

Jim Karger - Daily Report

for Jim Karger - Aug 2, 2009 to Sep 5, 2009

Jim Karger

Jim Karger - Daily Report

Aug 2, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		218.8	34.4	3.7	13.7
Oatmeal (Market Pantry)	1 Serving	100.0	18.0	1.5	4.0
Sugars, maple	1 tbsp	31.9	8.2	0.0	0.0
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Breakfast		103.1	14.0	0.8	10.2
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	0.25 cup	71.4	13.6	0.7	3.0
Post-Breakfast		206.4	8.1	4.2	34.0
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
Lunch		246.6	22.0	9.2	22.2
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Fast foods, salad, vegetable, tossed, without dressing	5 oz	22.7	4.6	0.1	1.8
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Post-Lunch		81.4	3.1	1.2	14.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Dinner		273.9	25.2	5.2	38.7

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
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Post-Dinner		246.6	17.8	4.2	34.8
Egg, white, raw, fresh	1.5 large	23.8	0.4	0.1	5.4
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	0.2 cup	57.1	10.9	0.5	2.4
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Totals		1376.6	124.5	28.4	167.5

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

Jim Karger

Jim Karger - Daily Report

Aug 3, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		349.0	36.9	9.7	30.9
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
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
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Breakfast		277.0	32.0	4.1	35.6

Protein, Lean Dessert by Syntha	1.3 Serving	162.5	6.5	3.9	26.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Post-Breakfast		167.0	8.6	7.7	16.7
Egg, whole, raw, fresh	1 extra large	80.1	0.4	5.6	7.0
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		262.9	35.0	8.0	13.3
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Vinegar, balsamic	2 tbsp	28.0	5.4	0.0	0.2
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	2 oz	67.5	12.8	0.6	2.8
Lentils, mature seeds, cooked, boiled, with salt	2 oz	64.6	11.1	0.2	5.1
Post-Lunch		176.9	23.2	2.2	16.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Yogurt, Dannon Lean and Fit	1.5 serving	90.0	15.0	0.0	7.0
Dinner		216.0	10.9	2.5	37.4
Fish, grouper, mixed species, raw	6 oz	156.5	0.0	1.7	33.0
Cabbage, raw	2 oz	14.2	3.3	0.1	0.7
Spinach, raw	4 oz	26.1	4.1	0.4	3.2
Croutons, plain	2 tbsp	15.3	2.8	0.2	0.4
Vinegar, cider	1 tsp	1.0	0.0	0.0	0.0

Carrots, raw	0.25 oz	2.9	0.7	0.0	0.1
Post-Dinner		198.6	11.4	1.2	32.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Gold Standard 100% Whey	1 Scoop	130.0	2.0	1.0	25.0
Totals		1647.4	158.0	35.4	182.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	30.0	319.3					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	229.4					
Totals	65.0	548.7					

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Aug 4, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		225.0	23.0	4.5	24.0
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
Breakfast		417.8	19.7	24.1	30.7
McDonald's Eggs	2 portion	380.0	10.0	24.0	30.0
Grapefruit, raw, white, Florida	0.5 fruit (3-3/4" dia)	37.8	9.7	0.1	0.7
Post-Breakfast		143.9	13.9	5.8	11.3

Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Raisins, seedless	10 raisins	15.5	4.1	0.0	0.2
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Lunch		229.2	28.6	7.6	11.9
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Egg, whole, raw, fresh	0.5 large	35.8	0.2	2.5	3.1
Vinegar, balsamic	2 tbsp	28.0	5.4	0.0	0.2
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	1 oz	33.7	6.4	0.3	1.4
Lentils, mature seeds, cooked, boiled, with salt	2 oz	64.6	11.1	0.2	5.1
Post-Lunch		213.1	6.5	2.8	36.9
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
Dinner		500.5	34.9	15.0	50.4
Fish, talapia (almondine)	6 oz	300.0	10.0	6.0	42.0
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Vinegar, balsamic	1 oz	24.9	4.8	0.0	0.1
Egg, whole, raw, fresh	0.3 large	21.5	0.1	1.5	1.9
Beans, snap, green, cooked, boiled, drained, with salt	6 oz	59.5	13.4	0.5	3.2
Nuts, almonds	4 almond	27.6	1.0	2.4	1.0
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0

Post-Dinner		60.5	15.5	0.2	0.7
Bananas, raw	0.5 large (8" to 8-7/8" long)	60.5	15.5	0.2	0.7
Totals		1790.0	142.1	60.0	166.1

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	196.6					
Precor	30.0	353.0					
Totals	60.0	549.6					

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Aug 5, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		220.0	9.4	2.2	32.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	90.0	9.4	0.2	7.0
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Breakfast		122.7	13.6	1.3	14.7
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Cherries, sweet, raw	8 cherry	41.3	10.5	0.1	0.7
Post-Breakfast		212.3	11.3	2.3	33.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.6 cup (8 fl oz)	82.3	11.3	0.3	8.4
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0

Lunch		553.7	63.3	16.2	46.2
Vegetables, mixed, frozen, cooked, boiled, drained, with salt	8 oz	136.1	29.7	0.3	6.5
Butter, without salt	2 tsp	67.8	0.0	7.7	0.1
Watermelon, raw	7 oz	59.5	15.0	0.3	1.2
Strawberries, frozen, unsweetened	4 oz	39.7	10.4	0.1	0.5
Carrots, raw	2 oz	23.2	5.4	0.1	0.5
Cheese, cottage, creamed, large or small curd	3 oz	83.3	2.9	3.7	9.5
Fish, talapia	4 oz	144.0	0.0	4.0	28.0
Post-Lunch		101.3	15.3	0.9	9.0
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Dinner		262.3	9.1	10.3	33.4
Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Flaxseed oil	1 tsp	40.1	0.0	4.5	0.0
Post-Dinner		288.3	16.5	3.7	39.0
Yogurt, Dannon Lean and Fit	1 serving	100.0	14.0	0.0	6.0
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Cheese, cottage, lowfat, 2% milkfat	0.3 cup (not packed)	58.3	2.5	1.7	8.0
Totals		1760.7	138.5	36.9	207.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	262.2					
Precor	30.0	319.3					
Totals	70.0	581.5					

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Aug 6, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		225.0	23.0	4.5	24.0
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
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		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		432.9	17.6	12.0	58.3
Fish, tuna, fresh, bluefin, raw	8 oz	326.6	0.0	11.1	52.9
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Broccoli, raw	5 oz	48.2	9.4	0.5	4.0
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		302.0	21.7	17.3	18.1
Fast foods, salad, vegetable, tossed, without dressing	5 oz	22.7	4.6	0.1	1.8
Peppers, jalapeno, raw	2 oz	17.0	3.3	0.4	0.8
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Artichokes, (globe or french), raw	3 oz	40.0	8.9	0.1	2.8
Oil, olive, salad or cooking	1.5 tsp	59.7	0.0	6.8	0.0
Vinegar, balsamic	3 tsp	14.0	2.7	0.0	0.1
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Totals		1220.8	86.9	40.3	129.4

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

Jim Karger

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Aug 7, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		280.2	30.0	3.8	29.9
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Oatmeal (Market Pantry)	1 Serving	100.0	18.0	1.5	4.0
Cereals ready-to-eat, KELLOGG, KELLOGG S, RAISIN BRAN CRUNCH	0.5 oz	50.2	12.0	0.3	0.9
Breakfast		258.5	25.3	2.5	31.1
Yogurt, fruit variety, nonfat	1 container (4.4 oz)	80.0	13.0	0.2	5.5
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Blueberries, raw	3 oz	48.5	12.3	0.3	0.6
Post-Breakfast		75.5	19.3	0.2	1.5

Grapefruit, raw, white, Florida	1 fruit (3-3/4" dia)	75.5	19.3	0.2	1.5
Lunch		284.4	18.2	2.1	45.0
cottage cheese, non-fat	0.7 cup	112.0	7.0		19.6
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Raisins, seedless	0.5 oz	42.4	11.2	0.1	0.4
Post-Lunch		330.6	32.0	17.7	16.9
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Nuts, almonds	26 almond	179.4	6.8	15.4	6.6
Raisins, seedless	0.5 small box (1.5 oz)	64.3	17.0	0.1	0.7
Dinner		509.2	40.2	11.9	59.1
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Carrots, raw	2 oz	23.2	5.4	0.1	0.5
Tamarindo Salad Dressing	1 tbsp	40.0	4.5	0.2	0.0
Cheese, parmesan, grated	0.2 oz	24.4	0.2	1.6	2.2
Fish, talapia	7.5 oz	270.0	0.0	7.5	52.5
Sauce, barbecue	0.5 serving 2 tbsp	26.2	6.3	0.1	0.0
Puddings, vanilla, ready-to-eat	2 oz	73.7	12.8	2.1	0.8
Beets, raw	2 oz	24.4	5.4	0.1	0.9
Post-Dinner		80.0	13.0	0.0	6.0
Yogurt Great Value	6 oz	80.0	13.0	0.0	6.0
Totals		1818.4	178.1	38.2	189.5

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	196.6				
Precor	30.0	319.3				
Totals	60.0	516.0				

Jim Karger

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Aug 8, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		225.0	23.0	4.5	24.0
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
Breakfast		135.2	10.0	6.3	11.4
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Nuts, almonds	7 almond	48.3	1.8	4.2	1.8
Post-Breakfast		244.6	12.4	4.5	38.8
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Lala Live! Liquid Yogurt (Fat Free)	0.25 Serving	22.0	3.8	0.2	2.0
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Lunch		71.7	6.4	4.6	2.2
Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Vinegar, balsamic	1 tsp	4.7	0.9	0.0	0.0
Post-Lunch		271.2	11.6	5.1	42.4

Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Lala Live! Liquid Yogurt (Fat Free)	0.5 Serving	44.0	7.5	0.3	4.0
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Dinner		234.9	8.2	6.6	35.1
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Fish, salmon, pink, raw	4.5 oz	148.0	0.0	4.4	25.4
Post-Dinner		265.2	22.7	3.0	38.4
Cheese, cottage, lowfat, 2% milkfat	0.5 cup (not packed)	97.2	4.1	2.8	13.4
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Lala Live! Liquid Yogurt (Fat Free)	0.25 Serving	22.0	3.8	0.2	2.0
Raisins, seedless	0.12 cup (not packed)	52.0	13.8	0.1	0.5
Totals		1447.8	94.4	34.6	192.3

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

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Aug 9, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		408.4	59.7	7.7	28.1
Raisins, seedless	0.25 cup (not packed)	108.4	28.7	0.2	1.1
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Oatmeal (Market Pantry)	1 Serving	100.0	18.0	1.5	4.0

Breakfast		228.4	5.9	9.0	30.3
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, cottage, lowfat, 2% milkfat	0.6 cup (not packed)	116.6	5.0	3.3	16.0
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		75.4	10.1	3.7	2.2
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Post-Lunch		269.0	27.8	2.9	34.0
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Lala Live! Liquid Yogurt (Fat Free)	1 Serving	88.0	15.0	0.6	8.0
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Dinner		404.1	40.3	9.2	44.9
Fish, talapia	5.5 oz	198.0	0.0	5.5	38.5
Newmans' Ginger Soy dressing	2 tbsp	70.0	10.0	3.0	0.0
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
Cucumber, peeled, raw	2 oz	6.8	1.2	0.1	0.3
Carrots, raw	2 oz	23.2	5.4	0.1	0.5
Mushrooms, portabella, raw	3 oz	22.1	4.3	0.2	2.1
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Post-Dinner		216.2	8.0	1.3	43.0
Maxi-Whey Protein	1.2 scoops	112.8	1.2	0.0	27.0

Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Lala Live! Liquid Yogurt (Fat Free)	0.25 Serving	22.0	3.8	0.2	2.0
Totals		1785.5	169.3	38.4	203.0

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	229.4					
Precor	30.0	319.3					
Totals	65.0	548.7					

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Aug 10, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		340.0	41.0	7.0	29.0
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
10 Grain Cereal (Bob's Red Mill)	1 Serving	140.0	28.0	1.0	6.0
Breakfast		296.1	18.7	17.7	18.2
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Nuts, almond butter, plain, with salt added	1 tsp	68.0	2.0	6.0	2.0
Jellies, reduced sugar, home preserved	2 tsp	22.4	5.8	0.0	0.0
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		270.7	13.1	3.6	43.9
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Lala Live! Liquid Yogurt (Fat Free)	0.2 Serving	17.6	3.0	0.1	1.6
Watermelon, raw	3 oz	25.5	6.4	0.1	0.5
Post-Lunch		214.3	15.2	5.0	27.8
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
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Dinner		530.1	48.3	13.7	68.4
Fish, talapia	6 oz	216.0	0.0	6.0	42.0
Seitan	1 Serving	143.0	8.0	4.0	20.0
Newmans' Ginger Soy dressing	2 tbsp	35.0	10.0	3.0	0.0
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
Cucumber, peeled, raw	2 oz	6.8	1.2	0.1	0.3
Carrots, raw	2 oz	23.2	5.4	0.1	0.5
Mushrooms, portabella, raw	3 oz	22.1	4.3	0.2	2.1
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Post-Dinner		281.5	9.7	2.3	53.2
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

Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.3 cup (8 fl oz)	41.2	5.6	0.1	4.2
Pure Protein (Whey Powder)	0.5 Serving	65.0	0.0	1.0	12.5
Totals		2116.8	163.4	53.9	261.0

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	229.4					
Precor	31.0	400.0					
Walking, 3.0 mph, level, moderate pace, firm surface	30.0	89.6					
Stair-treadmill ergometer, general	10.0	103.9					
Totals	106.0	822.9					

Jim Karger

Jim Karger - Daily Report

Aug 11, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		295.0	29.0	8.0	26.5
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Oatmeal - Old Fashioned - Rolled Oats	0.25 cup	95.0	16.0	2.0	3.5
Breakfast		319.7	23.8	19.0	17.2
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1

Avocados, raw, all commercial varieties	0.25 avocado, NS as to Florida or California	80.4	4.3	7.4	1.0
Jellies, reduced sugar, home preserved	1 tbsp	33.6	8.6	0.0	0.1
Lunch		444.9	42.4	12.3	47.5
Fish, talapia	5.9 oz	212.4	0.0	5.9	41.3
Sweet potato, cooked, baked in skin, without salt	0.5 large	81.0	18.6	0.1	1.8
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Beans, snap, green, raw	5 oz	43.9	10.1	0.2	2.6
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Post-Lunch		105.7	1.5	1.6	19.5
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Pure Protein (Whey Powder)	0.5 Serving	65.0	0.0	1.0	12.5
Dinner		393.2	54.4	11.3	26.0
Seitan	1 Serving	143.0	8.0	4.0	20.0
Watermelon, raw	12 oz	102.1	25.7	0.5	2.1
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Eggplant, cooked, boiled, drained, with salt	1 oz	9.4	2.3	0.1	0.2
Squash, summer, zucchini, includes skin, raw	2 oz	9.1	1.9	0.1	0.7
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Beans, snap, green, raw	1 oz	8.8	2.0	0.0	0.5
Capers, canned	1 tbsp, drained	2.0	0.4	0.1	0.2

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
Tomatoes, red, ripe, canned, stewed	0.5 cup	33.1	7.9	0.2	1.2
Post-Dinner		275.1	22.2	4.6	37.4
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
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Totals		1833.7	173.3	56.8	174.3

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	226.2					
Precor	30.0	350.0					
Totals	65.0	576.2					

Jim Karger

Jim Karger - Daily Report

Aug 12, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		379.5	52.0	7.8	29.2
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
Watermelon, raw	7 oz	59.5	15.0	0.3	1.2

Breakfast		286.1	15.2	19.0	17.2
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Avocados, raw, all commercial varieties	0.25 avocado, NS as to Florida or California	80.4	4.3	7.4	1.0
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		210.6	21.7	4.2	21.3
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
Vinegar, rice (for Sushi)	2 tbsp	40.0	10.0	0.0	0.0
Post-Lunch		221.0	18.2	3.3	29.8
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	0.7 cup (8 fl oz)	96.0	13.2	0.3	9.8
Dinner		356.3	12.3	5.3	65.9
Fish, talapia	5 oz	180.0	0.0	5.0	35.0
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 scoops	94.0	1.0	0.0	22.5
Post-Dinner		235.2	15.2	1.4	40.5
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
Watermelon, raw	3 oz	25.5	6.4	0.1	0.5

Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
Totals		1872.9	151.9	45.6	224.4

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	15.0	97.0					
Totals	45.0	527.0					

Jim Karger

Jim Karger - Daily Report

Aug 13, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		354.5	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
Breakfast		315.0	29.5	16.0	17.3
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
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
Jellies, reduced sugar, home preserved	2 tsp	22.4	5.8	0.0	0.0
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		598.5	30.1	25.0	61.4
Fish, tuna, fresh, bluefin, raw	8.5 oz	347.0	0.0	11.8	56.2
Bread sticks, plain	3 stick (9-1/4" x 3/8")	74.2	12.3	1.7	2.2
Crackers, whole-wheat	4 cracker	71.0	11.0	2.8	1.4
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Tomatoes, red, ripe, cooked, with salt	6 oz	30.6	6.8	0.2	1.6
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Dinner		315.0	25.9	5.1	25.4
Seitan	1 Serving	143.0	8.0	4.0	20.0
Brussels sprouts, cooked, boiled, drained, with salt	10 sprout	75.6	14.9	1.0	5.4
Alcoholic beverage, wine, table, red	4 oz	96.4	3.0	0.0	0.1
Post-Dinner		354.9	31.3	2.3	52.7
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Cheese, cottage, lowfat, 1% milkfat	0.75 cup (not packed)	122.0	4.6	1.7	21.0
Blueberries, raw	3.5 oz	56.6	14.4	0.3	0.7
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.6 cup (8 fl oz)	82.3	11.3	0.3	8.4
Totals		2121.9	172.4	63.4	206.6

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	35.0	226.2				
Precor	30.0	440.0				
Totals	65.0	666.2				

Jim Karger

Jim Karger - Daily Report

Aug 14, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		335.7	27.9	15.5	24.7
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Nuts, almond butter, plain, with salt added	1 tsp	33.0	1.1	3.1	0.8
Egg, whole, raw, fresh	2 extra large	160.2	0.9	11.1	14.1
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Jellies, reduced sugar, home preserved	2 tsp	22.4	5.8	0.0	0.0
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Breakfast		220.0	27.7	11.3	3.1
Cake, pound, commercially prepared, butter	2 oz	220.0	27.7	11.3	3.1
Post-Breakfast		34.5	1.3	3.0	1.3
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Lunch		414.2	64.7	14.3	37.0
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Bob's Red Mill Pancake Mix	0.5 cup	180.0	35.0	5.0	8.0

Egg, whole, raw, fresh	0.5 extra large	40.0	0.2	2.8	3.5
Flaxseed oil	1 tsp	40.1	0.0	4.5	0.0
Syrups, dietetic	0.25 cup	24.0	29.5	0.0	0.5
Post-Lunch		427.8	28.7	7.9	59.9
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
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
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Dinner		447.5	25.3	21.4	40.0
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Basil, fresh	2 oz	13.0	1.5	0.4	1.8
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Eggplant, cooked, boiled, drained, with salt	0.5 oz	4.7	1.2	0.0	0.1
Squash, summer, zucchini, includes skin, raw	1 oz	4.5	0.9	0.1	0.3
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Beans, snap, green, raw	1 oz	8.8	2.0	0.0	0.5
Capers, canned	1 tbsp, drained	2.0	0.4	0.1	0.2
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
Tomatoes, red, ripe, canned, stewed	0.5 cup	33.1	7.9	0.2	1.2
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Cheese, parmesan, grated	2 tbsp	53.9	0.5	3.6	4.8
Mushrooms, brown, Italian, or Crimini, raw	1 oz	7.7	1.2	0.0	0.7
Capers, canned	1 tbsp, drained	2.0	0.4	0.1	0.2

Vinegar, balsamic	1 tbsp	14.0	2.7	0.0	0.1
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Post-Dinner		200.2	21.6	0.1	27.2
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Yogurt, Dannon Lean and Fit	1.5 serving	90.0	16.5	0.0	4.5
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Totals		2079.8	197.1	73.5	193.1

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Stair-treadmill ergometer, general	12.0	124.8					
Walking, 2.5 mph, firm surface	10.0	26.0					
Precor	30.0	428.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	260.1					
Totals	92.0	838.9					

Jim Karger

Jim Karger - Daily Report

Aug 15, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		412.1	42.4	12.9	34.9
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
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
Spinach, raw	2 oz	13.0	2.1	0.2	1.6
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2

Cheese, parmesan, shredded	0.75 oz	88.2	0.7	5.8	8.0
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
Protein, Lean Dessert by Syntha	0.2 Serving	25.0	1.0	0.6	4.0
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
Post-Breakfast		326.8	38.8	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
Agave Syrup	0.5 tsp	6.8	1.8	0.0	0.0
Lunch		328.1	13.8	10.8	43.1
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Post-Lunch		224.8	18.9	5.2	27.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Dinner		224.0	8.1	7.6	31.0
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Oil, olive, salad or cooking	0.5 tsp	19.9	0.0	2.2	0.0
Broccoli, cooked, boiled, drained, without salt	4 oz	39.7	8.1	0.5	2.7
Post-Dinner		330.5	20.7	6.2	48.6
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Cheese, cottage, lowfat, 1% milkfat	0.8 cup (not packed)	130.2	4.9	1.8	22.4
Nuts, almonds	7 almond	48.3	1.8	4.2	1.8

Yogurt, Dannon Lean and Fit	0.4 serving	24.0	4.4	0.0	1.2
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Totals		1846.2	142.7	50.2	213.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	260.1					
Totals	40.0	260.1					

Jim Karger

Jim Karger - Daily Report

Aug 16, 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		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Breakfast		48.8	1.8	0.7	8.4
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Lunch		438.1	82.3	10.9	38.9
Bob's Red Mill Pancake Mix	0.5 cup	180.0	35.0	5.0	8.0
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Egg, whole, raw, fresh	1 small	54.3	0.3	3.8	4.8

Bananas, raw	0.5 small (6" to 6-7/8" long)	44.9	11.5	0.2	0.6
Syrups, dietetic	0.3 cup	28.8	35.4	0.0	0.6
Post-Lunch		298.0	30.8	5.9	32.1
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	0.75 container (8 oz)	95.3	13.1	0.3	9.8
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Carrots, raw	2 oz	23.2	5.4	0.1	0.5
Celery, raw	2 oz	9.1	1.7	0.1	0.4
Hummus, commercial	1 tsp	8.5	0.7	0.5	0.4
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Dinner		463.8	63.9	13.4	29.1
Carrots, raw	3 oz	34.9	8.1	0.2	0.8
Celery, raw	3 oz	13.6	2.5	0.1	0.6
Peppers, sweet, yellow, raw	3 oz	23.0	5.4	0.2	0.9
Tomatoes, red, ripe, raw, year round average	10 plum tomato	111.6	24.3	1.2	5.5
Hummus, commercial	3 tbsp	76.6	6.6	4.4	3.6
Fish, tuna, white, canned in water, without salt, drained solids	2 oz	72.6	0.0	1.7	13.4
Pasta, homemade, made with egg, cooked	2 oz	73.7	13.3	1.0	3.0
Fast foods, salad, vegetable, tossed, without dressing	4 oz	18.1	3.7	0.1	1.4
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Post-Dinner		192.6	15.9	0.2	31.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0

Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Yogurt, Dannon Lean and Fit	0.5 serving	30.0	5.5	0.0	1.5
Totals		1945.4	249.1	43.3	188.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Abdominals	15.0	72.3					
Precor	45.0	477.3					
Walking, 2.5 mph, firm surface	30.0	78.0					
Totals		90.0	627.7				

Jim Karger

Jim Karger - Daily Report

Aug 17, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		243.7	20.5	10.7	18.9
Egg, whole, raw, fresh	1.5 extra large	120.1	0.6	8.3	10.6
Egg, white, raw, fresh	1.5 large	23.8	0.4	0.1	5.4
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Jellies, reduced sugar, home preserved	1 tbsp	33.6	8.6	0.0	0.1
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Post-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		183.7	5.4	1.2	36.8
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
Chocolate Syrup, Sugar Free	2 tsp	8.3	1.3	0.0	0.3
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		409.2	34.7	12.9	40.8
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Oil, olive, salad or cooking	0.5 tsp	19.9	0.0	2.2	0.0
Spinach, cooked, boiled, drained, without salt	5 oz	32.6	5.3	0.4	4.2
Sweet potato, cooked, baked in skin, without salt	0.5 large	81.0	18.6	0.1	1.8
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
Post-Dinner		381.3	39.1	4.4	49.1
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.3 cup (8 fl oz)	41.2	5.6	0.1	4.2
Watermelon, raw	10 oz	85.1	21.4	0.4	1.7
Maxi-Whey Protein	0.5 scoops	47.0	0.5	0.0	11.2
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
Totals		1722.0	154.0	41.3	194.1

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	40.0	260.1				
Precor	30.0	424.0				
Totals	70.0	684.1				

Jim Karger

Jim Karger - Daily Report

Aug 18, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		353.7	41.3	15.3	17.1
Watermelon, raw	10 oz	85.1	21.4	0.4	1.7
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Oil, olive, salad or cooking	1 tsp	39.8	0.0	4.5	0.0
Basil, fresh	1 oz	6.5	0.8	0.2	0.9
Carrot juice, canned	7 oz	79.4	18.4	0.3	1.9
Breakfast		172.5	16.5	1.2	24.6
Gold Standard 100% Whey	1 Scoop	120.0	3.0	1.0	24.0
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Post-Breakfast		143.0	8.0	4.0	20.0
Seitan	1 Serving	143.0	8.0	4.0	20.0
Lunch		218.5	9.8	2.7	35.5
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
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

Totals	70.0	662.0				
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Jim Karger

Jim Karger - Daily Report

Aug 19, 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		280.0	12.5	3.4	46.0
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
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Lunch		343.0	34.6	4.7	42.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
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
Watermelon, raw	8 oz	68.0	17.1	0.3	1.4
Post-Lunch		45.7	1.8	2.4	4.8
Protein, Lean Dessert by Syntha	0.2 Serving	25.0	1.0	0.6	4.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Dinner		342.2	30.1	12.1	33.7
Peppers, sweet, yellow, raw	1 oz	7.7	1.8	0.1	0.3
Jicama	0.3 cup	13.8	3.2	0.0	0.3
Hummus, commercial	2 tbsp	51.0	4.4	3.0	2.4
Tomatoes, red, ripe, raw, year round average	5 cherry	15.3	3.3	0.2	0.7

Fish, tuna, fresh, bluefin, raw	4 oz	163.3	0.0	5.6	26.5
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
McDONALD S, NEWMAN S OWN Low Fat Balsamic Vinaigrette	2 tbsp	20.5	5.9	1.4	0.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Post-Dinner		209.7	8.8	1.3	40.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
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	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Totals		1465.5	116.7	28.4	191.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	8.0	52.2					
Precor	30.0	424.0					
Totals	38.0	476.2					

Jim Karger

Jim Karger - Daily Report

Aug 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		356.9	46.3	14.0	17.3
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Jellies, reduced sugar, home preserved	1.5 tbsp	50.3	13.0	0.0	0.1
Nuts, almond butter, plain, with salt added	1 tsp	33.0	1.1	3.1	0.8
Watermelon, raw	10 oz	85.1	21.4	0.4	1.7
Lunch		175.2	8.2	0.7	33.3
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
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
Chocolate Syrup, Sugar Free	0.5 tbsp	6.2	1.0	0.0	0.2
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		286.7	25.8	9.5	32.5
Fish, tuna, fresh, bluefin, raw	4.5 oz	183.7	0.0	6.3	29.8
Fast foods, salad, vegetable, tossed, without dressing	5 oz	22.7	4.6	0.1	1.8
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Newmans' Ginger Soy dressing	2 tbsp	35.0	10.0	3.0	0.0
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Post-Dinner		407.5	27.2	7.5	58.7
TwinLab 100% Whey Protein Fuel	1 Scoop	130.0	4.0	2.0	25.0

Cheese, cottage, lowfat, 1% milkfat	1 cup (not packed)	162.7	6.1	2.3	28.0
Agave Syrup	2 tsp	27.0	7.2	0.0	0.0
Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	4 oz	53.3	8.5	0.2	4.4
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Totals		1730.5	161.8	43.8	190.2

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Health club exercise, general	10.0	59.0					
Precor	15.0	210.0					
Treadmill	22.0	230.7					
Totals	47.0	499.7					

Jim Karger

Jim Karger - Daily Report

Aug 21, 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		48.8	1.8	0.7	8.4
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Post-Breakfast		346.5	28.1	17.0	21.6
Egg, whole, raw, fresh	1.5 medium	94.4	0.5	6.6	8.3
Sweet potato, cooked, baked in skin, without salt	0.5 large	81.0	18.6	0.1	1.8
Butter, without salt	1.5 pat (1" sq, 1/3" high)	53.8	0.0	6.1	0.1

Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Cheese, parmesan, grated	0.5 oz	61.1	0.6	4.1	5.5
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
Egg, white, raw, fresh	1.5 large	23.8	0.4	0.1	5.4
Lunch		121.4	9.5	5.1	10.9
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Post-Lunch		252.2	15.4	6.9	33.2
Fish, tuna, fresh, bluefin, raw	4.5 oz	183.7	0.0	6.3	29.8
Sauce, salsa, ready-to-serve	3 oz	23.0	5.3	0.1	1.3
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Dinner		218.6	18.7	7.6	21.7
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Post-Dinner		465.4	26.6	9.6	74.9
TwinLab 100% Whey Protein Fuel	1 Scoop	130.0	4.0	2.0	25.0
Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
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
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Totals		1773.0	137.1	54.4	198.7

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	5.0	52.6					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	194.4					
Precor	15.0	157.8					
Treadmill	15.0	148.0					
Health club exercise, general	30.0	174.9					
Precor	35.0	368.3					
Totals	130.0	1096.0					

Jim Karger

Jim Karger - Daily Report

Aug 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		154.8	30.5	4.4	2.0
Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	4 oz	56.7	14.8	0.0	0.6
Figs, raw	2 oz	42.0	10.9	0.2	0.4
Avocados, raw, all commercial varieties	1 oz	45.4	2.4	4.2	0.6
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Tomatoes, red, ripe, raw, year round average	1 oz	5.1	1.1	0.1	0.2
Post-Breakfast		192.0	16.0	2.0	34.0

TwinLab 100% Whey Protein Fuel	1 Scoop	130.0	4.0	2.0	25.0
Yoplait Light (220 g. bottle) - Fat Free/Splenda	1 Serving	62.0	12.0	0.0	9.0
Lunch		209.4	21.7	3.9	23.4
Fish, tuna, white, canned in water, without salt, drained solids	0.5 can	110.1	0.0	2.6	20.3
Pickle relish, sweet	0.5 tbsp	10.0	2.7	0.0	0.0
Salad Dressing, mayonnaise-like, fat-free	1.5 tbsp	20.2	3.7	0.6	0.0
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Jicama	1 tbsp	2.9	0.7	0.0	0.1
Peppers, sweet, green, raw	0.5 oz	2.8	0.7	0.0	0.1
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Tomatoes, red, ripe, raw, year round average	4 cherry	12.2	2.7	0.1	0.6
Post-Lunch		42.5	10.7	0.2	0.9
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
Dinner		326.4	13.2	7.0	52.1
Red Snapper	8 oz	220.0	0.0	2.0	46.0
Onions, spring or scallions (includes tops and bulb), raw	2 small (3" long)	3.2	0.7	0.0	0.2
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Mushrooms, white, raw	2 large	10.1	1.5	0.2	1.4
Peppers, sweet, green, raw	1 oz	5.7	1.3	0.0	0.2
365 Caesar Salad Dressing (Whole Foods)	1 tbsp	35.0	3.5	2.5	0.0
Spinach, raw	4 oz	26.1	4.1	0.4	3.2
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Post-Dinner		331.4	20.5	5.9	49.4
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5

Cheese, cottage, lowfat, 1% milkfat	0.7 cup (not packed)	113.9	4.3	1.6	19.6
Yogurt, Dannon Lean and Fit	0.25 serving	15.0	2.8	0.0	0.8
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Syntha 6 Protein (Powder)	0.2 Scoop	40.0	2.6	1.2	4.6
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Totals		1576.4	149.7	31.0	189.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	25.0	161.2					
Precor	15.0	165.0					
Totals	40.0	326.2					

Jim Karger

Jim Karger - Daily Report

Aug 23, 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		290.0	29.7	6.6	30.8
Oatmeal (Market Pantry)	1 Serving	100.0	18.0	1.5	4.0

TwinLab 100% Whey Protein Fuel	1 Scoop	130.0	4.0	2.0	25.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Watermelon, raw	3 oz	25.5	6.4	0.1	0.5
Lunch		275.0	27.1	5.5	29.1
Red Snapper	4 oz	110.0	0.0	1.0	23.0
Onions, spring or scallions (includes tops and bulb), raw	2 small (3" long)	3.2	0.7	0.0	0.2
Tomatoes, red, ripe, raw, year round average	0.5 plum tomato	5.6	1.2	0.1	0.3
Mushrooms, white, raw	2 large	10.1	1.5	0.2	1.4
Peppers, sweet, green, raw	1 oz	5.7	1.3	0.0	0.2
365 Caesar Salad Dressing (Whole Foods)	1 tbsp	35.0	3.5	2.5	0.0
Sweet potato, cooked, baked in skin, without salt	0.5 large	81.0	18.6	0.1	1.8
Cheese, parmesan, grated	0.2 oz	24.4	0.2	1.6	2.2
Post-Lunch		266.9	27.8	5.5	29.5
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Dinner		273.6	26.8	6.7	33.3
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
Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0.25 cup (8 fl oz)	52.1	8.5	0.8	3.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Post-Dinner		202.0	16.9	3.0	26.8
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5

Yogurt, Dannon Lean and Fit	1 serving	60.0	11.0	0.0	3.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Totals		1714.4	173.5	37.0	187.2

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	225.7					
Precor	20.0	275.0					
Totals	55.0	500.7					

Jim Karger

Jim Karger - Daily Report

Aug 24, 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		181.6	33.3	2.5	10.1
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Apples, raw, with skin	1 medium (3" dia)	94.6	25.1	0.3	0.5
Lunch		278.7	42.5	4.9	20.9

Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Apples, raw, with skin	1 medium (3" dia)	94.6	25.1	0.3	0.5
Post-Lunch		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
Dinner		576.2	42.9	10.5	75.3
Crustaceans, shrimp, mixed species, cooked, moist heat	5 oz	140.3	0.0	1.5	29.6
Fish, tuna, fresh, bluefin, raw	6 oz	244.9	0.0	8.3	39.7
Broccoli, raw	3 oz	28.9	5.6	0.3	2.4
Sweet potato, cooked, baked in skin, without salt	1 large	162.0	37.3	0.3	3.6
Post-Dinner		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Totals		1705.0	202.0	32.4	164.9

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

Jim Karger

Jim Karger - Daily Report

Aug 25, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		214.0	23.0	0.0	28.5
Yogurt, Dannon Lean and Fit	2 serving	120.0	22.0	0.0	6.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
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		314.0	45.0	0.0	34.5
Yogurt, Dannon Lean and Fit	4 serving	220.0	44.0	0.0	12.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Post-Lunch		241.8	50.3	0.8	13.8
Apples, raw, with skin	1 medium (3" dia)	94.6	25.1	0.3	0.5
Oranges, raw, with peel	1 fruit without seeds	100.2	24.6	0.5	2.1
Maxi-Whey Protein	0.5 scoops	47.0	0.5	0.0	11.2
Dinner		314.0	45.0	0.0	34.5
Yogurt, Dannon Lean and Fit	4 serving	220.0	44.0	0.0	12.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Post-Dinner		540.0	30.0	9.0	78.0
Cheese, cottage, lowfat, 1% milkfat	2 cup (not packed)	360.0	20.0	6.0	52.0
Cheese, cottage, lowfat, 1% milkfat	1 cup (not packed)	180.0	10.0	3.0	26.0
Totals		1807.9	210.7	14.4	209.7

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Precor	35.0	366.5					
Totals	35.0	366.5					

Jim Karger

Jim Karger - Daily Report

Aug 26, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		223.5	24.3	2.4	26.9
Oatmeal - Old Fashioned - Rolled Oats	0.3 cup	114.0	19.2	2.4	4.2
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5

Raisins, seedless	10 raisins	15.5	4.1	0.0	0.2
Breakfast		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Lunch		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Lunch		224.1	16.0	4.1	31.9
Cheese, cottage, lowfat, 1% milkfat	0.4 cup (not packed)	65.1	2.5	0.9	11.2
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Dinner		354.6	33.1	7.6	42.0
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Beans, snap, green, raw	4.2 oz	36.9	8.5	0.1	2.2
Sauce, salsa, ready-to-serve	2 oz	15.3	3.5	0.1	0.9
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Post-Dinner		264.0	10.1	6.5	42.0
TwinLab 100% Whey Protein Fuel	1 Scoop	130.0	4.0	2.0	25.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Soy Milk - Kirkland	0.25 cup	25.0	2.0	1.0	2.0
Nuts, almonds	4 almond	27.6	1.0	2.4	1.0
Totals		1434.4	118.3	29.8	183.7

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	35.0	225.7				
Precor	23.0	320.0				
Totals	58.0	545.7				

Jim Karger

Jim Karger - Daily Report

Aug 27, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		227.6	7.7	3.4	41.8
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
TwinLab 100% Whey Protein Fuel	1 Scoop	130.0	4.0	2.0	25.0
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		179.9	16.1	3.6	21.4
Egg, white, raw, fresh	3 large	47.5	0.7	0.2	10.8
Nopales, cooked, without salt	1 oz	4.3	0.9	0.0	0.4
Snacks, tortilla chips, plain, white corn	0.2 oz	27.7	3.7	1.3	0.4
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
Post-Lunch		247.5	12.7	6.5	35.0

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
Nuts, almonds	4 almond	27.6	1.0	2.4	1.0
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Dinner		319.9	33.6	6.5	36.7
Fish, salmon, pink, raw	5 oz	164.4	0.0	4.9	28.3
Broccoli, raw	6 oz	57.8	11.3	0.6	4.8
Beans, snap, green, cooked, boiled, drained, without salt	4 oz	39.7	8.9	0.3	2.1
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Mustard, prepared, yellow	2 tsp	7.0	0.6	0.4	0.5
Post-Dinner		380.7	23.2	6.3	58.6
Cheese, cottage, lowfat, 1% milkfat	0.8 cup (not packed)	130.2	4.9	1.8	22.4
Maxi-Whey Protein	1.1 scoops	103.4	1.1	0.0	24.8
Agave Syrup	2 tsp	27.0	7.2	0.0	0.0
Soy Milk - Kirkland	0.125 cup	12.5	1.0	0.5	1.0
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Totals		1675.6	130.3	33.8	221.5

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	30.0	193.5					
Precor	20.0	250.0					

Totals	50.0	443.5					

Jim Karger

Jim Karger - Daily Report

Aug 28, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		244.2	5.1	11.9	28.6
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Egg, whole, raw, fresh	2 medium	125.8	0.7	8.7	11.1
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
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		347.0	44.2	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
Agave Syrup	2 tsp	27.0	7.2	0.0	0.0
Lunch		321.4	8.4	6.3	54.7
Fish, tuna, white, canned in water, without salt, drained solids	1 can	220.2	0.0	5.1	40.6
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Pickle relish, sweet	1 tbsp	19.9	5.4	0.1	0.1
Post-Lunch		328.0	39.1	2.8	38.4
Met-RX	1 Serving	260.0	22.0	2.5	37.0
Watermelon, raw	8 oz	68.0	17.1	0.3	1.4
Dinner		367.0	31.5	6.7	39.1
Fish, salmon, pink, raw	5.2 oz	171.0	0.0	5.1	29.4
Broccoli, raw	6 oz	57.8	11.3	0.6	4.8

Fast foods, salad, vegetable, tossed, without dressing	6 oz	27.2	5.5	0.1	2.1
Onions, raw	1 oz	11.3	2.6	0.0	0.3
Tamarindo Salad Dressing	2 tbsp	80.0	9.0	0.5	0.0
Spinach, raw	3 oz	19.6	3.1	0.3	2.4
Post-Dinner		356.8	24.6	6.3	50.4
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Yogurt, Dannon Lean and Fit	1 serving	60.0	11.0	0.0	3.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Totals		2051.3	161.2	43.7	248.9

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	257.9					
Precor	30.0	325.0					
Totals	70.0	582.9					

Jim Karger

Jim Karger - Daily Report

Aug 29, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		319.1	15.6	14.9	32.3
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6

Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Nuts, almond butter, plain, with salt added	1 tsp	33.0	1.1	3.1	0.8
Breakfast		347.0	44.2	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
Agave Syrup	2 tsp	27.0	7.2	0.0	0.0
Lunch		583.3	60.3	15.4	43.2
Fish, salmon, pink, raw	6 oz	197.3	0.0	5.9	33.9
Spinach, raw	4 oz	26.1	4.1	0.4	3.2
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Peppers, sweet, red, raw	1 oz	8.8	1.7	0.1	0.3
Mushrooms, portabella, raw	2 oz	14.7	2.9	0.1	1.4
Tamarindo Salad Dressing	2 tbsp	80.0	9.0	0.5	0.0
Sweet potato, cooked, baked in skin, without salt	1 large	162.0	37.3	0.3	3.6
Butter, without salt	2 pat (1" sq, 1/3" high)	71.7	0.0	8.1	0.1
Dinner		263.5	29.6	2.0	31.0
TwinLab 100% Whey Protein Fuel	1 Scoop	130.0	4.0	2.0	25.0
Yogurt, Dannon Lean and Fit	2 serving	120.0	22.0	0.0	6.0
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Post-Dinner		302.6	23.8	2.2	48.4
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

Lala Live! Liquid Yogurt (Fat Free)	0.5 Serving	44.0	7.5	0.3	4.0
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Totals		1815.5	173.5	42.1	182.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	222.3					
Precor	30.0	415.0					
Totals	65.0	637.3					

Jim Karger

Jim Karger - Daily Report

Aug 30, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		311.4	21.6	7.2	38.5
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
Yogurt, Dannon Lean and Fit	0.5 serving	30.0	5.5	0.0	1.5
Lunch		367.5	38.4	9.6	31.8
Syntha 6 Protein (Powder)	1.2 Scoop	240.0	15.6	7.2	27.6
Oatmeal - Old Fashioned - Rolled Oats	0.3 cup	114.0	19.2	2.4	4.2
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Post-Lunch		334.2	21.1	10.8	41.4

Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Fish, salmon, pink, raw	4.5 oz	148.0	0.0	4.4	25.4
Broccoli, raw	6 oz	57.8	11.3	0.6	4.8
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
Dinner		192.0	18.3	4.7	22.3
Seitan	1 Serving	143.0	8.0	4.0	20.0
Bread, reduced-calorie, wheat	1 slice	45.5	10.0	0.5	2.1
Mustard, prepared, yellow	1 tsp	3.5	0.3	0.2	0.2
Post-Dinner		488.9	29.8	8.2	75.0
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
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	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Totals		1693.9	129.1	40.5	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	30.0	190.5					
Precor	30.0	420.0					
Totals	60.0	610.5					

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		314.0	32.2	8.4	27.2
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Oatmeal - Old Fashioned - Rolled Oats	0.3 cup	114.0	19.2	2.4	4.2
Post-Breakfast		284.8	30.9	5.6	29.7
Oatmeal - Old Fashioned - Rolled Oats	0.3 cup	114.0	19.2	2.4	4.2
TwinLab 100% Whey Protein Fuel	1 Scoop	130.0	4.0	2.0	25.0
Agave Syrup	2 tsp	27.0	7.2	0.0	0.0
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Lunch		342.2	47.0	6.7	27.3
Fish, salmon, pink, raw	3.6 oz	118.4	0.0	3.5	20.4
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Mustard, prepared, yellow	1 tsp	3.5	0.3	0.2	0.2
Watermelon, raw	7 oz	59.5	15.0	0.3	1.2
Agave Syrup	2 tsp	27.0	7.2	0.0	0.0
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Post-Lunch		153.8	14.8	2.2	18.0
Yogurt, Dannon Lean and Fit	1 serving	60.0	11.0	0.0	3.0
Protein, Lean Dessert by Syntha	0.75 Serving	93.8	3.8	2.2	15.0
Dinner		395.2	31.6	12.3	49.2
Fish, salmon, pink, raw	7.5 oz	246.6	0.0	7.3	42.4
Fast foods, salad, vegetable, tossed, without dressing	3 oz	13.6	2.7	0.1	1.1
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Peppers, sweet, yellow, raw	2 oz	15.3	3.6	0.1	0.6

Newmans' Ginger Soy dressing	2 tbsp	35.0	10.0	3.0	0.0
Broccoli, raw	5 oz	48.2	9.4	0.5	4.0
Nuts, almonds	2 almond	13.8	0.5	1.2	0.5
Post-Dinner		233.6	12.4	1.4	41.4
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
Yogurt, Dannon Lean and Fit	0.7 serving	42.0	7.7	0.0	2.1
Totals		1723.6	168.8	36.6	192.8

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Health club exercise, general	20.0	114.3					
Precor	30.0	420.0					
Totals	50.0	534.3					

Jim Karger

Jim Karger - Daily Report

Sep 1, 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		250.0	24.0	3.5	30.0
5 Grain Cereal (Bob's Red Mill)	1 Serving	120.0	24.0	1.5	5.0
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Post-Breakfast		86.9	8.2	2.2	9.7

Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Lunch		366.2	41.0	8.6	36.3
TwinLab 100% Whey Protein Fuel	1 Scoop	130.0	4.0	2.0	25.0
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5
Watermelon, raw	10 oz	85.1	21.4	0.4	1.7
Dinner		609.1	36.1	26.0	49.9
Ceviche (Fish)	4 oz	225.0	10.0	9.0	25.0
Tortilla chips, low fat, baked without fat	0.75 oz	88.2	17.0	1.2	2.3
Fish, tuna, fresh, bluefin, raw	3 oz	122.5	0.0	4.2	19.8
Watercress, raw	2 oz	6.2	0.7	0.1	1.3
Oil, olive, salad or cooking	2 tsp	79.6	0.0	9.0	0.0
Ice creams, vanilla, light, no sugar added	0.5 serving 1/2 cup	52.7	7.3	2.5	1.3
Alcoholic beverage, wine, table, white	1.5 oz	34.9	1.1	0.0	0.0
Post-Dinner		225.7	17.5	3.6	30.0
Yogurt, Dannon Lean and Fit	1 serving	60.0	11.0	0.0	3.0
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
Totals		2041.9	181.3	55.9	204.3

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	221.5					
Precor	30.0	427.0					
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	7.0	44.6					
Totals	72.0	693.0					

Jim Karger

Jim Karger - Daily Report

Sep 2, 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		314.0	32.2	8.4	27.2
Oatmeal - Old Fashioned - Rolled Oats	0.3 cup	114.0	19.2	2.4	4.2
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
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		250.2	16.9	10.6	22.7
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0

Spinach, raw	4 oz	26.1	4.1	0.4	3.2
Cucumber, peeled, raw	2 oz	6.8	1.2	0.1	0.3
Carrots, raw	0.5 medium	12.5	2.9	0.1	0.3
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Mushrooms, white, raw	1 oz	6.2	0.9	0.1	0.9
Cheese, parmesan, shredded	2 tbsp	41.5	0.3	2.7	3.8
Ranch Dressing - Light - 365	2 tbsp	70.0	3.0	6.0	0.0
Post-Lunch		201.3	10.6	3.8	31.2
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.2 cup (8 fl oz)	27.4	3.8	0.1	2.8
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Dinner		610.0	22.0	32.5	55.0
Fish, salmon, Atlantic, farmed, cooked, dry heat	8 oz	467.2	0.0	28.0	50.1
Peppers, sweet, yellow, raw	2 oz	15.3	3.6	0.1	0.6
Onions, raw	2 oz	22.7	5.3	0.1	0.6
Capers, canned	2 tbsp, drained	4.0	0.8	0.1	0.4
Tomatoes, diced (La Costena)	0.375 cup	52.5	10.5	0.0	1.5
Nuts, almonds	7 almond	48.3	1.8	4.2	1.8
Post-Dinner		235.3	13.7	1.3	41.4
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
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
Yoplait Light (Strawberry) Splenda	0.2 cup	25.6	5.0	0.0	1.4

Totals		2114.7	149.9	68.6	226.0

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	191.0					
Precor	30.0	325.0					
Totals	60.0	516.0					

Jim Karger

Jim Karger - Daily Report

Sep 3, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		314.0	32.2	8.4	27.2
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Oatmeal - Old Fashioned - Rolled Oats	0.3 cup	114.0	19.2	2.4	4.2
Breakfast		216.5	22.0	2.4	26.3
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
Watermelon, raw	4 oz	34.0	8.6	0.2	0.7
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
Post-Breakfast		160.9	7.6	7.9	17.4
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Egg, whole, raw, fresh	1 medium	62.9	0.3	4.4	5.5
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2

Spinach, raw	4 oz	26.1	4.1	0.4	3.2
Lunch		184.1	17.4	4.6	20.5
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
Post-Lunch		291.9	14.5	4.9	45.2
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Pure Protein (Whey Powder)	1 Serving	130.0	0.0	2.0	25.0
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
Dinner		405.1	44.6	14.3	34.5
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
Tomatoes, red, ripe, raw, year round average	10 cherry	30.6	6.7	0.3	1.5
Fish, tuna, fresh, bluefin, raw	4.2 oz	171.5	0.0	5.8	27.8
Lettuce, cos or romaine, raw	2 oz	9.6	1.9	0.2	0.7
Peppers, sweet, red, raw	0.5 oz	4.4	0.9	0.0	0.1
Baby Corn	1 oz	15.0	4.0	0.0	0.0
Tomatoes, red, ripe, raw, year round average	5 cherry	15.3	3.3	0.2	0.7
Newmans' Ginger Soy dressing	2 tbsp	35.0	10.0	3.0	0.0
Seeds, sesame seeds, whole, dried	1 tsp	17.2	0.7	1.5	0.5
Cheese spread, cream cheese base	1 tsp	14.8	0.2	1.4	0.4
Post-Dinner		367.2	15.8	5.3	65.5

Cheese, cottage, lowfat, 1% milkfat	1 cup (not packed)	162.7	6.1	2.3	28.0
Maxi-Whey Plus (Vanilla)	1.5 Scoop	154.5	3.0	0.0	36.0
Lemon juice, raw	0.25 cup	15.5	5.3	0.0	0.2
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Totals		1939.7	154.0	47.7	236.6

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	254.6					
Precor	15.0	205.0					
Totals	55.0	459.6					

Jim Karger

Jim Karger - Daily Report

Sep 4, 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		440.8	52.1	14.9	31.7
Egg, whole, raw, fresh	1 medium	62.9	0.3	4.4	5.5
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Cheese, cheddar	1 oz	114.3	0.4	9.4	7.1
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
Watermelon, raw	7 oz	59.5	15.0	0.3	1.2
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0
Post-Breakfast		264.5	18.9	6.7	34.1

Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
TwinLab 100% Whey Protein Fuel	1 Scoop	130.0	4.0	2.0	25.0
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Lunch		329.3	12.4	16.6	30.8
Fish, salmon, Atlantic, farmed, cooked, dry heat	4 oz	233.6	0.0	14.0	25.1
Mixed Vegetables (Frozen - Oriental - Kirkland)	5 oz	75.0	11.7	0.8	5.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Post-Lunch		162.6	10.4	0.2	29.5
Maxi-Whey Protein	1 scoops	94.0	1.0	0.0	22.5
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.5 cup (8 fl oz)	68.6	9.4	0.2	7.0
Dinner		200.3	18.0	4.8	21.4
Fish, tuna, fresh, bluefin, raw	2 oz	81.6	0.0	2.8	13.2
Fish, salmon, pink, raw	1 oz	32.9	0.0	1.0	5.7
Lettuce, cos or romaine, raw	3 oz	14.5	2.8	0.3	1.0
Newmans' Ginger Soy dressing	0.5 tsp	2.9	0.8	0.2	0.0
Onions, raw	0.25 oz	2.8	0.7	0.0	0.1
Rice, brown, medium-grain, cooked	0.3 cup	65.5	13.8	0.5	1.4
Post-Dinner		382.1	23.8	4.7	61.9
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
Lemon juice, raw	1 oz	7.1	2.4	0.0	0.1

Yoplait Light (Strawberry) Splenda	0.5 cup	64.0	12.4	0.0	3.5
Maxi-Whey Plus (Vanilla)	0.5 Scoop	51.5	1.0	0.0	12.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Totals		2099.6	172.7	55.4	237.4

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	222.8					
Precor	30.0	340.0					
Totals	65.0	562.8					

Jim Karger

Jim Karger - Daily Report

Sep 5, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
Pre-Breakfast		395.2	39.8	11.0	36.3
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
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
Breakfast		455.6	61.6	17.0	28.2
Bob's Red Mill Pancake Mix	0.5 cup	180.0	35.0	5.0	8.0
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8

Vermont Sugar Free Maple Syrup	0.5 cup	30.0	10.0	0.0	0.0
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Bananas, raw	0.5 medium (7" to 7-7/8" long)	52.5	13.5	0.2	0.6
TwinLab 100% Whey Protein Fuel	0.5 Scoop	65.0	2.0	1.0	12.5
Butter, without salt	1 pat (1" sq, 1/3" high)	35.9	0.0	4.1	0.0
Post-Breakfast		86.9	8.2	2.2	9.7
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
Lunch		252.2	19.5	1.5	40.9
Watermelon, raw	5 oz	42.5	10.7	0.2	0.9
Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
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-Lunch		98.5	14.6	4.3	3.0
Peanut butter, chunk style, without salt	1.5 tsp	47.5	1.7	4.0	1.9
Watermelon, raw	6 oz	51.0	12.8	0.3	1.0
Dinner		506.7	30.3	25.5	46.9
Fish, salmon, Atlantic, farmed, cooked, dry heat	6 oz	350.4	0.0	21.0	37.6
Mixed Vegetables (Frozen - Oriental - Kirkland)	5 oz	75.0	11.7	0.8	5.0
Spinach, raw	4 oz	26.1	4.1	0.4	3.2
Onions, spring or scallions (includes tops and bulb), raw	1 oz	9.1	2.1	0.1	0.5

Tomatoes, red, ripe, raw, year round average	1 plum tomato	11.2	2.4	0.1	0.5
Newmans' Ginger Soy dressing	2 tbsp	35.0	10.0	3.0	0.0
Post-Dinner		289.9	15.9	1.3	53.0
Maxi-Whey Protein	1.5 scoops	141.0	1.5	0.0	33.8
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	0.25 cup (8 fl oz)	34.3	4.7	0.1	3.5
Lemon juice, raw	1 tsp	1.3	0.4	0.0	0.0
Yoplait Light (Strawberry) Splenda	0.25 cup	32.0	6.2	0.0	1.8
Totals		2085.0	190.0	62.7	218.0

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	254.6					
Treadmill	30.0	315.0					
Totals	70.0	569.6					