

# Jim Karger - Daily Report

for Jim Karger - Sep 6, 2009 to Oct 3, 2009

Jim Karger

Jim Karger - Daily Report

Sep 6, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>354.5</b>	<b>38.3</b>	<b>10.5</b>	<b>29.3</b>
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
<b>Breakfast</b>		<b>203.3</b>	<b>13.2</b>	<b>8.9</b>	<b>19.9</b>
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Cheese, parmesan, shredded	1 tbsp	20.8	0.2	1.4	1.9
Peppers, sweet, red, raw	2 oz	17.6	3.4	0.2	0.6
Spinach, raw	3 oz	19.6	3.1	0.3	2.4
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
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
<b>Post-Breakfast</b>		<b>86.9</b>	<b>8.2</b>	<b>2.2</b>	<b>9.7</b>
Pure Protein (Chocolate Deluxe)	0.85 oz	86.9	8.2	2.2	9.7
<b>Lunch</b>		<b>457.5</b>	<b>39.6</b>	<b>18.4</b>	<b>38.7</b>
Fish, salmon, pink, raw	3.6 oz	118.4	0.0	3.5	20.4
Spinach, raw	3 oz	19.6	3.1	0.3	2.4
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
Peppers, sweet, yellow, raw	1 oz	7.7	1.8	0.1	0.3

Veggie Burger - Costco	1 Piece	169.0	18.0	9.0	4.0
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0
Cheese, cheddar	0.5 oz	57.1	0.2	4.7	3.5
<b>Post-Lunch</b>		<b>406.8</b>	<b>33.5</b>	<b>10.9</b>	<b>43.3</b>
Met-RX	1 Serving	260.0	22.0	2.5	37.0
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.5 cup (8 fl oz)	74.7	5.7	4.0	4.3
Vanilla extract	0.5 tsp	6.2	0.3	0.0	0.0
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
<b>Dinner</b>		<b>386.1</b>	<b>9.1</b>	<b>13.0</b>	<b>58.1</b>
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Fish, tuna, fresh, bluefin, raw	7.8 oz	318.4	0.0	10.8	51.6
Asparagus, frozen, unprepared	6 oz	40.8	7.0	0.4	5.5
Wasabi, root, raw	0.2 oz	6.2	1.3	0.0	0.3
<b>Post-Dinner</b>		<b>297.3</b>	<b>25.1</b>	<b>6.4</b>	<b>36.8</b>
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Cheese, cottage, lowfat, 1% milkfat	0.5 cup (not packed)	81.4	3.1	1.2	14.0
Lime juice, raw	2 tsp	2.6	0.9	0.0	0.0
Sweeteners, tabletop, sucralose, SLENDA packets	1 serving 1 packet	3.3	0.9	0.0	0.0
Strawberries, raw	2 oz	18.1	4.4	0.2	0.4
Blueberries, raw	2 oz	32.3	8.2	0.2	0.4
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	2 oz	34.6	2.6	1.8	2.0
<b>Totals</b>		<b>2192.5</b>	<b>166.9</b>	<b>70.2</b>	<b>235.8</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	254.6					
Precor	30.0	430.0					
<b>Totals</b>	<b>70.0</b>	<b>684.6</b>					

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Sep 7, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>320.0</b>	<b>37.0</b>	<b>7.5</b>	<b>28.0</b>
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
<b>Breakfast</b>		<b>299.7</b>	<b>27.9</b>	<b>7.8</b>	<b>34.2</b>
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0
Peppers, sweet, green, raw	2 oz	11.3	2.6	0.1	0.5
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
Jellies, reduced sugar, home preserved	1 tsp	11.2	2.9	0.0	0.0
Fish, salmon, pink, raw	2 oz	65.8	0.0	2.0	11.3
<b>Lunch</b>		<b>461.8</b>	<b>35.0</b>	<b>16.0</b>	<b>48.2</b>
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5

Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.5 cup (8 fl oz)	74.7	5.7	4.0	4.3
Yoplait Light (Strawberry) Splenda	0.2 cup	25.6	5.0	0.0	1.4
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
<b>Post-Lunch</b>		<b>272.5</b>	<b>22.5</b>	<b>2.5</b>	<b>37.0</b>
Met-RX	1 Serving	260.0	22.0	2.5	37.0
Vanilla extract	1 tsp	12.5	0.5	0.0	0.0
<b>Dinner</b>		<b>564.5</b>	<b>48.3</b>	<b>15.7</b>	<b>60.2</b>
Cheese, cottage, lowfat, 1% milkfat	0.3 cup (not packed)	48.8	1.8	0.7	8.4
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
Mahi Mahi	7 oz	175.0	1.8	1.8	36.8
Beets, cooked, boiled, drained	5 oz	62.4	14.1	0.3	2.4
Spinach, raw	5 oz	32.6	5.1	0.6	4.1
Apples, raw, with skin	0.3 medium (3" dia)	28.4	7.5	0.1	0.1
Cheese, cheddar	1 oz	114.3	0.4	9.4	7.1
Vinegar, balsamic	2 tbsp	28.0	5.4	0.0	0.2
Agave Syrup	1 tbsp	40.5	10.8	0.0	0.0
<b>Post-Dinner</b>		<b>298.0</b>	<b>15.8</b>	<b>7.8</b>	<b>42.3</b>
Protein, Lean Dessert by Syntha	1.2 Serving	150.0	6.0	3.6	24.0
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Lemon juice, raw	2 tsp	2.6	0.9	0.0	0.0
Blueberries, raw	1 oz	16.2	4.1	0.1	0.2
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3

<b>Totals</b>		<b>2216.5</b>	<b>186.6</b>	<b>57.3</b>	<b>249.9</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	259.2					
Precor	30.0	330.0					
<b>Totals</b>	<b>70.0</b>	<b>589.2</b>					

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Sep 8, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>320.0</b>	<b>37.0</b>	<b>7.5</b>	<b>28.0</b>
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
<b>Post-Breakfast</b>		<b>293.4</b>	<b>21.3</b>	<b>13.5</b>	<b>27.4</b>
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Peppers, sweet, yellow, raw	1 oz	7.7	1.8	0.1	0.3
Asparagus, cooked, boiled, drained	2 oz	12.5	2.3	0.1	1.4
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0
Nuts, almond butter, plain, with salt added	1 tsp	33.0	1.1	3.1	0.8
Cheese, cheddar	0.5 oz	57.1	0.2	4.7	3.5
<b>Lunch</b>		<b>294.0</b>	<b>9.2</b>	<b>7.7</b>	<b>47.5</b>

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
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5
<b>Post-Lunch</b>		<b>534.9</b>	<b>26.9</b>	<b>15.7</b>	<b>70.4</b>
Ceviche (Fish)	5 oz	281.2	12.5	11.2	31.2
Snacks, tortilla chips, plain, white corn	0.5 oz	69.3	9.3	3.3	1.1
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
<b>Dinner</b>		<b>294.4</b>	<b>18.8</b>	<b>9.9</b>	<b>40.6</b>
Fish, salmon, pink, raw	1.5 oz	49.3	0.0	1.5	8.5
Mahi Mahi	4.5 oz	112.5	1.1	1.1	23.6
Spinach, raw	1.5 oz	9.8	1.5	0.2	1.2
Tomatoes, red, ripe, raw, year round average	5 cherry	15.3	3.3	0.2	0.7
Peppers, sweet, green, raw	0.5 oz	2.8	0.7	0.0	0.1
Mushrooms, brown, Italian, or Crimini, raw	2 piece whole	10.8	1.6	0.0	1.0
Newmans' Ginger Soy dressing	2 tbsp	35.0	10.0	3.0	0.0
Cheese, parmesan, shredded	0.5 oz	58.8	0.5	3.9	5.4
<b>Post-Dinner</b>		<b>207.9</b>	<b>5.3</b>	<b>1.6</b>	<b>42.1</b>
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
<b>Totals</b>		<b>1944.6</b>	<b>118.4</b>	<b>55.9</b>	<b>256.0</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
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Abdominals	15.0	71.3					
Precor	22.0	307.0					
<b>Totals</b>	<b>37.0</b>	<b>378.3</b>					

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Sep 9, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>438.3</b>	<b>46.8</b>	<b>14.2</b>	<b>31.8</b>
Syntha 6 Protein (Powder)	1 Scoop	200.0	13.0	6.0	23.0
Oatmeal - Old Fashioned - Rolled Oats	0.5 cup	190.0	32.0	4.0	7.0
Nuts, almonds	7 almond	48.3	1.8	4.2	1.8
<b>Breakfast</b>		<b>184.1</b>	<b>17.4</b>	<b>4.6</b>	<b>20.5</b>
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
<b>Post-Breakfast</b>		<b>230.8</b>	<b>30.2</b>	<b>5.3</b>	<b>16.3</b>
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Sweet potato, cooked, baked in skin, without salt	5 oz	127.6	29.4	0.2	2.8
<b>Lunch</b>		<b>20.7</b>	<b>0.8</b>	<b>1.8</b>	<b>0.8</b>
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
<b>Post-Lunch</b>		<b>306.7</b>	<b>15.8</b>	<b>9.1</b>	<b>42.2</b>
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
Yoplait Light (Strawberry) Splenda	0.1 cup	12.8	2.5	0.0	0.7
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Nuts, almonds	10 almond	69.0	2.6	5.9	2.5
<b>Dinner</b>		<b>418.1</b>	<b>16.7</b>	<b>20.8</b>	<b>39.0</b>

Fish, salmon, Atlantic, farmed, cooked, dry heat	5.8 oz	338.7	0.0	20.3	36.3
Spinach, raw	2 oz	13.0	2.1	0.2	1.6
Strawberries, raw	2 oz	18.1	4.4	0.2	0.4
Carrots, raw	2 oz	23.2	5.4	0.1	0.5
Vinegar, balsamic	1 oz	24.9	4.8	0.0	0.1
<b>Post-Dinner</b>		<b>259.4</b>	<b>7.8</b>	<b>2.0</b>	<b>51.1</b>
Maxi-Whey Protein	1.2 scoops	112.8	1.2	0.0	27.0
Cheese, cottage, lowfat, 1% milkfat	0.6 cup (not packed)	97.6	3.7	1.4	16.8
Chocolate Syrup, Sugar Free	2 tsp	8.3	1.3	0.0	0.3
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
<b>Totals</b>		<b>1858.1</b>	<b>135.4</b>	<b>57.7</b>	<b>201.7</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	35.0	225.4					
Precor	30.0	411.0					
<b>Totals</b>	<b>65.0</b>	<b>636.4</b>					

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Sep 10, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>279.5</b>	<b>30.3</b>	<b>7.5</b>	<b>26.3</b>
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
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
<b>Breakfast</b>		<b>169.9</b>	<b>16.5</b>	<b>3.2</b>	<b>20.6</b>
Protein, Lean Dessert by Syntha	1 Serving	125.0	5.0	3.0	20.0
Bananas, raw	0.5 small (6" to 6-7/8" long)	44.9	11.5	0.2	0.6
<b>Post-Breakfast</b>		<b>40.7</b>	<b>1.5</b>	<b>0.6</b>	<b>7.0</b>
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
<b>Lunch</b>		<b>294.4</b>	<b>24.3</b>	<b>13.5</b>	<b>23.5</b>
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0
Nuts, almond butter, plain, with salt added	1 tsp	33.0	1.1	3.1	0.8
Yoplait Light (Strawberry) Splenda	0.3 cup	38.4	7.4	0.0	2.1
<b>Post-Lunch</b>		<b>234.8</b>	<b>10.1</b>	<b>3.2</b>	<b>41.6</b>
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
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
<b>Dinner</b>		<b>742.4</b>	<b>62.1</b>	<b>29.6</b>	<b>57.3</b>
Fish, salmon, Atlantic, farmed, cooked, dry heat	6 oz	350.4	0.0	21.0	37.6
Spinach, raw	4 oz	26.1	4.1	0.4	3.2
Onions, raw	0.5 oz	5.7	1.3	0.0	0.2
Cheese, cheddar	0.5 oz	57.1	0.2	4.7	3.5
Sweet potato, cooked, baked in skin, without salt	8 oz	204.1	47.0	0.3	4.6
Vinegar, balsamic	1 tbsp	14.0	2.7	0.0	0.1

Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Tomatoes, red, ripe, raw, year round average	5 cherry	15.3	3.3	0.2	0.7
Peppers, sweet, green, raw	1 oz	5.7	1.3	0.0	0.2
Cucumber, peeled, raw	1 oz	3.4	0.6	0.0	0.2
Oil, olive, salad or cooking	0.5 tsp	19.9	0.0	2.2	0.0
<b>Post-Dinner</b>		<b>249.2</b>	<b>8.4</b>	<b>3.5</b>	<b>44.8</b>
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
Chocolate Syrup, Sugar Free	1 tbsp	12.5	2.0	0.0	0.5
Nuts, almonds	3 almond	20.7	0.8	1.8	0.8
<b>Totals</b>		<b>2010.9</b>	<b>153.2</b>	<b>61.0</b>	<b>220.9</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	257.6					
Precor	30.0	415.0					
<b>Totals</b>	<b>70.0</b>	<b>672.6</b>					

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Sep 11, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>284.5</b>	<b>25.3</b>	<b>6.5</b>	<b>31.3</b>

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
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
<b>Breakfast</b>		<b>286.3</b>	<b>17.4</b>	<b>13.2</b>	<b>29.1</b>
Egg, whole, raw, fresh	2 large	143.0	0.8	9.9	12.6
Egg, white, raw, fresh	2 large	31.7	0.5	0.1	7.2
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
<b>Post-Breakfast</b>		<b>184.1</b>	<b>17.4</b>	<b>4.6</b>	<b>20.5</b>
Pure Protein (Chocolate Deluxe)	1.8 oz	184.1	17.4	4.6	20.5
<b>Lunch</b>		<b>222.3</b>	<b>9.6</b>	<b>1.5</b>	<b>42.2</b>
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
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
<b>Post-Lunch</b>		<b>480.1</b>	<b>31.1</b>	<b>7.8</b>	<b>73.4</b>
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
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.5 cup (8 fl oz)	74.7	5.7	4.0	4.3
Maxi-Whey Plus (Vanilla)	1 Scoop	103.0	2.0	0.0	24.0
Bananas, raw	0.5 small (6" to 6-7/8" long)	44.9	11.5	0.2	0.6
<b>Dinner</b>		<b>427.9</b>	<b>43.8</b>	<b>8.9</b>	<b>43.6</b>
Pineapple, raw, all varieties	8 oz	113.4	29.8	0.3	1.2

Fish, tuna, fresh, bluefin, raw	5.5 oz	224.5	0.0	7.6	36.4
Mixed Vegetables (Frozen - Oriental - Kirkland)	6 oz	90.0	14.0	1.0	6.0
<b>Post-Dinner</b>		<b>192.1</b>	<b>7.7</b>	<b>1.2</b>	<b>38.1</b>
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
Lemon juice, raw	2 tbsp	7.7	2.7	0.0	0.1
<b>Totals</b>		<b>2077.3</b>	<b>152.3</b>	<b>43.6</b>	<b>278.1</b>

Exercise	Minutes	Calories (Kcal)	Distance	Weights	Reps	Sets	Notes
Weight lifting (free weight, nautilus or universal- type), power lifting or body building, vigorous effort	40.0	255.8					
Precor	30.0	425.0					
<b>Totals</b>	<b>70.0</b>	<b>680.8</b>					

Jim Karger

Jim Karger - Daily Report

Sep 12, 2009

	Quantity	Calories (kcal)	Carbohydrate (g)	Fat (g)	Protein (g)
<b>Pre-Breakfast</b>		<b>291.4</b>	<b>25.6</b>	<b>7.1</b>	<b>31.5</b>
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
Nuts, almonds	6 almond	41.4	1.6	3.6	1.5
<b>Breakfast</b>		<b>105.7</b>	<b>6.1</b>	<b>0.6</b>	<b>19.0</b>
Maxi-Whey Plus (Vanilla)	0.5 Scoop	51.5	1.0	0.0	12.0

Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Agave Syrup	1 tsp	13.5	3.6	0.0	0.0
<b>Post-Breakfast</b>		<b>235.0</b>	<b>21.0</b>	<b>8.7</b>	<b>22.6</b>
Egg, whole, raw, fresh	1 large	71.5	0.4	5.0	6.3
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Ezekiel Bread - 4:9	1 Slice	80.0	15.0	0.5	8.0
Peanut butter, chunk style, without salt	1 tsp	31.7	1.2	2.7	1.3
Jellies, reduced sugar, home preserved	1 tsp	11.2	2.9	0.0	0.0
<b>Lunch</b>		<b>496.3</b>	<b>34.9</b>	<b>20.1</b>	<b>42.6</b>
Fish, salmon, Atlantic, farmed, cooked, dry heat	5 oz	292.0	0.0	17.5	31.3
Sweet potato, cooked, baked in skin, without salt	4 oz	102.1	23.5	0.2	2.3
Yogurt, plain, whole milk, 8 grams protein per 8 ounce	2 oz	34.6	2.6	1.8	2.0
Cheese, cottage, lowfat, 1% milkfat	0.25 cup (not packed)	40.7	1.5	0.6	7.0
Agave Syrup	2 tsp	27.0	7.2	0.0	0.0
<b>Post-Lunch</b>		<b>229.7</b>	<b>10.1</b>	<b>4.1</b>	<b>39.4</b>
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
Lemon juice, raw	0.175 cup	10.8	3.7	0.0	0.2
Nuts, almonds	5 almond	34.5	1.3	3.0	1.3
<b>Dinner</b>		<b>300.9</b>	<b>21.0</b>	<b>11.4</b>	<b>37.8</b>
Fish, tuna, fresh, bluefin, raw	5.2 oz	212.3	0.0	7.2	34.4
Spinach, raw	1.5 oz	9.8	1.5	0.2	1.2
Tomatoes, red, ripe, raw, year round average	5 cherry	15.3	3.3	0.2	0.7
Peppers, sweet, green, raw	0.5 oz	2.8	0.7	0.0	0.1

Mushrooms, brown, Italian, or Crimini, raw	2 piece whole	10.8	1.6	0.0	1.0
Newmans' Ginger Soy dressing	2.5 tbsp	43.8	12.5	3.8	0.0
Wasabi, root, raw	0.2 oz	6.2	1.3	0.0	0.3
<b>Post-Dinner</b>		<b>259.1</b>	<b>22.2</b>	<b>1.7</b>	<b>42.0</b>
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
Yoplait Light (Strawberry) Splenda	0.25 cup	32.0	6.2	0.0	1.8
Cereals ready-to-eat, KELLOGG, KELLOGG S ALL-BRAN BRAN BUDS	0.5 oz	35.4	11.3	0.3	1.0
<b>Totals</b>		<b>1918.1</b>	<b>140.9</b>	<b>53.7</b>	<b>234.9</b>

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