	0.8
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
Watermelon, raw	8 oz	68.0	17.1	0.3	1.4
Carrot juice, canned	6 oz	68.0	15.8	0.3	1.6
Beet Juice	2 oz	24.4	5.1	0.0	1.1
Breakfast		244.1	14.5	4.4	36.8
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Honey	1 tsp	21.5	5.8	0.0	0.0
Post-Breakfast		68.5	9.9	3.1	2.0
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Lunch		372.4	69.8	4.1	20.3
Grapes, american type (slip skin), raw	2 oz	38.0	9.7	0.2	0.4
Apples, raw, with skin	0.5 medium (3" dia)	47.3	12.6	0.2	0.2
Oranges, raw, with peel	0.5 fruit without seeds	50.1	12.3	0.2	1.0
Honey	2 tsp	42.9	11.6	0.0	0.0
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8

Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Kiwi fruit, (chinese gooseberries), fresh, raw	0.5 fruit without skin, medium	23.2	5.6	0.2	0.4
Post-Lunch		209.6	16.0	3.4	34.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Gold Standard 100% Whey	1 Scoop	120.0	3.0	1.0	24.0
Nuts, almonds	4 almond	27.6	1.0	2.4	1.0
Dinner		377.5	23.4	13.5	43.9
Fish, tuna, fresh, bluefin, raw	4.5 oz	183.7	0.0	6.3	29.8
Broccoli, frozen, spears, cooked, boiled, drained, with salt	5 oz	39.7	7.6	0.2	4.4
Cauliflower, frozen, unprepared	5 oz	34.0	6.6	0.4	2.8
Carrots, frozen, unprepared	1 oz	10.2	2.2	0.1	0.2
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Mung beans, mature seeds, sprouted, raw	1 oz	8.5	1.7	0.1	0.9
Tofu - Organic - Firm - Costco	2 oz	38.6	0.0	1.9	5.1
Oil, sesame, salad or cooking	1 tsp	40.1	0.0	4.5	0.0
Post-Dinner		187.0	17.0	3.0	29.0
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
Totals		1722.6	194.3	35.3	184.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	40.0	230.0					
Totals	40.0	230.0					

Jim Karger

Jim Karger - Daily Report

Jul 4, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		234.6	31.8	6.6	17.7
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
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Watermelon, raw	8 oz	68.0	17.1	0.3	1.4
Jams and preserves, dietetic (with sodium saccharin), any flavor	1.5 tsp	9.2	3.8	0.0	0.0
Post-Breakfast		112.0	7.7	1.7	16.2
Gold Standard 100% Whey	0.5 Scoop	60.0	1.5	0.5	12.0
Milk, lowfat, fluid, 1% milkfat, with added vitamin A	0.5 cup	52.0	6.2	1.2	4.2
Lunch		343.6	65.8	4.0	32.5
Pancake Mix (Whole Wheat - Hodgson Mill)	1 Serving	130.0	28.0	1.0	4.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Syrups, dietetic	3 tbsp	18.0	22.1	0.0	0.4
Post-Lunch		213.1	19.2	4.8	29.8

Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Honey	0.25 tsp	5.4	1.5	0.0	0.0
Dinner		371.0	26.5	13.4	40.9
Lettuce, cos or romaine, raw	1.5 cup shredded	12.0	2.3	0.2	0.9
Broccoli, frozen, spears, cooked, boiled, drained, with salt	5 oz	39.7	7.6	0.2	4.4
Cauliflower, frozen, unprepared	5 oz	34.0	6.6	0.4	2.8
Carrots, frozen, unprepared	1 oz	10.2	2.2	0.1	0.2
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Mung beans, mature seeds, sprouted, raw	1 oz	8.5	1.7	0.1	0.9
Tofu - Organic - Firm - Costco	2 oz	38.6	0.0	1.9	5.1
Oil, sesame, salad or cooking	1 tsp	40.1	0.0	4.5	0.0
Seeds, sesame seeds, whole, dried	1 tsp	17.2	0.7	1.5	0.5
Fish, salmon, pink, raw	4.5 oz	148.0	0.0	4.4	25.4
Post-Dinner		227.7	10.8	3.5	39.1
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Lemon juice, raw	1.5 tbsp	5.8	2.0	0.0	0.1
Sweeteners, tabletop, sucralose, SLENDA packets	3 serving 1 packet	9.9	2.7	0.0	0.0
Nuts, almonds	4 almond	27.6	1.0	2.4	1.0

Totals		1501.9	161.8	33.9	176.2

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	15.0	101.7					
Treadmill	30.0	235.0					
Totals	45.0	336.7					

Jim Karger

Jim Karger - Daily Report

Jul 5, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		383.4	72.2	3.2	38.6
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Watermelon, raw	10 oz	85.1	21.4	0.4	1.7
Cereals ready-to-eat, KELLOGG, KELLOGG S ALL-BRAN BRAN BUDS	0.5 cup (1 NLEA serving)	112.6	36.0	1.0	3.2
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Breakfast		196.8	9.9	1.2	36.5
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
Honey	1 tsp	21.5	5.8	0.0	0.0
Post-Breakfast		16.1	4.1	0.1	0.2
Grapes, american type (slip skin), raw	10 grape	16.1	4.1	0.1	0.2

Lunch		245.3	20.9	7.1	26.0
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Egg, white, raw, fresh	1 large	15.8	0.2	0.1	3.6
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Watermelon, raw	8 oz	68.0	17.1	0.3	1.4
Post-Lunch		253.1	29.4	3.5	28.2
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
Watermelon, raw	7 oz	59.5	15.0	0.3	1.2
Dinner		274.8	24.6	7.3	30.4
Fish, salmon, pink, raw	4 oz	131.5	0.0	3.9	22.6
Spinach, raw	5 oz	32.6	5.1	0.6	4.1
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Peppers, sweet, red, raw	3 oz	26.4	5.1	0.3	0.8
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	1.5 tbsp	15.4	4.4	1.1	0.0
Tamarindo Salad Dressing	0.5 tbsp	20.0	2.2	0.1	0.0
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Post-Dinner		233.9	7.3	2.6	43.6
Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
Gold Standard 100% Whey	1 Scoop	120.0	3.0	1.0	24.0
Totals		1603.5	168.4	25.0	203.6

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

Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	20.0	133.7				
Treadmill	30.0	250.0				
Totals	50.0	383.7				

Jim Karger

Jim Karger - Daily Report

Jul 6, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		184.4	5.1	1.2	38.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Breakfast		315.5	17.4	8.6	41.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Cheese, cottage, lowfat, 1% milkfat	0.625 cup (not packed)	101.7	3.8	1.4	17.5
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Lunch		312.8	34.4	9.6	25.9
Seitan	1 Serving	143.0	8.0	4.0	20.0
Spinach, raw	4 oz	26.1	4.1	0.4	3.2
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Peppers, sweet, red, raw	1 oz	8.8	1.7	0.1	0.3
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	1 tbsp	10.3	2.9	0.7	0.0
Tamarindo Salad Dressing	0.5 tbsp	20.0	2.2	0.1	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 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Post-Lunch		240.0	21.3	3.9	31.3
Watermelon, raw	4.7 oz	40.0	10.1	0.2	0.8
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	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Dinner		800.7	47.7	28.6	66.3
Fish, tuna, fresh, bluefin, raw	8 oz	326.6	0.0	11.1	52.9
Strawberries, frozen, sweetened, whole	2 oz	44.2	11.9	0.1	0.3
Rice, brown, medium-grain, cooked	3 tbsp	41.0	8.6	0.3	0.8
Vegetables, mixed, frozen, unprepared	2 oz	36.3	7.6	0.3	1.9
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Gaspacho	1 Cup	46.0	4.4	0.2	7.1
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Desserts, mousse, chocolate, prepared-from-recipe	3 tbsp	170.4	12.2	12.1	3.1
Totals		1853.3	125.8	51.9	202.5

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	20.0	180.0					
Precor	12.0	150.0					

Totals	32.0	330.0				
---------------	-------------	--------------	--	--	--	--

Jim Karger

Jim Karger - Daily Report

Jul 7, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		295.8	54.4	1.1	36.5
Cereals ready-to-eat, KELLOGG, KELLOGG S ALL-BRAN BRAN BUDS	0.5 cup (1 NLEA serving)	112.6	36.0	1.0	3.2
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Strawberries, raw	2 oz	18.1	4.4	0.2	0.4
Post-Breakfast		184.4	5.1	1.2	38.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Lunch		374.9	36.9	9.6	31.8
Fish, snapper, mixed species, raw	4 oz	113.4	0.0	1.5	23.3
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Fast foods, salad, vegetable, tossed, without dressing	3 oz	13.6	2.7	0.1	1.1
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Watermelon, raw	3 oz	25.5	6.4	0.1	0.5
Snacks, tortilla chips, plain, white corn	0.5 oz	69.3	9.3	3.3	1.1
Sauce, salsa, ready-to-serve	0.5 oz	3.8	0.9	0.0	0.2
Beans, snap, green, raw	1 oz	8.8	2.0	0.0	0.5
Lentils, mature seeds, cooked, boiled, with salt	2 oz	64.6	11.1	0.2	5.1

Post-Lunch		184.4	5.1	1.2	38.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Dinner		311.7	27.2	5.9	32.3
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
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Vinegar, balsamic	2 tbsp	28.0	5.4	0.0	0.2
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Squash, summer, zucchini, includes skin, raw	3 oz	13.6	2.8	0.2	1.0
Tomatoes, red, ripe, raw, year round average	1 plum tomato	11.2	2.4	0.1	0.5
Post-Dinner		307.6	29.8	4.4	39.8
Mangos, raw	0.5 fruit without refuse	67.3	17.6	0.3	0.5
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Honey	1 tsp	21.5	5.8	0.0	0.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Totals		1658.7	158.4	23.3	216.5

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	20.0	131.2					

Treadmill	15.0	150.0					
Precor	12.0	150.0					
Totals	47.0	431.2					

Jim Karger

Jim Karger - Daily Report

Jul 8, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		228.6	29.0	6.3	17.8
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
Mushrooms, white, raw	1.5 oz	9.4	1.4	0.1	1.3
Watermelon, raw	3 oz	25.5	6.4	0.1	0.5
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Breakfast		320.0	37.0	7.5	28.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Lunch		705.6	61.6	23.8	62.0
Fish, tuna, fresh, bluefin, raw	8 oz	326.6	0.0	11.1	52.9
Tomatoes, red, ripe, raw, year round average	3 medium whole (2-3/5" dia)	66.4	14.5	0.7	3.2

Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Bread sticks, plain	2 stick (7-5/8" x 5/8")	82.4	13.7	1.9	2.4
Crackers, whole-wheat	8 cracker	142.1	22.0	5.5	2.8
Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	0.5 oz	48.3	11.5	0.0	0.6
Post-Lunch		102.1	3.9	2.9	14.8
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Dinner		243.9	17.0	6.4	33.0
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Lettuce, cos or romaine, raw	3 oz	14.5	2.8	0.3	1.0
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, sweet, yellow, raw	0.25 pepper, large (3-3/4" long, 3" dia)	12.6	2.9	0.1	0.5
Mushrooms, white, raw	2.5 oz	15.6	2.3	0.2	2.2
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	1 tbsp	10.3	2.9	0.7	0.0
Post-Dinner		214.9	9.7	2.2	38.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Gold Standard 100% Whey	1 Scoop	120.0	3.0	1.0	24.0
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Totals		1815.1	158.1	49.1	193.6

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	20.0	131.2					
Treadmill	15.0	150.0					
Precor	15.0	210.0					
Totals	50.0	491.2					

Jim Karger

Jim Karger - Daily Report

Jul 9, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		238.2	20.2	1.9	40.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Cereals ready-to-eat, KELLOGG, KELLOGG S ALL-BRAN Original	0.25 cup (1 NLEA serving)	40.3	11.5	0.8	2.0
Breakfast		294.9	19.7	7.2	37.0
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
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Post-Breakfast		52.5	13.5	0.2	0.6
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Lunch		354.3	17.9	12.3	41.8

Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Hellman's Light Mayonnaise	2 tbsp	72.0	2.4	6.8	0.4
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Mustard, prepared, yellow	1 tsp	3.5	0.3	0.2	0.2
Apples, raw, with skin	0.5 medium (3" dia)	47.3	12.6	0.2	0.2
Post-Lunch		240.0	11.8	8.5	31.3
Seitan	1 Serving	143.0	8.0	4.0	20.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Protein, Lean Dessert by Syntha	0.5 Serving	62.5	2.5	1.5	10.0
Dinner		376.3	33.2	11.8	35.6
Fish, salmon, pink, raw	4.5 oz	148.0	0.0	4.4	25.4
Cheese, parmesan, grated	2 tsp	18.0	0.2	1.2	1.6
Pasta, homemade, made with egg, cooked	2.1 oz	77.4	14.0	1.0	3.1
Broccoli, raw	2 oz	19.3	3.8	0.2	1.6
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Mushrooms, white, raw	2 oz	12.5	1.9	0.2	1.8
Peppers, sweet, red, raw	2 oz	17.6	3.4	0.2	0.6
Garlic, raw	0.5 oz	21.1	4.7	0.1	0.9
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Post-Dinner		213.5	14.8	3.7	30.5
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
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	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0

Totals	1769.6	131.1	45.5	216.9
---------------	---------------	--------------	-------------	--------------

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	10.0	133.0					
Precor	15.0	200.0					
Treadmill	15.0	150.0					
Totals	40.0	483.0					

Jim Karger

Jim Karger - Daily Report

Jul 10, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		163.5	23.2	3.1	13.5
Egg, whole, raw, fresh	0.5 medium	31.5	0.2	2.2	2.8
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
Jellies, reduced sugar, home preserved	1.5 tsp	16.8	4.3	0.0	0.0
Peppers, sweet, red, raw	0.25 large (2-1/4 per pound, approx 3-3/4" long, 3" dia.)	12.7	2.5	0.1	0.4
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Tomatoes, red, ripe, raw, year round average	1.25 plum tomato	13.9	3.0	0.2	0.7
Post-Breakfast		178.2	0.5	6.1	28.8
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Lunch		201.1	9.8	0.9	38.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0

Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.3 cup (8 fl oz)	41.2	5.6	0.1	4.2
Cheese, cottage, lowfat, 1% milkfat	0.35 cup (not packed)	57.0	2.2	0.8	9.8
Post-Lunch		188.9	7.7	1.2	36.5
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
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Dinner		1084.7	65.5	59.5	39.7
Snacks, tortilla chips, plain, white corn	2 oz	277.3	37.2	13.2	4.4
Avocados, raw, all commercial varieties	1 oz	45.4	2.4	4.2	0.6
Alcoholic beverage, wine, table, red	8 oz	192.8	5.9	0.0	0.2
Sauce, salsa, ready-to-serve	2 oz	15.3	3.5	0.1	0.9
Bread, white, commercially prepared, toasted	0.5 slice, very thin	19.0	3.5	0.3	0.6
Fish, salmon, pink, raw	1 oz	32.9	0.0	1.0	5.7
CAMPBELL Soup Company, PACE, Pico De Gallo	1 oz	8.8	2.7	0.0	0.0
Peanuts, spanish, raw	2 oz	323.2	9.0	28.1	14.8
Cheese, mozzarella, whole milk	2 oz	170.1	1.2	12.7	12.6
Totals		1816.4	106.6	70.8	156.4

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

Jim Karger

Jim Karger - Daily Report

Jul 11, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		171.0	21.1	4.3	13.9
Egg, whole, raw, fresh	1 small	54.3	0.3	3.8	4.8
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Peppers, sweet, red, raw	0.25 medium (approx 2-3/4" long, 2-1/2 dia.)	9.2	1.8	0.1	0.3
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Tomatoes, red, ripe, raw, year round average	3 cherry	9.2	2.0	0.1	0.4
Papayas, raw	5 oz	55.3	13.9	0.2	0.9
Lunch		330.5	46.1	2.5	31.3
Pancake Mix (Whole Wheat - Hodgson Mill)	1 Serving	130.0	28.0	1.0	4.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Syrup, Dietetic (Miel)	3 tbsp	12.0	0.0	0.0	0.0
Soy Milk - Kirkland	0.33 cup	33.0	2.6	1.3	2.6
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Post-Lunch		88.8	0.0	2.6	15.3
Fish, salmon, pink, raw	2.7 oz	88.8	0.0	2.6	15.3
Dinner		417.1	27.6	13.6	46.7
Fish, salmon, pink, raw	6.5 oz	213.8	0.0	6.4	36.7
Broccoli, raw	4 oz	38.6	7.5	0.4	3.2
Mung beans, mature seeds, sprouted, raw	3 oz	25.5	5.1	0.2	2.6
Cauliflower, raw	4 oz	28.4	6.0	0.1	2.2

Soy sauce made from soy (tamari)	1 tbsp	10.8	1.0	0.0	1.9
Oil, sesame, salad or cooking	1 tsp	40.1	0.0	4.5	0.0
Black bean sauce	2 tbsp	60.0	8.0	2.0	0.0
Post-Dinner		421.5	26.5	3.0	72.2
Maxi-Whey Plus (Vanilla)	2.1 Scoop	216.3	4.2	0.0	50.4
Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
Chocolate Syrup, Sugar Free	2 tbsp	25.0	4.0	0.0	1.0
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Totals		1429.0	121.3	26.1	179.3

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	196.6					
Precor	15.0	200.0					
Treadmill	20.0	213.7					
Totals	65.0	610.3					

Jim Karger

Jim Karger - Daily Report

Jul 12, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		289.0	35.4	6.4	25.4

Egg, whole, raw, fresh	1 small	54.3	0.3	3.8	4.8
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Peppers, sweet, red, raw	0.25 medium (approx 2-3/4" long, 2-1/2 dia.)	9.2	1.8	0.1	0.3
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Tomatoes, red, ripe, raw, year round average	3 cherry	9.2	2.0	0.1	0.4
Papayas, raw	4 oz	44.2	11.1	0.2	0.7
Seitan	0.5 Serving	71.5	4.0	2.0	10.0
Carrot juice, canned	4 oz	45.4	10.5	0.2	1.1
Beet Juice	1 oz	12.2	2.6	0.0	0.6
Breakfast		353.0	35.2	1.5	53.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Maxi-Whey Plus (Vanilla)	2 Scoop	206.0	4.0	0.0	48.0
Agave Syrup	2 tsp	27.0	7.2	0.0	0.0
Post-Breakfast		184.4	5.1	1.2	38.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Lunch		286.1	18.5	9.3	33.1
Fish, salmon, pink, raw	4.5 oz	148.0	0.0	4.4	25.4
Broccoli, raw	3 oz	28.9	5.6	0.3	2.4
Mung beans, mature seeds, sprouted, raw	2 oz	17.0	3.4	0.1	1.7
Cauliflower, raw	3 oz	21.3	4.5	0.1	1.7
Soy sauce made from soy (tamari)	1 tbsp	10.8	1.0	0.0	1.9
Oil, sesame, salad or cooking	0.75 tsp	30.1	0.0	3.4	0.0
Black bean sauce	1 tbsp	30.0	4.0	1.0	0.0

Post-Lunch		290.4	18.1	9.6	34.6
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	1.25 Serving	156.2	6.2	3.8	25.0
Nuts, almonds	4 almond	27.6	1.0	2.4	1.0
Peanut butter, chunk style, without salt	1.2 tsp	38.0	1.4	3.2	1.6
Dinner		364.3	21.5	1.7	66.8
Maxi-Whey Plus (Vanilla)	2 Scoop	206.0	4.0	0.0	48.0
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Cheese, cottage, lowfat, 1% milkfat	0.65 cup (not packed)	105.8	4.0	1.5	18.2
Totals		1767.2	133.8	29.7	250.9

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	164.2					
Precor	30.0	350.0					
Precor	15.0	207.0					
Treadmill	15.0	160.0					
Totals	85.0	881.2					

Jim Karger

Jim Karger - Daily Report

Jul 13, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		159.9	18.2	6.2	12.8

Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Egg, white, raw, fresh	1 large	15.8	0.2	0.1	3.6
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Jams and preserves, dietetic (with sodium saccharin), any flavor	1 tbsp	18.5	7.5	0.0	0.0
Breakfast		80.1	0.4	5.6	7.0
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Post-Breakfast		143.8	37.2	0.5	1.5
Apples, raw, with skin	0.5 small (2-3/4" dia)	38.7	10.3	0.1	0.2
Bananas, raw	1 medium (7" to 7-7/8" long)	105.0	27.0	0.4	1.3
Lunch		171.3	1.1	7.5	23.5
Fish, tuna, fresh, bluefin, raw	3.5 oz	142.9	0.0	4.9	23.1
Lettuce Mixed Field Greens	0.5 cup	5.0	1.0	0.0	0.4
Salad dressing, home recipe, vinegar and oil	1 tsp	23.4	0.1	2.6	0.0
Post-Lunch		169.6	8.4	5.0	24.1
Seitan	1 Serving	143.0	8.0	4.0	20.0
Egg, white, raw, fresh	1 large	15.8	0.2	0.1	3.6
Egg, yolk, raw, fresh	0.2 large	10.8	0.1	0.9	0.5
Dinner		788.3	57.6	17.1	81.1
Fish, tuna, fresh, bluefin, raw	9 oz	367.4	0.0	12.5	59.5
Crustaceans, shrimp, mixed species, raw	8 large	59.4	0.5	1.0	11.4
Catsup	2 tbsp	29.1	7.5	0.1	0.5
Beans, baked, canned, with beef	3 oz	102.9	14.4	2.9	5.4
Crackers, saltines, fat-free, low-sodium	8 saltines	157.2	32.9	0.6	4.2

Alcoholic beverage, wine, table, red	3 oz	72.3	2.2	0.0	0.1
Post-Dinner		112.2	3.2	0.1	3.7
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Egg, white, raw, fresh	1 large	15.8	0.2	0.1	3.6
Totals		1625.2	126.1	41.9	153.7

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

Jim Karger

Jim Karger - Daily Report

Jul 14, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Breakfast		227.9	26.3	6.8	15.9
Yogurt, Dannon Lean and Fit	1 serving	60.0	11.0	0.0	3.0
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	0.7 cup (1 NLEA serving)	71.9	14.6	1.2	2.2
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Egg, white, raw, fresh	1 large	15.8	0.2	0.1	3.6
Post-Breakfast		77.5	20.6	0.3	0.4
Apples, raw, with skin	1 small (2-3/4" dia)	77.5	20.6	0.3	0.4
Lunch		143.0	8.0	4.0	20.0
Seitan	1 Serving	143.0	8.0	4.0	20.0
Post-Lunch		253.7	30.3	2.6	28.4
Apples, raw, with skin	1 small (2-3/4" dia)	77.5	20.6	0.3	0.4

Cheese, cottage, lowfat, 1% milkfat	1 cup (not packed)	162.7	6.1	2.3	28.0
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Dinner		641.1	37.3	25.4	15.4
Cheese, camembert	2 oz	170.1	0.3	13.8	11.2
Crackers, whole-wheat	2 cracker	35.5	5.5	1.4	0.7
Alcoholic beverage, wine, table, red	10 oz	241.0	7.4	0.0	0.2
Peppers, sweet, red, raw	4 oz	35.2	6.8	0.3	1.1
Celery, raw	4 oz	18.1	3.4	0.2	0.8
Peppers, sweet, yellow, raw	4 oz	30.6	7.2	0.2	1.1
Salad dressing, mayonnaise type, regular, with salt	1 oz	110.6	6.8	9.5	0.3
Post-Dinner		212.0	6.1	3.5	39.0
Nuts, almonds	4 almond	27.6	1.0	2.4	1.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Totals		1555.1	128.6	42.5	119.1

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	365.0					
Totals	30.0	365.0					

Jim Karger

Jim Karger - Daily Report

Jul 15, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		189.6	19.0	7.4	16.9
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5

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
Jams and preserves, dietetic (with sodium saccharin), any flavor	1 tbsp	18.5	7.5	0.0	0.0
Breakfast		243.0	30.0	1.0	30.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
10 Grain Cereal (Bob's Red Mill)	1 Serving	140.0	28.0	1.0	6.0
Post-Breakfast		34.5	1.3	3.0	1.3
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Lunch		372.4	35.6	11.9	33.4
Fish, snapper, mixed species, raw	4.5 oz	127.6	0.0	1.7	26.2
Butter, without salt	1 tsp	33.9	0.0	3.8	0.0
Vegetables, mixed, frozen, unprepared	4 oz	72.6	15.3	0.6	3.8
Snacks, tortilla chips, plain, white corn	0.2 oz	27.7	3.7	1.3	0.4
Nopales, raw	2 oz	9.1	1.9	0.1	0.7
Fast foods, salad, vegetable, tossed, without dressing	3 oz	13.6	2.7	0.1	1.1
Side dishes, potato salad	2.5 oz	80.8	9.6	4.3	1.1
Lime juice, raw	1 oz	7.1	2.4	0.0	0.1
Post-Lunch		294.0	19.0	0.6	56.0
Maxi-Whey Plus (Vanilla)	2 Scoop	206.0	4.0	0.0	48.0
Lala Live! Liquid Yogurt (Fat Free)	1 Serving	88.0	15.0	0.6	8.0
Dinner		870.4	83.7	21.9	62.1
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5

Tortillas, ready-to-bake or -fry, corn, without added salt	2 tortilla, medium (approx 6" dia)	115.4	24.2	1.3	3.0
Alcoholic beverage, wine, table, red	5 oz	120.5	3.7	0.0	0.1
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Cake, gingerbread, prepared from recipe	2 oz	201.9	27.9	9.3	2.2
Mustard, prepared, yellow	0.3 oz	5.7	0.5	0.3	0.4
Totals		2003.9	188.5	45.8	199.7

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	197.8					
Precor	30.0	321.2					
Bicycling, stationary, general	32.0	285.0					
Totals	92.0	803.9					

Jim Karger

Jim Karger - Daily Report

Jul 16, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		245.0	29.0	4.5	25.0
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
Breakfast		282.7	52.6	1.1	35.6

Pancake Mix (Whole Wheat - Hodgson Mill)	1 Serving	130.0	28.0	1.0	4.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Syrups, dietetic	3 tbsp	18.0	22.1	0.0	0.4
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		325.0	29.3	13.1	21.4
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Croissants, butter	2 croissant, mini	227.4	25.6	11.8	4.6
Post-Lunch		238.7	16.3	4.3	34.4
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
Blueberries, raw	2 oz	32.3	8.2	0.2	0.4
Dinner		543.2	46.0	7.2	43.3
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Fish, salmon, pink, raw	2.3 oz	75.6	0.0	2.2	13.0
Alcoholic beverage, wine, table, red	2 oz	48.2	1.5	0.0	0.0
Rice, Sushi, Cooked	4 tbsp	75.0	16.5	0.0	1.5
Wasabi, root, raw	0.5 oz	15.5	3.3	0.1	0.7
Fish, salmon, pink, raw	4.5 oz	148.0	0.0	4.4	25.4
Alcoholic beverage, beer, light	1 can or bottle (12 fl oz)	102.7	5.8	0.0	0.8
Lettuce, cos or romaine, raw	2 oz	9.6	1.9	0.2	0.7

Carrots, raw	1 oz	11.6	2.7	0.1	0.3
Celery, raw	1 oz	4.5	0.8	0.0	0.2
Post-Dinner		209.6	10.7	5.3	29.8
Candies, MASTERFOODS USA, M&M s Peanut Chocolate Candies	3 pieces	30.9	3.6	1.6	0.6
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Cheese, cottage, lowfat, 1% milkfat	0.33 cup (not packed)	53.7	2.0	0.8	9.2
Totals		2028.3	201.3	40.2	209.9

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	197.3					
Treadmill	30.0	305.0					
Totals	60.0	502.3					

Jim Karger

Jim Karger - Daily Report

Jul 17, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		245.0	29.0	4.5	25.0
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
Breakfast		200.6	5.7	1.4	40.8
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0

Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Post-Breakfast		105.2	0.0	3.1	18.1
Fish, salmon, pink, raw	3.2 oz	105.2	0.0	3.1	18.1
Lunch		157.8	18.1	2.0	15.8
Fish, salmon, pink, raw	2 oz	65.8	0.0	2.0	11.3
Rice, Sushi, Cooked	4 tbsp	75.0	16.5	0.0	1.5
Soy sauce made from soy (tamari)	1 oz	17.0	1.6	0.0	3.0
Post-Lunch		405.3	30.3	11.7	39.4
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Tomatoes, red, ripe, raw, year round average	2 oz	10.2	2.2	0.1	0.5
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Tomato Pesto	1.5 tbsp	90.0	7.5	4.8	3.0
Blueberries, raw	3 oz	48.5	12.3	0.3	0.6
Dinner		638.7	41.3	27.4	17.5
Tomatoes, red, ripe, raw, year round average	4 oz	20.4	4.4	0.2	1.0
Cheese, mozzarella, whole milk	2 oz	170.1	1.2	12.7	12.6
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Snacks, tortilla chips, plain, white corn	1.5 oz	207.9	27.9	9.9	3.3
Sauce, salsa, ready-to-serve	1 oz	7.7	1.8	0.0	0.4
Alcoholic beverage, wine, table, red	8 oz	192.8	5.9	0.0	0.2
Post-Dinner		184.4	5.1	1.2	38.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0

Totals		1937.0	129.4	51.2	194.6

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	197.3					
Precor	5.0	60.0					
Precor	30.0	405.0					
Totals	65.0	662.3					

Jim Karger

Jim Karger - Daily Report

Jul 18, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		187.0	17.0	3.0	29.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Breakfast		588.3	84.5	19.3	24.4
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Carrot juice, canned	8 oz	90.7	21.0	0.3	2.2
Beet Juice	2 oz	24.4	5.1	0.0	1.1
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Peppers, sweet, yellow, raw	1 oz	7.7	1.8	0.1	0.3
Squash, summer, zucchini, includes skin, raw	1 oz	4.5	0.9	0.1	0.3
Tomatoes, red, ripe, raw, year round average	1 oz	5.1	1.1	0.1	0.2
Cheese, parmesan, grated	0.25 oz	30.5	0.3	2.0	2.7

Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	4 oz	97.5	25.4	0.1	0.5
Bread, whole-wheat, prepared from recipe	1.5 slice, thin (3-3/4" x 5" x 3/8")	137.6	25.4	2.7	4.2
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Lunch		374.0	20.1	10.0	43.0
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Tomatoes, red, ripe, raw, year round average	2 oz	10.2	2.2	0.1	0.5
Tamarindo Salad Dressing	2 tbsp	70.0	9.0	0.5	0.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Cheese, cottage, lowfat, 1% milkfat	0.2 cup (not packed)	32.5	1.2	0.5	5.6
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		347.3	26.3	6.2	47.3
Fish, salmon, pink, raw	5.5 oz	180.9	0.0	5.4	31.1
Tomato products, canned, sauce	3 oz	20.4	4.6	0.2	1.1
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Squash, summer, zucchini, includes skin, raw	3 oz	13.6	2.8	0.2	1.0
TVP	2 floz	78.9	6.9	0.0	11.8
Peppers, sweet, yellow, raw	2 oz	15.3	3.6	0.1	0.6
Capers, canned	1 oz	6.5	1.4	0.2	0.7

Celery, raw	2 oz	9.1	1.7	0.1	0.4
Post-Dinner		233.7	21.1	6.2	28.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	0.5 Serving	31.0	6.0	0.0	4.5
Raspberries, raw	0.5 cup	32.0	7.3	0.4	0.7
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Soy Milk - Kirkland	0.25 cup	25.0	2.0	1.0	2.0
Totals		1817.3	177.2	46.9	181.5

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	30.0	310.0					
Totals	30.0	310.0					

Jim Karger

Jim Karger - Daily Report

Jul 19, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		394.5	38.3	10.5	29.3
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Size On	0.3 portion	40.0			
Breakfast		236.8	15.6	6.6	29.0
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
Peppers, sweet, red, raw	0.25 medium (approx 2-3/4" long, 2-1/2 dia.)	9.2	1.8	0.1	0.3
Onions, raw	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
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Raspberries, raw	1 oz	14.7	3.4	0.2	0.3
Post-Breakfast		165.0	14.0	0.0	33.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Lunch		262.3	9.5	8.1	39.9
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	2 tbsp	20.5	5.9	1.4	0.0
Fish, salmon, pink, raw	6.8 oz	223.6	0.0	6.7	38.4
Post-Lunch		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Dinner		1263.9	100.8	41.6	52.3
Fish, salmon, pink, raw	4 oz	131.5	0.0	3.9	22.6
Bread sticks, plain	3 stick (7-5/8" x 5/8")	123.6	20.5	2.9	3.6
Alcoholic beverage, wine, table, red	14 oz	337.4	10.4	0.0	0.3
Olives, pickled, canned or bottled, green	4 oz	164.4	4.4	17.4	1.2
Snacks, tortilla chips, plain, white corn	1 oz	138.6	18.6	6.6	2.2
Fish, tuna, fresh, bluefin, raw	3 oz	122.5	0.0	4.2	19.8
Lettuce Mixed Field Greens	1 cup	10.0	2.0	0.0	0.7

Cake, marble, dry mix, pudding-type	2 oz	235.9	45.0	6.6	1.9
Totals		2506.5	195.6	71.4	204.0

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	199.6					
Precor	30.0	300.0					
Bicycling, stationary, general	35.0	253.0					
Totals	95.0	752.6					

Jim Karger

Jim Karger - Daily Report

Jul 20, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		320.0	37.0	7.5	28.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Breakfast		184.4	5.1	1.2	38.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Post-Breakfast		136.6	27.0	3.5	3.3
Watermelon, raw	12 oz	102.1	25.7	0.5	2.1
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Lunch		213.6	27.2	4.8	12.4
Tofu - Organic - Firm - Costco	4 oz	77.1	0.0	3.9	10.3

Spices, curry powder	0.2 tsp	1.4	0.2	0.1	0.1
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
Blueberries, raw	2 oz	32.3	8.2	0.2	0.4
Apples, raw, with skin	2 oz	29.5	7.8	0.1	0.1
Vinegar, balsamic	1 tbsp	14.0	2.7	0.0	0.1
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Post-Lunch		219.9	11.7	4.2	34.0
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
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Dinner		519.5	31.5	27.7	43.6
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Oil, olive, salad or cooking	2 tsp	79.6	0.0	9.0	0.0
Basil, fresh	2 oz	13.0	1.5	0.4	1.8
Nuts, almonds	8 almond	55.2	2.1	4.7	2.0
Lettuce, cos or romaine, raw	3 oz	14.5	2.8	0.3	1.0
Onions, raw	3 oz	34.0	7.9	0.1	0.9
Tomatoes, red, ripe, raw, year round average	3 oz	15.3	3.3	0.2	0.7
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	2 tbsp	20.5	5.9	1.4	0.0
Tostada with guacamole	0.5 pieces	90.0	8.0	5.8	3.1
Post-Dinner		246.4	17.1	1.2	47.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Totals		1840.2	156.6	50.0	206.4

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	198.0					
Precor	30.0	350.0					
Totals	60.0	548.0					

Jim Karger

Jim Karger - Daily Report

Jul 21, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		245.0	29.0	4.5	25.0
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
Breakfast		237.5	14.0	11.8	19.5
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
Sauce, pasta, spaghetti/marinara, ready-to-serve	3 tbsp	41.9	6.6	1.3	0.9
Cheese, cheddar	0.5 oz	57.1	0.2	4.7	3.5
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Peppers, sweet, yellow, raw	2 oz	15.3	3.6	0.1	0.6
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		484.7	28.8	24.0	24.8
Indian food	3 oz	200.0	20.0	5.0	4.0

Egg, whole, raw, fresh	3 large	214.5	1.2	14.9	18.9
Vegetables, mixed, frozen, unprepared	2 oz	36.3	7.6	0.3	1.9
Butter, without salt	1 tsp	33.9	0.0	3.8	0.0
Post-Lunch		341.3	37.6	4.9	2.3
Alcoholic beverage, tequila sunrise, canned	8 oz	249.5	25.6	0.2	0.7
Ice creams, chocolate	1.5 oz	91.9	12.0	4.7	1.6
Dinner		221.7	21.6	4.7	29.6
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Snacks, tortilla chips, plain, white corn	0.25 oz	34.7	4.6	1.7	0.6
Post-Dinner		184.4	5.1	1.2	38.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Totals		1898.6	153.5	55.7	159.6

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Treadmill	40.0	400.0					
Totals	40.0	400.0					

Jim Karger

Jim Karger - Daily Report

Jul 22, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		320.0	37.0	7.5	28.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0

5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Post-Breakfast		184.6	10.9	9.7	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
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		341.1	21.5	6.8	48.8
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Fish, salmon, pink, raw	2.5 oz	82.2	0.0	2.4	14.1
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
Post-Lunch		348.5	37.3	6.4	42.7
Fish, salmon, pink, raw	4 oz	131.5	0.0	3.9	22.6
Watermelon, raw	8 oz	68.0	17.1	0.3	1.4
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Dinner		344.1	38.7	4.2	38.7
Fish, talapia	4 oz	144.0	0.0	4.0	28.0
Squash, summer, zucchini, includes skin, raw	3 oz	13.6	2.8	0.2	1.0
Rice, Sushi, Cooked	0.4 cup	120.0	26.4	0.0	2.4

Sauce, fish, ready-to-serve	0.5 cup	50.4	5.2	0.0	7.3
Sugars, granulated	1 tsp	16.1	4.2	0.0	0.0
Post-Dinner		310.1	28.0	2.2	46.7
Watermelon, raw	10 oz	85.1	21.4	0.4	1.7
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Cheese, cottage, lowfat, 1% milkfat	0.75 cup (not packed)	122.0	4.6	1.7	21.0
Totals		1935.3	181.7	38.9	230.2

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	197.3					
Precor	30.0	430.0					
Totals	60.0	627.3					

Jim Karger

Jim Karger - Daily Report

Jul 23, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		320.0	37.0	7.5	28.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Breakfast		181.1	15.7	9.6	12.1
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	1 large	15.8	0.2	0.1	3.6

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
Jams and preserves, dietetic (with sodium saccharin), any flavor	2 tsp	12.3	5.0	0.0	0.0
Post-Breakfast		206.4	8.1	4.2	34.0
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
Lunch		197.3	0.0	5.9	33.9
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Post-Lunch		169.7	6.7	6.1	23.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Cheese, cottage, lowfat, 1% milkfat	0.5 oz	10.2	0.4	0.1	1.8
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Dinner		257.5	31.5	6.3	22.0
Tofu - Organic - Firm - Costco	5 oz	96.4	0.0	4.9	12.9
Vegetables, mixed, frozen, unprepared	6 oz	108.9	22.9	0.9	5.7
Soy sauce made from soy (tamari)	1 oz	17.0	1.6	0.0	3.0
Sauce, hoisin, ready-to-serve	1 tbsp	35.2	7.1	0.5	0.5
Post-Dinner		260.6	7.3	7.3	41.8
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5

Totals	1592.6	106.2	46.9	194.9
---------------	---------------	--------------	-------------	--------------

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	229.1					
Precor	30.0	418.0					
Totals	65.0	647.1					

Jim Karger

Jim Karger - Daily Report

Jul 24, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		187.0	17.0	3.0	29.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Breakfast		363.2	61.5	6.7	29.8
Pancake Mix (Whole Wheat - Hodgson Mill)	1 Serving	130.0	28.0	1.0	4.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Egg, white, raw, fresh	0.5 large	7.9	0.1	0.0	1.8
Syrups, dietetic	2 tbsp	12.0	14.8	0.0	0.2
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Post-Breakfast		276.5	31.8	8.4	23.0

Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Lunch		289.6	13.3	6.7	43.4
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Mustard, prepared, yellow	1 tbsp	10.4	0.8	0.6	0.7
Salad Dressing, mayonnaise-like, fat-free	1 tbsp	13.4	2.5	0.4	0.0
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Post-Lunch		291.1	29.0	3.3	38.8
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
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Dinner		188.9	7.7	1.2	36.5
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
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Post-Dinner		282.4	21.9	5.0	39.0
Protein, Lean Dessert by Syntha	1.2 Serving	150.0	6.0	3.6	24.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0

Totals	1878.6	182.3	34.3	239.6
---------------	---------------	--------------	-------------	--------------

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	5.0	53.2					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	196.4					
Treadmill	30.0	305.0					
Totals	65.0	554.6					

Jim Karger

Jim Karger - Daily Report

Jul 25, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		186.9	20.6	5.6	16.6
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
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Tomatoes, red, ripe, raw, year round average	2 cherry	6.1	1.3	0.1	0.3
Mushrooms, portabella, raw	2 oz	14.7	2.9	0.1	1.4
Sauce, ready-to-serve, pepper or hot	1 tsp	0.5	0.1	0.0	0.0
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Breakfast		193.6	14.4	3.2	27.0
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
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		562.6	68.3	27.5	15.0
Nuts, almonds	14 almond	96.6	3.6	8.3	3.6
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Avocados, raw, all commercial varieties	0.3 avocado, NS as to Florida or California	96.5	5.1	8.8	1.2
Vinegar, red wine	3 oz	16.2	0.2	0.0	0.0
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
Juice, apple, grape and pear blend, with added ascorbic acid and calcium	3 oz	44.2	11.0	0.1	0.1
Vegetables, mixed, frozen, unprepared	2 oz	36.3	7.6	0.3	1.9
Desserts, flan, caramel custard, prepared-from-recipe	2 oz	82.8	12.9	2.3	2.6
Cheese, goat, soft type	0.5 oz	38.0	0.1	3.0	2.6
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Post-Lunch		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Dinner		385.9	26.5	10.8	46.1
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 tsp	3.5	0.3	0.2	0.2

Broccoli, raw	5 oz	48.2	9.4	0.5	4.0
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 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Post-Dinner		234.3	15.9	3.8	34.0
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
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Totals		1834.3	171.4	57.7	168.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Bicycling, stationary, general	30.0	250.0					
Totals		30.0	250.0				

Jim Karger

Jim Karger - Daily Report

Jul 26, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		245.0	29.0	4.5	25.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Breakfast		175.4	4.1	1.2	36.5
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5

Post-Breakfast		34.5	1.3	3.0	1.3
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Lunch		261.2	25.0	10.1	17.2
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, red, raw	0.25 medium (approx 2-3/4" long, 2-1/2 dia.)	9.2	1.8	0.1	0.3
Mushrooms, portabella, raw	1 oz	7.4	1.4	0.1	0.7
Onions, spring or scallions (includes tops and bulb), raw	2.5 small (3" long)	4.0	0.9	0.0	0.2
Sweet potato, cooked, baked in skin, without salt	1 small	65.0	12.4	0.1	1.2
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Avocados, raw, all commercial varieties	1 oz	45.4	2.4	4.2	0.6
CAMPBELL Soup Company, PACE, Pico De Gallo	1 tbsp	5.0	1.5	0.0	0.0
Post-Lunch		253.3	31.0	4.4	30.2
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
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Dinner		330.7	28.7	10.4	34.8
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Tomato Pesto	1 tbsp	60.0	5.0	3.2	2.0
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4

Peppers, sweet, red, raw	2 oz	17.6	3.4	0.2	0.6
Tomatoes, red, ripe, raw, year round average	1 plum tomato	11.2	2.4	0.1	0.5
Mushrooms, portabella, raw	2 oz	14.7	2.9	0.1	1.4
Carrots, raw	1 oz	11.6	2.7	0.1	0.3
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	2 tbsp	20.5	5.9	1.4	0.0
Post-Dinner		273.6	30.4	3.8	36.6
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Strawberries, frozen, unsweetened	3 oz	29.8	7.8	0.1	0.4
Totals		1573.6	149.5	37.2	181.6

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	229.9					
Precor	35.0	400.0					
Totals	70.0	629.9					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		320.0	37.0	7.5	28.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Breakfast		191.5	8.2	1.2	36.7
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
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		357.7	26.5	11.7	35.9
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Rice (Jasmine) Brown Uncooked	0.125 cup	80.0	17.0	1.0	2.0
Mixed Vegetables (Frozen - Oriental - Kirkland)	3 oz	45.0	7.0	0.5	3.0
Soy sauce made from soy (tamari)	1 tbsp	10.8	1.0	0.0	1.9
Pesto (Basil) Classico	1 tbsp	57.5	1.5	5.2	0.8
Post-Lunch		227.7	12.8	3.1	37.6
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Strawberries, raw	2 oz	18.1	4.4	0.2	0.4
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Dinner		411.0	22.7	20.6	40.8

Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Lettuce, cos or romaine, raw	4 oz	19.3	3.7	0.3	1.4
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
Peppers, sweet, red, raw	0.25 medium (approx 2-3/4" long, 2-1/2 dia.)	9.2	1.8	0.1	0.3
Avocados, raw, all commercial varieties	0.25 avocado, NS as to Florida or California	80.4	4.3	7.4	1.0
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	3 tbsp	30.8	8.8	2.1	0.1
Cheese, cheddar	0.5 oz	57.1	0.2	4.7	3.5
Post-Dinner		302.7	27.6	4.7	38.8
Protein, Lean Dessert by Syntha	1.2 Serving	150.0	6.0	3.6	24.0
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Strawberries, raw	3 oz	27.2	6.5	0.3	0.6
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	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Totals		1994.7	152.1	53.4	238.3

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	231.5					

Precor	30.0	440.0				
Totals	65.0	671.5				

Jim Karger

Jim Karger - Daily Report

Jul 28, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		320.0	37.0	7.5	28.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Breakfast		217.7	15.2	11.0	16.2
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, whole-wheat, prepared from recipe	0.5 slice	63.9	11.8	1.2	1.9
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Jams and preserves, dietetic (with sodium saccharin), any flavor	1 tsp	6.2	2.5	0.0	0.0
Lunch		451.6	34.7	17.8	38.7
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Cucumber, peeled, raw	2 oz	6.8	1.2	0.1	0.3
Avocados, raw, all commercial varieties	0.25 avocado, NS as to Florida or California	80.4	4.3	7.4	1.0
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Peppers, sweet, green, raw	3 oz	17.0	3.9	0.1	0.7
Tomatoes, red, ripe, raw, year round average	5 cherry	15.3	3.3	0.2	0.7
Vinegar, balsamic	1 oz	24.9	4.8	0.0	0.1

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
Post-Lunch		331.7	35.6	4.5	38.8
Met-RX	1 Serving	260.0	22.0	2.5	37.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Dinner		382.4	43.2	8.0	37.3
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
Cucumber, peeled, raw	0.5 oz	1.7	0.3	0.0	0.1
Avocados, raw, all commercial varieties	0.05 avocado, NS as to Florida or California	16.1	0.9	1.5	0.2
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Peppers, sweet, green, raw	1.5 oz	8.5	2.0	0.1	0.4
Tomatoes, red, ripe, raw, year round average	2 cherry	6.1	1.3	0.1	0.3
Vinegar, balsamic	0.3 oz	7.5	1.4	0.0	0.0
Vegetables, mixed, frozen, unprepared	4 oz	72.6	15.3	0.6	3.8
Refried beans, canned, traditional style (includes USDA commodity)	2 oz	51.6	8.7	0.7	3.1
Post-Dinner		195.1	12.5	0.3	35.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.6 cup (8 fl oz)	82.3	11.3	0.3	8.4
Maxi-Whey Protein	1.2 scoops	112.8	1.2	0.0	27.0
Totals		1898.5	178.3	49.1	194.4

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	12.0	79.5					
Precor	30.0	450.0					
Totals	42.0	529.5					

Jim Karger

Jim Karger - Daily Report

Jul 29, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		320.0	37.0	7.5	28.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Breakfast		175.4	4.1	1.2	36.5
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
Post-Breakfast		171.6	11.4	0.2	31.0
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Lunch		243.5	13.3	5.9	35.1
Fish, salmon, pink, raw	5.5 oz	180.9	0.0	5.4	31.1
Broccoli, cooked, boiled, drained, without salt	3 oz	29.8	6.1	0.3	2.0
Cauliflower, raw	3 oz	21.3	4.5	0.1	1.7
Carrots, raw	1 oz	11.6	2.7	0.1	0.3

Post-Lunch		250.5	41.6	1.8	20.5
Met-RX	0.5 Serving	130.0	11.0	1.2	18.5
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Watermelon, raw	8 oz	68.0	17.1	0.3	1.4
Dinner		315.7	14.5	17.0	26.9
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, camembert	1.5 oz	127.6	0.2	10.3	8.4
Peppers, chili, green, canned	2 oz	11.9	2.6	0.2	0.4
Refried beans, canned, traditional style (includes USDA commodity)	2.5 oz	64.5	10.8	0.8	3.8
Post-Dinner		237.1	13.0	1.1	43.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Maxi-Whey Protein	1.1 scoops	103.4	1.1	0.0	24.8
Cheese, cottage, lowfat, 1% milkfat	0.4 cup (not packed)	65.1	2.5	0.9	11.2
Totals		1713.9	134.9	34.7	221.0

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	198.7					
Precor	30.0	310.0					
Totals	60.0	508.7					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		245.0	29.0	4.5	25.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Breakfast		287.8	17.8	17.0	16.9
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
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
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Post-Breakfast		279.1	21.1	6.6	36.1
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Cheese, cottage, lowfat, 1% milkfat	0.2 cup (not packed)	32.5	1.2	0.5	5.6
Protein, Lean Dessert by Syntha	0.5 Serving	62.5	2.5	1.5	10.0
Lunch		323.2	14.5	7.2	49.1
Fish, salmon, pink, raw	5.7 oz	187.5	0.0	5.6	32.2
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Vegetables, mixed, frozen, unprepared	3 oz	54.4	11.4	0.4	2.8
Post-Lunch		202.4	29.7	1.5	19.4
Met-RX	0.5 Serving	130.0	11.0	1.2	18.5
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Strawberries, frozen, unsweetened	2 oz	19.8	5.2	0.1	0.2

Dinner		410.7	25.7	12.9	44.7
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
MORI-NU, Tofu, silken, soft	175 g	96.2	5.1	4.7	8.4
Tom Yum Paste	1 tbsp	30.0	2.0	2.0	0.0
Mixed Vegetables (Frozen - Oriental - Kirkland)	8 oz	120.0	18.7	1.3	8.0
Post-Dinner		193.6	14.4	3.2	27.0
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
Totals		1941.8	152.3	52.9	218.1

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	194.8					
Precor	30.0	350.0					
Totals	60.0	544.8					

Jim Karger

Jim Karger - Daily Report

Jul 31, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		425.0	48.7	13.0	32.2
Pancake Mix (Whole Wheat - Hodgson Mill)	1 Serving	130.0	28.0	1.0	4.0
Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5

Protein, Lean Dessert by Syntha	1.1 Serving	137.5	5.5	3.3	22.0
Flaxseed oil	1 tsp	40.1	0.0	4.5	0.0
Soy Milk - Kirkland	0.3 cup	30.0	2.4	1.2	2.4
Apples, raw, with skin	0.5 medium (3" dia)	47.3	12.6	0.2	0.2
Post-Breakfast		216.0	8.7	5.6	31.3
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Refried beans, canned, traditional style (includes USDA commodity)	2 oz	51.6	8.7	0.7	3.1
Lunch		196.1	4.9	2.9	37.3
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
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Post-Lunch		294.1	27.8	13.2	17.9
Egg, whole, raw, fresh	1 medium	62.9	0.3	4.4	5.5
Egg, white, raw, fresh	1 large	15.8	0.2	0.1	3.6
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
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
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Cheese, parmesan, shredded	0.5 oz	58.8	0.5	3.9	5.4
Carrot juice, canned	6 oz	68.0	15.8	0.3	1.6
Beet Juice	1 oz	12.2	2.6	0.0	0.6
Dinner		520.3	30.7	17.9	58.0

Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Lettuce, cos or romaine, raw	1 cup shredded	8.0	1.5	0.1	0.6
Tomatoes, red, ripe, raw, year round average	1 plum tomato	11.2	2.4	0.1	0.5
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Peppers, sweet, red, raw	0.5 medium (approx 2-3/4" long, 2-1/2 dia.)	18.4	3.6	0.2	0.6
Eggplant, raw	5 oz	34.0	8.1	0.3	1.4
Vinegar, balsamic	2 tbsp	28.0	5.4	0.0	0.2
Cheese, parmesan, shredded	0.5 oz	58.8	0.5	3.9	5.4
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Post-Dinner		190.0	14.2	0.3	32.3
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.7 cup (8 fl oz)	96.0	13.2	0.3	9.8
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Totals		1841.5	134.9	53.0	209.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	228.1					
Treadmill	30.0	305.0					
Totals	65.0	533.1					

Jim Karger

Jim Karger - Daily Report

Aug 1, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		395.8	47.8	15.6	18.5
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Sweet potato, cooked, baked in skin, without salt	1 large	162.0	37.3	0.3	3.6
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Breakfast		235.9	32.5	5.3	17.1
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Egg, white, raw, fresh	1 large	15.8	0.2	0.1	3.6
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	0.25 cup	71.4	13.6	0.7	3.0
Hellman's Light Mayonnaise	2 tsp	24.0	0.8	2.3	0.1
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		117.8	10.1	5.7	7.8
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Post-Lunch		246.5	8.1	8.7	34.0
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
Flaxseed oil	1 tsp	40.1	0.0	4.5	0.0
Dinner		204.8	18.3	7.9	17.4
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0

Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Post-Dinner		284.5	11.1	5.6	47.0
Cheese, cottage, lowfat, 1% milkfat	0.75 cup (not packed)	122.0	4.6	1.7	21.0
Protein, Lean Dessert by Syntha	1.3 Serving	162.5	6.5	3.9	26.0
Totals		1485.4	127.9	48.7	141.8

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